

RETHINK OWN YOUR HIV STATUS

REFLECT

- Remember those who lost their lives or loved ones to Aids
- Recognise progress

REBUILD

- Replace fear with facts
- Support ends stigma

RISE

- Know your status – test regularly
- Practise safe sex
- Use PEP or PrEP
- If HIV+, take ARVs and monitor CD4 / viral load
- Choose healthy daily habits



WANT TO KNOW MORE? Speak to a Health Coach
Explore the HIV/Aids Focus Centre

COUNSELLING . LIFE COACHING . HEALTH ADVICE



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

Callback *134*20068#
help@lifeassist.co.za
www.yourlifeassist.co.za/sunint



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