



# Your help in the fight against HIV/AIDS

## Raising awareness

You will be aware that the AIDS epidemic is still spreading fast and wide all over the world. More than 40 million people are infected with HIV. This includes many athletes and people who enjoy sports.

Nearly 90% of all the infected people worldwide do not know they have the virus, though they can transmit it to others.

## What you can do: the importance of role models

We must all have a responsible attitude towards HIV/AIDS and use all the means at our disposal to prevent its spread.

Olympians like you are role models, by your personal behaviour and also as ambassadors for the cause. As an Olympian, speaking out about HIV and AIDS can make a real difference to someone's life.

Introduce this message in your daily contacts with the sports community in your country, in your club,

with your friends.

Wearing a red ribbon demonstrates your personal commitment to tackling HIV and AIDS and shows your support for those living with the disease.

Many people find that being able to talk openly about sex helps them have safe sex.



*"HIV can affect anyone anywhere. As athletes we are in a unique position to help get messages through on how to avoid infection with the virus. While there may be no cure for AIDS, we must not forget that HIV can be prevented."* **Yaping Deng**



*"Using condoms for sex is the safest way to protect ourselves from a range of sexually transmitted diseases – including HIV. If you're going to do it – play it safe and use a condom."* **Matthew Pinsent**

Faithful sexual partnerships and safe sex using condoms offers the best protection.

For more information:  
[www.unaids.org](http://www.unaids.org);  
[www.staying-alive.org](http://www.staying-alive.org)