To learn more about HIV/AIDS or obtain referrals to programs in your community, contact one of the following toll-free numbers:

**SAMHSA’s National Clearinghouse for Alcohol and Drug Information**
800-729-6686
TDD 800-487-4889

**linea gratis en español**
877-767-8432

---

**Q.** Can you get HIV/AIDS from casual contact with an infected person or their stuff?

**A.** No. HIV/AIDS is not spread through sweat, tears, or saliva.

**Q.** If you already have HIV, does it really matter if you drink or use drugs?

**A.** Yes. Not using tobacco, alcohol, or drugs improves your chances of staying healthy longer. Use of any of these substances can cause other health problems, interfere with your treatment, and reduce your chances of recovering.

---

**Q.** Who is most likely to get HIV/AIDS?

**A.** Anyone who has unprotected sex, shares a needle, or exchanges body fluids with a person who is infected is at risk. HIV is a virus, and AIDS is a disease.

---

**The bottom line:** If you know someone who is risking exposure to HIV/AIDS, urge him or her to stop. If your behavior places you at risk of an HIV/AIDS infection—STOP! If you have already placed yourself at risk, get tested and follow your doctor’s instructions. The longer you ignore the real facts, the more chances you take with your life. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust. You also can call the CDC National AIDS Hotline at 800-342-2437 for more information.

---

**Do it today—it’s your life.**
For more information or for references to facts found in this Tips for Teens, go to www.ncadi.samhsa.gov.