

The **HISPANIC AIDS FORUM** represents the interests of Hispanic persons with AIDS, their families and loved ones, and of the Hispanic community, in light of the AIDS epidemic.

We advocate for the Hispanic community's right to medical and social services and AIDS prevention education that is culturally appropriate, in our language and accessible to all.

We understand that the best defense against AIDS is information that is clear and widely available.

We promote frank and clear discussion of specific measures to prevent HIV infection, so that more of our community members will be free of AIDS.

Persons with AIDS need solid support from family, friends and their community. By informing all Hispanics about AIDS we can reduce fear, ignorance and prejudice and promote our community's support for those affected by AIDS.

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WHAT EVERY MAN SHOULD KNOW ABOUT AIDS



What is AIDS?

AIDS is a serious illness caused by the HIV virus. The HIV virus weakens the body's natural defenses against infection. The body is left without protection against several types of disease that normally do not attack a healthy person.

No one knows if everyone who has the virus will develop AIDS. Some people stay healthy for several years while others get a condition called ARC.

AIDS Acquired Immune Deficiency Syndrome

HIV Human Immunodeficiency Virus

ARC AIDS Related Complex

How can you get AIDS?

Sex

AIDS can be transmitted through sexual contact. This means anal, vaginal or oral sex. You can't tell who is infected with the HIV virus, so if you're sexually active, you may become infected with the virus and infect others, even if you don't have any symptoms.

Shooting drugs

The AIDS virus can also be transmitted by sharing I.V. works (needles, syringes, eyedroppers, plungers, cookers, water or cotton). If you shoot drugs and you share works, you run a higher risk of being exposed to the HIV virus.

Blood transfusions

Before 1985 some people received blood transfusions that contained the virus. That same year a test was developed to find out if the blood used in transfusions has been exposed to the HIV virus. Today, in the United States, anyone who needs a blood transfusion can get one without being afraid they'll get AIDS.

Babies can get AIDS

The HIV virus may be passed on from a pregnant woman to her unborn baby during pregnancy or during delivery. If you are infected, you can pass the virus on to your babies if you infect the mother during sex.



PROTECT YOURSELF. YOU CARE ABOUT. US

You can't get AIDS this way

Casual contact

You **can't** get AIDS from kissing, hugging or touching, sharing cigarettes or using the same drinking glasses, cups, forks, spoons or dishes. The HIV virus is not spread by sneezing or coughing.

Nothing around you can spread AIDS

You **can't** get AIDS from

- mosquito bites,
- touching door knobs,
- using telephones, toilet seats or swimming pools.

Whatever your sexual preference, whether you have sex with a woman or with a man, always use a rubber (condom) during sex.

Remember, not just any condom will do. Sheepskin condoms just don't work against the HIV virus. In order to get the best protection, use a condom made of latex or rubber. Your best bet is to use condoms lubricated with the spermicide Nonoxynol-9.

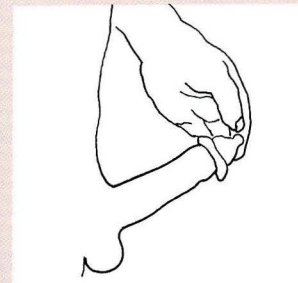
Use a fresh, new condom. A condom helps you avoid contact with bodily fluids: semen (cum) and blood during sexual contact.

How to use

For more safety and pleasure when using a condom, follow these instructions and **always** use a condom for anal, vaginal or oral sex.

Condoms are easy to use

1. Keep the penis free of grease. Wash before having sex.
2. Always use a water based lubricant like KY or Probe. Lubricants made with oil (petroleum or vegetable) may damage the rubber, causing it to break.
3. Put a dab of lubricant inside the tip of the condom. This will help you feel more through the rubber.



4. When you put on a condom, make sure you leave a $\frac{1}{2}$ inch space in the tip of the rubber to collect the cum.

Having several sex partners increases the risk of getting AIDS. Even if you have sex with someone who is healthy, they may be infected, so

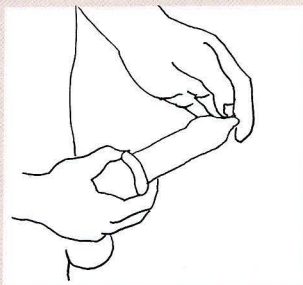


PROTECT THE PEOPLE USE A CONDOM!

Know your sexual partner

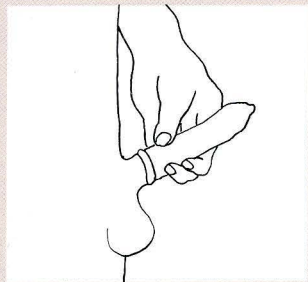
- Even if they seem healthy; they may be infected.
- If you're not **absolutely** sure of his or her sexual activities, present and past, make sure you **use a condom**.
- If you're not **absolutely** sure if your sexual partner has used intravenous (IV) drugs, make sure you **use a condom**.
- If you're not **absolutely** sure if your sexual partner received blood transfusions or blood products before 1985, make sure you **use a condom**.

Use a condom



5. Squeeze out any air in the tip.

6. With the other hand unroll the rubber all the way to the base of the penis and smooth out any air. If you are not circumcised, pull back the foreskin before covering the head with the rubber.



7. After coming hold on to the base of the condom while pulling out. Pull out gently, while the penis is still hard, so the condom will not fall off. Use the condom only once. Do not wash condom for re-use.

8. Even if your partner is on the pill, or using foam or a sponge

you must still use a rubber. Remember the rubber is being used to **prevent the spread of the virus—NOT for birth control**.

Increases your chances of having had
sex. Even if your sex partner seems
SAFE CARE.

Drugs and AIDS prevention

Don't use drugs, but if you do, get help. Never share needles or any of the works used to prepare and inject drugs. This is as true for cocaine as it is for heroin or for any drug that you inject.

Alcohol

Be careful with alcohol! Alcoholic drinks affect judgment and make us forget to be careful.



*Take care!
Use a Condom!*

For more information
and counseling call:

New York City
Department of Health

718-485-8111

Hispanic AIDS Forum
212-463-8264

To find out about treatment
for drug abuse:

1-800-522-5353

All calls are confidential