



PLAY SAFE – HELP STOP HIV

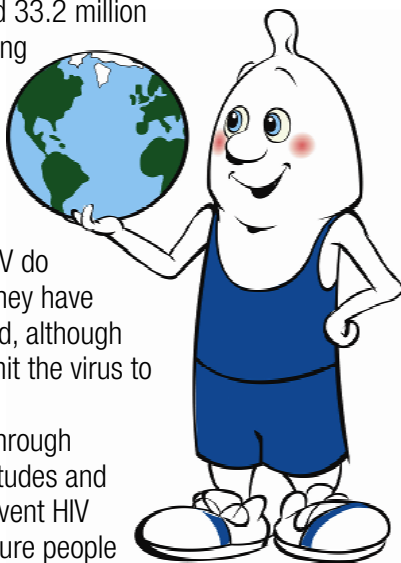
Play your part in protecting the world around you

HIV is everybody's responsibility

In 2007, around 33.2 million people were living with HIV and 2.1 million died of AIDS-related diseases.

Most people infected with HIV do not know that they have become infected, although they can transmit the virus to others.

We can all, through responsible attitudes and behaviours, prevent HIV and help to ensure people living with HIV receive care and support.



You can help educate people

Your voice as an athlete can be a very effective way to drive home messages about HIV prevention, care and support as you are regarded as a role model by young people and the public at large.

A number of committed sports champions, including some who are HIV positive, have helped raise HIV awareness in their community, country and globally. Your contribution will also be very valuable and can make a real difference (click here – video messages of Yao Ming, Magic Johnson / Michael Ballack).

You can work with AIDS organizations and with your club, National Olympic Committee or association to help. Sports organizations and sports events of any size can be great tools to raise awareness about the epidemic and send prevention messages to the community.

Athletes are not spared by the epidemic

Many people living with HIV are involved in sports, either as participants or spectators. Everybody has the right to play, participate in healthy activities and be part of the community. Playing a part in

fun activities is important to all of us – also people living with HIV.

The sports community is a key actor in reaching out to communities to promote safer sexual behaviour and to stop stigma and discrimination. This is the reason why the International Olympic Committee and the Joint United Nations Programme on HIV/AIDS (UNAIDS) are working together to strengthen the response to the global AIDS epidemic.

"Famous sports stars have also been infected with HIV. HIV infection can happen to anybody, so protect yourself and the ones you care for. All of us can do something to prevent the spread of HIV and to stop the discrimination of people living with HIV."

Yao Ming, Chinese Basketball Player.



photo Zou Hong © unicef

HIV does not discriminate - People do

All over the world many people living with HIV are discriminated against. This is of course wrong and also creates unnecessary fear among people. The fear associated with the discrimination in turn discourages people from learning about HIV, which makes HIV prevention education more difficult and hence drives the epidemic further.

HIV does not transmit through normal human contact. Remember that there are no restrictions from playing sport for people living with HIV merely because they are HIV positive. If you follow the universal blood precautions guidelines when there is a bleeding wound or skin infection, there are no risks of transmission of blood-borne infections including HIV.



WHAT CAN YOU DO?

• Learn about HIV

Learn the facts on HIV including how it is transmitted, how it does not transmit, and how HIV can be prevented. The more you know, the more able you will be to protect yourself and others. See text below and <http://www.unaids.org/en/preventionfacts> or click [here](#).

• Refrain from risky behaviour

(unprotected sex and sharing needles/syringes)
See text below on how to limit risk of contracting HIV. Pick up an HIV prevention package at any Olympic village clinic during the Games, which includes HIV information and two condoms.

• Fight discrimination

Be a true friend – a friend with HIV is still a friend. Accept him/her in the same way you would like to be accepted.

• Help raise awareness

Speak out about HIV in your sports club, your community. Help promote HIV prevention messages and raise awareness about the epidemic, which concerns us all. Talk to your sports club, National Olympic Committee or association and contact the local UNAIDS office (see <http://www.unaids.org/en/CountryResponses/Countries/default.asp> or click [here](#)), government or NGO working on AIDS and see what you can do together.



How is HIV transmitted?

HIV can be transmitted through unprotected penetrative (vaginal or anal) and oral sex; blood transfusion; the sharing of contaminated syringes or needles; and between mother and infant, during pregnancy, childbirth and breastfeeding.

HIV does not transmit through hugs, kisses, playing together, swimming in the same pool, sharing toilets, tools or utensils, or through any normal casual human contact. Do not discriminate people living with HIV.

"As a true Olympian - show the spirit of responsibility, friendship and fair play. Stop HIV - Stop the discrimination - and let everybody be part of the game."
Rania Elwani, Egyptian Swimmer and Member of the IOC Athletes' Commission.



How can you limit your risk of getting HIV?

- Abstain from sex
- Remain faithful in a relationship with an uninfected equally faithful partner with no other risk behaviour
- Practice only non-penetrative sex
- Use consistently and correctly male or female condoms
- Do not inject drugs and never share needles or syringes
- Ensure that any blood or blood products that you might need are tested for HIV

LEARN MORE?

READ the IOC-UNAIDS Toolkit "Together for HIV & AIDS prevention - a toolkit for the sports community" (http://www.olympic.org/uk/organisation/missions/humanitarian/full_story_uk.asp?id=1549 or click [here](#))



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