

39. **SOME TEST SITES KEEP THE RESULTS CONFIDENTIAL. SOME ARE ANONYMOUS.**
40. Confidential testing uses your real name. Both you and your doctor know the results.
41. Anonymous testing does not use your real name. Only you will know the results.
42. Home test kits are anonymous. For accurate results, only use an FDA approved home test.
43. At a clinic, you will get pre- and post-test counseling. If you use a home test, you will not get in-person counseling.
44. **TAKING AN HIV TEST MAY LOWER YOUR ANXIETY ABOUT HIV AND AIDS.**
45. If the test shows you are HIV positive, talk to your health care provider about your options.
46. New HIV drug treatments can help control symptoms and help you stay healthier longer.
47. Drug treatments for HIV are not a cure. Your best protection is still prevention.
48. If the test shows you are HIV negative, you can make sure that you don't become infected in the future.
49. Talk about HIV. Use protection. Get tested.
50. **REMEMBER, YOU'RE IN CHARGE.**



JUST THE FACTS...

OK. No lectures. Just the facts. That's what you'll find in this pamphlet. Here are key things you should know about HIV and specific ways to protect yourself from HIV infection. You can get more information about HIV and AIDS by calling the National AIDS Hotline at:
 1-800-342-AIDS (English)
 1-800-344-SIDA (Spanish).
 This call is free and confidential.

This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

Written by Judith Carey.
 Designed by Eva Bernstein. Illustrated by Meg Biddle.
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NO LECTURES, JUST THE FACTS




50 THINGS YOU SHOULD KNOW ABOUT HIV AND SAFER SEX






YOU'RE WORTH PROTECTING

50 THINGS YOU SHOULD KNOW ABOUT HIV AND SAFER SEX

1. If you do things that put you at risk, you can become infected with HIV – the virus that causes AIDS.
2. **ANYONE CAN BECOME INFECTED; YOUR AGE, GENDER, SOCIAL CLASS AND SEXUAL ORIENTATION WILL NOT PROTECT YOU.** 
3. You are at risk anytime you have contact with another person's body fluids (semen, blood, vaginal fluids or breast milk).
4. You can become infected if you have sex with an infected person.
5. You can become infected if you share needles or syringes with an infected person.
6. HIV can also pass from mother to baby during pregnancy, childbirth or through breastfeeding.
7. **HIV IS NOT PASSED THROUGH CASUAL CONTACT SUCH AS SHAKING HANDS, COUGHING OR SNEEZING.** 
8. You can't get HIV from water fountains, bathrooms or eating utensils.
9. HIV attacks the cells in your body that protect you from illness.
10. A person with HIV may get sick with certain diseases and then be diagnosed with AIDS. 
11. Many people who have AIDS in their twenties became infected with HIV in their teens.
12. **AIDS IS ONE OF THE TOP TEN LEADING CAUSES OF DEATH AMONG PEOPLE 15 TO 24 YEARS OLD.**

13. AIDS is the fifth leading cause of death among people 25 to 44 years old.
14. **YOU CAN PROTECT YOURSELF FROM HIV.**
15. Choosing not to have sex (abstinence) is safest. 
16. Safer sex means making decisions around sex that will lower your risk of HIV.
17. Only having sex with one uninfected person, who is also only having sex with you, is safer.
18. **USING A LATEX CONDOM CORRECTLY AND EVERY TIME YOU HAVE SEX IS SAFER.**
19. You can buy latex condoms from drug stores, convenience stores or vending machines. 
20. Use a new latex condom each time you have vaginal, anal or oral sex.
21. Use a water-based lubricant (available in drug stores) with the condom.
22. Never use an oil-based lubricant such as hand lotion or baby oil. It weakens the latex and the condom may break.
23. Use a latex barrier (a condom cut in half or a dental dam) for oral sex with a woman.
24. **USING A LATEX CONDOM IS SAFER, BUT IT IS NOT A GUARANTEE. YOU STILL HAVE SOME RISK OF HIV INFECTION.**
25. For people who are allergic to the latex in condoms, a male or female condom made from polyurethane is a good alternative.
26. To be sure you do not become infected with HIV through needle use, never share needles or syringes for drugs, steroids or vitamins. 
27. Never share needles or inks for tattooing, ear piercing or body piercing.

28. Using alcohol or other drugs may make it harder to set safer sex limits. It's safest not to use drugs. 
29. **"NO CONDOM, NO SEX, NO WAY" TELLS YOUR PARTNER THAT YOU'RE SERIOUS ABOUT SAFER SEX.**
30. Talk with your partner about safer sex before you become intimate.
31. Ask your partner about his/her sexual and drug history. 
32. Let your partner know you care too much about him/her and yourself to risk unsafe sex.
33. **USING PROTECTION IS SMART AND SAFER. YOU WON'T REGRET IT.**
34. If you have done things that may have put you at risk for HIV – such as having unprotected sex or sharing needles – you could be infected with HIV without knowing.
35. The only way to know for sure is to take an HIV antibody test.
36. You will need to be tested three months after any possible exposure to HIV. You may need to be tested again in three to six months.
37. **WOMEN WHO ARE PREGNANT OR WHO MAY BECOME PREGNANT SHOULD ALSO CONSIDER BEING TESTED FOR HIV.** 
38. You can be tested by a doctor, health clinic or public testing center. You can also test at home with a home test kit.