

**AIDS and sex : what everyone should know / issued by the Scottish Health Education Group.**

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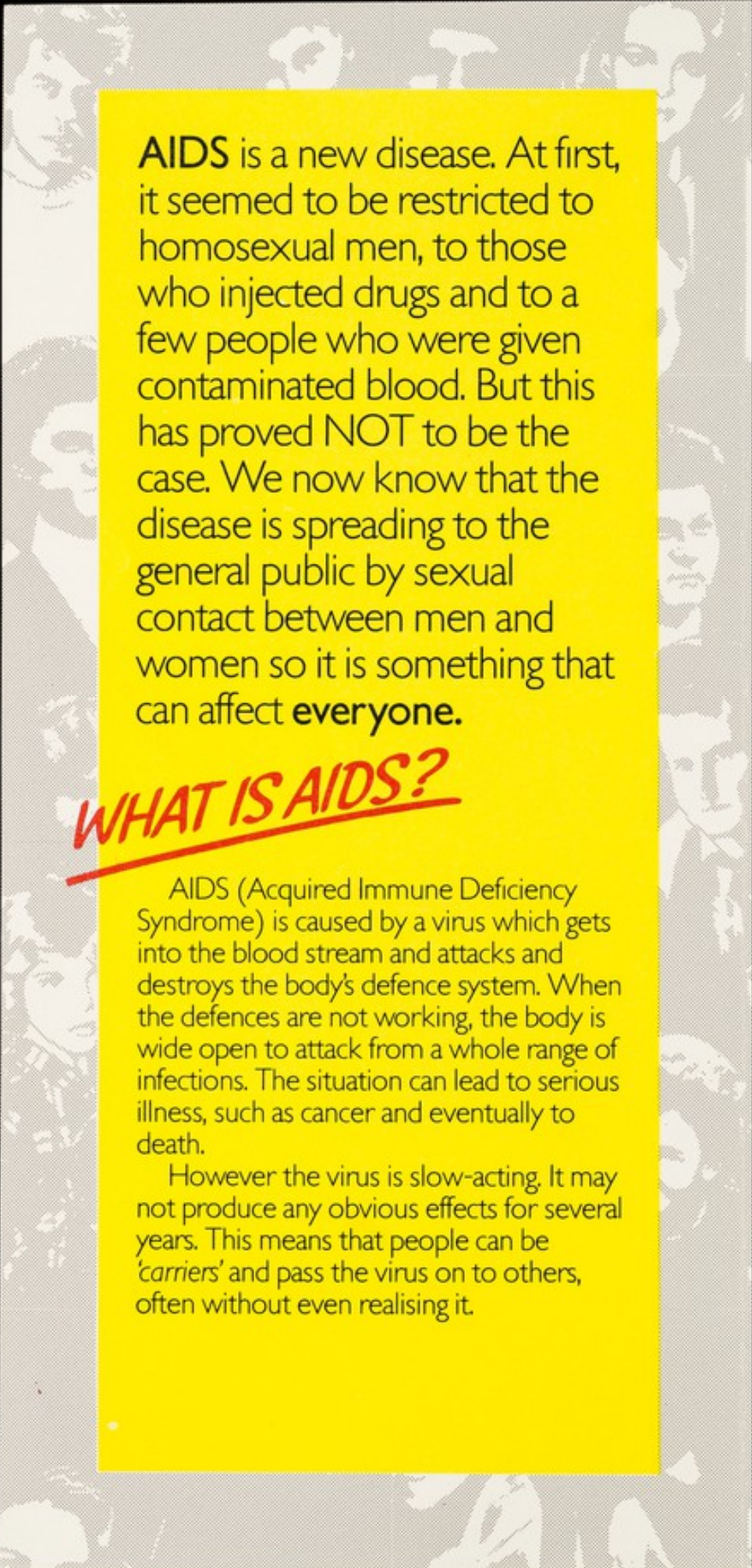
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# **AIDS & SEX**

**WHAT  
EVERYONE  
SHOULD  
KNOW**





**AIDS** is a new disease. At first, it seemed to be restricted to homosexual men, to those who injected drugs and to a few people who were given contaminated blood. But this has proved NOT to be the case. We now know that the disease is spreading to the general public by sexual contact between men and women so it is something that can affect **everyone**.

## ***WHAT IS AIDS?***

AIDS (Acquired Immune Deficiency Syndrome) is caused by a virus which gets into the blood stream and attacks and destroys the body's defence system. When the defences are not working, the body is wide open to attack from a whole range of infections. The situation can lead to serious illness, such as cancer and eventually to death.

However the virus is slow-acting. It may not produce any obvious effects for several years. This means that people can be 'carriers' and pass the virus on to others, often without even realising it.



# AIDS IS A SEXUALLY TRANSMITTED DISEASE

The AIDS virus can be passed from a man to a woman and from a woman to a man in the course of oral, anal or vaginal intercourse.

For sexually transmitted diseases like gonorrhoea and syphilis, treatment and cure are available. But there is **NO** treatment to cure AIDS.


There is no vaccine to offer protection.

## PREVENTION

**PREVENTION** is the only approach to the AIDS problem. People must take steps to reduce the risk of infection now. So how can you prevent AIDS?


- If you have a steady relationship, where you and your partner are faithful to each other and where neither of you is infected with the virus—there is **NO** risk in any form of sexual activity.






If you do not have a regular partner, remember that casual sex carries a risk of infection. The fewer sexual partners you have, the less risk you have of getting the virus. And the fewer partners your partner has, the less risk there is of you getting the virus.

*DO NOT* sleep around. *DO NOT* have sex with someone you're not sure of.



Using a condom (sheath, French letter, "durex") reduces the risk of AIDS and other sexually transmitted diseases. If properly used, (that is placed over the penis before any sexual contact takes place and kept on throughout intercourse) it can offer effective protection. Condoms are easily available.



Anal sex is very risky and should be avoided.

## SAFER SEX

Forms of body contact such as caressing, fondling, body kissing and mutual masturbation carry no risk of passing the virus, providing the skin is not broken.

Kissing is safe, but deep or 'French' kissing may not be quite so safe.



## PROSTITUTES

In parts of Scotland more than half the people who inject drugs are carriers of the AIDS virus. Some drug misusers have turned to prostitution to get money for drugs.

It is **highly risky** to have sex with prostitutes. If you do, use a condom.

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## TO AVOID AIDS

 DO NOT SLEEP  
AROUND






 DO NOT HAVE  
CASUAL SEX

IF YOU ARE PREPARED  
TO TAKE THE RISK—  
THEN USE A CONDOM



## FURTHER HELP AND ADVICE

If you are worried that you have been at risk of catching the virus you can get advice from

-  your own doctor
-  any Sexually Transmitted Disease Clinic (Department of Genito-Urinary Medicine)
-  The AIDS Detection Clinic, City Hospital, Edinburgh  
Telephone (031) 447 1011  
or  
(031) 447 0411 (after 5pm and at week-ends)
-  Scottish A.I.D.S. Monitor,  
PO Box 169  
Edinburgh EH1 3UU.
-  AIDS Helpline  
Telephone (031) 558 1167  
(Mon. to Fri. 7.30pm-10pm)  
or (041) 221 7467 (Tues. Wed.  
& Thurs. 7pm-10pm)



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