

RISKY BEHAVIOR

You are at risk for HIV if you.....

had unprotected sex with someone who may be infected with HIV or AIDS

have more than one sex partner

do not use a latex condom for every sex act

have shared a needle or syringe to inject drugs, or shared needles to make tattoos, pierce body parts for any reason.

DID YOU KNOW:

HIV (human immunodeficiency virus) is present in semen (cum), vaginal fluids, and blood in quantities that can cause infection

a healthy looking person can have the virus and pass it to his or her partner

HIV can be passed to someone by vaginal, oral or anal sex

the virus can be passed from a man to a woman, a woman to a man, or a man to a man during sexual acts

using a latex condom consistently and correctly can greatly reduce your chance of getting HIV.

UNDERSTANDING HIV AND AIDS

Human Immunodeficiency Virus (HIV) is the virus that causes AIDS. HIV is spread mainly through contact with semen, vaginal fluids and blood through:

vaginal, oral, anal sex

sharing needles with an infected person

an infected mother to her baby during pregnancy or birth and sometimes through breast feeding.

A person may be infected with HIV for a long period of time before developing AIDS related illnesses.

AIDS (Acquired Immune Deficiency Syndrome) is the final stage of HIV disease and occurs when the immune system is weakened and unable to fight illness.

NATIONAL AIDS HOTLINE

**800-342-AIDS
(800-342-2437)**

SPANISH SERVICE

**800-344-SIDA
(800-344-7432)**

TTY/TDD SERVICE

**800-AIDS-TTY
(800-243-7889)**

**Free anonymous testing available at
your local health department**

WINDOW PERIOD

The length of time it takes your body to make antibodies after infection with HIV is called the “window period.” This period may take as long as 6 months. If you are tested before 6 months, it is possible to receive a “negative” test result when indeed you are positive. While most people make antibodies to HIV 3 months after infection, some take longer. Therefore, you may need to have another test 6 months after your “risky” encounter.

HOW YOU DON'T GET HIV

You don't get HIV from:

Water fountains

Door knobs

Toilet Seats

Swimming pools

Insect bites

Sharing forks, knives, spoons, cups

Shaking hands

Hugging

Sitting near an infected person

Casual contact is the everyday encounter we have with people. HIV is NOT transmitted in this way.



HIV CAN HAPPEN TO ANYONE



PROTECTING YOURSELF

Don't mix alcohol or drugs with sex. Poor judgment usually follows this risky behavior.

Don't share needles or syringes.

Use a latex condom each time you have sex. Do not use oil based lubricants like vaseline, hand cream, shortening or any product that might contain oil. These can cause a condom to break.

STILL HAVE DOUBTS?

OK. You've read it all and still tell yourself, "This won't happen to me. I'm not like 'those' people."

If you have had unprotected sex with someone who has had other partners, you're at risk.

If you have shared needles, you're at risk.

If you have had a sexually transmitted disease in the past or have multiple sex partners, you're at risk.

DON'T LET IT DESTROY YOUR DREAMS!

District Office - Somerset
606-678-4761 1-800-928-4416

Albany	270-384-2286
Campbellsville	270-465-4191
Columbia	270-384-2286
Jamestown	270-343-2181
Whitley City	606-376-2412
Burkesville	270-864-2206
Greensburg	270-932-4341
Liberty	606-787-6911
Monticello	606-348-9349
Somerset	606-679-4416

**HIV
and
AIDS**

**FACTS
YOU
SHOULD
KNOW**