

Book 2

HOW CAN I BECOME INFECTED WITH HIV?

Anyone can be infected with HIV through sex, direct exchange of blood, or both. HIV is a blood-borne virus. That is, the HIV virus is found only within the body's fluids, mainly in the blood and sexual fluids. In order to transmit the HIV virus, the body fluids of an infected person must enter the blood system of another person. These HIV virus infected fluids can not penetrate by themselves. It must have a pathway such as a cut or tear in the skin, vaginal wall, or anus to get through the skin of a person in order for HIV to spread from one person to another.

It's what you do that puts you at risk of being infected, not who you are. These ways of spreading the disease are called HIGH RISK activities.

High risk activities are those behaviors that increase your chances of the HIV virus being transmitted from one person to another.

HIV and AIDS affect people of every race, color, sex, sexual preference, social class, and marital status.

The HIV virus is spread only through direct exchange of blood, semen(cum), or vaginal fluids (sexual juices) between a HIV-infected person and someone else.

The three main ways of spreading the HIV virus are:
Having unprotected sex (without a condom) with a infected person.
Sharing needles: IV drug outfits, works, needles, syringes, cookers. Also tattooing and body piercing needles.
Babies can also be born with HIV or get infected from breast feeding from a infected person.

The HIV virus is not spread through casual contact. You can not get HIV/AIDS from:

Using the same shower, toilet, or water fountains.

Living in the same cell or dormitory.

Contact with tears, saliva (spit), urine (piss), feces (shit), or sweat.

Sharing food, dishes, silverware, glasses, or a cooking pot.

Eating food made by someone with HIV/AIDS.

Coughs or sneezes.

Sharing the same telephones or recreation equipment.

Mosquito or other insect bites.

Hugging, kissing, or touching someone who has HIV/AIDS.
Donating blood.

IDENTIFYING HIGH-RISK BEHAVIORS:

Going to work or school with a person who has AIDS- **NOT A RISK!**

Sexual contact with a person who has had several sexual partners? **HIGH RISK!**

Sharing a razor or toothbrush? - **POSSIBLE RISK!**

Sexual abstinence? - **NOT A RISK!**

Having multiply sex partners ? **HIGH RISK!**

Using a latex condom during sexual contact? **POSSIBLE RISK**

Social (closed mouth) kissing? **NOT A RISK!**

Anal intercourse? **HIGH RISK!**

Taking care of a person who is infected with HIV or who has AIDS? **POSSIBLE RISK!**

Sexual contact with a person who uses injectable drugs?
HIGH RISK!

Getting tattoos or piercing? **POSSIBLE RISK!**

Breast-feeding a baby by a woman who has HIV?- **HIGH RISK!**

STUDY QUESTIONS

1. If an infected person's blood splashes on your skin and does not have a pathway into your bloodstream (cut or tears), can HIV travel through the skin?
2. _____ activities are those behaviors that increase your chances of the HIV virus being transmitted from one person to another?
3. Who does HIV effect?
4. Can you get HIV from food made by a person with HIV/AIDS?
5. Hugging and kissing someone with HIV/AIDS is considered a High Risk behavior? True/False?

6. The HIV virus is not spread through casual contact, you can not get HIV from _____?
7. Getting tattoo work puts you in what column?
8. If you donate blood what risk are you taking?
9. Having multiple sex partners is _____?
10. Sharing razors or toothbrush is _____?

HOW DOES SEX SPREAD HIV ?

HIV is spread through sex when blood, semen, or vaginal fluids from a infected person enters someone else's body, usually through the mouth, vagina, or anus. The body fluid that has the highest amount of HIV virus is the blood. Vaginal fluids and semen also contain enough virus to allow infections in some cases. The two most risky sexual activities are anal and vaginal sex without a condom. Anal sex without a condom allows semen to be directly absorbed through tears in the lining of the anus. Studies show that the receptive partner is at highest risk. This however does not mean that the other person is not at risk. Men who have anal sex with other men or women should be very careful to wear a latex condom, to protect their sexual partner. Because women are infected much easier when having sex between a man and a women this should always be practiced. Vaginal sex without a condom means that semen can enter the bloodstream directly through the walls of the cervix or vagina, especially during or just before a woman's period. A woman can get HIV from a man, and if she is infected, she can pass HIV on to her partner, male or female. So it is important that you always wear a latex condom when having sex.

Oral sex (blow jobs, head) is also a way of spreading the HIV virus from one person to another. Even though it is much less risky than anal or vaginal sex. It is thought that the digestive juices and fluids of the lining of the stomach, act together and kill the virus before it gets into the bloodstream. (FBP, 1991) The risk of passing HIV during oral sex depends on whether you have cuts on your gums or tongue. These cuts can occur during normal activities like brushing your teeth, or eating foods such as potatoes chips, toast, or fried, crispy foods.

Even though oral sex is a moderate to low risk, you should be careful not to expose your partner or yourself directly to semen, vaginal fluids or blood.

Sex between women is thought to be a lower risk then sex involving semen. The amount of HIV in woman's vaginal fluids is much lower, but woman to woman HIV transmission can happen if any blood is exchanged during sex. Also, infected vaginal fluids can

enter you or your partner's body through cuts on your hands or tiny cuts in your mouth.

Many women in prison who are having sex with other women have sex with men when they are on the streets. Many of these women have been prostitutes, or traded sex for drugs, and/or shared drug injection needles(works) with sex partners.

All of these activities are called "HIGH RISK BEHAVIORS" and increase the risk of being infected with the HIV virus, even if the woman is now only having sex with women. Whenever there is a risk of HIV infection, both partners should practice safe sex. It is possible to reinfect each other, or infect each other with different strains of the virus. Reinfection increases the chance of progression to AIDS.

Know the sex and drug history of your sex partner, and practice safe sex.

Anyone can lie to get sex, or avoid telling the whole truth, even to themselves. Talking about risks involved in your sex history is hard to do. You or your sex partner may not want to admit things you've done in the past that could put you both at risk.

Remember it is not how you label yourself-gay, straight, or bisexual. What you actually do is what puts you at risk for HIV. If you practice SAFE SEX you lower your risk of infection.

Study Questions

1. What body fluid has the highest amount of HIV?
2. What are the two most risky sexual activities without a condom?
3. Sex between two women is completely safe because there is not any male semen involved? True/False
4. If both partners are already HIV positive they need to practice safe sex for what reason?
5. Everyone tells the truth and does not lie to get sex? True/False
6. Studies show that the _____ partner is at the highest risk?
7. Men who have sex with other men or women should be very careful to wear a _____ to protect your sexual partner.
8. Even though oral sex is a _____ to _____, you should

be careful not to expose your partner or yourself directly to semen, vaginal fluids, or blood.

WHAT IS SAFE SEX ?

Safe sex is caring enough about yourself and your sex partner to make choices about the kind of sex you have. Safe sex is sticking to your decisions every time you have sex.

Safe sex is feeling you are important enough to talk to your sex partners about your choices.

Safe sex involves having a positive attitude about yourself. I am important. I care about my health. I can be smart and play safer with sex and drugs. My partners should respect my decisions.

The most important rule about sexual activity, if you can not abstain (which is the safest protection), is having only one sexual partner.

Promiscuity, which is having sex with more than one or many partners, is the single most dangerous sexual practice.

Staying with the same sexual partner holds true for both heterosexual and homosexual relationships. Every new partner you have sex with increases your chances of becoming infected.

In today's world it is good advice to take it for granted that your partner is infected until you know otherwise. The only sure way is through getting a blood test.

Safe sex for men means using a condom for vaginal, oral, and anal sex. The HIV virus can not get through a condom if it is used properly and does not break.

Condoms usually break only if there is air in them or because you have used the wrong lubricant. USE ONLY LATEX CONDOMS. It is important to put the condom on correctly.

Use condoms that have a reservoir tip at the top or pinch half an inch at the top of the condom to collect semen. This will stop cum from spilling out over the side of the condom. Put a drop of spermicide or lube with a Non-Oxynol-9 in the tip of the condom. Then unroll the condom carefully over the hard penis, smoothing out all the air bubbles all the way down to the base of the penis. Use plenty of water-based lubricant (like KY-Jelly) to make sure the condom does not break. Vaseline and hand lotion are oil based and are unsafe because they can weaken the condom.

After ejaculation (coming), withdraw the penis while it is still hard, hold on to the base of the condom carefully so none of the semen spills out and dispose of it immediately. NEVER reuse a

condom. If you continue to have sex after you have ejaculated (cum), put on a new condom.

Safe sex with men means making sure that the condom you are using does not break during vaginal, anal, or oral sex. A diaphragm, cervical cap, or IUD, with or without foam, does not protect against HIV. Birth control pills provide NO protection against HIV.

Safe Sex for women means ; do not receive ejected semen in the vagina, rectum, or mouth. Avoid taking your partner's vaginal fluids or blood including period blood into your mouth, vagina, or anus. You should not go down on her during her period, or immediately before or after her period Oral sex at other times may be less risky, but probably not too safe if your partner is HIV positive.

ALWAYS PLAY IT SAFE AND PRACTICE SAFE SEX.

Safe sex with women may include the use of a dental dam or latex barrier during vaginal, oral and anal sex. Dental dams are stretched over the vagina or anus to avoid licking the secretions. Regular plastic wrap can be used if you do not have a dental dam. To use a dental dam or plastic wrap, get a piece which is large enough to hold easily. Cover the vaginal or anal area with the dental dam or plastic wrap. Like condoms, these can not be reused.

If you share sex toys, (dildos, vibrators, etc.) make sure you clean them with bleach and water before and after each use, or you can also put a condom on the toy.

Upon reading these rules, people are often shocked. But after careful thought, especially if they are not in a monogamous (one on one) relationship, these people come to agree that these rules make sense.

There are a lot of ways to express love and affection without exposing the person to HIV infection.

The bottom line is there must not be any exchange of body fluids. The quality of the sexual experience relies on love, creativity, and mutual exchange of feelings, not on the exchange of body fluids.

Study Questions

1. What is the safest sexual protection against HIV?
2. Promiscuity means what?

3. The only sure way to know if your partner is infected is _____ ?
4. Safe sex means wearing a condom when?
5. Cervical caps, IUD's and birth control pills _____ protection against HIV?
6. If you share sex toys (dildos, vibrators, etc.) make sure you clean them with _____ and _____ or you can put a _____ on the toy.
7. How many times can you safely use a condom?
8. What is the single most dangerous sexual practice?
9. The HIV virus can not get through a condom if it is used _____ and does not break.