

Protect Yourself



Most sexually transmitted infections including HIV/AIDS, hepatitis B, syphilis, gonorrhoea or herpes are transmitted to others without knowing.

Correctly using a new condom every time you have casual sex is the best way to protect yourself and your loved ones.

Get free condoms from the dechong box at your BHU, hospital, HISC or your village health worker.

Remember - Use Condoms. Always.

