Introduction

The purpose of this monthly bulletin is to provide the SPLA with basic HIV/AIDS facts, which serve as ammunition in the fight against HIV/AIDS. The facts will assist the SPLA to speak out openly about HIV/AIDS and promote care and support of the infected, affected and their families.

HIV/AIDS is a major concern for the SPLA and the nation of Southern Sudan as a whole. The SPLA has formed an HIV Secretariat as one of its directorates and will oversee the implementation of HIV/AIDS activities in the military.

You Cannot Get HIV Through:
• Casually touching an infected person
• Shaking hands with an infected person
• Sharing food with an infected person
• Sharing forks, cups, spoons and plates with an HIV infected person
• Sharing clean clothes/towels with an HIV infected person
• Insect bites like those from mosquitoes.

Behaviors that Expose People to HIV:
• Having unprotected (without a condom) sexual intercourse with a HIV infected person
• Having multiple sexual partners
• Using unsterilized needles and syringes
• Sharing cutting instruments such as circumcision and tattoo knives
• Accidental needle sticks or splashes of body fluid or blood into your eyes, mouth or open areas on your skin that might occur while caring for wounded comrades.

Who Is Most at Risk of HIV Infection?
Every sexually active person is at risk. The risk however, increases for people who have more sexual partners and who practice unprotected sex.

Why Are Soldiers at a Higher Risk for HIV Infection?
• The majority of soldiers do not fear death
• Soldiers may have multiple sexual partners due to their mobility and long periods spent away from their spouses
• Some soldiers may be prone to drunkenness and alcoholism, which can lead to poor judgment about sexual behavior.

How to Prevent HIV Infection Through Sex?
A- Abstain from sex
B- Be faithful to one HIV negative partner
C- Use a condom every time you have sex