

AIDS and sex : what everyone should know / issued by the Health Education Board for Scotland.

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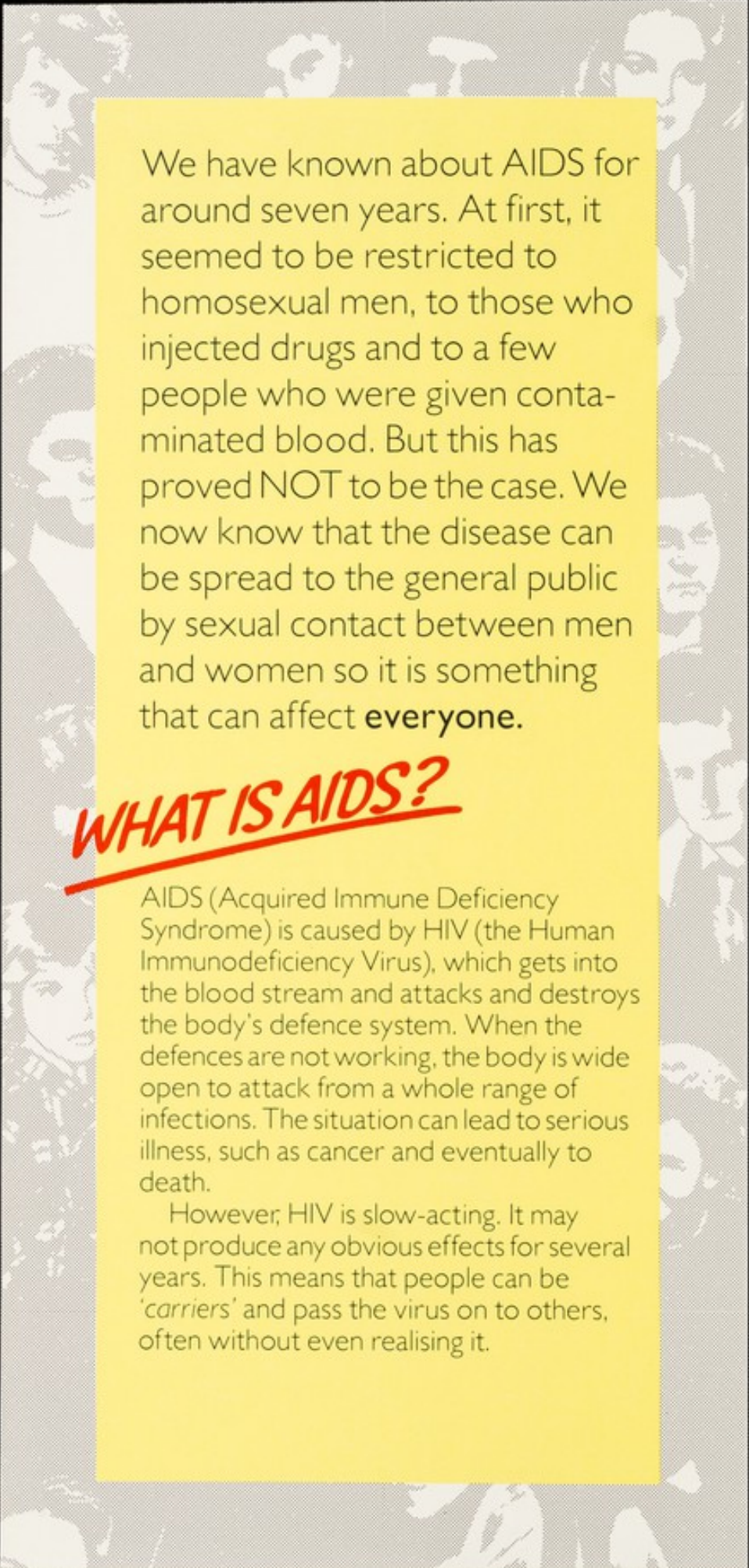


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AIDS & SEX

**WHAT
EVERYONE
SHOULD
KNOW**

A background collage of various people's faces, mostly in grayscale, with some color. The faces are of different ages and ethnicities, looking in various directions. The collage is positioned behind a central yellow text box.

We have known about AIDS for around seven years. 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 can be spread 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 HIV (the Human Immunodeficiency 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, HIV 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

HIV 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 HIV. 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.

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)
-  City Screening and Counselling Clinic
City Hospital
Edinburgh
Telephone 031 447 1001 or
031 447 0411
-  Scottish AIDS Monitor
PO Box 48
Edinburgh EH1 3SA.
-  Scottish AIDS Monitor
PO Box 111
Glasgow G3 7XD.
-  National AIDS Helpline
(General Enquiries)
0800 567 123 (24 hours)

National AIDS Helpline (Leaflets)
0800 555 777 (24 hours)

or write to:
National AIDS Helpline
PO Box 1572
London NW1 3DW.



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