

THE '10' CAMPAIGN

It's the simplest way to stop the spread of HIV –
talk about it.

Share the 4 ways of HIV transmission with 10 young people
– friends, classmates, colleagues –
and ask them to do the same with 10 other friends.

HIV can only spread through the following ways:

1. Having **unprotected** vaginal, anal or oral **sex**
(i.e. sex without a condom)
2. Transfusion of **infected blood**
3. From an **infected mother** to the **newborn child**
4. Sharing **infected needles** and **syringes**

Break the silence! **Start talking.**

JOIN THE FIGHT

Write to us about your experience with The 10 Campaign so that we can highlight your valuable contribution in supporting positive living and fighting the spread of HIV!



Youth Action HIV And AIDS Network, Pune
yahaan.planningteam@gmail.com