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ARE YOU HAVING SEX IN THE DARK?

Some say ignorance is bliss.

When it comes to sex, ignorance is far from bliss.

It's just plain dangerous.

If you want to do the smart thing, get out of the dark.

Find out how HIV/AIDS and other STD's are transmitted.

Use condoms. Not occasionally, not usually, but always.

Talk. Talk to your partner. Your friends. Your doctor.

If you're embarrassed about buying condoms, remember that after you've bought them once it will be much easier. Being embarrassed is a small price to pay for your health.

Next week is AIDS Awareness Week. If you know someone with HIV infection or AIDS, reach out to them and break the silence.

Ministry of Health
 Ontario

Call the Ontario Ministry of Health AIDS Hotline: **392-AIDS**