YOU CAN STOP AIDS
Follow the advice in this brochure

ALWAYS use condoms
NEVER share needles

For more information call the San Francisco AIDS Foundation Hotline:
in San Francisco 863-AIDS
in Northern California (toll-free) 800-FOR-AIDS
TDD 415-864-6606
between the hours of 9am to 9pm Pacific Time on weekdays, and 11am to 5pm on weekends.
What is AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome. A virus called HIV causes AIDS.

A person with AIDS gets sick with many illnesses. Some of the diseases can be fatal. There is no cure for AIDS. A milder form of AIDS is called AIDS Related Complex (ARC).

AIDS has killed people mostly from these groups:

- Men and women who use needle drugs
- People who got blood products which had the AIDS virus
- Gay and bisexual men
- People who had sex with any of these people
- Children born to parents in these groups

How does AIDS spread?

Blood or semen carry the AIDS virus. Fluid from the vagina also carries the AIDS virus. The blood, semen or vaginal fluid must go directly from an infected person into another person.

Sharing needles during drug use also spreads the virus.

A pregnant woman can pass the virus to her newborn child.

You can't get AIDS from:

- Kisses: Kisses on the skin are safe. The AIDS virus can be in saliva (spit). BUT we don't know of any people who got AIDS by mouth-to-mouth kissing.
- Touching: You can't get AIDS by touching or being near someone with AIDS.
- Eating: You can't get AIDS by eating with a person who has AIDS.
- Sneezes, clothing or bedding.

How can I know if I have the AIDS virus?

You can take a test that shows if you have been infected with the virus. Some people who have the virus will get sick. Talk to a doctor, nurse or health center to find out about the test.

How can I protect myself and my partner?

You can't tell if someone has the virus by how they look. Here is some advice for safer sex.

Vaginal or Anal Sex

- Always use a condom (rubber). Or use a condom and a spermicide.
- Spermicides kill the AIDS virus. Spermicides also kill sperm.
- Don't use Vaseline, vegetable oil or mineral oil with condoms. They make condoms break more easily.
- Follow the directions on the condom package.
- Be sure the condom does not break.
- Don't use the condom more than once.

For Oral Sex:

- Don’t let semen from an infected man enter your mouth.
- Fluid from the vagina of an infected woman can carry the virus. Blood in menstrual fluid can carry the virus. Oral sex with an infected woman is most risky during her period (menstruation).