

Sex, Drugs & Prevention

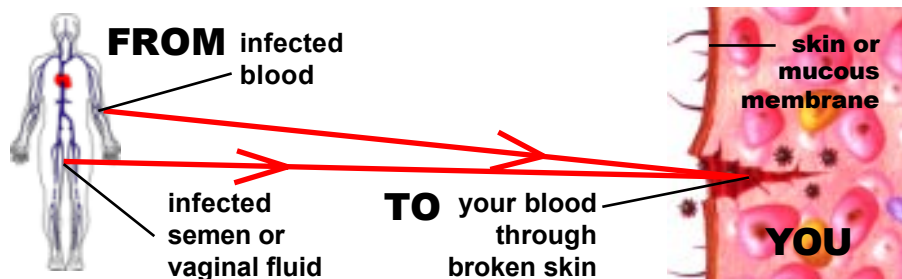
Remember – a germ is just a germ. Germs spread wherever and whenever they can. Sex and injecting drugs can spread germs, but they **do not cause** HIV or AIDS. Germs cause HIV and AIDS.

What is HIV & AIDS?

HIV (Human Immunodeficiency Virus) is a kind of germ called a retrovirus. There is **no cure** and **no vaccine** for HIV. HIV is the virus that causes AIDS (Acquired Immune Deficiency Syndrome), an illness in which your immune system is destroyed and your body can no longer fight off diseases.

How is it spread?

HIV spreads when infected blood, semen [cum], or vaginal fluid [pussy juice] gets into your blood, through a break in your skin or mucous membrane (the 'skin' inside your mouth, vagina [pussy] or rectum [inside your ass]). Remember – skin can have tiny cuts or scrapes that you can't see or feel!



- o HIV is spread by unprotected anal or vaginal sex [screwing or being screwed in the ass or pussy without a rubber].
- o HIV is spread by using drug injection equipment that has been used by another person (including needles, syringes, spoons, water and filters). It may also spread by using needles for tattoos or piercing that have already been used, unless sterilized.
- o HIV can also be spread from woman to child during pregnancy, birth or breast-feeding.

Can it be prevented?

Yes, it can. Prevention means reducing your risk of getting HIV. You can avoid coming into contact with the virus by:

- o NOT having unprotected anal or vaginal intercourse [screwing or being screwed in the ass or pussy without a rubber].
- o NOT using any drug injection equipment

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- o NOT having unprotected anal or vaginal intercourse [screwing or being screwed in the ass or pussy without a rubber].
- o NOT using any drug injection equipment that has been used by another person.
- o NOT using needles for tattooing or piercing that have been used by another person, unless sterilized.
- o IF an infected woman takes anti-retroviral drugs before giving birth, the child is less likely to be born with HIV.



What are its symptoms?

Most people infected with HIV **do not look or feel sick**, and will show **no symptoms at all** for 7 to 10 years. Early symptoms of HIV infection that **MAY** appear are similar to symptoms of a cold or flu (feeling tired, swollen glands, fever).

How can I tell if I have it?

HIV infection is diagnosed by a blood test. You can get this test at your doctor's office or at one of the clinics listed below. Your name is not used. A code is attached to your blood sample. It takes two weeks to get your results. In certain circumstances, results can be made available sooner.

You might think about getting tested for HIV if:

- o You have had unprotected anal or vaginal sex.
- o Your sex partner has had unprotected anal or vaginal sex.
- o You or your sex partner have used any drug injection equipment that has been used by another person.
- o You have used needles for tattooing or piercing that have been used by another person, without sterilizing.
- o A sex partner or drug-use partner says they have HIV.
- o Someone tells you that you have been in contact with HIV... or if you are worried about HIV.

Can it be treated?

Yes, it can. Taking care of basic health needs (such as nutrition, rest and exercise) is very important to staying well. Several anti-retroviral drugs are available to reduce the amount of HIV in the blood. Other drugs are available to prevent or treat infections caused by HIV. The effects of these drugs are complex. Long-term effects on the body are unknown.

Can it be cured?

No it can't. A person with

infections caused by HIV. The effects of these drugs are complex. Long-term effects on the body are unknown.

Can it be cured?

No it can't. A person with HIV infection carries the virus and can pass it on for their whole lives. A person with HIV is increasingly open to severe infections and cancers. Most people with HIV die after being very sick for a long time.

HIV, STIs, Hepatitis B & Hepatitis C

HIV is a sexually transmitted infection (STI). If you already have an STI such as chlamydia, gonorrhea, herpes or genital warts, you may have broken skin, swelling or sores that make it **easier for HIV to get into your body.** As well, HIV is spread in the same way as the viruses that cause Hepatitis B and Hepatitis C. **If you have one of these viruses, you could have all of them.**

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Where can I go?

Street Connections is Winnipeg's mobile needle exchange service. They offer clean needles and safely dispose of used ones.

- **Needle exchange van** operates from 6 p.m. to 11:30 p.m. Monday to Friday. It can be reached by cell at 981-0742.
- **Needles can also be exchanged** at 50 Argyle St. Call 943-6379 for hours.

You can get tested for Hepatitis, HIV and STIs at your doctor's office, or contact one of the health agencies below for confidential testing services:

- **Klinic** – 870 Portage Ave. – 784-4078 – Drop-in Teen Clinic every Saturday from 12 to 4 p.m.
- **Women's Health Clinic** – 419 Graham St. – 947-1517 – Drop-in Teen Clinic every Thursday from 3 p.m. to 9 p.m. – **Boys welcome!**
- **Nor'West Coop** – 103-61 Tyndall Ave. – 633-5955 – Drop-in Teen Clinic every Wednesday from 1 to 6:30 p.m. and Saturdays from 10 a.m. to 2 p.m.
- **Mount Carmel Clinic** – 886 Main St. – 582-2311 – Ask for "Triage".
- **Health Action Centre** – 425 Elgin St. – 947-1626 – Ask for a nurse.
- **Hope Centre** – 480 Alfred – 589-8354 – Drop-in HIV testing available.
- **St. James Walk-in Clinic** – 1600 Portage – 774-1868 – Open 'til 11 p.m. every day! Across the street from Polo Park.
- **Street Connections** – 50 Argyle St. – 943-6379 – Nurse available for women and transsexuals only.
- **Community Health Clinic** – 601 Aikins – 940-2025 – Call for appointment.
- **Village Clinic** – 705 Broadway Ave. – 940-6001 – Call for appointment.