

#1: BODY FLUIDS THAT TRANSMIT HIV

Blood

Semen

Vaginal fluid

Breast milk

#2: HIV TESTING

Get tested regularly and get your test result.

If you test negative, you may in fact be HIV-positive, but your immune system has not yet developed detectable antibodies. Stop all risk behavior and get retested in 6 months.

Most people will develop detectable antibodies within 3 months after infection -- average window period is about three weeks -- it can take up to 6 months – you are infectious during this time.

Do not assume that because you tested negative, that your partner is also negative.

If you test positive, you may be prescribed medications to reduce the amount of virus in the blood.

There is no cure.

HIV medications must be taken exactly as prescribed otherwise HIV mutations can develop.

If you test HIV-positive, you are still at risk for re-infection with a different strain of the virus that does not respond to medications.

#3: HEPATITIS B

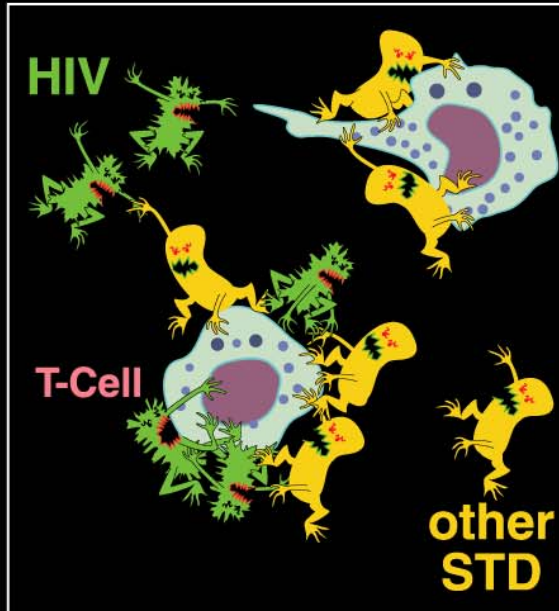
- spread by contact with the blood or sexual fluids of an infected person
- attacks the liver
- lifelong infection
- may cause liver failure and death
- can be prevented by vaccination – must take all 3 shots to be protected

#4: HEPATITIS C

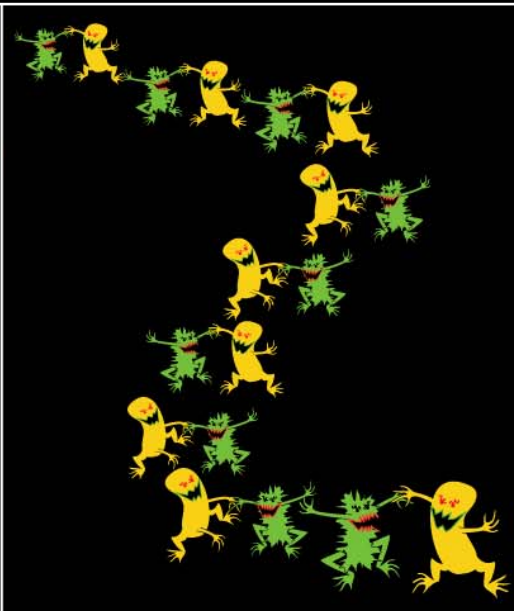
- spread primarily through contact with the blood of an infected person, but may also be shed in genital secretions
- attacks the liver
- lifelong infection -- serious for some and not for others
- may have no symptoms for a long time, but liver is being damaged
- no vaccine to prevent it

STDs and Infectious Disease

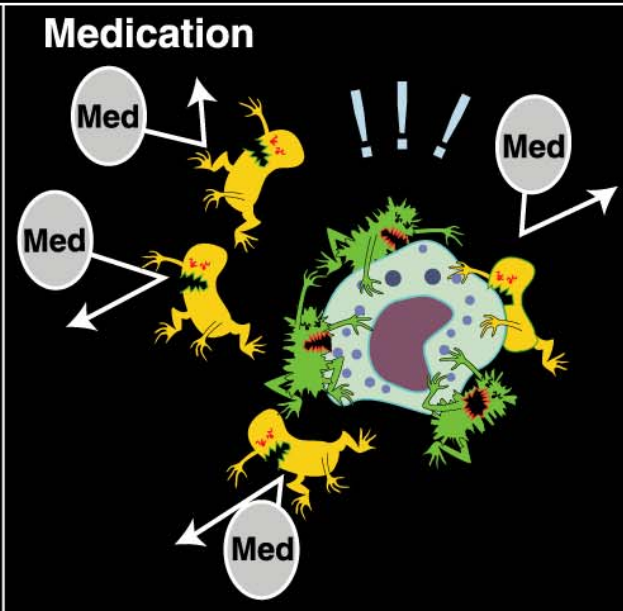
Detection and Treatment of STDs can reduce HIV Transmission



HIV-negative people are 2-5 times more likely to become infected with HIV when other STDs are present.



If you are already infected with HIV, and have other STDs, you are more likely to spread HIV to someone else.



Having an STD can reduce the effectiveness of HIV treatment. HIV may progress more rapidly

COCAINE USE Increases the Risk of STD Transmission

COCAINE use can lead to:

- greater frequency of unprotected sex
- selling sex to get cocaine or money
- weakening of the immune system
- difficulty in reaching sexual climax, prolonging intercourse, thus increasing chance for cuts and abrasions and blood-to-blood contact

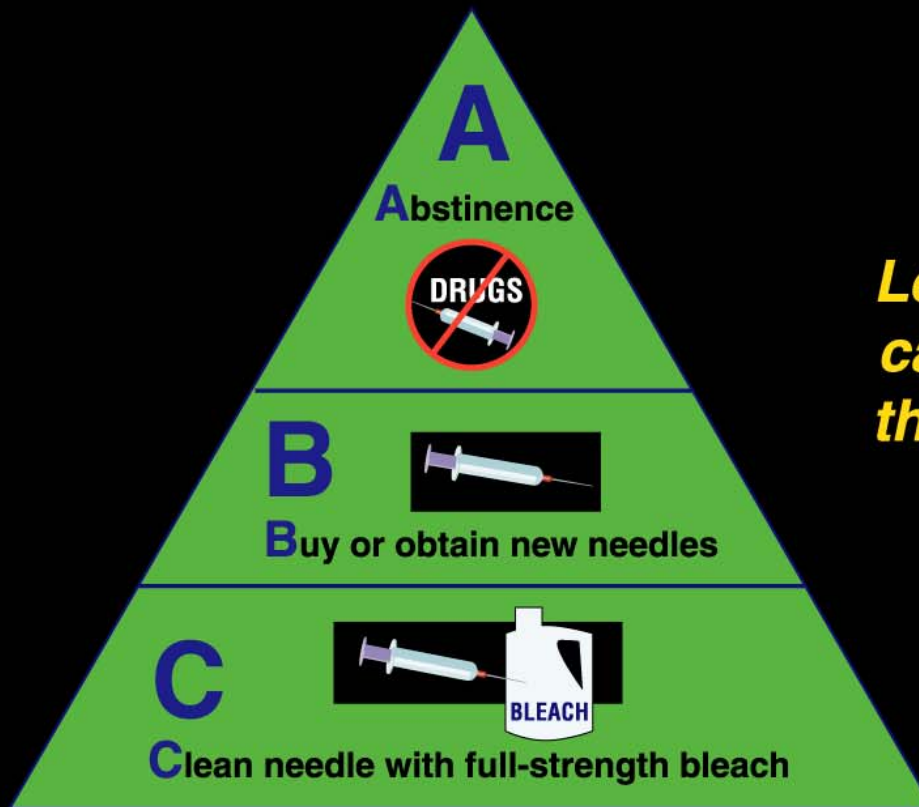
Decrease your risk of HIV, HBV, HCV and other STDs by:

- always using latex protection
- getting off drugs

If you can't get off drugs...

- never share needles or "works"

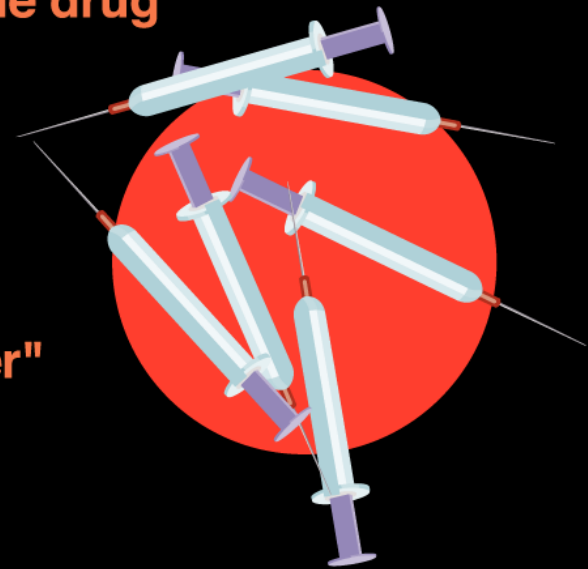
The Pyramid of Harm Reduction Strategies for Injection Drug Users



*Learning your **ABC's** can save your life and the life of your partner*



- **Putting syringe in the same container of water or drug solution**
- **Using a plunger from a previously used syringe to mix the drug solution**
- **Using a used syringe to distribute or return the drug**
- **Drawing drug from a shared cotton filter**
- **Returning the drug to a shared cooker**
- **"Beating the cotton" and "scraping the cooker"**
- **Rinsing a syringe in other people's water**





- Physical Changes
- Drug Craving



Needle plus Heroin and Cocaine



- Physical Changes
- Drug Craving

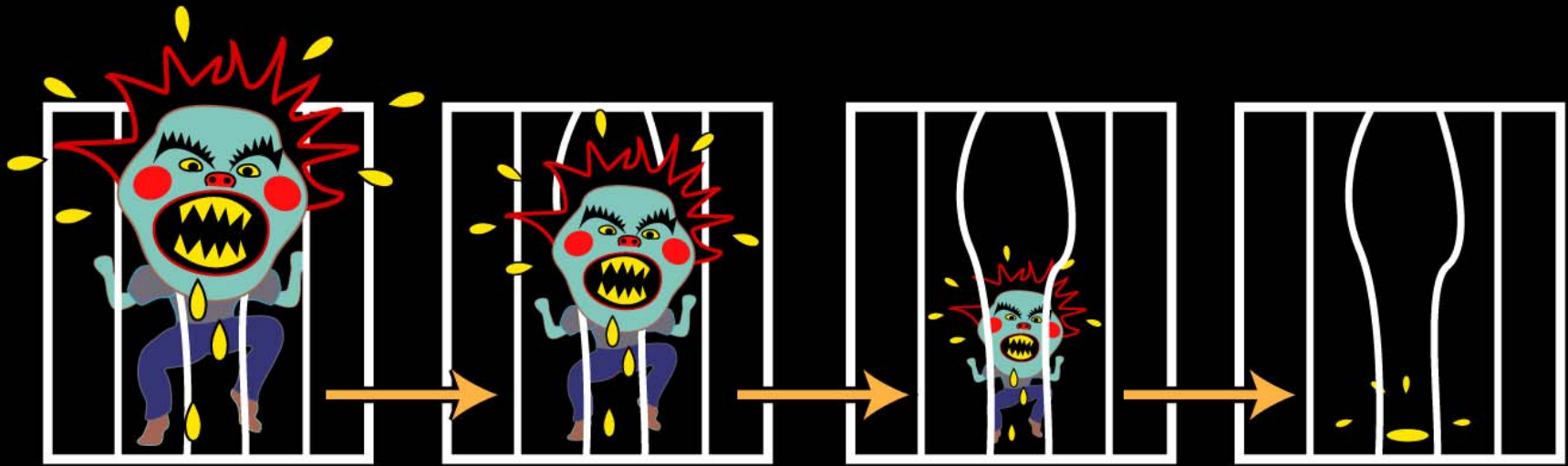


Sight of Needle alone



- Physical Changes
- Drug Craving





PLEASE DON'T FEED
THE CRAVING MONSTER

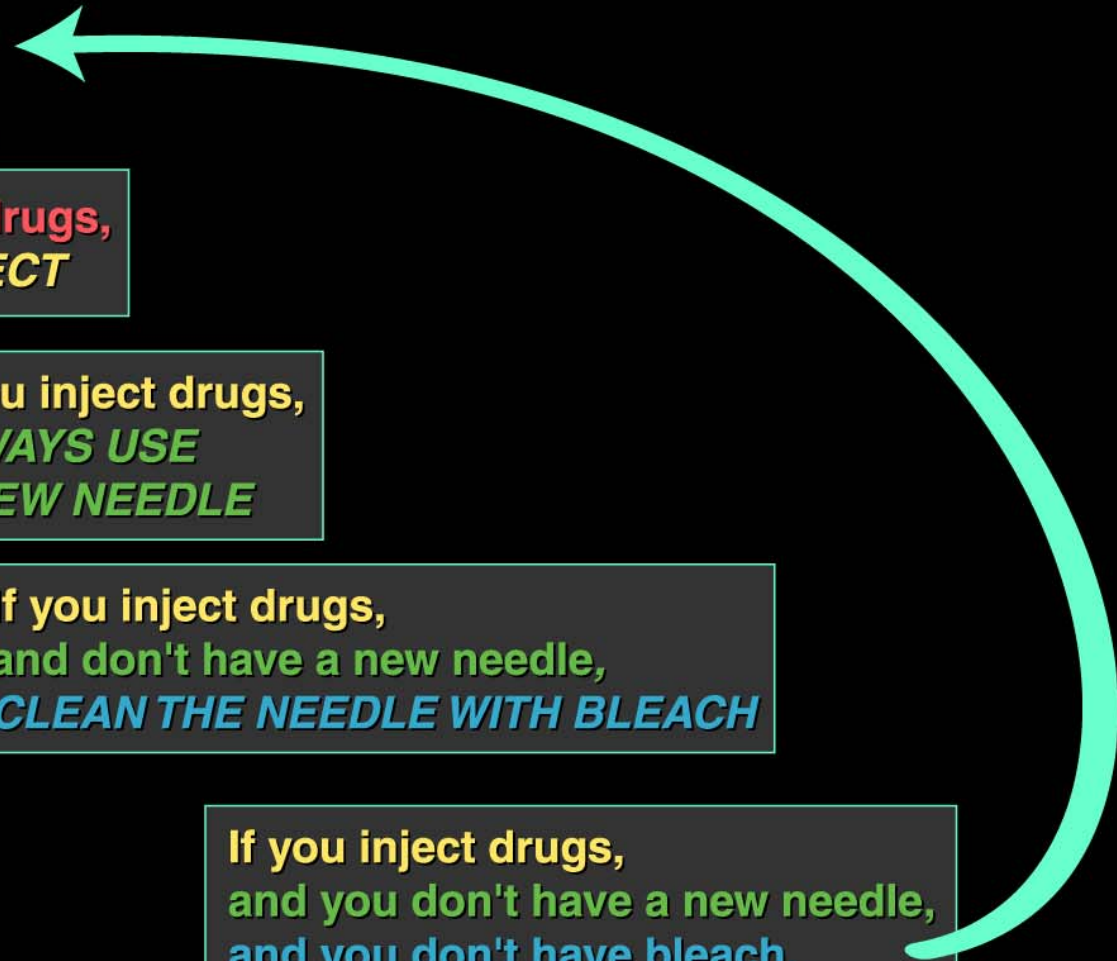
***DON'T USE
DRUGS***

***If you use drugs,
DON'T INJECT***

***If you inject drugs,
ALWAYS USE
A NEW NEEDLE***

***If you inject drugs,
and don't have a new needle,
CLEAN THE NEEDLE WITH BLEACH***

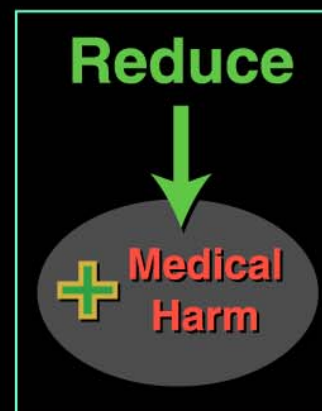
***If you inject drugs,
and you don't have a new needle,
and you don't have bleach,***





THE GOOD NEWS

If you inject drugs, always using a new or bleach-cleaned needle will reduce the risk of HIV infection and reinfection



THE BAD NEWS

It will not reduce other harm caused by drug use



Financial Harm

Legal Harm



Emotional Harm



Family/Social Harm

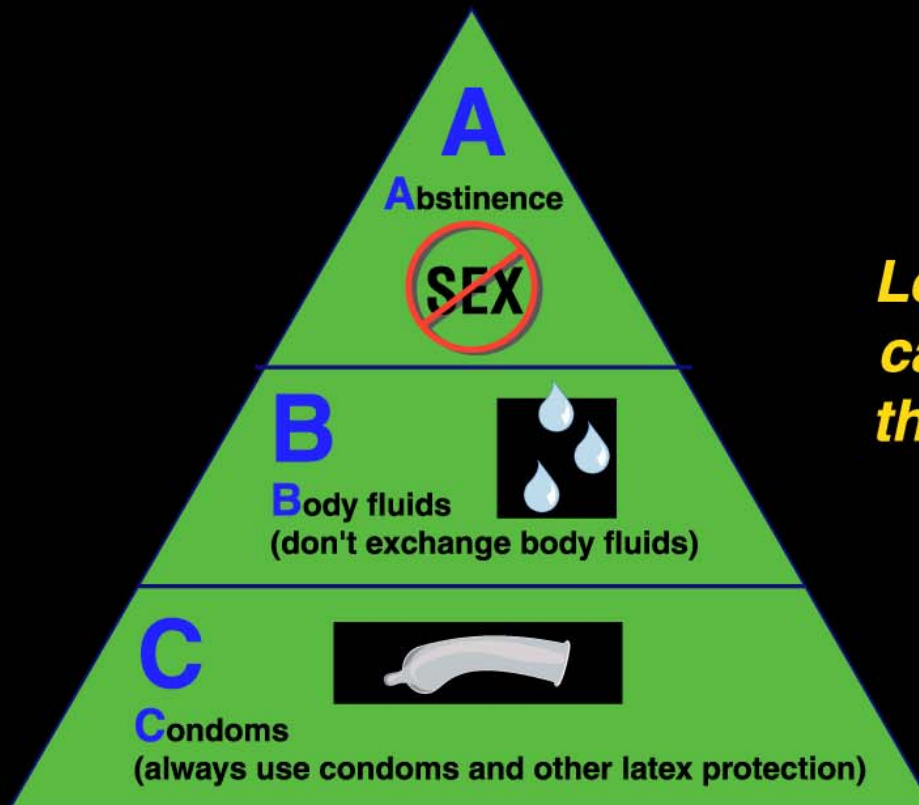




BE
PREPARED

242

The Pyramid of Harm Reduction Strategies for Safer Sexual Practices



*Learning your **ABC's** can save your life and the life of your partner*

Three Little Words to Remember *Before Having Sex*

Latex



Condoms

- vaginal or anal intercourse
- fellatio (penis oral sex)

Latex



Dental Dams

- cunnilingus (vaginal oral sex)
- analingus (anal oral sex)

You can cut latex glove or condom

Latex



Gloves

- digital-vaginal or digital-anal sex
- vaginal or anal fisting

Avoid manual-genital contact if there is broken skin or during menstruation

DISCUSSION QUESTIONS

- ★ 1. *Does a man need to use a condom if he does not ejaculate (come) inside his partner?*
- ★ 2. *Are all condoms equally effective in reducing harm?*
- ★ 3. *What kind of lubricant should you use and why?*
- ★ 4. *What is nonoxynol-9?*
- ★ 5. *When should you put on a condom?*
- ★ 6. *When should you remove a condom?*

Great Lovers use Latex

Creativity

increase the pleasure with creative use of latex

Communication

talk to your partner about his/her dislikes

Caring

show your partner that you care about his/her health

NO LATEX – NO SEX – NO HARM

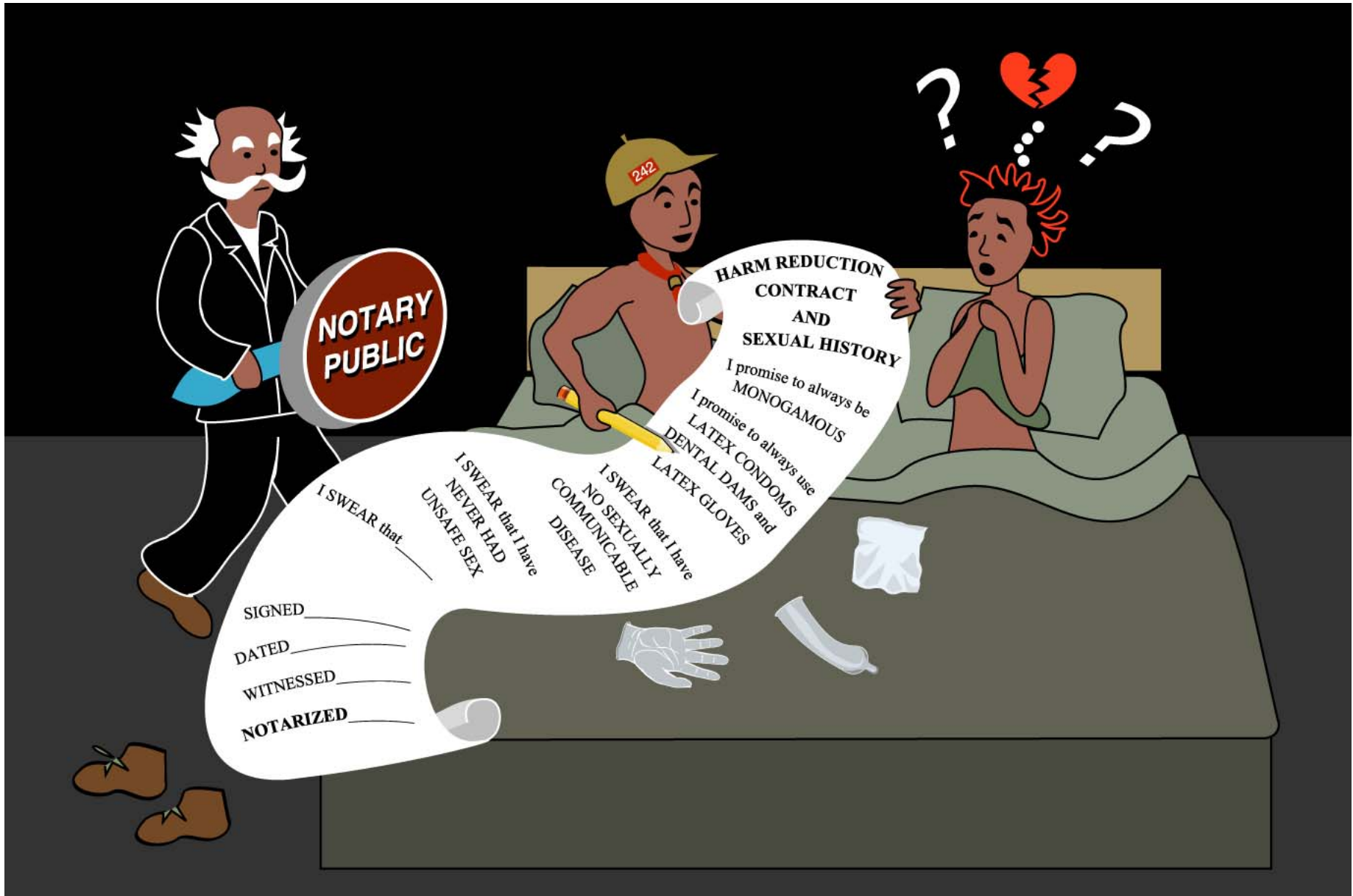
***DON'T HAVE
SEX***

***If you are sexually intimate,
DON'T EXCHANGE BODY FLUIDS***

***If you are sexually intimate,
and you are going to engage in
vaginal or anal intercourse, or oral sex,
ALWAYS USE LATEX PROTECTION***

IF YOU DON'T HAVE LATEX PROTECTION





TIP

for Successfully Negotiating Harm Reduction



Trust

Intention

Persuasion