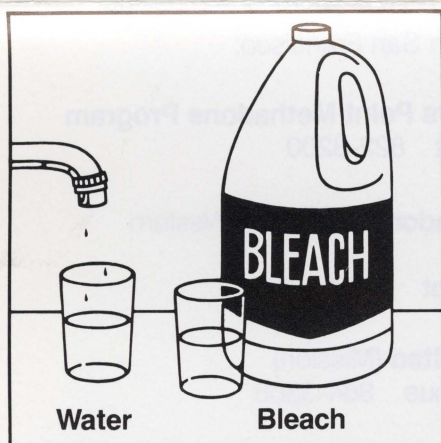


INMATES ARE AT HIGH RISK FOR AIDS

ESCAPE AIDS



Water

Bleach

Step One

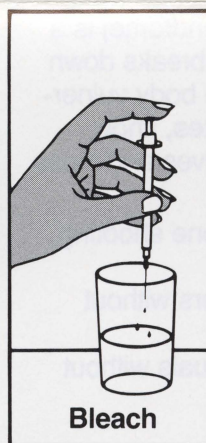
Get two cups. Pour bleach in one cup. Pour water in the other cup.



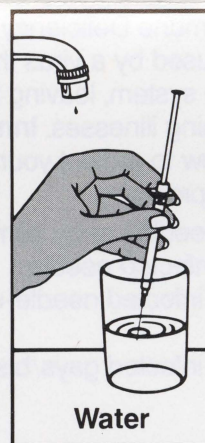
Bleach

Step Two

Fill the needle with bleach and squirt it out. Fill the needle with bleach *again* and squirt it back out.



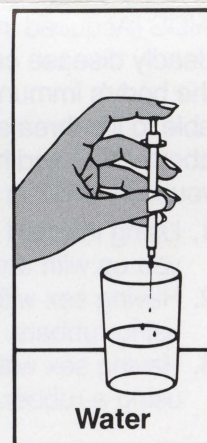
Bleach



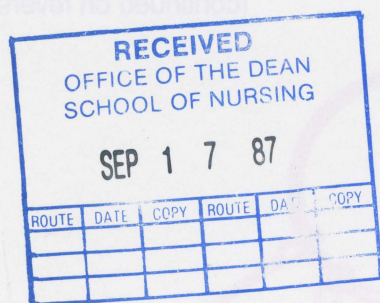
Water

Step Three

Fill the needle with water and squirt it out. Fill the needle with water *again* and squirt it back out. Throw away the water; save the bleach for the next time.



Water



This pamphlet is a product of the Multicultural AIDS Needle Users (MANU) Project, made possible by funds from San Francisco Department of Public Health, Community Substance Abuse Service.

Multicultural Prevention Resource Center

861-2142

Bayview-Hunters Point Methadone Program

822-8200

INMATES ARE AT HIGH RISK FOR AIDS

Thousands of cases of HIV (virus that causes AIDS) infection have been reported in the United States among prison inmates. Ninety-five percent of the infected inmates are needle-sharing drug abusers. The virus is further spread by unprotected sexual activity in jail and when infected inmates get back on the streets. Many even continue to inject and share needles, reinfecting themselves over and over again, when they get out.

There is no cure for AIDS. There is no vaccine for AIDS. But AIDS can be prevented.

What is AIDS?

AIDS (Acquired Immune Deficiency Syndrome) is a deadly disease caused by a virus that breaks down the body's immune system, leaving the body vulnerable to life-threatening illnesses. **Inmates**, know about AIDS and how to protect yourselves and those you love. AIDS is spread by:

1. Using infected needles or by someone shooting you up with an infected needle.
2. Having sex with infected needle-users without using rubbers.
3. Having sex with infected gays/bisexuals without using a rubber.

Can I get AIDS from toilet seats?

AIDS is not transmitted by casual contact. You cannot get AIDS from shaking hands, hugging, coughing, sneezing, drinking from someone else's glass, or eating food handled by someone who has AIDS. You cannot get AIDS from toilet seats, public pools, hot tubs, spas, or insect bites.

How can I protect myself and others?

Since you *can* get AIDS through blood, semen and vaginal secretions directly entering your body, men and women should use condoms during sexual intercourse. Condom use ("safe sex") is important in stopping the spread of the AIDS virus among prison inmates.

Drug users should not share needles. If needles are shared, they should be flushed twice with full-strength bleach and twice with water between each use.

You cannot tell who has the AIDS virus by how healthy that person looks. Always use condoms when having sex, and the bleach method when using needles.

What can I do?

The best way to deal with the AIDS epidemic is to:

- Stop using needles; get off drugs!
- Stop sharing needles. Don't use anyone else's works and don't let anyone use yours.
- If you must use works that might be infected, disinfect them with bleach (see reverse side).
- Use rubbers when you have sex ... **each and every time.**

Escape AIDS ... it can be prevented.

The only way to really play it safe is to quit using drugs altogether. Help is yours for the asking.

Drug Treatment in San Francisco:

Bayview-Hunters Point Methadone Program

6025 Third Street 822-8200

Westside Methadone Program (Western Addition)

1301 Pierce Street 563-8200

Horizons Unlimited (Mission)

440 Potrero Avenue 864-3366

Asian American Residential Recovery Service

(Western Addition)

2024 Hayes Street 386-4815

Multicultural Prevention Resource Center (MPRC)

1540 Market Street Suite 320 861-2142

San Francisco AIDS Hotline 863-AIDS

(continued on reverse side)

