

## **AIDS and you game / British Medical Association.**

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# A·I·D·S AND YOU

## What does the word AIDS stand for? What Causes AIDS?

AIDS is caused by a tiny germ: a virus called HIV (Human Immunodeficiency Virus).

**A**cquired  
**I**mmune  
**D**eficiency  
**S**yndrome



You can get HIV by having sex with an infected person or injecting drugs with infected needles or syringes.



The virus enters the body and infects white blood cells.



The virus attacks the white blood cells and destroys them.

At this stage you will appear healthy but you can pass the virus to others.



HIV is passed on to others in blood and semen.



Unlike the flu or cold virus it is NOT passed on by coughing or sneezing or by ordinary contact.

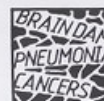


## What Harm does HIV Do?

HIV attacks the body's natural defences and, in most people, breaks down the body's ability to fight disease.



The virus can allow serious illnesses to take hold. Some of the most common illnesses are pneumonia, other infections, cancers and damage to the brain. At this stage a person is said to have 'AIDS'.



## Is There a Cure?

The virus stays in the body for LIFE. There are some new treatments to help prolong life but:

- There is no known cure or vaccine.
- You can DIE.



## What Will Prevent The Spread Of HIV Now?

Educating people about cutting out or reducing the risk of getting infected is the only effective weapon against the disease. We must start to talk about AIDS in the Classroom so that you will understand how the virus is spread and how easy it is to prevent infection.



British Medical Association



## AIDS and YOU GAME



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Board of Science and Education

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UK by  
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# SAFE

# UNSAFE

## A·I·D·S AND YOU



An illustrated guide

British Medical Association



Giving blood or donating any part of the body



Sexual kissing



Mixing blood up, in a blood brother/sister relationship

## AIDS and YOU GAME



British Medical Association

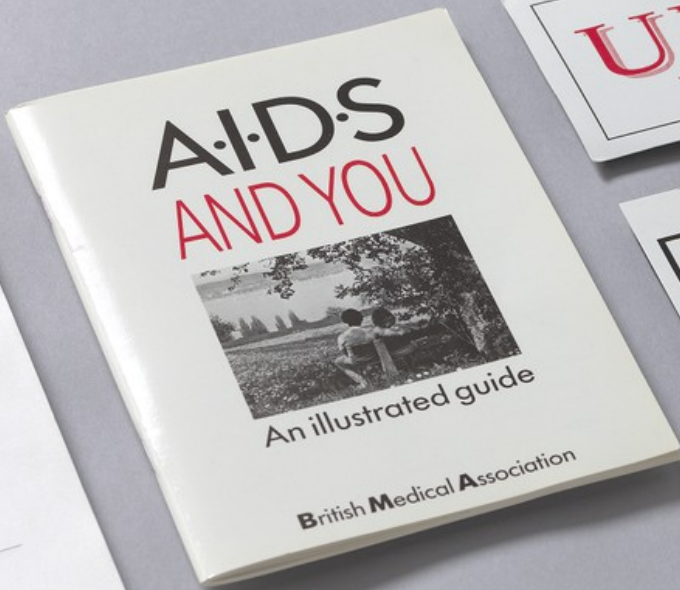
BMJ  
32611



• Educating people about cutting the risk of getting infected is the only way to prevent the disease. We must start to talk about AIDS in the Classroom so that you will understand how the virus is spread and how easy it is to prevent infection.

SAFE

UNSAFE



Giving blood or donating any part of the body



Social kissing



Mixing blood eg. in a blood brother/sister relationship





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British Medical Association



**AIDS  
and  
YOU  
GAME**



Published by :

**British Medical Association**  
Board of Science and Education

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Distributed by:

Cambridge Resource Packs Cambridge Place Cambridge CB2 1NS Tel: 0223 467144



# AIDS and You Game

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**An Educational Resource from the BMA Professional and Scientific Division**

**Project Director:** Dr John Dawson

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With assistance from:  
Jane White  
Brendon McGuire

and other colleagues who undertook trials of the  
AIDS and You Game

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Tel 0223 467144 Fax 0223 467145



British Medical Association Board of Science and Education





# AIDS and You Game



## Introduction

The emphasis in AIDS education needs to be on making people aware about 'at risk' behaviour, so that young people can protect themselves. At the same time there is a need to allay fears of transmission of the virus through 'safe' behaviour. It is vital to begin this education with young people before they become sexually active or place themselves at risk in other ways.

This educational game is based on the British Medical Association (BMA) prize-winning publication, *AIDS and You: An Illustrated Guide*, which was awarded the 1987 Plain English Campaign Health Education Award.

### AIDS and You Publication

Since first publication in 1987 the *AIDS and You* booklet has been widely distributed throughout the United Kingdom and to many countries abroad. The booklet produced by the BMA's Board of Science and Education was aimed at all levels of readership; it was also intended that the booklet would help doctors, nurses and counsellors to give essential information to those who are at risk or infected with the virus. Because of its straightforward and easy-to-read pictogram format it was found to be helpful for other people, especially parents, who could begin the difficult task of discussion about AIDS with their children and relatives.

### AIDS and You Game

This educational, non-competitive game has been devised to help teachers, lecturers, youth workers, health educationalists and all other professionals working with young people. The game aims to develop an awareness of safe and unsafe social and sexual behaviour and allow a discussion of the attitudes and feelings participants hold towards these. The game will also help to foster positive feelings about infected individuals.

### Contents

- 1 Information Module: What is AIDS and HIV? (Poster and A4 photocopy master sheet)
- 2 Two behaviour category cards headed 'Safe' and 'Unsafe' (four sets)
- 3 Twenty-eight pictorial cards (four sets)
- 4 The BMA *AIDS and You* booklet
- 5 Answer guidelines for staff and/or pupils
- 6 List of further resources available
  - Books
  - Videos
  - Leaflets



# AIDS and You Game



## Guidelines for Teachers/Facilitators

The game has been tested in a number of different educational settings. It has many applications and can be used with young people of all age groups, from wide ranging social and educational backgrounds, with different levels of educational attainment.

The game is not a complete course of AIDS education but can be adapted to the needs of individual tutors and participants. In schools, the game should be used as part of a structured AIDS Education Programme, preferably within a Personal and Social Education course or within the new Science National Curriculum. It may also be useful for a variety of counselling purposes.

### Information Module - What is AIDS and HIV?

Before the game is used it is important that all teaching staff undergo basic training in HIV/AIDS education. The introductory Information Module and Poster will help provide this, and if used with the group will introduce them to the concept of 'pictograms' and provide a minimum base of knowledge, to enable the subsequent game to be played more effectively. A comprehensive list of other resources for teachers is also supplied.

Some researchers have found that the game helps to test or assess the group's existing knowledge about HIV and AIDS as a first stage in planning a more detailed presentation from the teacher. In such circumstances the Information Module should be used at the end of the game to reinforce the facts and attitudes.

The game is suitable for all young people from 12-18 years of age and above. It will also be particularly useful for:

- Those with learning difficulties
- People with impaired hearing
- Those for whom English is a second language
- People in older age groups who may have special social problems, eg. young offenders.

### Using the game

Four sets of cards are supplied and four different active learning exercises are suggested. Teachers/facilitators can adapt these to individual needs of the group, and some cards can be removed if very young children are involved.

Each pack contains four complete sets of cards.





# AIDS and You Game



## How to Play the Game

Divide the class into small groups of between 4 to 8 individuals. Each group needs 28 pictorial cards, 2 behaviour category cards headed 'Safe' and 'Unsafe'. The information sheet (A4) can be used before the game is played or during the concluding exercise.

### Exercise 1

Ask the class to discuss each pictorial card and to decide which category - 'Safe' or 'Unsafe' - it should come under and why. Place the card under the appropriate heading and move onto the next card.

### Exercise 2

Ask the class to review the cards from the point of view of someone who is HIV positive and infected with the virus. In this situation 'Unsafe' means not just for oneself but for other people as well. The group must make a note of any cards which they feel should change category before moving them.

### Exercise 3

Ask the class how easy they found the task and which cards they found the most difficult to agree upon. Discuss the reasons for this. Give the correct answers along with reasons, and discuss any uncertainties.

### Exercise 4

Ask each group:

- Which cards were of most concern to you?
- Do you now feel more knowledgeable about how the virus is transmitted?
- What have you learned from the game?

**Note:** The Information Module can be used to summarise and reinforce the facts about the virus and extension work is available in the *AIDS and You* booklet, page 55.



# AIDS and You Game



**SAFE**



Shaking hands



Crying



Touching someone with AIDS or HIV



Social kissing



Eating in restaurants



Visiting the doctor



Sharing a toilet



Sharing cups



Visiting the dentist



Sharing cups cutlery or towels



Having body massage or non-sexual body contact



Visiting hospital



Sharing bed linen



Donating blood



Sharing sports equipment



Sharing a house, flat or workplace with a person with AIDS



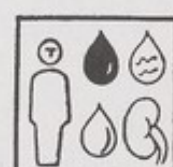
Coughing and sneezing



Donating sperm



Sharing food



Giving blood or donating any part of the body



Having a baby





# AIDS and You Game



## UNSAFE



Unclean needles (not sterile) that pierce the skin



Sharing needles and equipment if using drugs



Sharing sex toys



Having unprotected sex



Engaging in sex acts which tear or cut the skin



Inexperienced/unqualified tattooing or ear-piercing, eg. at school



Mixing blood in a blood brother/sister relationship

**These activities should be placed under the unsafe category in Exercise 2 for someone who is HIV positive.**



Donating blood



Having a baby



Donating sperm to a sperm bank



Giving blood or donating any part of the body

This exercise encourages scope for discussion as it can be argued that anyone donating parts of their body or body fluids would be tested first for HIV antibodies.

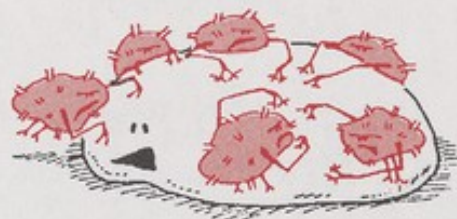
# A·I·D·S AND YOU

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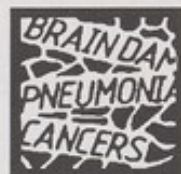
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## **What Harm does HIV Do?**

- HIV attacks the body's natural defences and, in most people, breaks down the body's ability to fight disease.
- The virus can allow serious illnesses to take hold. Some of the most common illnesses are pneumonia, other infections, cancers and damage to the brain. At this stage a person is said to have 'AIDS'.



## **Is There a Cure?**

- The virus stays in the body for LIFE.
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## **What Will Prevent The Spread Of HIV Now?**

- Educating people about cutting out or reducing the risk of getting infected is the only effective weapon against the disease. We must start to talk about AIDS in the Classroom so that you will understand how the virus is spread and how easy it is to prevent infection.





# AIDS and You Game



## Pamphlets, Leaflets and Newsletters

### General Information Leaflets and Small Pamphlets

**AIDS Project**  
World Health Organisation  
Avenue Appia  
Geneva 27  
Switzerland

**AIDS Newsletter** (20 issues a year)  
AIDS and Retroviruses Update (aimed  
at Doctors and Scientists)  
Bureau of Hygiene & Tropical  
Diseases  
Keppel Street  
London WC1E 7HT

**The AIDS Letter**  
Bi-monthly subscription Newsletter  
covering all aspects of AIDS and HIV.  
Royal Society of Medicine  
1 Wimpole Street  
London W1M 8AE

**AIDS Prevention News**  
David Panter  
Islington Health Education Dept  
Royal Northern Hospital  
Holloway Road  
London N7 6LD

**AIDS The Facts**  
National Union of Students  
461 Holloway Road  
London N7 6J

**AIDS and Related Issues**  
Mental Health Film Council  
30 Harrow Road  
London W9 2HU

**AIDS and the Third World**  
The Panos Institute  
8 Alfred Place  
London WC1E 7EB

**AIDS: How Drug Users can Avoid it**  
Standing Conference on Drug Abuse  
1-4 Hatton Place  
Hatton Garden  
London EC1N 8ND

**AIDS is Everyone's Problem**  
AVERT  
PO Box 91  
Horsham  
West Sussex RH13 7YR

**AIDS: What it means for Young  
People**  
Welsh AIDS Campaign  
PO Box 348  
Cardiff

**COSHE Guidelines**  
For health staffs dealing with patients  
suffering from AIDS or with HIV.

**Women and AIDS**  
Women's Reproductive Rights  
Information  
52-54 Featherstone Street  
London EC1Y 8RT

**Housing Advice for Young People  
with AIDS**  
Piccadilly Advice Centre  
100 Shaftesbury Avenue  
London W1V 7DH

**Use a Condom**  
Brooke AIDS Concern  
Brooke Advisory Centre  
24 Albert Street  
Birmingham B4 7UD

**AIDS and the Condom**  
Durex Information Services

**Don't Die of Ignorance**  
DHSS leaflet from HMSO or  
Department of Health  
Alexander Fleming House  
Elephant and Castle  
London SE1 5BY

**AIDS and Employment**  
DOE/DHSS pamphlet  
Guide to a Healthy Sex Life  
Some Facts about AIDS  
What Everybody Needs to Know  
AIDS Resource List  
AIDS Survey (2 vols)  
Health Education Authority  
Hamilton House  
Mabledon Place  
London WC1

**AIDS and Sex: What Everyone  
should Know**  
The AIDS Problem in Scotland:  
What Everyone should Know  
Scottish Health Education Group  
Woodburn House  
Canaan Lane  
Edinburgh  
EH10 4SG

**Barrier Methods: How to Use a  
Sheath.**  
Family Planning Association  
Information Service  
27 Mortimer Street  
London W1

**Third BMA Statement on AIDS**  
AIDS and You: An Illustrated Guide  
AIDS: BMA Family Doctor Series  
BMA AIDS Working Party  
BMA House  
Tavistock Square  
London WC1H 9JP



## AIDS AND YOU GAME: AN EDUCATION RESOURCE FROM THE BRITISH MEDICAL ASSOCIATION

A major survey of knowledge, behaviour and attitudes amongst secondary school children in the United Kingdom was reported recently and it revealed confusion amongst teenage children regarding the facts about AIDS (see *The AIDS Letter* Number 14, p5). The survey confirmed that by the time they had entered the fifth form more than one-third of school children had experienced full sexual intercourse and only 35% of these had used condoms on all occasions. There was a common negative attitude regarding the majority of HIV infected individuals, who 'only have themselves to blame'. The results show an awareness that is on the whole unsupported by accurate, specific knowledge about AIDS and how the virus is transmitted. In the United States growing numbers of teenagers are now becoming infected by HIV. Clearly there is a need for immediate and effective AIDS educational programmes in all schools.

### **AIDS and You: An illustrated Guide**

The British Medical Association produced a novel and exciting pictogram publication in March 1987. The booklet, which has been widely distributed, explained the basic facts about transmission of the virus and development of AIDS symptoms, for both professional and general readers.

### **AIDS and You Game**

Last December on World AIDS Day, a pilot exercise was undertaken using a game based on *AIDS and You*, devised by Laurie Dervish-Lang, a Health Promotion Officer in Bromsgrove and Redditch Health Authority. The game has now been developed further and trials have been organized with different groups of young people.

It is a non-competitive game which develops an awareness of safe and unsafe sexual behaviour and allows discussion of the attitudes and feelings towards these matters. The game should also help to foster positive feelings about those who are infected.

The game consists of two behaviour category cards, headed 'Safe' and 'Unsafe' and 28 pictorial cards from *AIDS and You* depicting the main social and sexual activities that people encounter in everyday life. The teacher is also provided with an information module entitled 'What is AIDS and HIV?'. This is an illustrated chart which summarizes facts about the virus and the syndrome and can either be used to introduce or conclude the game and reinforce the information that has been discussed. Four exercises are suggested for the participants to play but teachers/facilitators can adapt the game and use it according to individual circumstances, course

curriculum and age of participants.

The following results present some of the findings from pilot studies undertaken in various schools and colleges and other environments.

### **Results of testing**

In all test situations it was found that the game contributed to the learning process. Interest was well maintained throughout the 30-60 minutes participants spent on the game and players enjoyed testing their existing knowledge against the challenge that the game presented, of assigning the correct pictograms to the behavioural categories. The game was well-suited to children with learning difficulties and for those where English was a second language. It has been reported that fifth formers are on the whole very reticent and do not ask questions readily on such sensitive issues. The game was found to be a far more productive method of promoting and encouraging comments and discussion than by using quizzes or questionnaires.

- 'It makes you know the real facts'.
- 'An easy game to learn and fun, I enjoyed it because it makes you think'.

In one study a facilitator working with young offenders was surprised that the all-male participants of very mixed ability accepted the game easily when used as a knowledge/attitude test. The discussion session after the game highlighted areas that the facilitator needed to reinforce, such as the dangers of specific sexual practices and needle-sharing, inside and outside of prison.

### **Conclusion**

Effective health education is essential now to prevent the spread of HIV. The British Medical Association *AIDS and You Game* used in conjunction with the *AIDS and You* booklet forms a self contained, straightforward and simple approach to 'active learning' as shown by the pilot research carried out in various schools, colleges and other establishments in the United Kingdom. The game requires very little preparation time, is suitable for most educational groups and is of particular value where there are children for whom English is a second language, slow learners, or for a variety of counselling purposes.

For further information contact David R. Morgan MPhil, MIBiol, Assistant Head, Professional and Scientific Division, British Medical Association, Tavistock Square, London WC1.

The Game, which costs £24.95 will be available from 29 November 1989 from Cambridge Resource Packs, Cambridge Place, Cambridge CB2 1NS Tel. 0223 467144







# AIDS and You Game



## USEFUL ORGANISATIONS AND ADDRESSES

### Terrence Higgins Trust

52-54 Grays Inn Road  
London WC1X 8JU  
01 242 1010. Operates AIDS helpline 3pm - 10pm every day.

Administration: 01 831 0330.

Offers leaflets and posters, telephone counselling and information service to people with HIV or AIDS, and their friends and family, as well as to teachers and professionals. It also sets up support groups for people with the virus and for professionals working in this field.

FRONTLINERS group is run by and for people with AIDS, BUDDYING service by trained volunteers.

### Body Positive

PO Box 493  
London W14 0TF  
01 373 9124 7pm - 10pm daily  
Administration: 01 835 1045

Offers support to people who are antibody positive.

### Brook Advisory Centres

Head Offices  
153a East Street  
London SE17 2SD  
01 708 1234

National Network of young people's advisory centres. Contraception, pregnancy testing, counselling etc.

### Brook Advisory Centres Education and Publications Unit

10 Albert Street  
Birmingham B4 7UD  
021 643 1554

Produces and distributes teaching aids and educational material about personal relationships, sex and contraception.

### Childline

0800 1111  
A free 24 hour advice and counselling telephone service for any child in trouble or in danger.

### College of Health

01 981 2717 or 01 980 7222 from outside London:  
0345 581151  
Offers a recorded message which contains information on AIDS. There are a variety of tapes covering different topics.

### Family Planning Association

27-35 Mortimer Street  
London W1N 7RJ  
01 636 7866

Comprehensive information service on sexuality, health and family planning. Produces free leaflets, factsheets and posters. Bookcentre has mail order service. Eleven regional centres throughout the country.

### FPA Education Unit

27-35 Mortimer Street  
London W1N 7RJ  
01 636 7866

Offers training courses for professionals in personal relationships and sexuality. Also runs film and resource days and has a range of resources for sale or hire.

### Gay Switchboard

BM Switchboard  
London WC1N 3XX  
01 837 7234 (24 hour service)

Confidential help, advice and counselling for gay people or people who think that they may be gay. London switchboard can give numbers of local switchboards. Information on groups, clubs, discos, etc.

### Haemophilia Society

123 Westminster Bridge Road  
London SE1 7HR  
01 928 2020

Offers support and advice to people who have haemophilia and their partners and families.

### Health Education Authority

Hamilton House  
Mabledon Place  
London WC1  
01 631 0930

Has a comprehensive resources and reference library of books and journals. Publishes free resource lists.

### London Lesbian and Gay Switchboard

Box BM Switchboard  
London WC1N 3XX  
01 837 7324 24 hour service

Offers information, support, and advice to women. There are many local groups and the address and telephone number can be acquired by ringing the London number.





# AIDS and You Game



London Lighthouse  
111-117 Lancaster Road  
London W11 1QF  
01 792 1200  
26 bed hospice. Support and counselling service for newly diagnosed AIDS patients.

National Association of Young People's Counselling and Advice Centres (NAYPCAS)  
17-23 Albion Street  
Leicester LE1 6GD  
0533-554775  
Information about youth counselling and advice services.

National Association of Citizens Advice Bureau  
115-123 Pentonville Road  
London N1 9LZ  
01 833 2181

National AIDS Helpline  
0800 567 123  
Open 24 hours a day, seven days a week.  
Vistel Service for the deaf 0800 521 361  
Asian language service on 0800 282 445 (Wednesday evenings).  
Cantonese service on 0800 282 446 (Tuesday evening).

National AIDS Trust  
Room 1403  
286 Euston Road  
London NW1 3DN  
01 388 1188  
Coordinating body for voluntary activities, fund raising and distribution of funds.

National Association of AIDS/HIV Workers  
AIDS Strategy Coordinator  
Civic Centre  
Lampton Road  
Hounslow  
Middlesex  
01 570 7728 Ext 3273

NOVAH: Network of Voluntary Organisations in AIDS/HIV  
Tel: 0274 502577/307601  
A network of about 70 voluntary groups establishing a central information unit.

SCODA: Standing Conference on Drug Abuse  
1-4 Hatton Place  
Hatton Garden  
London EC1N 8ND  
01 430 2341 or FREEPHONE Drug Problems. Encourages cooperation between agencies working with drug abusers.

Scottish Health Education Group (SHEG)  
Woodburn House  
Canaan Lane  
Edinburgh EH10 4SG  
031-447 8044  
Has a comprehensive resources and reference library of books and journals. Publishes free resource lists.



# AIDS and You Game



## A Selection of Books and Resources on AIDS

### ABC of AIDS: The Facts and the Future

ed. by M W Adler. BMJ 1987. 57pp.

Readership: - General.

A short attractive collection of review articles that originally appeared in the BMJ. Well illustrated and easy-to-read.

### AIDS: The Local Authority

by A Bebbington and P Warren, University of Kent Personal Social Services Research Unit, Canterbury 1988.

Readership: - General.

An overview of HIV infection and AIDS seen from the point of view of the NHS Local Authority.

### AIDS and You : An Illustrated Guide.

British Medical Association 1987. 72pp.

Readership: - General.

A sort of visual view of AIDS and its many aspects. A good idea and already has won acclaim.

### AIDS

by C A Carne. British Medical Association 1987. 35pp.

Readership: - General.

A short, well-presented, and readable pocket book that serves as a trusty starter.

### AIDS: Planning Local Services

ed. by P Clarkson. Kings Fund Centre 1987. 48pp.

Readership: - General and administrators.

Report of a conference held in April 1987. Includes topics such as local service strategies and dealing with discrimination and prejudices.

### AIDS Lecture Notes

by C Collier. Cambridge Science Books 1988. 54pp.

Readership: - General

A set of 'off-the-shelf' lecture notes and illustrations for those involved in teaching and training. Aimed at the beginner. This is a very useful resource.

### AIDS: Questions and Answers

2nd edition by V G Daniels. Cambridge Medical Books 1987. 116pp

Readership: - General.

An easy-to-read, and reliable guide more for the beginner than the expert. It provides wide coverage and contains useful appendices on health resources and key addresses.

### AIDS: The Acquired Immune Deficiency Syndrome

2nd edition by V G Daniels. MTP Press Ltd 1987. 188pp.

Readership: - General.

A comprehensive and readable account that is aimed at the non-specialist. Thoroughly updated and revised this title remains a standard reference for those wishing to learn about AIDS.

### AIDS: Etiology, Diagnosis, Treatment and Prevention

2nd edition ed. by V T Devita, S Hellman and S A Rosenberg. J B Lippincott Co 1988. 352pp.

Readership: - Postgraduate.

A superb, collection of articles that deal with the scientific issues which are crucial to combatting AIDS and HIV infection. All libraries should have a copy.

### Working with Uncertainty:

#### A Handbook for Those Involved in Training on HIV and AIDS

by H Dixon and P Gordon. FPA Education Unit and Cambridge AIDS Education Unit 1988.

Readership: - General.

A useful resource and handbook for those who require background information to help with teaching and training.

### A Colour Atlas of AIDS

2nd edition by C F Farthing, S E Brown, R C D Staughton. Wolfe/Yearbook 1988. 120pp.

Readership:- General/Postgraduate.

A very useful title in the excellent Wolfe Colour Atlas series. The diagrams and colour photographs are very good but a bit more text is still needed.

### Living with AIDS: A Guide to Survival by People with AIDS

Frontliners 1987. 40pp.

Readership: - General and PWA.

Written by a group of PWAs called Frontliners. This short book provides practical advice. Attractive use of graphics and illustrations.

### AIDSFACTS : Educational Material on AIDS for Teachers and Students

3rd Edition by I Harvey and M Reiss. Cambridge Science Books 1990

Readership: - General.

An excellent collection of teaching material for 13-19 year olds. The pack employs a range of teaching methods and copyright has been waived to allow class photocopying. Has proved very popular with health care workers. Also available by the same authors *The Biology of HIV and AIDS and AIDS and HIV for Healthcare Professionals*

### Living with AIDS and HIV

by D Miller. Macmillan 1987. 136pp.

Readership: - People with AIDS and HIV.

An excellent practical manual that provides a background on the medical aspects and the psychological adjustments that may need to be made.





# AIDS and You Game



## AIDS: A Guide to Clinical Counselling

Revised edition by R Miller and R Bor. Science Press 1988.  
120pp.

Readership: - Counsellors and Health Professionals.

The first AIDS book solely devoted to counselling - now  
reprinted and updated. A sound practical handbook on the  
psycho-social management of AIDS patients, their families  
and contacts.

## AIDS: A Strategy for Nursing Care

2nd edition by R J Pratt. Edward Arnold 1988. 133pp.

Readership: - Nurses.

A good synthesis of information that develops a behavioural  
model, 'Strategic Nursing Care'. Of use to both the nurse at  
the bedside and nurse managers who need to plan hospital  
resources for people with AIDS.

## And the Band Played On

by R Shils. Penguin 1988. 636pp.

Readership: - General.

A superb and eminently readable paperback by a journalist  
who has followed and documented the history of AIDS in  
America. He takes several swipes at the US government.

## AIDS: Therapeutics in HIV Disease

by M Youle, J Clabour, P Wade and C Farthing. Churchill  
Livingstone 1988. 162pp.

Readership: - Postgraduate.

A smashing little pocket book that deals specifically with the  
therapeutic management of patients with HIV/AIDS.  
Contains a valuable drug appendix.

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# AIDS and You Game

A new active learning resource



Health  
Education

Published by the British Medical Association

'AIDS and You': Winner of the Plain English Campaign, Health Education Award

The game is based on the pictogram presentations contained in the **AIDS and You** booklet. It is a non-competitive game devised with the help of teachers, health promotion officers and AIDS advisers and it is intended to develop an awareness of safe and unsafe sexual behaviour. It also allows a discussion of attitudes and feelings. The game will be useful for a variety of counselling purposes and will help to foster positive feelings about infected individuals.

The game consists of four sets of two behaviour category cards, headed 'Safe' and 'Unsafe' and 28 pictorial cards depicting the main social and sexual activities that people encounter in every day life. The teacher is also provided with an information module entitled 'What is AIDS and HIV?'. This is an illustrated chart and A4 photocopy master using the pictograms from **AIDS and You** which summarise facts about the virus and the syndrome and can either be used to introduce or conclude the game and reinforce the information that has been discussed. Four exercises are suggested for the participants to play but facilitators can adapt the game and use it according to individual circumstances, course curriculum and age of participants.

The game requires very little preparation time, is acceptable at all levels of secondary education and is of particular value where there are children for whom English is a second language, slow learners, or those with special social problems.

The British Medical Association **AIDS and You Game** used in conjunction with the **AIDS and You** booklet forms a self-contained, straightforward and simple approach to 'active learning' as shown by the pilot research carried out in various schools, colleges, and other environments in the United Kingdom.

### Contents

- Information Module: What is AIDS and HIV? (Poster and A4 card)
- Two behaviour category cards headed 'Safe' and 'Unsafe'
- 28 pictorial cards
- The BMA **AIDS and You** booklet
- Answer guidelines for staff and/or pupils
- Information on resources on AIDS
  - Books
  - Videos
  - Leaflets



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# A·I·D·S

## AND YOU



An illustrated guide

**British Medical Association**

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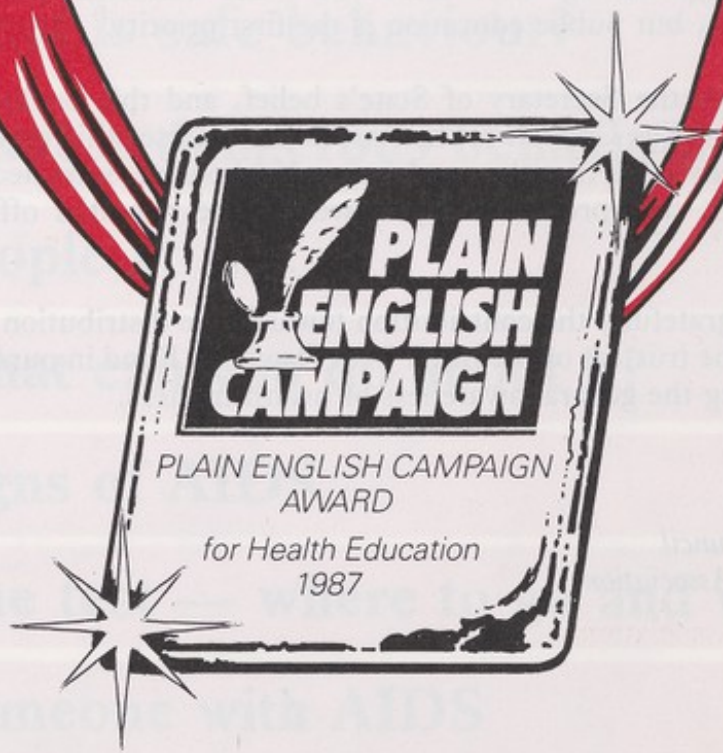
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# A·I·D·S AND YOU



July 1988

## Foreword

AIDS – Acquired Immune Deficiency Syndrome – is a new disease. There were no known cases before 1981. Since that time the virus that causes AIDS (HIV) has spread widely and no-one should underestimate just how serious the threat is – in this country as in most of the rest of the world.

For at least the next few years the most effective measure for significantly reducing the spread of HIV infections is education of the public, especially those individuals at higher risk.

Speaking in the House of Commons on 21 November 1986, Norman Fowler, Secretary of State for Social Services, outlined the measures the Government was taking to combat the spread of AIDS. He said:

“I believe that clear, explicit language must be used and that we must spare no effort to ensure that the message is getting through. I understand clearly that there are other concerns and other suggestions, but public education is the first priority.”

The BMA shares the Secretary of State's belief, and this booklet uses such explicit language. The Council of the Association realises this may upset some people but is convinced that the need for such a booklet, intended for doctors and other health care professionals, outweighs the potential offence it may cause.

I acknowledge gratefully the contribution towards the distribution costs of this book made by the trustees of the BMA Joan Dawkins' Fund in pursuance of her aim of increasing the general awareness of health matters.

*Dr John Marks*  
*Chairman of Council*  
*British Medical Association*

March 1987





## How to use this booklet

This booklet provides you with information about AIDS. The booklet has been divided into sections which are easy to find. Each section is shown by a tab on the edge of each page so you can quickly flip the pages to the section you need to read.

### **Remember:**

If you do not have sex until you enter one faithful, life-long sexual relationship with a partner who has behaved in the same manner – then you cannot get AIDS from sexual intercourse.

## **1 Getting AIDS**

## **2 What is safe behaviour?**

## **3 What is dangerous behaviour?**

## **4 People at risk**

## **5 What can you do about it?**

## **6 Signs of AIDS**

## **7 The test — where to go and what to do**

## **8 Someone with AIDS**

## **9 Questions and answers**

## **10 Contacts for more information**



# Preface

## AIDS concerns everyone

The virus that causes AIDS is spreading rapidly throughout the Western world and has already reached epidemic proportions in Central Africa. Although the AIDS virus has been spreading in the UK for some years, most people continue to need factual information about how the virus is passed on. Currently available information is either very basic and presented in leaflets or too theoretical and technical.

### **This book fills the gap.**

It is a response to the need for a practical summary of the main facts about AIDS. Diagrams and illustrations are used freely to clear up confusion and help all readers to understand the important facts.

The British Medical Association hopes that doctors, nurses and counsellors will find that the format of the book helps them to give essential information to those who are at risk or infected with the virus. The intended readers also include paramedical staff, health visitors, ancillary staff, teachers and anyone concerned about the prevention of AIDS or care of patients.

Other people, especially parents, should also find the book contains valuable information which will help them approach doctors and health workers with confidence and understanding about AIDS.

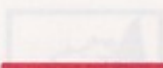




A person gets the AIDS virus by having sex with a person with the virus if intimate contact is made with that person's blood, sperm or other bodily fluids



The virus can enter a person's body through the vagina, penis (vaginal passage) or penis



Small amounts of blood and other fluids may pass from



A person can also get the virus from a blood transfusion if the donor is infected



Having sex with a person who has the virus can lead to serious disease



You can get the virus from a blood transfusion if the donor is infected

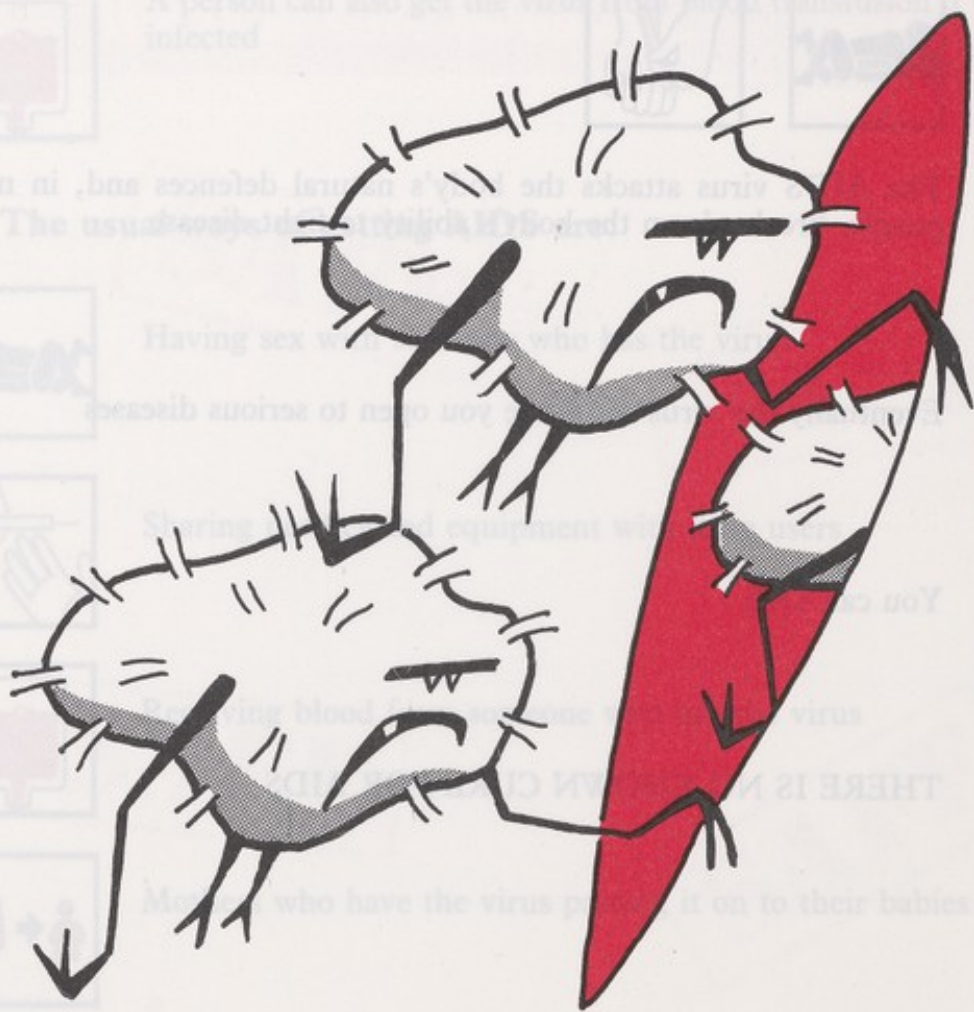


THERE IS NO CURE FOR AIDS



Mothers who have the virus pass it on to their babies

# 1 Getting AIDS



# Getting AIDS

## AIDS — The virus



AIDS is caused by a tiny germ (VIRUS)



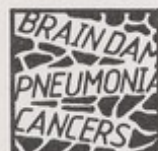
Unlike the 'flu or cold virus it is NOT passed on by coughing or sneezing

1

You get AIDS by having sex with an infected person or injecting drugs with infected needles or syringes



The AIDS virus attacks the body's natural defences and, in most people, breaks down the body's ability to fight disease



Eventually the virus can leave you open to serious diseases



You can DIE

**THERE IS NO KNOWN CURE FOR AIDS**



## How do you get the AIDS virus?

You get the AIDS virus through sex with an infected person or through infected blood.



A person gets the AIDS virus by having sex with a person with the virus if intimate contact is made with that person's blood, sperm or other bodily fluids



The virus can enter a person's body through the vagina, anus (back passage) or penis



Small amounts of blood and other fluids may pass from person to person during sex, allowing the virus to go directly into the bloodstream



A person can also get the virus from blood transfusion if the donor is infected

### The usual ways of getting AIDS are:



Having sex with someone who has the virus



Sharing needles and equipment with drug users



Receiving blood from someone who has the virus



Mothers who have the virus passing it on to their babies

## You cannot get AIDS from:



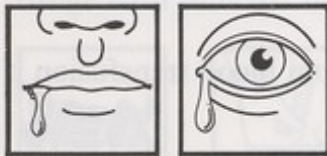
Insect bites



Dogs, cats or other domestic animals

### Tears and saliva

Although the virus has been found in tears and saliva, no case has been reported where a person got AIDS from tears or saliva





**SAFE**

**SAFE**

**SAFE**

## 2 What is safe behaviour?

**SAFE**

**SAFE**

**SAFE**

**SAFE**

# What is safe behaviour?

You cannot get AIDS from ordinary social contact



Shaking hands



Social kissing



Using the same toilet seat as a person who has the AIDS virus



Sharing cups, cutlery, crockery or towels



Sharing bed linen



Sharing a house, flat or workplace with a person with AIDS



Sharing food



Coughing and sneezing

**SAFE**

SAFE

SAFE





Crying



Eating in restaurants



Sharing the Communion chalice

**SAFE**

**You cannot get AIDS:**



From body massage, masturbation or non-sexual body contact

**SAFE**



By donating blood. This is safe.

From visiting a dentist, doctor or hospital



If needles used for ear-piercing and tattooing are new or have been sterilised before they are used on you



If acupuncture needles and electrolysis equipment have been sterilised.



If you do not have sex until you enter one faithful, life-long sexual relationship with a partner who has behaved in the same manner – then you cannot get the AIDS virus from sexual intercourse.

**SAFE**



If you have sex in any other circumstances you are at risk.



If you and your partner have been faithful and have not shared drug users' needles, sex is safe.



If you do not know about the sex life of your partner and still mean to have sex always use a condom (sheath or french letter), as this will make having sex safer for you.



**DANGEROUS**

**DANGEROUS**

**3 What is dangerous behaviour?**

**DANGEROUS**

**DANGEROUS**

**DANGEROUS**

## What is dangerous behaviour?

It is dangerous to have sex with lots of people

If you have the virus it is dangerous for others if you:



Have sex, especially without using a condom



Share needles and equipment if you use drugs



Have a baby



Give blood or donate any part of your body



Donate sperm to a sperm bank or milk to a milk bank

**DANGEROUS**

3

If you do not have the virus it is dangerous for you to:



Have sex which is unprotected (Always use a condom)



Have anal intercourse

**DANGEROUS**





Have vaginal intercourse



Have oral sex



Share sex toys such as vibrators



Engage in a sex act which tears or cuts skin either inside or outside the body



Share needles and equipment if you use drugs

**DANGEROUS**

**All these acts are dangerous if your partner has the virus. It is safest only to have sex with one person who is faithful to you.**

# What is dangerous behaviour?

It is dangerous to have sex with lots of people



**It is dangerous to have sex with lots of people. It is safest only to have sex with one person who is faithful to you.**

3



Have sex, especially without using a condom, with lots of people. This is dangerous because you may get infected with HIV or other sexually transmitted infections. It is safest only to have sex with one person who is faithful to you.

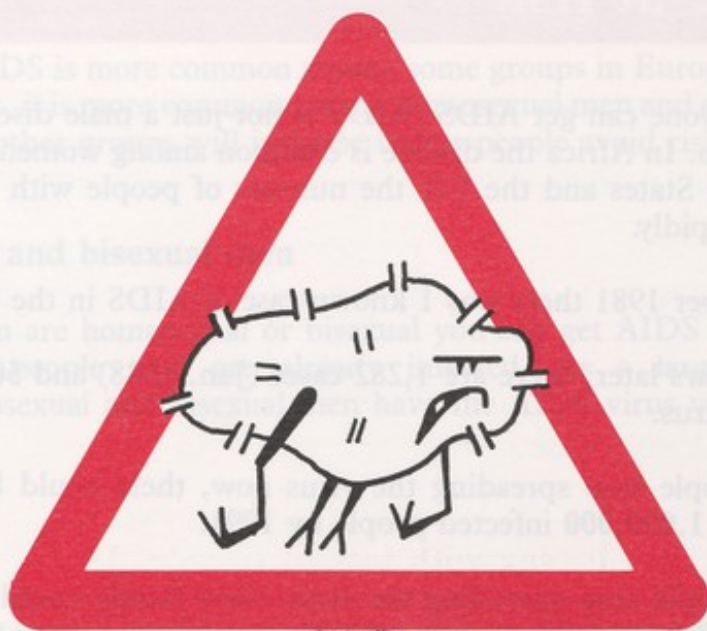
Share needles and equipment if you use drugs

Have sex with one person who is faithful to you

Donate sperm to a sperm bank or milk to a milk bank

**DANGEROUS**





**AIDS**

**4 People at risk**

## People at risk

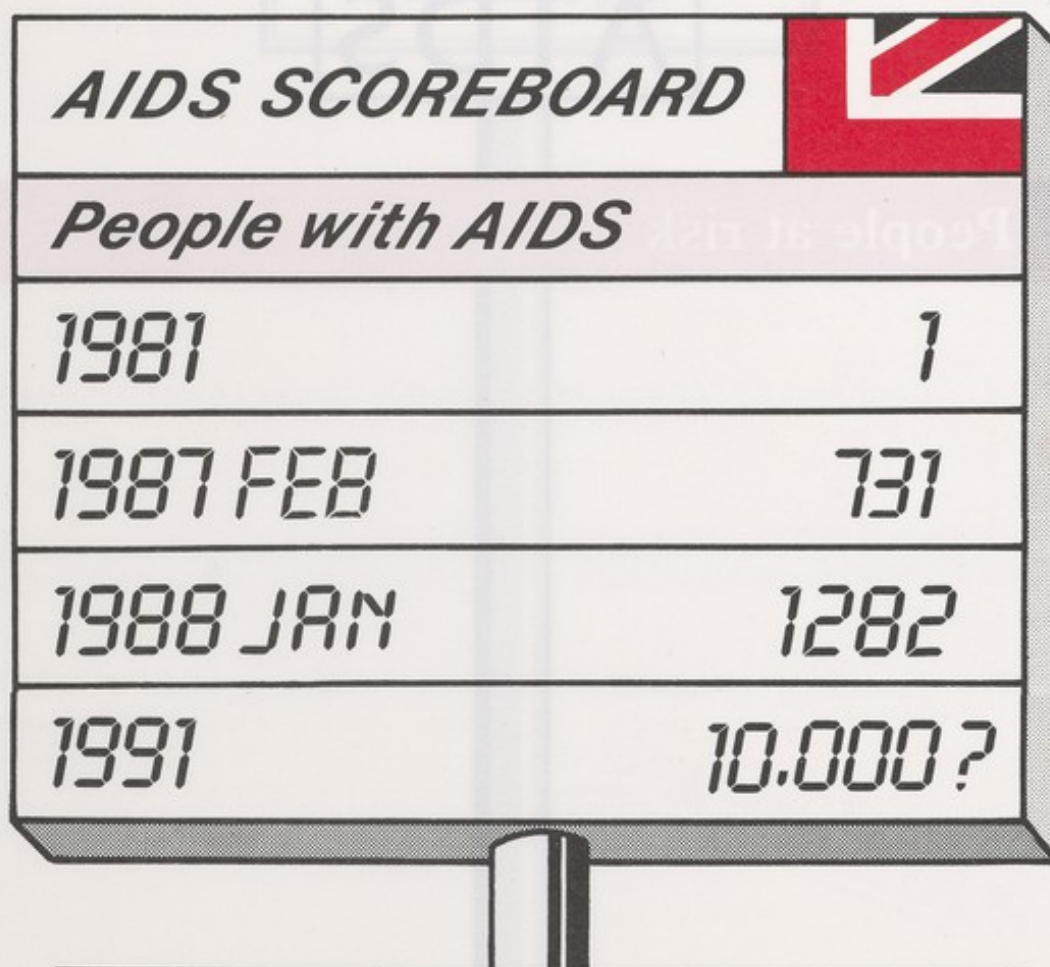
Almost anyone can get AIDS. AIDS is not just a male disease. It is found in women also. In Africa the disease is common among women and men alike. In the United States and the UK the number of people with the AIDS virus is growing rapidly.

In December 1981 there was 1 known case of AIDS in the UK.

Now, 7 years later, there are 1,282 cases (Jan. 1988) and 50,000 people could have the virus.

Unless people stop spreading the virus now, there could be 10,000 cases of AIDS and 1,000,000 infected people by 1991.

Unless people stop spreading the virus every family could be affected in the future.





## Groups most at risk

At present, AIDS is more common among some groups in Europe than others. At the moment, it is more common among homosexual men and drug users. But the danger to other groups will increase unless people avoid risky behaviour.

### Homosexual and bisexual men



If you are homosexual or bisexual you can get AIDS by having sex with people who are already infected. As a large number of homosexual and bisexual men have the AIDS virus you are at high risk.

### Drug Users



If you share a needle or equipment with an infected person you can get the AIDS virus



Drug users with the AIDS virus can give it to their partners when they have sex

### People who have had blood transfusions



A tiny number of people in the UK who have had blood transfusions in the past have been infected. All donated blood in the UK is now being tested, so persons receiving blood are **very much** safer.

### Haemophiliacs



Some haemophiliacs (people with a blood disorder that prevents clotting) have got the AIDS virus from treatment with blood products. All blood products in the UK are now heat treated to destroy the virus, so haemophiliacs are no longer at risk from infection in the future.

## Men and women at risk



If you have sex with someone with the AIDS virus you could get AIDS. If you have sex with a lot of people you increase the danger that one of them will have the virus.

It is best never to have sex with any casual partner, particularly one who could be:



A drug user



A bisexual



A homosexual



A prostitute



A person from a place where AIDS is a big problem (the West Indies, Central Africa, California or New York)



A sex partner of anyone in these groups



You put yourself at risk if you sleep around and have sex with anyone you don't know well.



## Babies

If you are a woman and have the AIDS virus you can pass it on to your unborn baby. It can also be passed on when the baby is delivered and possibly through breast milk during breast feeding.

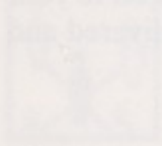


## What can you do about it?

d



get blood transfusions and have the AIDS virus you can pass it on to your unborn baby. It is also possible to get AIDS from a blood transfusion if the blood is not checked for the virus. It is also possible to get AIDS from a blood transfusion if the blood is not checked for the virus.



A drug user

**ALMOST ANYONE CAN GET AIDS**

**If you are a woman and have the AIDS virus you can pass it on to your unborn baby.**



A homosexual



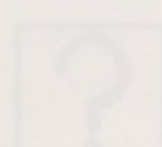
A prostitute



A person from a place where AIDS is a big problem (the West Indies, Central Africa, California or New York)



A sex partner of anyone in these groups

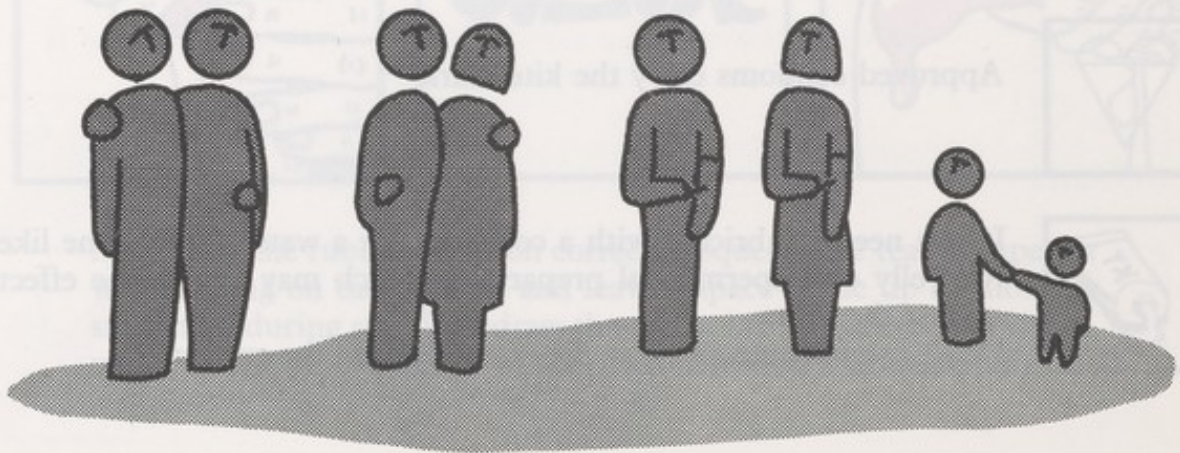


You put yourself at risk if you sleep around and have sex with anyone you don't know well.





## 5 What can you do about it?



# What can you do about it?

## Behaviour



Cut down on the number of people you have sex with



Have sex only with someone who doesn't sleep around



Avoid sex with people who have had casual sex while abroad

**Unless you and your partner have been absolutely faithful, and neither of you have shared drug users' needles:**



Don't have anal sex, even with a condom

5



Vaginal sex is risky: to reduce the risk always use condoms



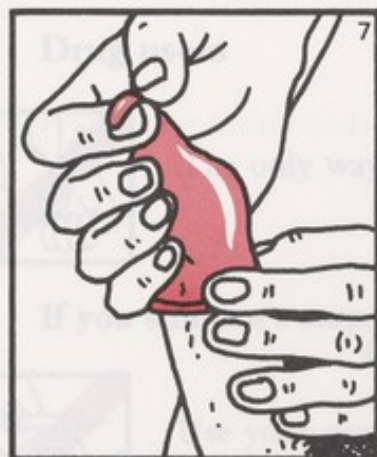
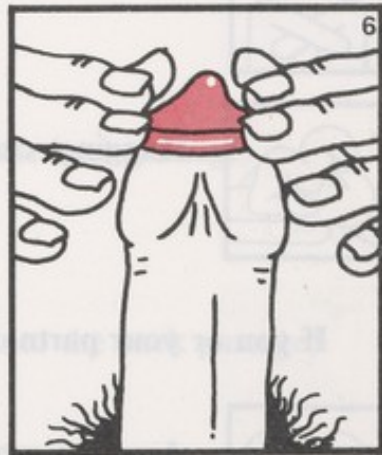
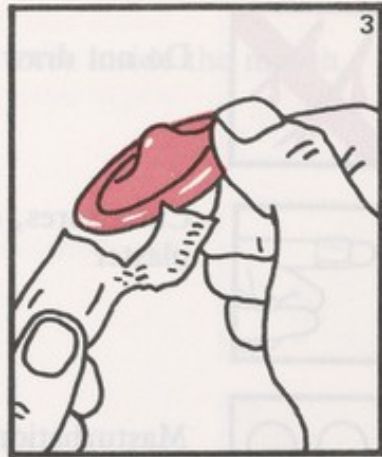
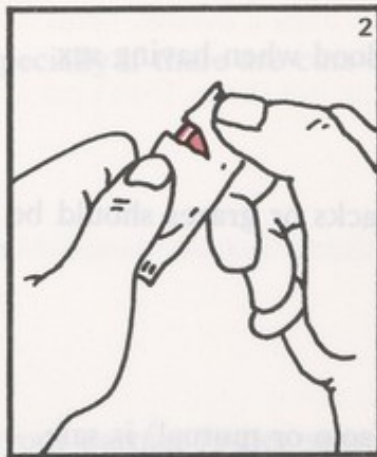
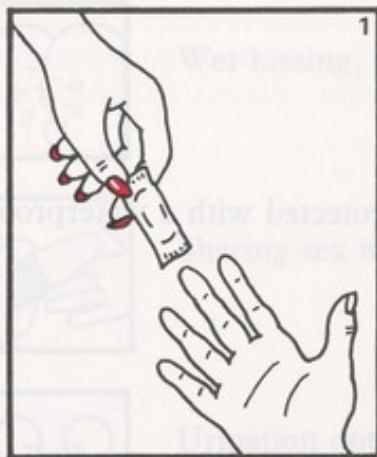
Approved condoms carry the kite mark



If you need a lubricant with a condom, use a water soluble one like KY Jelly or a spermicidal preparation which may have some effect against the virus

Don't use vaseline or oil as they may damage the rubber





Make sure the rubber is put on correctly; squeeze the teat to expel air when rolling on the condom and leave a space at the tip to allow for stretching during sex. Withdraw the penis, before the erection is lost, whilst holding the open end of the condom to stop it from slipping off.



Do not draw blood when having sex



Cuts, sores, cracks or grazes should be protected with a waterproof plaster



Masturbation (solo or mutual) is safe.



Hugging, cuddling, sensual massage, playing with nipples is safe.

**If you or your partner has the virus these sex acts are all risky:**



Anal sex, even with a condom



Vaginal sex



Sucking (someone coming in your mouth)



Oral sex without a condom





Wet kissing, especially if there are cuts or sores inside the mouth



Sharing sex toys



Urination onto your partner (water sports)



Fingering (putting one or more fingers in the back passage)



Fisting (putting the hand, fist or forearm into the back passage)

### Drug users



The only way to avoid the risk of AIDS is not to inject drugs.

**If you still can't stop, do the following to reduce the risk:**



Use your own needles and syringes. NEVER share with anyone



Don't use other peoples' equipment



When you have used a needle, bend it and throw it away. Dispose of the needles safely; put them in a tin, and don't leave them around where others can use them. Don't put them in ordinary rubbish bags.



Cut down on the number of people you have sex with



Do not have sex without using a condom or rubber



Avoid anal intercourse



Don't give blood

### Men and women at risk

5

It is safest only to have sex with one person who is faithful to you otherwise:



Use condoms when you are having sex



Do not have anal intercourse



Cut out sex with strangers





Find out about your partner before having sex



Do not have sex with a person you suspect to be at risk



Avoid becoming pregnant if you have been at risk



Do not give blood if you think you may have been infected

## Children

IT IS SAFE TO GO TO SCHOOL WITH CHILDREN WHO HAVE THE VIRUS.



Children should not give blood at school, eg. in biology lessons



Tattooing and ear piercing by children is not safe, as they often use unclean needles



Mixing blood in a blood brother/sister friendship is risky. Don't do it.



A waterproof sticking plaster or dressing should be used over a cut or wound.



Spills of fluid like blood, vomit etc, should always be wiped up and disposed of down the toilet.

5



Floors and surfaces with spills should be disinfected by wiping in diluted bleach: 1 part of bleach to 9 parts of water is recommended.

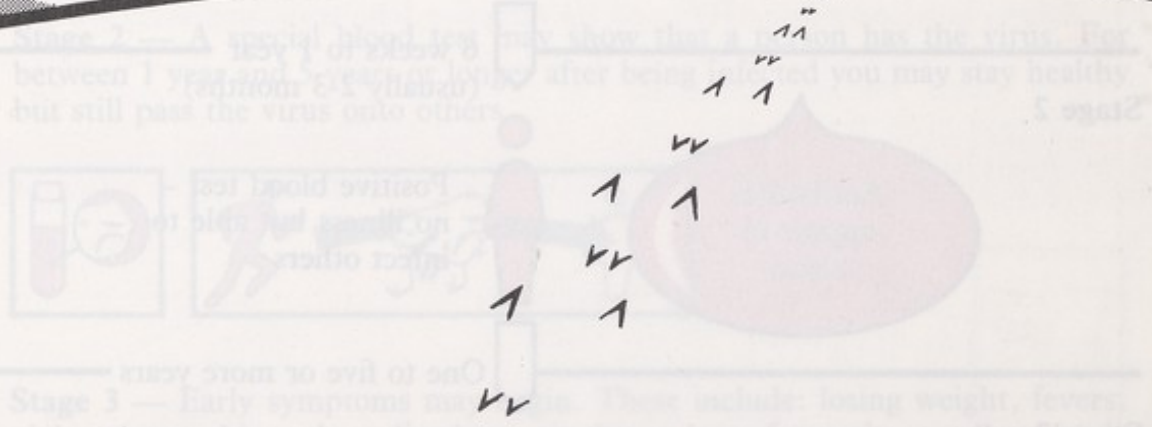


Do not have anal intercourse

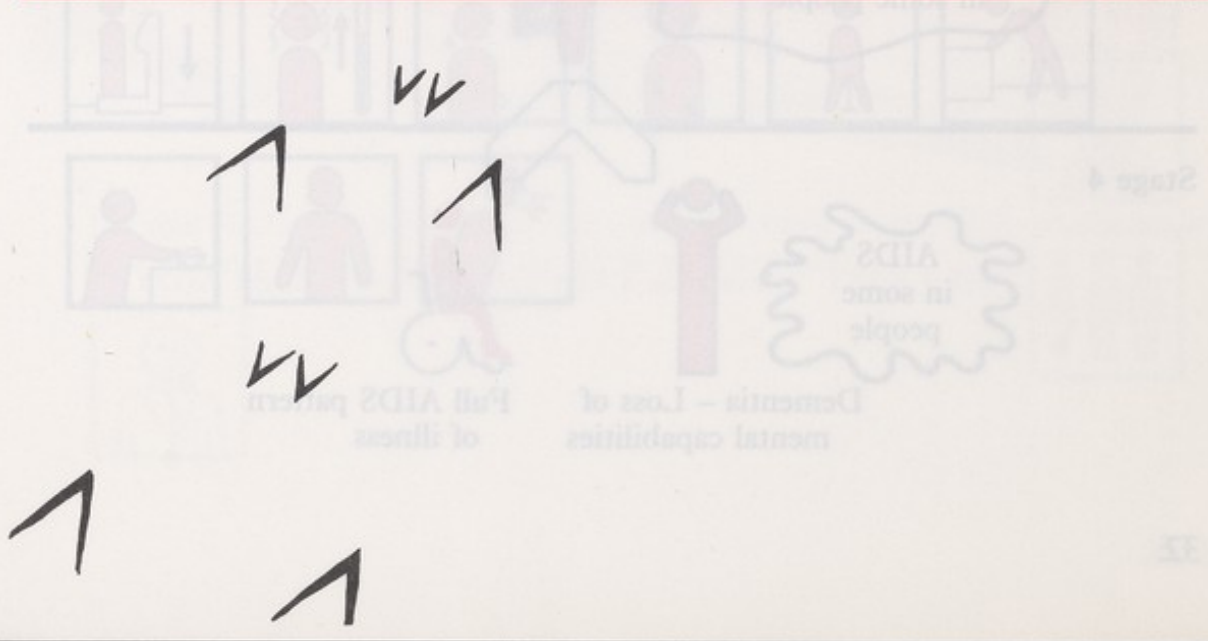


Don't have sex with strangers

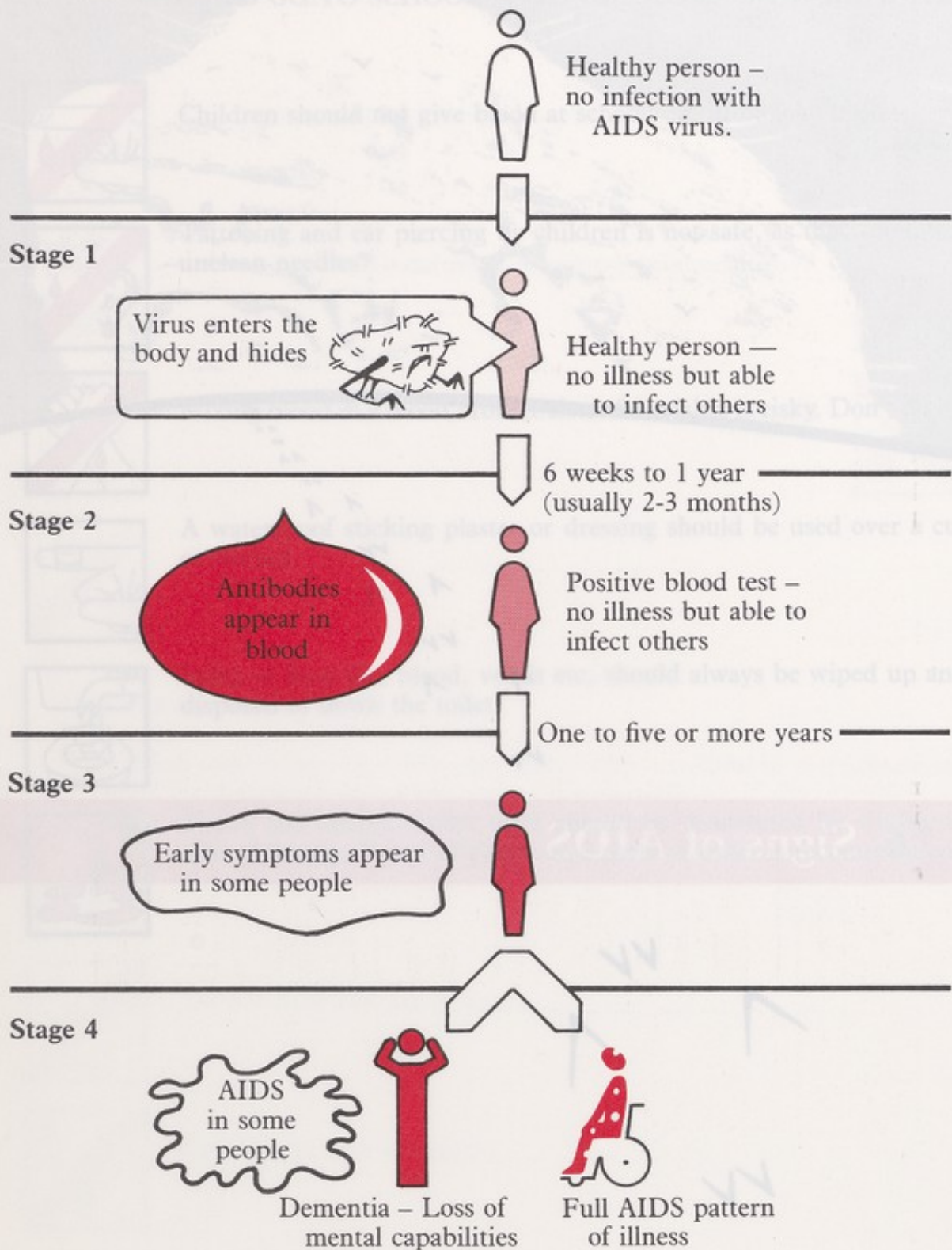




## 6 Signs of AIDS



# Signs of AIDS





## The stages of development of the AIDS virus

The development of AIDS infection can be thought of as a sequence of stages.

**Stage 1** — The AIDS virus enters the body and hides.



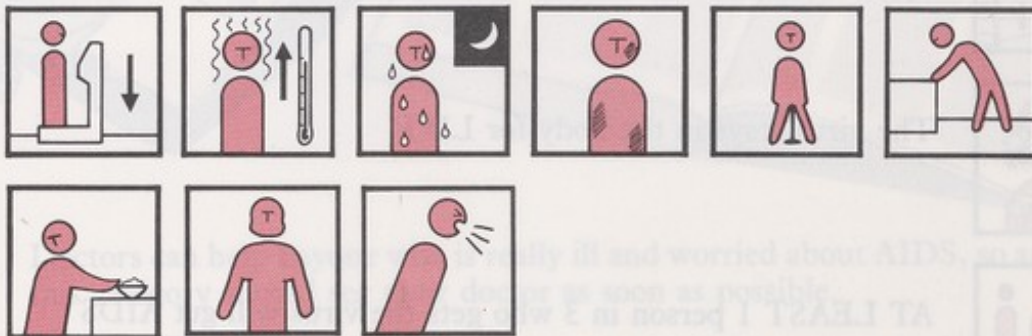
At this stage you will appear healthy but you can pass the virus to others.



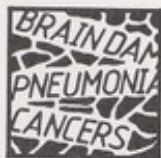
**Stage 2** — A special blood test may show that a person has the virus. For between 1 year and 5 years or longer after being infected you may stay healthy but still pass the virus onto others.



**Stage 3** — Early symptoms may begin. These include: losing weight, fevers, night sweats, skin rashes, diarrhoea, tiredness, loss of appetite, swollen glands in neck and underarms, and having a cough that lasts a long time.



**Stage 4** — The virus can allow serious illnesses to take hold. Some of the most common illnesses are pneumonia, other infections, cancers and damage to the brain. At this stage a person is said to have 'AIDS'. In between spells of serious illness the person may be reasonably healthy, at least at first.



AIDS patients at this stage may die quickly or may live for about two years.

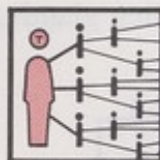


**There is no cure for AIDS and no effective long term treatment.**

### Does everyone infected by the virus develop AIDS?



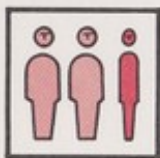
AIDS virus (in blood or sperm)



Everyone who gets the virus is able to give it to others



The virus stays in the body for LIFE



AT LEAST 1 person in 3 who gets the virus will get AIDS





The other 2 can continue to give the virus to others by SEX or sharing SYRINGES and NEEDLES

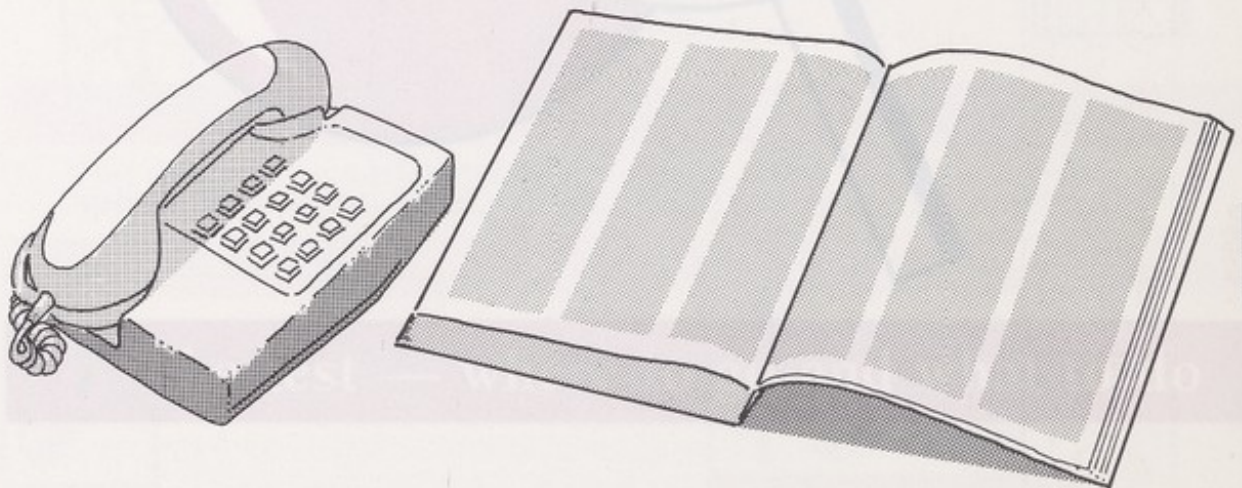


AIDS kills everyone who gets it. There is no known vaccine or cure.

### What if you have any of the symptoms?

The symptoms associated with the AIDS virus are often like the everyday illnesses you might get — the symptoms alone should not cause you to worry.

If you have any of the symptoms of AIDS, and you have been at risk, consult your doctor or a clinic specialising in sexually transmitted diseases. The addresses of these clinics are found in a telephone directory (under Venereal Diseases) or can be obtained by telephoning your nearest main hospital, the London Lesbian and Gay Switchboard (01) 837 7324 or the Family Planning Information Service (01) 636 7866). Tell the doctor that you think you may have been at risk.



Doctors can help anyone who is really ill and worried about AIDS, so anyone in this category should see their doctor as soon as possible.



The first 3 months to give the virus to other people by SEX or sharing common needles and syringes. In between spells of illness the person may be reasonably healthy, at least at first.



AIDS kills everyone who gets it. There is no known vaccine against it.



What if you have any of the symptoms?

**Everyone who gets the virus is able to give it to others.**

If you have any of the symptoms, tell your doctor or a clinic specializing in sexually transmitted diseases. The addresses of these clinics are found in a telephone directory (under Venereal Diseases) or can be obtained by telephoning your nearest main hospital. London Health and Family Services (01 630 7500). Tell the doctor that you think you may have been at risk.



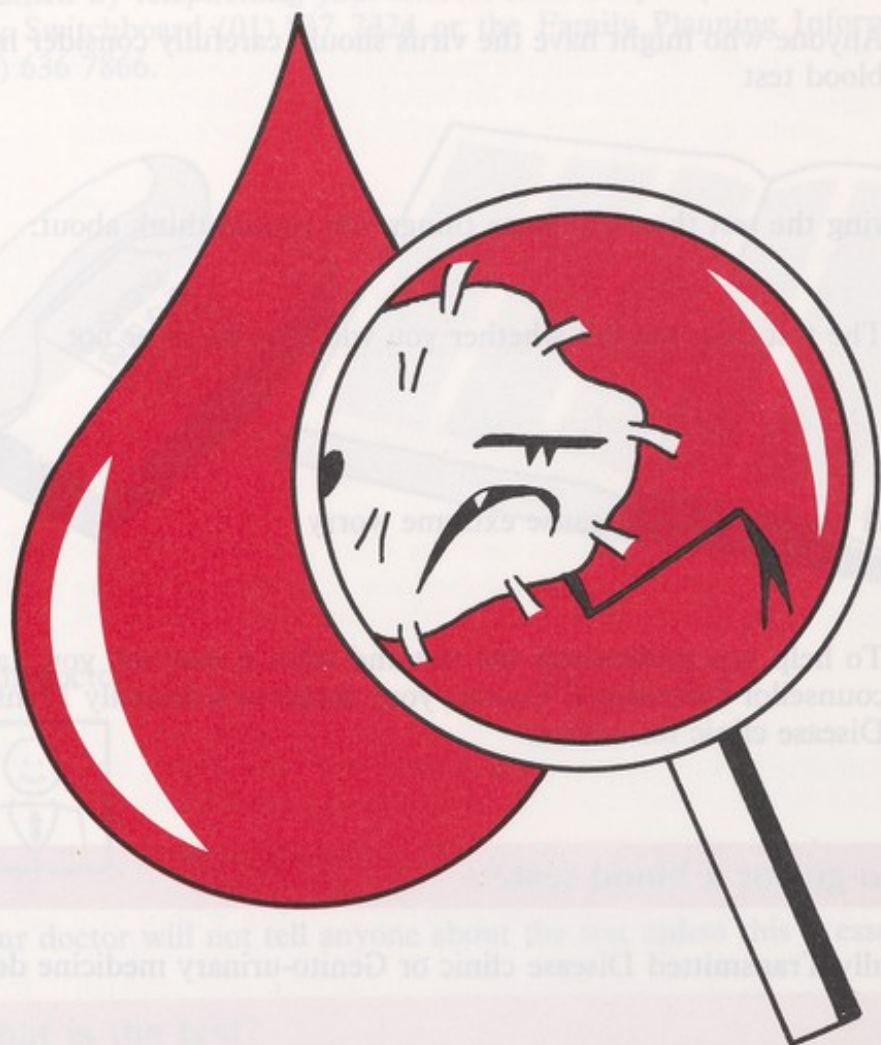
6

Doctors can help anyone who is really ill and worried about AIDS. This category should see their doctor as soon as possible.





## The test — where to go and what to do



## 7 The test — where to go and what to do

It is done on a small sample of blood

## The test — where to go and what to do

### Who should have a blood test?



Anyone who might have the virus should carefully consider having a blood test

Before having the test there are some things you should think about:



The test does not tell whether you will become ill or not



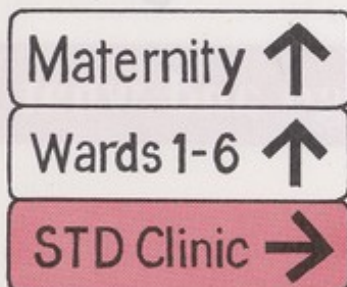
A positive test will cause extreme worry



To help you understand the test and what it may tell you, talk to a counsellor beforehand. Contact your doctor or a Sexually Transmitted Disease clinic for advice.

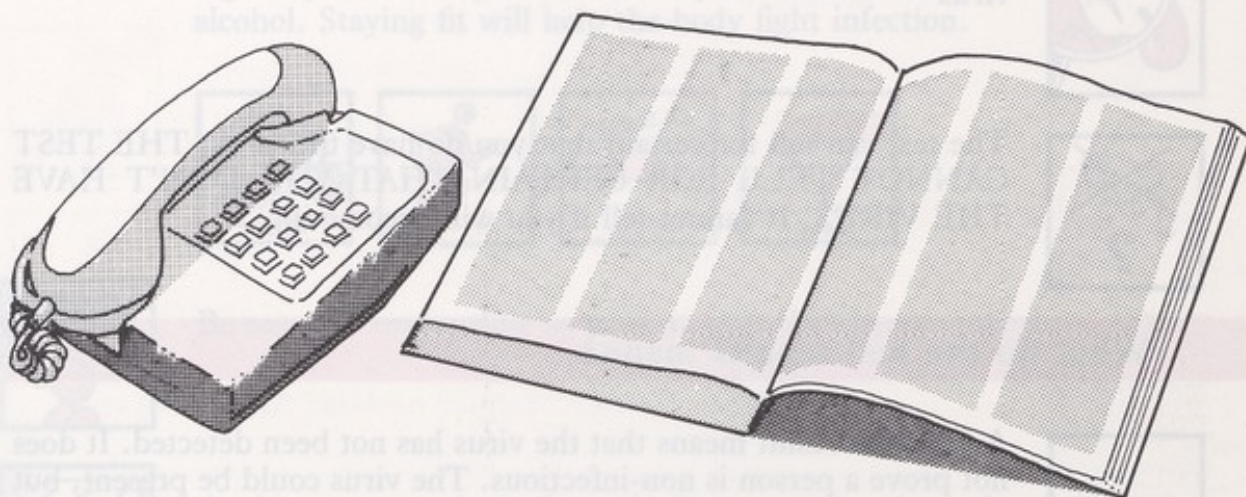
### Where to go for a blood test?

Any Sexually Transmitted Disease clinic or Genito-urinary medicine dept.





If you have the test at a Sexually Transmitted Disease clinic, no-one outside the clinic will be told about it unless you give permission. The addresses of these clinics are found in the telephone directory (under Venereal Diseases) or can be obtained by telephoning your nearest main hospital, the London Lesbian and Gay Switchboard (01) 837 7324 or the Family Planning Information Service (01) 636 7866.



Your doctor



Your doctor will not tell anyone about the test unless this is essential.

## What is the test?



There is a special blood test



It is done on a small sample of blood taken from a vein in the arm



The results can take from one to four weeks. But the test may not give the right result until a few months after the virus enters the body.



The test shows whether a person has been infected with the AIDS virus



The test can tell for certain that you do have the virus. **THE TEST CANNOT TELL FOR CERTAIN THAT YOU DON'T HAVE THE VIRUS.** It cannot tell if you will become ill.

### What do the test results mean?



A **negative** result means that the virus has not been detected. It does not prove a person is non-infectious. The virus could be present, but still 'hiding'.



A **positive** test indicates that infection with the AIDS virus has occurred. The person is infectious.



The test does not indicate whether a person will or will not develop AIDS.

7

### What should you do if your antibody test is positive?



If you want anything explained, talk to your doctor or contact any of the major organisations listed at the back of this booklet



Find someone you trust to talk to about your fears and worries





Talk about your fears and anxieties with those closest to you

Keep healthy, by eating plenty of wholesome food, exercising regularly and taking sufficient sleep and rest. Don't drink too much alcohol. Staying fit will help the body fight infection.



Be sexually responsible as you can give the virus to others



Avoid sex or practise 'safer sex'; always use a condom when having sex



Tell people who may have been infected as a result of your contact eg. sexual partners and people you have shared needles with



Regular medical evaluation and follow-up is advised, especially for persons who develop symptoms suggestive of AIDS

Tell doctors or dentists that you have the AIDS virus. This will ensure that you will receive the best treatment possible and that precautions can be taken to protect others from the virus.





Whenever possible, disposable needles and equipment should be used



Devices that have cut the skin should be steam sterilised before re-use or safely discarded



Clean all cuts and grazes no matter how trivial, with antiseptic and cover with a waterproof dressing until healed



Do not pick scabs



Toothpicks, dental sticks and floss used by people at risk should be burned, or sealed in a stout container and then destroyed



After accidents causing bleeding, surfaces with blood should be cleaned with household bleach (1 part bleach to 9 parts water). But do not use on skin or cuts.



**DO NOT** share toothbrushes, razors, nail brushes or anything that could carry blood



**DO NOT** donate blood, plasma, body organs, other tissue or sperm



**For women with a positive antibody test there are a few additional measures:**



Do not become pregnant



Do not breast feed or donate milk



Used sanitary towels or tampons should be disposed of in a sealed bag or destroyed

**For parents of children who are antibody positive:**



Children can safely attend school without putting other children at risk



When cleaning up urine or vomit (which may contain blood) cover any open cuts on your hands with waterproof plasters and wear disposable gloves



Dirty nappies should be disposed of in a sealed plastic bag or destroyed



If you use towelling nappies wash them on the hottest cycle of your own or a laundrette's washing machine



Cover any grazes or cuts on your child or you with waterproof plasters



Hugs, cuddles and kisses are comforting and safe for both child and parent



# Someone with AIDS



## 8 Someone with AIDS

# Someone with AIDS

## What is it like to have AIDS?

There are many implications of having AIDS. The disease causes serious physical and emotional disability. AIDS also has social and practical implications for the individual: AIDS patients say they feel isolated and rejected; many become anxious and depressed; with support and understanding the AIDS patient may be encouraged to live life as fully as possible.

### Physical effects of AIDS may be



Extreme weight loss



Changes of appearance



Weakness

### Emotional effects

People with AIDS often:



Experience extreme stress;



Feel anxious about the course of the illness;





Have feelings of powerlessness and loss of control;



Don't know what will happen to them



Experience personality changes, loss of memory, confusion, depression, anger and fear



Feel guilty about having the disease

### Social effects



Dependence upon others



Rejection and isolation because of fear

### Practical problems



Keeping a job



Housing



Obtaining insurance



Obtaining mortgages



Availability of social services; what are you entitled to?

### What can you do if you have AIDS?



Talk to people you trust, express and share your feelings



Learn as much about AIDS as you can



Keep busy and active and create a support network for yourself



Contact any of the major organisations listed at the back of this booklet



Draw up a plan of action which looks towards physically and mentally setting new goals. A positive outlook will help you cope with AIDS, and may increase your resistance to infections.



## Supporting a person with AIDS

AIDS patients need support and there are many ways of helping.

Here are some suggestions of how to support a friend, family member or colleague:



To begin, the person needs trust, love and support.



New patients have a great need of explanation and information.



Touching an AIDS patient is an important reassurance and is entirely safe.



Regular communication, in person preferably, (visiting or by phone) is important. Make prior arrangements before visiting as illness causes tiredness and a visitor may not always be welcome.



Open and honest communication is vital. Talking openly and honestly will help a person with AIDS to be open with you. Talk about the illness. Many people feel angry about their illness and feel better when they have someone with whom they can share their anger.



Take the patient on outings, and arrange visits to other people.



Offer assistance in dealing with anything that the patient may find difficult.



If you go away, keep in touch by writing or phoning.

## Nursing an AIDS patient



Whenever possible an AIDS patient is nursed at home. This is usually best for the patient, but during spells of serious illness he or she may need to be in hospital.

### Hospital care



A team of caring and qualified health professionals provide the best possible treatment for an AIDS patient who is seriously ill. Treatment in hospital is directed towards the infections the person has developed as a result of AIDS. A cure for AIDS has not been found. Caring for an AIDS patient is safe.



Sometimes a person may be too ill to want visitors, but at other times visiting gives support and reassurance. Ask the nurses when would be good times to visit.

### Nursing at home



People taking care of individuals with AIDS need to be caring and supportive. Anyone caring for an AIDS patient needs to take some simple steps to cut the risk of infection. Caring for an AIDS patient is not a high risk activity, normal living and sharing a home pose **no risk**.

### Precautions in the home



Always wear standard household gloves for home duties



Wash up in water and detergent hot enough to need gloves



Use different cleaning cloths for kitchens and bathrooms





Always use waterproof sticking plaster or dressing over a cut or wound



Toothbrushes and razors should not be shared



Spills of fluids like blood, vomit etc should be wiped up and disposed of down the toilet



Floors and surfaces with spills should be disinfected by wiping with diluted bleach. 1 part of bleach to 9 parts of water is recommended.



Dirty clothes should be cleaned by using hot water

People with AIDS are at high risk from infections. Some germs which would not hurt a healthy person could kill an AIDS patient.

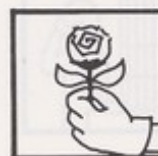
To prevent spreading germs to the AIDS patient:



When cooking — make sure that food is properly defrosted and cooked



Wash hands after handling pets and litter trays



Wear gloves for gardening and wash hands afterwards



Avoid contact with the AIDS patient if you have a cold, stomach upset or other illness

## Sex and the AIDS patient



AIDS patients should avoid risky sex practices



No sex except with established sexual partner



Inform partner of the need for fidelity



Keep to mutual masturbation, body-rubbing and 'dry' kissing



No anal intercourse (active or passive)



No vaginal sex



No oral-anal sex





No oral-genital sex or exposure to partner's urine



No 'wet' kissing



No sharing sex toys

## Social Services provision for AIDS patients

A range of domiciliary, community and welfare services are available for people with AIDS and with AIDS antibodies. Social Services workers are not at risk from helping AIDS patients.



Social Services provide help with practical arrangements for living, shopping, cleaning and the provision of special arrangements within the home. You may not have to tell the Social Services everything about your illness to get help.



Social workers provide the co-ordination of support services and advise and recommend action on all personal issues.



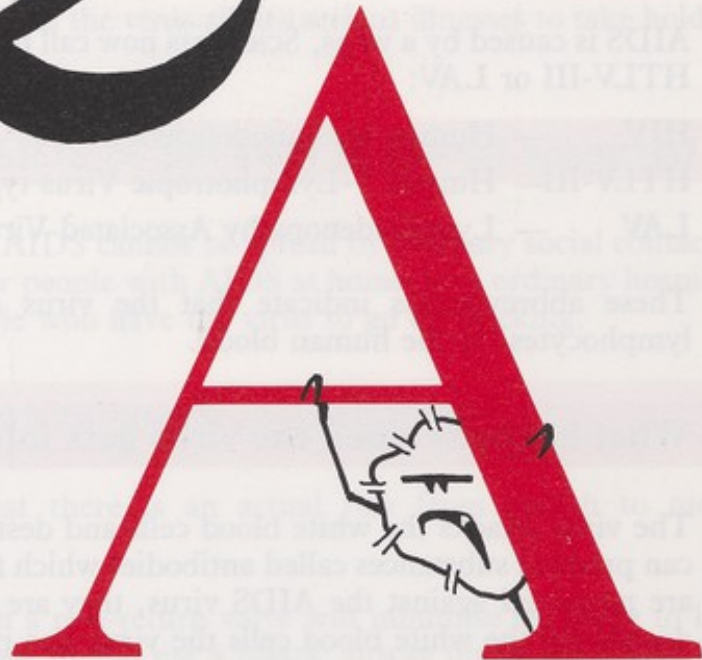
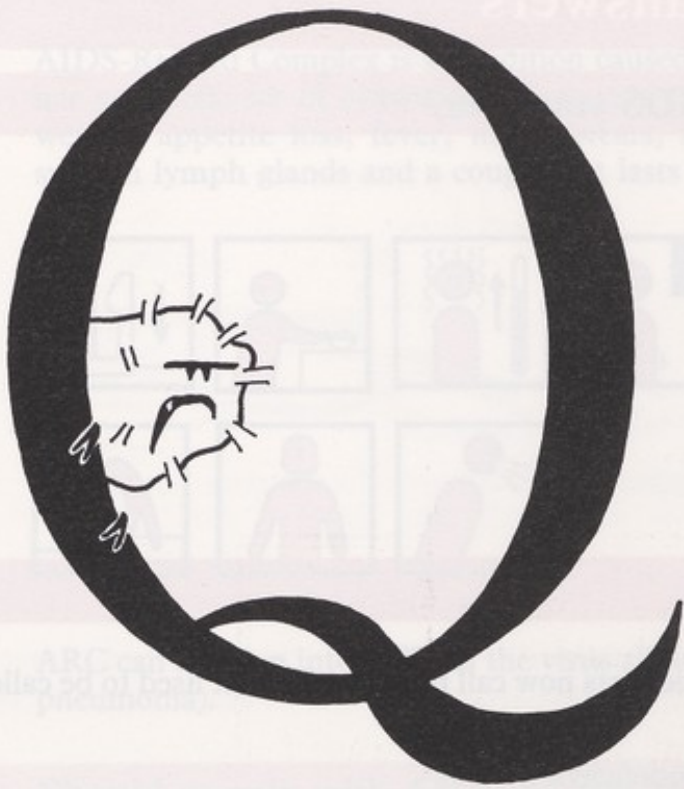
The health services will also provide support to the AIDS patients both inside and outside the hospital. Health care workers are not at risk from caring for AIDS patients.



Voluntary agencies and services provide additional help. They are listed at the back of this booklet.

**AIDS causes serious physical and emotional disability, but with support and understanding the AIDS patient may be encouraged to live life as fully as possible.**





## 9 Questions and answers

## Questions and answers

### What does the word AIDS stand for?

The letters AIDS stand for:

**Acquired  
Immune  
Deficiency  
Syndrome**

### What causes AIDS?

AIDS is caused by a virus. Scientists now call the virus HIV. It used to be called HTLV-III or LAV:

- HIV — Human Immunodeficiency Virus
- HTLV-III— Human T-Lymphotropic Virus type III
- LAV — Lymphadenopathy Associated Virus

These abbreviations indicate that the virus attacks white blood cells (T-lymphocytes) in the human blood.

### What happens when the virus gets into the blood stream?

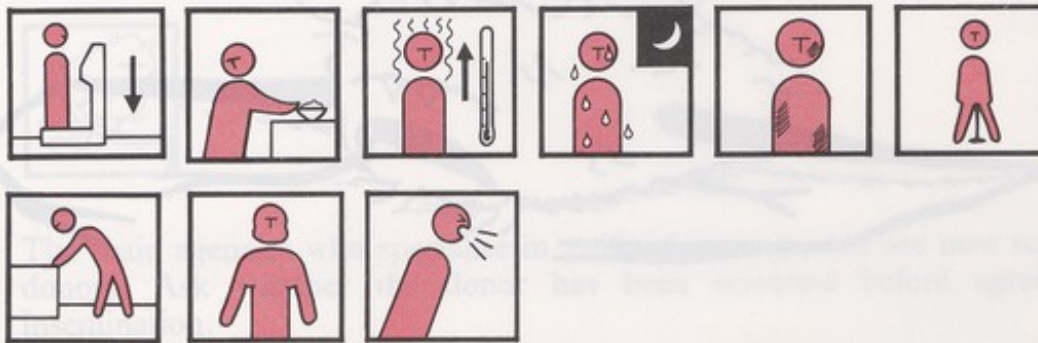
The virus attacks the white blood cells and destroys them. Normally the body can produce substances called antibodies which fight disease. Even if antibodies are produced against the AIDS virus, they are not able to fight the virus. By destroying the white blood cells the virus also prevents the body from making antibodies to fight other diseases.





## What is AIDS-Related Complex (ARC)?

AIDS-Related Complex is a condition caused when a person who has the virus has a specific set of symptoms. Signs and symptoms of ARC include loss of weight, appetite loss, fever, night sweats, skin rashes, diarrhoea, tiredness, swollen lymph glands and a cough that lasts a long time.



ARC can develop into AIDS if the virus allows serious illnesses to take hold (eg pneumonia).

## Should people with AIDS be put away in special hospitals?

No, this is wrong because AIDS cannot be spread by ordinary social contact. It is entirely safe to look after people with AIDS at home or in ordinary hospitals. It is entirely safe for people who have the virus to go on working.

## Is it safe to give mouth to mouth resuscitation?

There is no evidence that there is an actual risk from mouth to mouth resuscitation.

A plastic airway used with a non-return valve will minimise exposure to large quantities of saliva. Nobody should use a plastic airway unless they have been specially trained to do so. An untrained person could cause bleeding if they used an airway. This could increase the risk of infection.



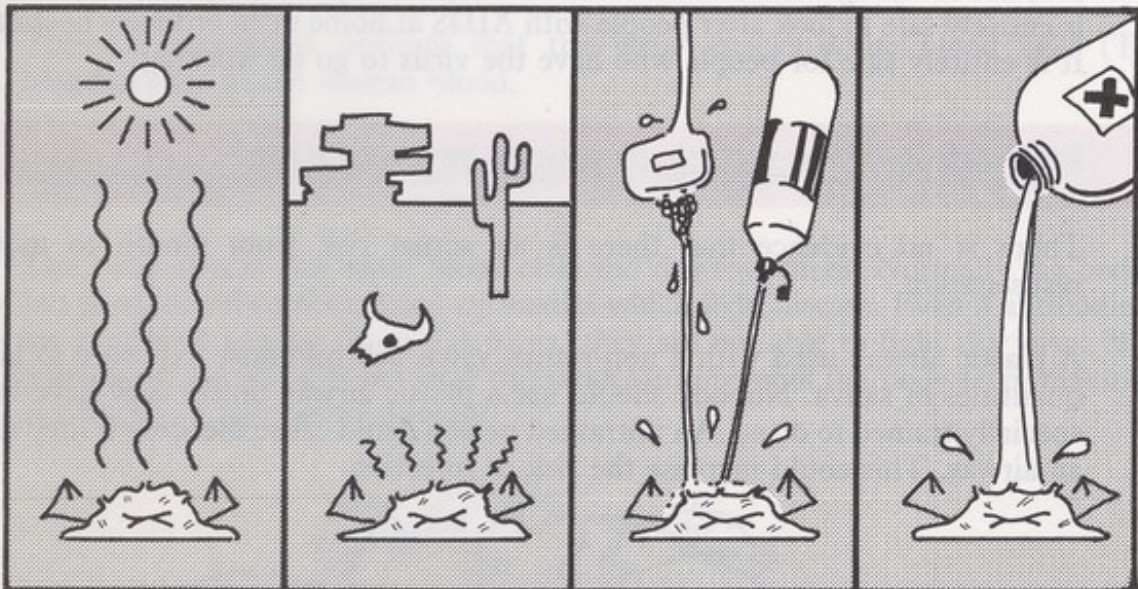
## What happens to the virus when it is outside the body?

Once the virus is dry, and outside the body, it dies. Even in a wet state, it does not live long when exposed to the air. So spilt body fluids ie. blood, sperm pose less risk.



A few spots of blood on unbroken skin are a tiny hazard compared with getting someone else's blood inside your body. The blood can be easily removed by simply washing with soap and hot water.

The virus is destroyed outside the body by heat, drying, soap and water, detergents and disinfectants.





## Are women who are in an artificial insemination programme at risk?

The AIDS virus can be transferred by donated semen. Cases in Australia have been reported where semen from symptomless carriers of the virus infected women who were artificially inseminated.



The main agencies who specialise in artificial insemination are now screening donors. Ask whether the donor has been screened before agreeing to insemination.

## Are people with haemophilia at risk of getting AIDS?

Some people with haemophilia (a blood clotting disorder that makes them prone to bleeding) have the AIDS virus. They got the virus from the use of blood products (that help the blood clot) that were contaminated with the AIDS virus.

Now UK blood products, like blood, are tested and the virus is eliminated from blood products by heating.



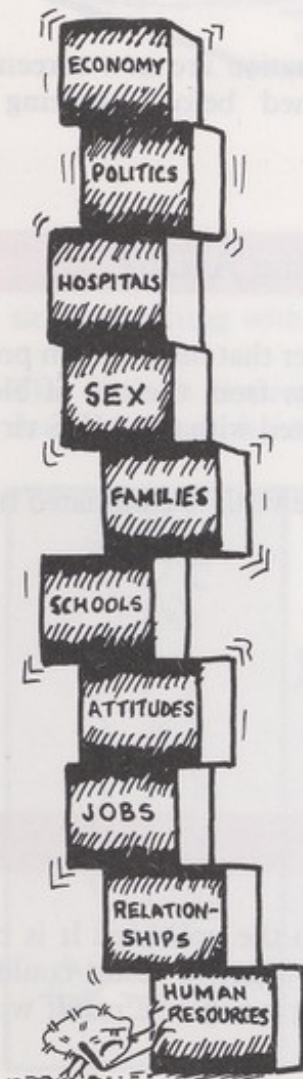
## Should there be compulsory blood testing?

No, this would not be successful and is no answer to the problem. It is both costly and unmanageable. Many people who have a negative result could be infected (due to recent exposure to the virus). Having a negative result would give them a false sense of security.

## Will AIDS change society?

There will be major changes in our society. They will be economic, political and social and will affect our schools, health care and families.

The disease will exert a major impact on the nation's economy, increases in costs of hospital care and the loss of human resources will undoubtedly create problems.





## Why is it difficult to make a vaccine that will treat AIDS?

To date there is no vaccine available to prevent someone getting AIDS. The AIDS virus may change in nature very quickly which makes it difficult to produce an effective vaccine. If a vaccine can be made, it could take a long time to prove that it is safe enough to use.



## What will prevent the spread of AIDS now?



Educating people about cutting out or reducing the risk is the only effective weapon against the disease.

Education about AIDS should start in junior school and at home so that children can grow up knowing the behaviour to avoid to protect themselves from exposure to the AIDS virus.

Parents, educators and community leaders have a responsibility to provide this information to the young.

Parents should openly encourage their children to discuss issues about AIDS.

Contacts for more information

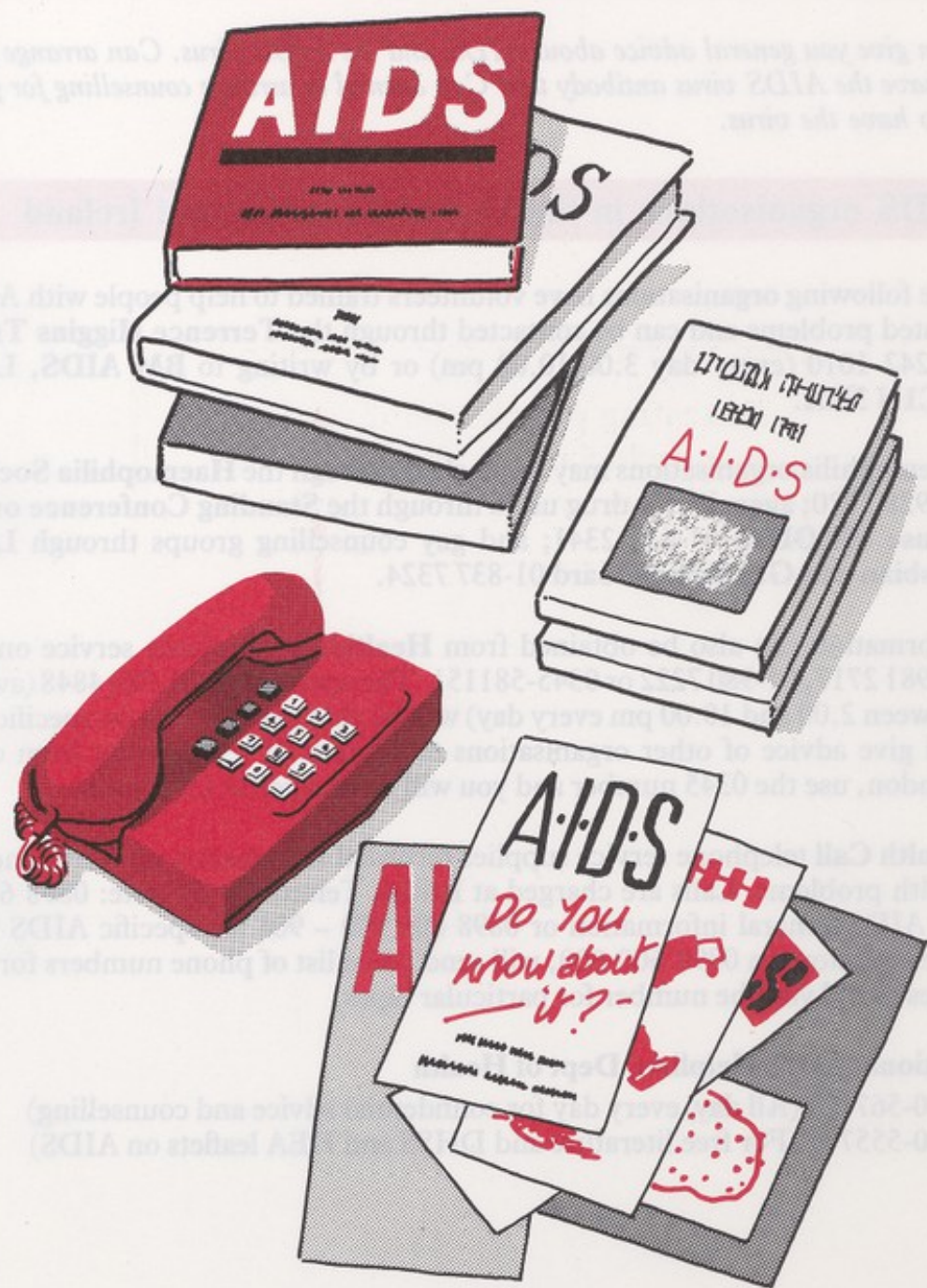
It is difficult to make a vaccine that will protect against AIDS. The AIDS virus may change its structure so often that it is difficult to produce an effective vaccine. If a vaccine can be made, it could take a long time to develop. It is also difficult to test a vaccine because it could take a long time to see if it works. Scientists will undoubtedly create a vaccine in the future.



**Educating people about cutting out or reducing the risk is the only effective weapon against AIDS.**







## 10 Contacts for more information



## Contacts for more information

### Your own doctor

*Can give you general advice about AIDS and the AIDS virus. Can arrange for you to have the AIDS virus antibody test. Can counsel or arrange counselling for patients who have the virus.*

### AIDS organisations in the United Kingdom and Ireland

The following organisations have volunteers trained to help people with AIDS or related problems and can be contacted through the **Terrence Higgins Trust** on 01-242 1010 (every day 3.00-10.00 pm) or by writing to **BM AIDS, London WC1N 3XX**.

Haemophilia organisations may be reached through the **Haemophilia Society** on 01-928 2020; agencies for drug users through the **Standing Conference on Drug Abuse (SCODA)** 01-430 2341; and gay counselling groups through **London Lesbian and Gay Switchboard** 01-837 7324.

Information can also be obtained from **Healthline** telephone service on either 01-981 2717, 01-980 7222 or 0345-581151. The operator on 01-980 4848 (available between 2.00 and 10.00 pm every day) will be able to play tapes on specific topics and give advice of other organisations to contact. If telephoning from outside London, use the 0345 number and you will be charged at local rates.

**Health Call** telephone service supplies recorded information on AIDS and other health problems. Calls are charged at British Telecom's 'M' rate: 0898 600 699 for AIDS general information or 0898 600 900 – 908 for specific AIDS topics. The operator, on 0898 600 600, will send you a list of phone numbers for all the tapes or tell you the number for particular tapes.

#### **National AIDS Helpline, Dept of Health**

0800-567123 (All day, every day for confidential advice and counselling)

0800-555777 (For free literature and DHSS and HEA leaflets on AIDS)





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# AIDS AND YOU

The virus that causes AIDS is spreading rapidly throughout the Western world and has already reached epidemic proportions in Central Africa.

Although the AIDS virus has been spreading in the UK for some years, most people continue to need factual information about how the virus is passed on. This book is a response to the need for a practical summary of the main facts about AIDS. Diagrams and illustrations are used freely to clear up confusion and help all readers to understand the important facts. The British Medical Association hopes that doctors, nurses and counsellors will find that the format of the book helps them to give essential information to those who are at risk or infected with the virus.

Other people, especially parents, should also find the book contains valuable information which will help them approach doctors and health workers with confidence and understanding about AIDS.





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Sharing a toilet



Sharing a house, flat or workplace with a person with AIDS



Sharing bed linen



Touching someone with AIDS or HIV



Visiting the doctor



Donating blood



Visiting the dentist



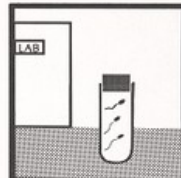
Coughing and sneezing



Having body massage or non-sexual body contact



Sharing cups



Donating sperm



Sharing sex toys



Sharing needles and equipment if using drugs



Crying



Giving blood or donating any part of the body



Engaging in sex acts which tear or cut the skin



Unclean needles (not sterile) that pierce the skin



Having unprotected sex



Eating in restaurants



Sharing sports equipment



Shaking hands



Sharing food



Social kissing



Having a baby



Sharing cups, cutlery or towels



Inexperienced/unqualified tattooing or earpiercing, eg. at school



Mixing blood eg. in a blood brother/sister relationship



Visiting hospital



Sharing a toilet



Sharing a toilet



Sharing bed linen



Sharing bed linen



Sharing a toilet



Sharing a toilet



Sharing bed linen



Sharing bed linen





Mixing blood eg. in a blood brother/sister relationship



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Visiting hospital



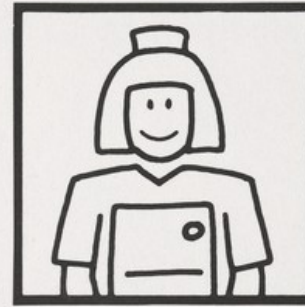
Visiting hospital



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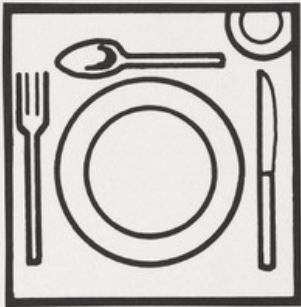
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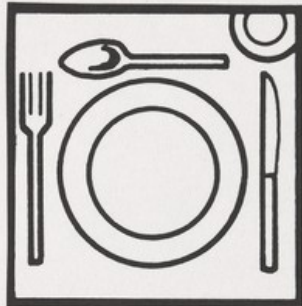
Visiting hospital



Visiting hospital



Sharing cups, cutlery or towels



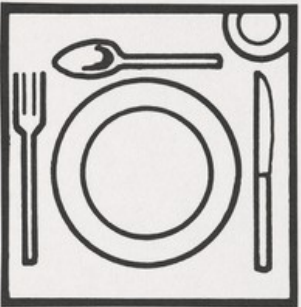
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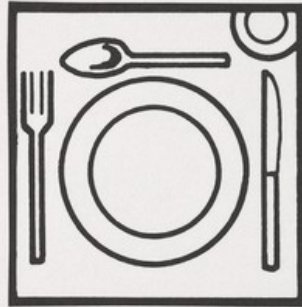
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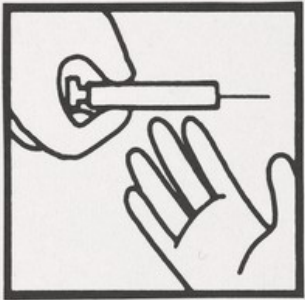


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Inexperienced/  
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Sharing needles and equipment if using drugs



Sharing needles and equipment if using drugs



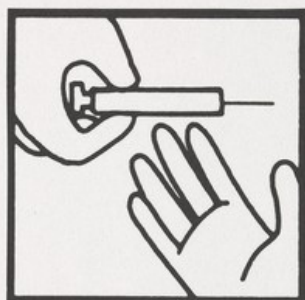
Crying



Crying



Sharing needles and equipment if using drugs



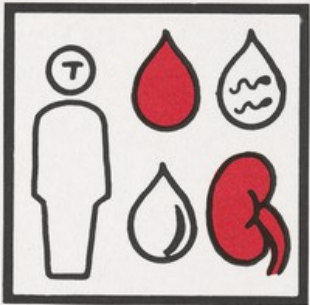
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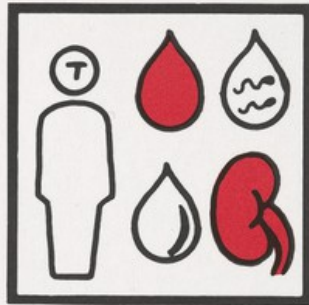
Crying



Crying



Giving blood or donating any part of the body



Giving blood or donating any part of the body



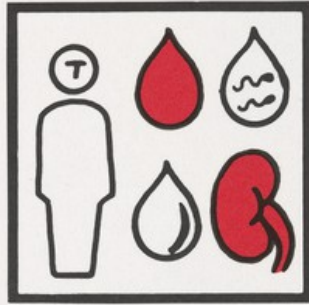
Engaging in sex acts which tear or cut the skin



Engaging in sex acts which tear or cut the skin



Giving blood or donating any part of the body



Giving blood or donating any part of the body



Engaging in sex acts which tear or cut the skin



Engaging in sex acts which tear or cut the skin

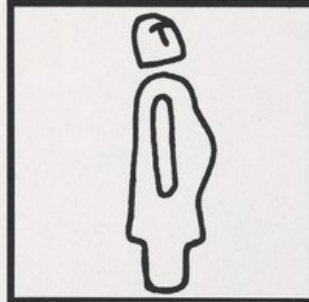




Social kissing



Social kissing



Having a baby



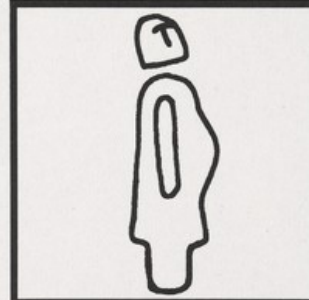
Having a baby



Social kissing



Social kissing



Having a baby



Having a baby



Shaking hands



Shaking hands



Sharing food



Sharing food



Shaking hands



Shaking hands



Sharing food



Sharing food

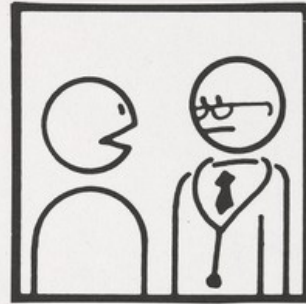




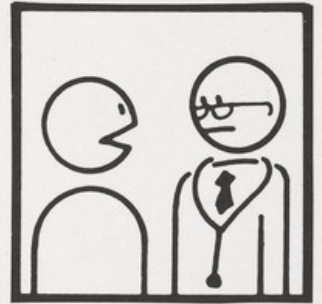
Visiting the dentist



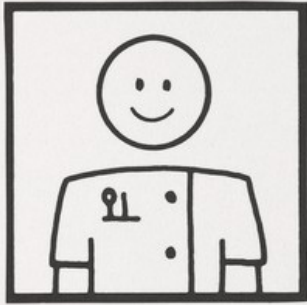
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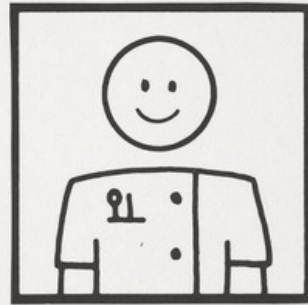
Visiting the doctor



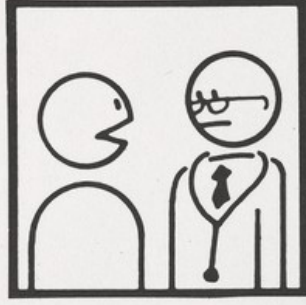
Visiting the doctor



Visiting the dentist



Visiting the dentist



Visiting the doctor



Visiting the doctor



Having body massage or non-sexual body contact



Having body massage or non-sexual body contact



Sharing cups



Sharing cups



Having body massage or non-sexual body contact



Having body massage or non-sexual body contact

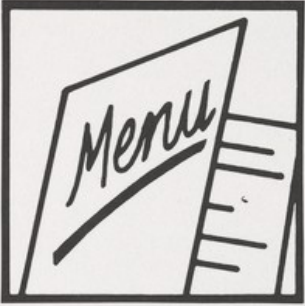


Sharing cups

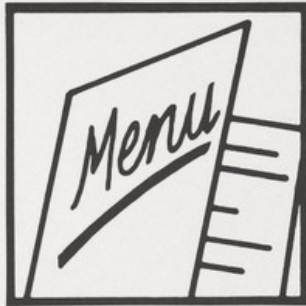


Sharing cups





Eating in restaurants



Eating in restaurants



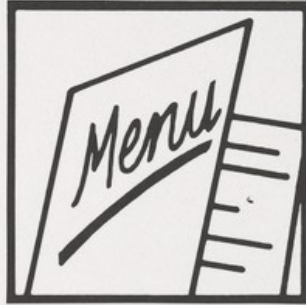
Sharing sports equipment



Sharing sports equipment



Eating in restaurants



Eating in restaurants



Sharing sports equipment



Sharing sports equipment



Touching someone with  
AIDS or HIV



Touching someone with  
AIDS or HIV



Coughing and sneezing



Coughing and sneezing



Touching someone with  
AIDS or HIV



Touching someone with  
AIDS or HIV



Coughing and sneezing

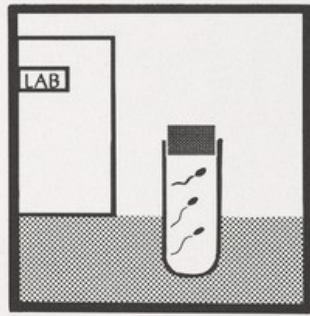


Coughing and sneezing





Donating sperm



Donating sperm



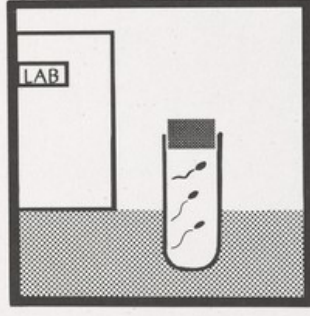
Sharing sex toys



Sharing sex toys



Donating sperm



Donating sperm



Sharing sex toys



Sharing sex toys



Unclean needles (not sterile) that pierce the skin



Unclean needles (not sterile) that pierce the skin



Having unprotected sex



Having unprotected sex



Unclean needles (not sterile) that pierce the skin



Unclean needles (not sterile) that pierce the skin



Having unprotected sex



Having unprotected sex





Donating blood



Donating blood



Sharing a house, flat or workplace with a person with AIDS



Sharing a house, flat or workplace with a person with AIDS



Donating blood



Donating blood



Sharing a house, flat or workplace with a person with AIDS



Sharing a house, flat or workplace with a person with AIDS