

WHAT IS BODY POSITIVE?

Body Positive is an HIV+ peer support organization whose mission is to break down the sense of isolation HIV+ people often experience and to build a sense of community. We offer a broad range of services, most provided free of charge, and we are always keen to provide additional support when needed.

WHAT SERVICES DOES BODY POSITIVE OFFER ITS CLIENTS?

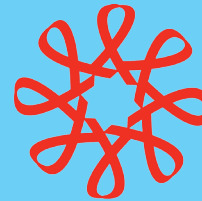
Free Rapid HIV Testing
1-on-1 Counseling
HIV+ Peer Navigation
WINZ Support
Budgeting Service
Positive Homestay
Foodbank
Free Condoms
Assistance to Quit Smoking
Massage Therapy
Podiatrist

ORGANISATIONS



Body Positive Inc.
www.bodypositive.org.nz
0800 HIV LINE (448 5463)

Positive Women



Positive Women Inc.
www.positivewomen.org.nz
0800 POZTIV (769 848)



New Zealand AIDS Foundation
Te Tūāpapa Mate Āraikore o Aotearoa

New Zealand AIDS Foundation
www.nzaf.org.nz
0800 80 AIDS (80 2437)



BODY POSITIVE INC.

HIV BASICS

WHAT IS HIV?

HIV is a virus that weakens the immune system. HIV can only be passed between people. Anyone—regardless of their gender, sexuality, age, or race—can be infected with HIV. You can have HIV for many years without showing symptoms or without knowing that you have it.

There are approximately 3,500 people in New Zealand living with HIV, and this number is growing. Every year the number of new diagnoses rises.

There is no cure for HIV, but there is treatment. With proper treatment, people with HIV can live long, healthy lives.

WHAT IS AIDS?

Acquired Immunodeficiency Syndrome is the final and most serious stage of HIV. AIDS occurs when your immune system becomes too weak to fight off common illnesses that would easily be fought off by a healthy immune system.

HIV does not always lead to AIDS. With proper treatment, people with HIV can avoid getting AIDS.

HOW IS HIV TRANSMITTED?

Only 5 body fluids can contain enough HIV to infect someone:

1. **Blood**
2. **Semen** (*including pre-cum*)
3. **Rectal fluid**
4. **Vaginal fluid**
5. **Breast milk**

HIV can only be passed along when one of these fluids from a person living with HIV gets into the bloodstream of another person.

WAYS THAT HIV CAN GET PASSED BETWEEN PEOPLE:

1. **Unprotected Sex**
2. **Sharing needles or other equipment to inject drugs** (*including steroids and hormones*)
3. **Sharing tattoo or piercing equipment**
4. **Childbirth or breastfeeding**
5. **Blood transfusions or organ transplants**

WAYS THAT HIV IS NOT PASSED:

1. **Shaking hands**
2. **Hugging or kissing**
3. **Coughing or sneezing**
4. **Sharing food, water, or utensils**
5. **Toilet seats, water fountains, swimming pools**
6. **Bed sheets or towels**
7. **Animals**

