

✓ Eat right.

✓ Exercise.

✓ Get your **HIV** test.



HIV takes about 11 years to turn into AIDS. You could be completely symptom free during that time.

Sex with multiple partners or sharing needles puts you at risk for HIV.



In Vermont, testing is **FREE** and **ANONYMOUS**.

Learn more at >

**11years.org**

or call **800.882.2437**