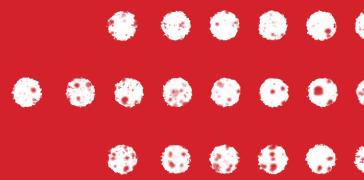


10 THINGS MANITOBBANS LIVING WITH HIV



WANT YOU TO KNOW

1

**HIV doesn't define me
GET TO KNOW ME
BEFORE YOU JUDGE**
Understand me as a
person first

TWO

**IF I DIDN'T HAVE
HIV, I WOULDN'T
BE WHO I AM NOW**
Being diagnosed with HIV
changed my perspective
about everything in my life
It has challenged me to live
above everyone's expectations

3

**PEOPLE LIVING WITH
HIV CAN HAVE FAMILIES**
You can still be in healthy
relationships with HIV-negative
people and have healthy babies
that are HIV-negative

4

**DON'T ASK ME
HOW I GOT HIV**
It doesn't matter how
I was infected

FIVE

**HIV IS NOT A
PUNISHMENT; IT CAN
HAPPEN TO ANYONE**
The only difference between
me and someone who is
HIV-negative is that I have
it, not them

6

**THE MEDICAL SYSTEM
CAN REINFORCE STIGMA**
Stigma won't change unless
medical practitioners are
taught not to discriminate

7

**HIV IS LIKE ANY OTHER
CHRONIC ILLNESS**
I'm just like any other person,
I just need to take my pills

8

**HIV STIGMA IS AS
STRONG NOW AS IT WAS
20 YEARS AGO**
HIV has less of a physical impact
& more of a mental impact now.
The meds help you live much
longer but the stigma is the killer
We need to suppress stigma
like meds suppress HIV

9

**EVERYONE HAS A STAKE
IN PREVENTING HIV**
The responsibility to protect
yourself is yours, and it's
important for EVERYONE to
get tested for HIV

TEN

**DON'T BE AFRAID OF
PEOPLE LIVING WITH HIV**
We are NOT dirty people.
We deserve love, respect
and dignity. We all have a
responsibility as people living
in the world to end stigma

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COMMUNITY HEALTH CENTRE

GET THE BASICS ON HIV VISIT CATIE.CA

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