



PEOPLE OF COLOR
"Because We Care"

Let's Talk



● **41% of ALL cases of AIDS are People of Color**

DID YOU KNOW THAT...

- **59% of all the CHILDREN with AIDS are BLACK CHILDREN.**
 - **21% of all the CHILDREN with AIDS are LATINO CHILDREN.**
 - **1% ASIAN or other.**
-

- **52% of ALL WOMEN with AIDS are BLACK WOMEN.**
 - **25% of ALL WOMEN with AIDS are LATINA WOMEN.**
-

- **BLACK PEOPLE are 11.7% of the U.S. population, yet 25% of the AIDS cases.**
- **LATINO PEOPLE are 6.4% of the U.S. population, yet 14% of the AIDS cases.**
- **Of the men being inducted into the Armed Services, BLACK MEN are testing positive 4 to 1 over whites.**

**AIDS
IS
NOT!!**

1. A WHITE Disease
2. A GAY Disease
3. A MALE Disease

**AIDS
IS**

1. FOUND IN WOMEN
2. FOUND IN CHILDREN
3. FOUND IN STRAIGHTS

WOMEN

If a woman is infected with the AIDS virus she can pass it to her unborn child. Think carefully if you plan on having a baby. It is possible that the AIDS virus may also be transmitted through breast milk.

**AIDS IS AN
EQUAL OPPORTUNITY
DISEASE!!!**

WHAT IS AIDS?

AIDS is a disease which attacks the body's ability to fight off some illnesses. It is caused by a virus (germ) spread by sexual contact or sharing needles when shooting drugs. Half of the people who have AIDS have died. There is no cure for AIDS. **PREVENTION IS THE ONLY WAY TO STOP THIS DISEASE.**

People can be infected with the AIDS virus and **LOOK HEALTHY**. However, they can pass the virus on to another without either person knowing it. It is difficult to know who is infected; we urge **EVERYONE** to take the simple precautions listed below to protect yourself always.

DO'S

Limit Sex to ONE Partner

USE RUBBERS

Social Kissing – on lips only

Take Good Care of Your Body

- A. Plenty of rest
- B. Good nutrition
- C. Exercise
- D. Reduce Stress or worry
- E. Reduce Alcohol intake

DON'TS

No Exchange of Body Fluids
(urine, semen (cum), blood)

No Oral, Rectal or Vaginal Sex
(without rubbers)

No Drugs, but if you do, **DON'T SHARE NEEDLES**

No Sex without Rubbers

Don't Take Chances

WARNING SIGNS

Symptoms of AIDS

Many AIDS symptoms are also symptoms of other diseases that are not AIDS, such as colds or the flu. But the AIDS symptoms last longer and are very extreme.

WATCH OUT FOR...

1. **Losing Weight** – and not on a diet
2. **Coughing** – dry and won't go away
3. **Shortness of Breath**
4. **Tired** – more and more of the time
5. **Fever** – over a week
6. **Night Sweats** – Real Wet
7. **White Spots** – in mouth or on tongue
8. **Swollen Glands** – Armpits, Neck or Groin
9. **Purple Raised Bumps** – on Blacks
Pink Flat Blotches – on Latinos & Asians
10. **Loose or Bloody Bowel** – for a long time

If you would like to volunteer, need information or make tax deductible contributions, please contact:

“MINORITY AIDS PROJECT”

5882 West Pico Blvd., Suite 210
Los Angeles, California 90019

24-Hour Hotline: 936-4949

— ALL CONTACTS CONFIDENTIAL —

Other Referrals
800/922-AIDS

Spanish Hotline
800/222-SIDA

"People of color are being abandoned by Family and Friends and often thrown out into the streets because of fear of this disease. People of color are being hit very hard by this disease in Large numbers. The Minority AIDS Project provides warm hearts and helpful hands in the form of personal Volunteers for AIDS sufferers and Family Members, Food Vouchers, Housing, Transportation, printed materials, public speakers, AIDS education, Home Services, Spiritual Counseling, Volunteer training and referral sources."

REV. CARL BEAN
Founder, Executive Director

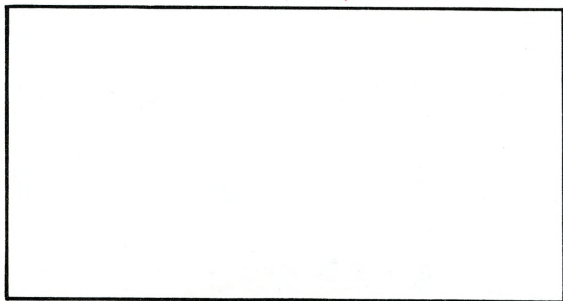
"The Brotherhood Crusade supports the Minority AIDS Project because it is the only organization that is dedicated to the education and prevention of AIDS in the Black community. We need an organization like the Minority AIDS Project when statistics show that Blacks account for 59% of childhood AIDS cases."

DANNY J. BAKEWELL, SR.
President, Brotherhood Crusade

"The most powerful tool we can use to protect our communities from the spread of AIDS is Education. We must learn to separate myths from facts, replace paranoia with understanding, and work together towards a mutual goal – AIDS awareness and prevention."

ASSEMBLYWOMAN MAXINE WATERS

FOR YOUR LOCAL AREA, PLEASE CALL:



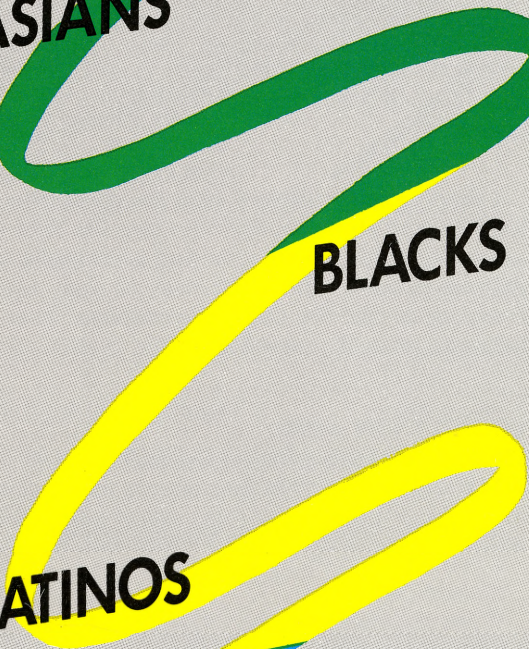
Funded in part by California Department of Health Services
and The Liberty Hill Foundation

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INFORMATION for PEOPLE OF COLOR

A thick, hand-painted green brushstroke that underlines the word 'ASIANS' and forms a large loop below it.

ASIANS

A thick, hand-painted yellow brushstroke that underlines the word 'BLACKS' and forms a large loop below it.

BLACKS

A thick, hand-painted yellow brushstroke that underlines the word 'LATINOS' and forms a large loop below it.

LATINOS

A thick, hand-painted blue brushstroke that underlines the words 'NATIVE AMERICANS' and forms a large loop below it.

NATIVE AMERICANS

AIDS IS STRIKING PEOPLE OF COLOR. It is not limited to gay white men. In fact two out of five Americans with AIDS are Black, Latino, Asian, American Indian, and other People of Color. Among women, half are Black and one in five are Latina. More than four out of five U.S. children with AIDS are from People of Color.

WHAT IS AIDS?

AIDS is a disease which attacks the body's ability to fight off some illnesses. It is caused by a virus (germ) spread by sexual contact or sharing needles when shooting drugs. Half of the people who have AIDS have died. There is no cure for AIDS. Prevention is the only way to stop this disease.

People can be infected with the AIDS virus and look healthy. However, they can pass the virus on to another without either person knowing it. It is difficult to know who is infected; we urge everyone to take the simple precautions listed below to protect yourself always.

YOU CAN GET AIDS FROM SOMEONE WHO IS INFECTED WITH THE AIDS VIRUS:

- If you have intercourse without a rubber.
- If you have mouth to rectum contact or fist in rectum contact.
- If you use someone else's sex toys, such as vibrators or dildoes.
- If you swallow urine (piss), semen (cum), or feces (shit) or allow them in your mouth.
- If you have received contaminated blood from a blood transfusion between 1979 and 1985.
- If you shoot up drugs with someone else's needles, "works", "rig", or "tools".
- If you have sex and take inside yourself the blood or cum of someone who does the things listed above.

IT MAY BE POSSIBLE TO GET AIDS FROM SOMEONE INFECTED WITH THE AIDS VIRUS:

- If you swallow fluid from the vagina (it is unknown whether this fluid contains the AIDS virus).
- If you have anal/vaginal intercourse with a condom (having a condom break during anal/vaginal intercourse).
- If you have oral sex and stop sucking before partner cums (pre-cum contains the virus).
- If you French kiss.

YOU CANNOT GET AIDS:

- From shaking hands, hugging, social kissing, crying, sneezing or coughing.
- From swimming pools, hot tubs, restaurants, elevators, or the air.
- From sharing drinking glasses or straws, silverware, or dishes.
- From toilet seats, door knobs, typewriters, or telephones.
- From body massages, masturbation (jacking off), body rubbing, dry humping, or light S&M play (no bleeding).

WOMEN

If a woman is infected with the AIDS virus she can pass it to her unborn child. The baby will have a 50-50 chance of being born with AIDS. Think carefully if you plan on becoming pregnant. Get more information if you're unsure about whether you may be infected.

WARNING SIGNS—Symptoms of AIDS

Many AIDS symptoms are also symptoms of other diseases that are not AIDS, such as colds or the flu. But the AIDS symptoms last longer and are very extreme.

SYMPTOMS INCLUDE:

- Being very tired for a long time for "no reason".
- Fevers, shaking chills, or soaking night sweats for "no reason".
- Weight loss of more than ten pounds in one month for "no reason".
- Swollen glands in your arm pits or under your chin or between your legs, for more than two months.
- Frequent diarrhea.
- Frequent white spots or uncommon mouth sores.
- Frequent dry cough, without having a cold or the flu, especially if you have trouble catching your breath.
- Pink, purple, or brown spots or bumps that are darker in color than skin surrounding these spots; on persons with darker skin color the spots again will be darker than normal skin color. These spots can be on or under the skin, or inside the mouth, nose, eyelids, or rectum. These bumps and spots look like skin bruises that do not heal, do not go away and are often harder than the skin around them.

■ WHERE TO GET MORE INFORMATION

SAN FRANCISCO

AIDS FOUNDATION

**Northern California
TDD**

**863-AIDS
800-FOR-AIDS
864-6606**

Provides AIDS education and information through the AIDS HOTLINE, 864-4376. Also provides social services, medical and psychological referrals, foodbank, emergency housing, and the People with AIDS Switchboard. Services are available in Spanish.

AIDS HEALTH PROJECT

626-6637

Offers individual health consultation and groups for people at risk for AIDS. Groups are also offered for people with AIDS and AIDS Related Conditions. A support group is offered for people of color.

AIDS & SUBSTANCE

ABUSE PROGRAM (ASAP)

821-8764

Provides substance abuse services for PWA and ARC.

THE DRUG HOTLINE

752-3400

THE SHANTI PROJECT

558-9644

Provides emotional counseling and practical support for people with AIDS. Emotional counseling is also offered for loved ones of people with AIDS. A residence program is available. Services are available in Spanish.

PACIFIC CENTER

AIDS PROJECT

East Bay/Contra Costa

**420-8181
372-2525**

Provides comprehensive AIDS education and information, direct services to people with AIDS and AIDS Related Conditions and their loved ones. Also social services, attendant referral, substance abuse and AIDS, on-going support groups and foodbank. Services are available in Spanish.

**This brochure was written by the Third World
AIDS Advisory Task Force and produced by the
San Francisco AIDS Foundation.**

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WCAP



**DEDICATED TO
SERVING PEOPLE OF
COLOR & OTHERS WITH AIDS**

Westside AIDS/Case Management
and Home Community-Based Care Program

Under the Auspices of

Westside Community
Mental Health Center, Inc.
1153 Oak Street
San Francisco, CA 94117
(415) 431-9000

A

AIDS is shorthand for acquired immune deficiency syndrome. It is a disease that damages the defense system of otherwise healthy men, women and children.

I

Intravenous Drug Users who share their "works" (needles & syringes) with an infected person can get aids.

D

Deadly! AIDS is a life threatening disease with no known cure.

S

Sex - oral, anal or vaginal with someone infected with AIDS can infect you. Mothers can infect their children with AIDS before or during birth and possibly through breast feedings.

FACTS ABOUT BLACK PEOPLE & AIDS

- One out of every 4 people with AIDS is Black.
- One out of every 2 women with AIDS is Black.
- Seven out of every 10 babies born with AIDS are Black.

DO

- Use a condom (rubber) and a lubricant with nonoxynol -9 for vaginal and anal sex.



DON'T

- Don't share your "works" (needles or syringes) with anyone! If you have to share, clean your "works" with bleach and water.

W

IF YOU HAVE AIDS....

You may be in need of some or all of these services:

C

- Housing Vouchers
- Food Vouchers
- Help with SSI, GA Medical Disability
- Counseling (Family & Individual)
- Transportation
- Clothing Referrals
- Education & Prevention Materials
- Bereavement Services

A

The WCAP Home/Community Based Care Program will help you get and manage the services you need with complete confidentiality.

P

CALL 431-9000. Business Hours: 9:00 a.m. to 5:30 p.m. You may leave a message after 5:30 p.m.

We are located on Oak Street between Divisadero and Broderick Streets.

KNOW THE WARNING SIGNS!!

- Feeling tired, headachy and light-headed all the time.
- Rapid weight loss.
- Dark lumps or blotches growing larger on or underneath the skin, inside the mouth, anus, nose or eyelids.
- A heavy, continuous cough.
- A white coating on the tongue sometimes along with a sore throat.
- Diarrhea for a long period of time.
- Night sweats or fevers that last for several weeks.
- Swollen glands (lumps) in the neck, armpit or groin.

OUR JOB IS TO HELP YOU MEET YOUR NEEDS!

The WCAP Program is funded by the State of California Office on AIDS. Although it is primarily funded to serve the Black community, we welcome people with AIDS from any ethnic group.

Westside Community Mental Health Center is pleased to offer its Case Management Program as a continuance of its long tradition of addressing the needs of its community.



WCAP

Westside AIDS Case Management and Home/
Community-Based Care Program

1153 Oak Street
San Francisco, CA 94117

Teri Moore
Program Director
(415) 431-9000