

...at home



...away

## Treat yourself!

You may be on holidays but your HIV treatments still have to work. Sticking to your dosing schedule will give your pills the best chance of working. Planning ahead means you will be more likely to take your pills at the right time. For more information for gay men who are travelling, check out the free booklet from your local AIDS council or visit [www.afao.org.au](http://www.afao.org.au).



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