



*Remember*

## AIDS is Preventable

If you or your partner might be at risk,  
always use condoms and follow the  
recommendations in this brochure.

Never share needles.

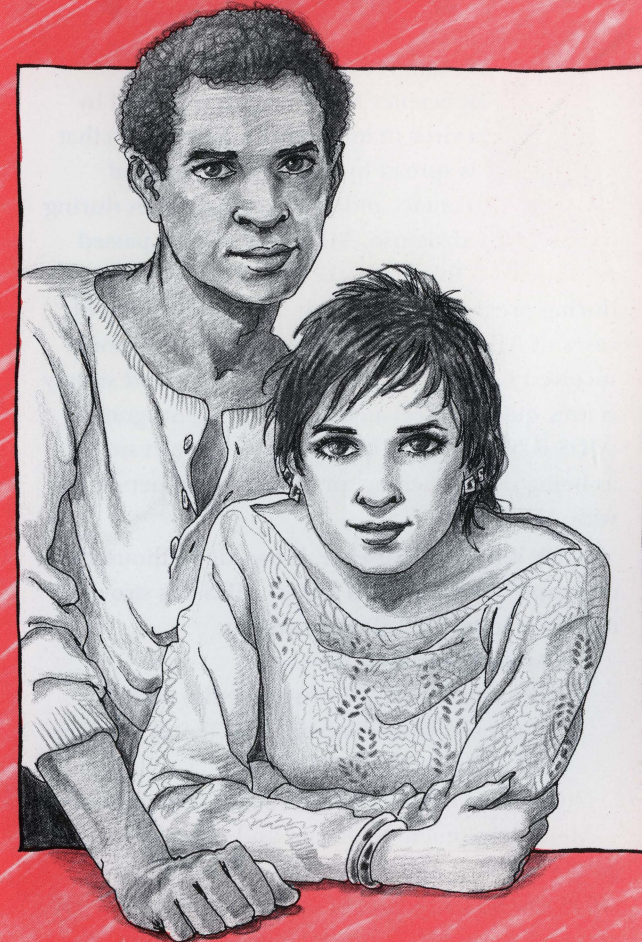
For more information call the San Francisco AIDS  
Foundation Hotline:  
in San Francisco 863-AIDS  
in Northern California (toll-free) 800-FOR-AIDS  
TDD 415-864-6606

between the hours of 9am to 9pm Pacific Time on  
weekdays, and 11am to 5pm on weekends.

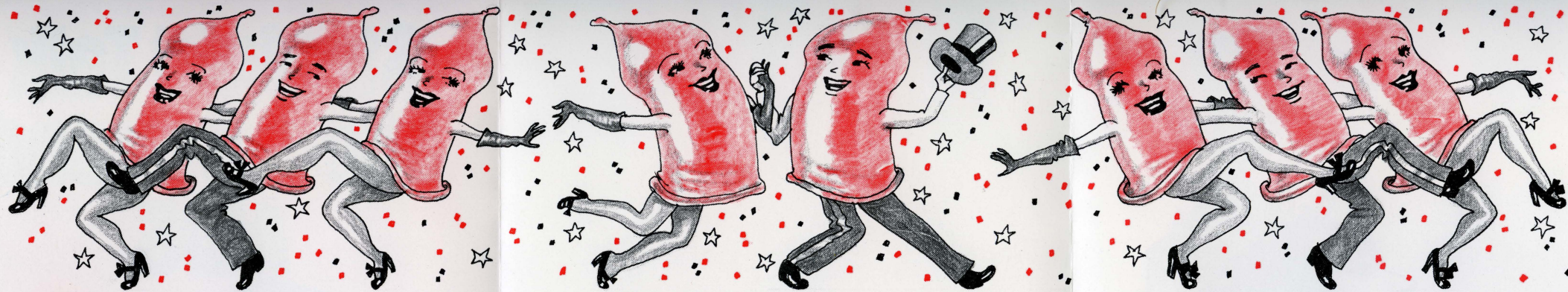
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# Straight Talk about Sex and AIDS







**A**IDS stands for Acquired Immune Deficiency Syndrome. It is caused by a virus (named HTLV-III or LAV) that is spread by some types of sexual contact and by sharing needles during drug use. AIDS may also be passed from a mother to an unborn child during pregnancy or at birth. A small number of cases of AIDS were caused by blood transfusions received between 1977 and 1985. The blood supply is now quite safe because of screening programs. AIDS is NOT spread by day to day contact such as being near, touching, or eating with a person with AIDS.

AIDS is a deadly disease. It has killed thousands of people. In the United States, AIDS has struck mainly among the following groups:

- Gay and bisexual men
- Male and female IV drug (needle) users
- People receiving contaminated blood products
- Sex partners of the above
- Children born to parents in the above groups

Men and women of all ages and races have gotten AIDS. There is no vaccine or cure, but AIDS can be PREVENTED. This brochure will tell you how to protect yourself while continuing to have sex.

#### How is AIDS spread?

AIDS passes from one person infected with the virus that causes AIDS to another person only through blood, semen, and possibly vaginal secretions. The blood, semen, or vaginal secretions must go directly from one body into another.

#### How can I know if my partner or I may be carrying the AIDS virus?

Talking is the best way to start, although this may not be easy. If, since 1977, you or your partner have had sex with a member of the groups mentioned, or shared needles with anyone, there may be some risk. If you cannot rule out the chance that you or your partner are infected, follow the safe sex recommendations. Your health care provider may recommend a test to see if you have been exposed to the AIDS virus.

#### How can I protect myself and my partner?

Most people with AIDS infections do not show any signs of illness. If you don't know your partner's sexual or drug use history and you want to have sex, follow these recommendations:

*For vaginal or anal sex:*

Always use a condom or a condom and a diaphragm with a spermicide containing nonoxynol 9. Research shows that condoms, when properly used, stop the virus that causes AIDS.

*For oral sex:*

If the man is infected, his semen should not enter his partner's mouth.

If the woman is infected, vaginal secretions could carry the virus. Blood, which is contained in menstrual fluid, has been proven to carry the virus. Oral sex with an infected woman is probably most risky during menstruation.

#### What about kisses?

Kisses on the skin are completely safe. And although

the AIDS virus has been found in tiny amounts in most body fluids, including saliva, there are *no* known cases of AIDS transmission via mouth-to-mouth kissing.

#### Condoms

Condoms (rubbers) are a good way to stop many sexually transmitted diseases (such as syphilis, gonorrhea, and chlamydia). AIDS is spread in the same manner. While condoms protect you, they can also enhance sexual pleasure. Women, as well as men, may want to carry a supply. Follow the directions given on the package to be sure that the condom does not break. Remove and dispose of it carefully. Never re-use a condom!

#### Lubricants

Sexual lubricants should be water soluble. DON'T use vaseline, Crisco, mineral or vegetable oil. These make the condoms break more rapidly. Lubricants and spermicides (used for birth control) that contain an ingredient called nonoxynol 9 will provide extra protection against the AIDS virus, but are NOT substitutes for condoms. Lubricants, spermicides, and condoms can be purchased in a drug store without a prescription.

