

Week of March 7, 2016: HIV/AIDS

- **Myth:** I can get HIV by being around people who are HIV-positive.
- **Fact:** The evidence shows that HIV is not spread through touch, tears, sweat, or saliva. You cannot catch HIV by:
 - Breathing the same air as someone who is HIV-positive
 - Touching a toilet seat or doorknob handle after an HIV-positive person
 - Drinking from a water fountain
 - Hugging, kissing, or shaking hands with someone who is HIV-positive
 - Sharing eating utensils with an HIV-positive person
 - Using exercise equipment at a gym
- **Source:** *WebMD*

Week of March 14, 2016: Youth Violence

- **Myth:** Preventing youth violence is a law enforcement concern not a public health issue.
- **Fact:** Preventing youth violence requires a comprehensive approach that addresses the social determinants of violence, such as income inequality, rapid demographic and social change, and low levels of social protection. Critical to reducing the immediate consequences of youth violence are improvements in pre-hospital and emergency care, including access to care. Public health approaches can decrease youth violence through initiatives that help to identify, quantify and respond to the problem.
- **Source:** *World Health Organization*

Week of March 21, 2016: Tuberculosis (TB)

- **Myth:** If someone with tuberculosis coughs I will automatically get it.
- **Fact:** TB is not easily contracted. You have to be in close contact with someone who has TB for a long time (usually many hours or days) and generally in a small, contained place.
- **Source:** *Respiratory Health Association*

Week of March 28, 2016: Food Safety

- **Myth:** Food needs to look, taste or smell bad to cause food poisoning.
- **Fact:** Food does not need to look, smell, or taste bad to be contaminated and cause food

poisoning. Some bacteria produce harmful toxins in food and you may not be able to tell.

- **Source:** *City Council of Logan, Australia*