



AIDS: Questions and Answers

“What are Human Rights?”

Being healthy and
cared for is a basic human right
**PROTECT YOURSELF
[AND OTHERS]
FROM A SICKNESS CALLED**

AIDS

This paper will teach you about a sickness called AIDS. Because AIDS can cause a person to die, it is very important that you learn what you can do to help yourself stay healthy.

What does AIDS mean?

The word AIDS comes from the four letters that are the first letters of these four words:

Acquired **I**mmune **D**eficiency **S**yndrome

What do these words mean?

Acquired - got something

Immune - when the body is able to resist sickness

Deficiency - there is not enough to be healthy

Syndrome - a combination of things that mean something is wrong

So combined, these words say that a person has Acquired, or gotten, a Deficiency in how Immune their body is, which means that there is not enough of the body's normal ability to resist sickness. Doctors have come to understand this particular type of problem as a Syndrome because it is different from other body sicknesses.

When a person has AIDS, the body cannot fight off sicknesses like a healthy body does, and can die from these sicknesses.

For a person to get AIDS, they would first have to get a virus in their body called HIV. A virus is a tiny living thing, too small for the eye to see, that can get into the human body and make it sick.

What does HIV mean?

The word HIV comes from the three letters that are the first letters of these three words:

Human **I**mmunodeficiency **V**irus

What do these words mean?

Human - a person

Immunodeficiency - this is really two words combined into one that come from:

Immune - able to resist sickness

Deficiency - not enough to be healthy

Virus - a small living thing that is too tiny for the eye to see and that can get into the body and make it sick

So combined, these words say that a person, a *Human*, has a *Deficiency*, or not enough, of how *Immune* their body is, because of a *Virus*, which is a small living thing that is too tiny for the eye to see and can get into the body and make it sick.

How can a person get HIV?

You can get HIV, which can give you AIDS, by doing anything that causes fluid or blood from your body to combine with fluid from the body of a person who has HIV or AIDS. This can happen in several ways.

Having sex with an infected person

The main way you can get HIV and AIDS is by having sex with a person, male or female, who already has HIV or AIDS. This can occur from having vaginal, oral or anal sex. Any of these kinds of sex can cause the HIV in the infected person's body fluids to get into your blood through tiny cuts or scratches in your skin that you may not know are there.

Sharing needles when using drugs

You can get HIV and AIDS if, when you are injecting yourself with any drug, you use the same needle used by another person who already has HIV or AIDS. Some of the HIV in the blood from the infected person, perhaps too little to notice, can be on the needle and can enter your body when you use it.

Using cutting tools on the body that are not properly cleaned

You can get HIV and AIDS by using a knife or other tool for things like piercing your ears, making tattoos, or circumcision, which have not been properly cleaned after being used on a person who already has HIV or AIDS. This could give you HIV and AIDS because HIV in blood from an infected person who the knife

or tool was used on could get into your body when it is used on you, even if the amount of blood on the knife or tool is too little to notice.

Blood transfusion

You can get HIV and AIDS through a blood transfusion, the name doctors use when one person's blood is given with a needle to another person. Sometimes a blood transfusion is given during an operation, or after an injury, when a person needs more blood to replace blood they lost. Blood is supposed to be tested to make sure none of it came from an HIV or AIDS-infected person before it is used for a blood transfusion. But mistakes have been made and people have gotten HIV this way. The companies who supply this blood to doctors are being more careful about this now.

An infected mother can infect her baby

A mother who has HIV or AIDS can give it to her unborn or newborn child during birth, when HIV in the mother's blood could mix with the baby's blood through the umbilical cord or through any cuts. An infected mother could also give her baby HIV or AIDS through her breast milk.

How can you protect yourself from getting HIV and AIDS?

Using a condom can help protect you from getting HIV and AIDS during sex. You need to be sure that the condom has not leaked or been used improperly. Do not share needles, and properly clean any knives or tools being used on the body.

The best protection is not to have sex with anyone who may have been exposed to HIV or AIDS and who has not had a blood test to make sure they don't have it. It is important to know that the blood test will not tell you one way or the other if you caught HIV or AIDS until three

months after you were exposed to it through your contact with an infected person.

After a person gets HIV, there are often no signs of it for many years. So the only way to really know if you have caught it is with a blood test. There is no medicine that has been proven to cure HIV and AIDS once you have it.

Get more information

For more information, contact Resource Package for School Health Education to Prevent AIDS by UNESCO, World Health Organization and UNAIDS.

www.unesco.org

Can I keep from getting AIDS?

"It is not easy to get AIDS. Unlike many common diseases, HIV cannot get to us through air, food or water. The virus cannot live outside our body for too long. We can only catch HIV if the body fluids of an infected person enter our body. The body fluids with a high concentration of HIV are: blood, semen and vaginal secretions.

The best way to avoid HIV infection from injection drug use is to stop injecting drugs. Drug treatment can help."

*By the Public Health, Seattle & King County
www.metroke.gov/health*

"Sex is the means by which the race projects itself into the future through children and the family. A lot of pleasure and happiness can come from sex: nature intended it that way so the race would go on. But, misused or abused, it carries with it heavy penalties and punishments: nature seems to have intended it that way also."

*The Way to Happiness by L. Ron Hubbard
www.thewaytohappiness.org*

The United Nations Universal Declaration of Human Rights

Version for Young People

- 1. We are all free and equal.** We are all born free. We all have our own thoughts and ideas. We should all be treated in the same way.
- 2. Don't discriminate.** These rights belong to everybody, whatever our differences.
- 3. The right to life.** We all have the right to life, and to live in freedom and safety.
- 4. Slavery - past and present.** Nobody has any right to make us a slave. We cannot make anyone our slave.
- 5. Torture.** Nobody has any right to hurt us or to torture us.
- 6. We all have the same right to use the law.** I am a person just like you!
- 7. We are all protected by the law.** The law is the same for everyone. It must treat us all fairly.
- 8. Fair treatment by fair courts.** We can all ask for the law to help us when we are not treated fairly.
- 9. Unfair detainment.** Nobody has the right to put us in prison without a good reason and keep us there, or to send us away from our country.
- 10. The right to trial.** If we are put on trial this should be in public. The people who try us should not let anyone tell them what to do.
- 11. Innocent until proven guilty.** Nobody should be blamed for doing something until it is proven. When people say we did a bad thing we have the right to show it is not true.
- 12. The right to privacy.** Nobody should try to harm our good name. Nobody has the right to come into our home, open our letters or bother us or our family without a good reason.
- 13. Freedom to move.** We all have the right to go where we want in our own country and to travel as we wish.
- 14. The right to asylum.** If we are frightened of being badly treated in our own country, we all have the right to run away to another country to be safe.
- 15. The right to a nationality.** We all have the right to belong to a country.
- 16. Marriage and family.** Every grown-up has the right to marry and have a family if they want to. Men and women have the same rights when they are married, and when they are separated.
- 17. Your own things.** Everyone has the right to own things or share them. Nobody should take our things from us without a good reason.
- 18. Freedom of thought.** We all have the right to believe in what we want to believe, to have a religion, or to change it if we want.
- 19. Free to say what you want.** We all have the right to make up our own minds, to think what we like, to say what we think, and to share our ideas with other people.
- 20. Meet where you like.** We all have the right to meet our friends and to work together in peace to defend our rights. Nobody can make us join a group if we don't want to.
- 21. The right to democracy.** We all have the right to take part in the government of our country. Every grown-up should be allowed to choose their own leaders.
- 22. The right to social security.** We all have the right to affordable housing, medicine, education, and child care, enough money to live on and medical help if we are ill or old.
- 23. Workers' rights.** Every grown-up has the right to do a job, to a fair wage for their work, and to join a trade union.
- 24. The right to play.** We all have the right to rest from work and to relax.
- 25. A bed and some food.** We all have the right to a good life. Mothers and children, people who are old, unemployed or disabled, and all people have the right to be cared for.
- 26. The right to education.** Education is a right. Primary school should be free. We should learn about the United Nations and how to get on with others. Our parents can choose what we learn.
- 27. Culture and copyright.** Copyright is a special law that protects one's own artistic creations and writings; others cannot make copies without permission. We all have the right to our own way of life and to enjoy the good things that "art", science and learning bring.
- 28. A free and fair world.** There must be proper order so we can all enjoy rights and freedoms in our own country and all over the world.
- 29. Our responsibilities.** We have a duty to other people, and we should protect their rights and freedoms.
- 30. Nobody can take away these rights and freedoms from us.**

“Human rights must be made a fact, not an idealistic dream.” — L. Ron Hubbard

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This version for young people of the United Nations Universal Declaration of Human Rights has been provided to you as a public service by Youth for Human Rights International, promotes widespread application of this historic document to encourage young people to learn and apply human rights.