

Sex & drugs, H.I.V. & A.I.D.S. / written by Central London Action on Street Health.

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Condoms aren't 100% safe because they can tear (especially when used anally) or come off.
Best condoms are:
For vaginal sex – Durex Nu-form, Gossamer, Gold, Mates Natural.
For anal sex – HT Special, Tough Mates.
For oral sex – Durex Fetherlite.

HOW TO USE A CONDOM



- (see illustration 1)
 - don't snag with rings or finger nails



- (see illustration 2)
 - if your condom has a tear – squeeze all the air out from the tear.
 - if your condom does not have a tear – leave 1/2" space in the tip of the condom to collect the sperm.
- Remember to squeeze the air out of the space before putting it on.
- don't put on inside out.



- (see illustration 3)
 - if you've got a foreskin pull it back.
 - roll condom onto hard penis. Make sure it goes all the way down to the base.



- (see illustration 4)
 - after cumming hold onto rim of condom when you pull out.
 - get used to condoms, play with them, wank with them, have good fun with them.

SHOULD I HAVE THE TEST FOR H.I.V.?

There is a blood test which will show whether you have come into contact with H.I.V.

THIS IS NOT A TEST FOR A.I.D.S.

If you are thinking of having the test or want more information, go to a S.T.D. (sexually transmitted diseases) clinic and talk things over with an adviser first. You don't have to use your real name. There are many reasons for and against having the test.

If you know you have H.I.V., eating healthily, getting lots of sleep and reducing your stress will help you keep well.

ALWAYS practise safer sex and NEVER share needles and syringes. IT'S NOT WORTH THE RISK

If you have a lot of partners, you may be tempted or pressurised into not protecting yourself and others from H.I.V. But remember it's WHAT YOU DO with your partner that's important.

Written by Central London Action on Street Health (C.L.A.S.H.).

Here are some useful addresses and phone numbers for advice, information and support in Central London:

Central London Action on Street Health (CLASH) 15 Basement Buildings Soho Square W1V TEL: 734 1794 (ansaphone when out)	Confidential advice, information, counselling, support and speedy referrals on health issues. Closed to clinics on Mondays. Drop-in every Friday.
James Pringle House, 73 Charlotte Street, W1 TEL: 585 6584	Sexually transmitted disease clinic: HIV pre-test counselling and testing, free condoms, advice. Phone or visit for appointments. Mon-Fri 10am-5pm.
UCH G.U.M. Clinic, UCH Hospital, Gower St, W1 TEL: 388 9623	As for James Pringle House. Mon-Fri 10am-12pm and 1pm-5.30pm. No appointment necessary for new patients.
UCH Drug Dependency Unit, National Temperance Unit, Hospital, Hampstead Road, NW1 TEL: 387 9541/3 (direct lines for apps.)	Counselling, advice and support treatment for drug users, health checks. HIV pre-test counselling and testing. Service for people of no fixed abode. Mon and Thurs drop-in 2-5.30pm.
Needle Exchange, 16A Cleveland Street, W1 TEL: 633 1752	Clean needles and syringes, condoms, etc. Confidential chat and advice, referrals. Mon-Fri 12-6pm drop-in. Hours available.
Caravan Needle Exchange, South Wharf Road, London W2 TEL: 723 1418	Free needles, syringes and condoms. Confidential information, advice and support. Mon, Wed, Thurs 10am-6pm. Tues, Fri 10am-6pm. Sat 1-5pm.
Margaret Pake Centre, 15 Rensmann Buildings, Soho Sq, W1 TEL: 734 9351	Contraceptive advice and supplies. Appointments. Mon-Thurs 9.30am-6.30pm, Fri 9.30am-6pm, walk-in advice service. Mon-Fri 9.30am-3.30pm, emergency clinic daily at 12pm, except Tues.
Irvine Higgins Trust BM AIDS, London WC1N 3XX TEL: 831 0130	HELPLINE 242 1010 (405 2463) voicemail for people with speech or hearing problems. Open 3-10pm every day, providing information, advice, referrals and counselling on HIV and AIDS.
Body Positive PO Box 493, Wey Kensington W14 9TP	Self-help working group run by people who are HIV and/or body positive, their friends, partners and relatives offering support and practical help. Helpline: 373 9214, 7-10pm daily.
Hungerford Drug Project 32A Wandour Street Soho W1V TEL: 637 8823	Counselling, advice, information and referrals for anyone experiencing problems with their drug use. Drop-in Mon-Fri 2-5pm.
Soho Project, The Top Floor, 12 Adelaide Street, London WC2N 4DF TEL: 930 3451/2	Advice, information and support for young people (16-25) particularly those homeless in the West End of London. Drop-in Mon-Fri 10am-1pm, except Wed 10am-12pm. Thurs 2.30-5pm internet contact.
Basement Project, 227 Earl's Court Road, London SW5 TEL: 373 2335/2321	Drop-in advice and counselling service for 16-25 year olds. Mon 10am-1pm, Tues 1-4pm, Wed 2-5pm, Thurs 1-4pm (women only).
National AIDS Helpline TEL: 0800 567 123	Needle Exchange, advice, free condoms (confidential service). Mon 2-4.30pm and Fri 11am-2pm. 24 hour, 7 days a week. Free, confidential telephone service for people seeking advice about AIDS. Counselling and referral to other agencies. Ethnic language phone services available. phone above number for details. Minimum 5, 0800 521 361, 10am-10pm.

SEX & DRUGS, H.I.V. & A.I.D.S.

H.I.V. and A.I.D.S., what's the Difference?

You can't catch A.I.D.S.
What you can catch is
H.I.V. – Human Immuno-
deficiency Virus. This virus
can cause your body's
natural defences to break
down and you could go on
then to develop A.I.D.S. –
Acquired Immune Deficiency
Syndrome.

If you have got the virus, this
does not mean you have got
A.I.D.S.

You can only get H.I.V. if
someone else's infected blood,
sperm or vaginal fluids enter
your body/bloodstream.

COULD I GET H.I.V.?

YES: if you fuck

anyone who fucks anally – up the arse
– or vaginally could get the virus if
their sexual partner has it.
EVEN IF YOU ONLY DO IT ONCE

gay or straight, unsafe sex can put you at
risk, not only from your present
partner(s) but because of their recent
partners too.

YES: if you inject drugs

if you share 'works' – needles and
syringes, filters or flushing water.

EVEN IF YOU ONLY DO IT ONCE

use your own needle and syringe – you
can get them free from a needle exchange
scheme or buy them from a local chemist
(list available from C.L.A.S.H. and
T.H.T.).

YOU COULD SNORT OR SMOKE (CHASE)
INSTEAD OF INJECTING.

You cannot get the virus by touching each other, sharing crockery or
being in the same room as someone with H.I.V.

HOW DO I PROTECT MYSELF AND MY SEXUAL PARTNERS?

There are lots of things you can do without running any risk of getting the virus.
SAFER SEX does not have to be boring . . .

Have you tried . . . kissing, hugging, massage, body to body rubbing, licking,
fingering, masturbating (wanking) each other, fantasizing, sex toys (as long as you
don't share them), talking dirty . . . recently?

ORAL SEX

Avoid oral sex if you have open sores,
ulcers or cuts.

If you get vaginal fluid or sperm (cum)
in your mouth, don't keep it there, it's
better to spit it out.

SO, YOU DON'T HAVE TO FUCK
TO HAVE A GOOD TIME,

however . . . if you still do want to
fuck, the safest way to do it is by
ALWAYS using a condom (rubber,
johnnie, durex, sheath) AND
lubricating jelly (K.Y. or spermicide
cream that contains nonoxynol 9, like
Duragel or Gynol II).

DON'T USE OIL BASED LUBRICANTS (like
vaseline) WITH A CONDOM, AS THEY'LL ROT
THE RUBBER

Condoms also protect you from other
sexually transmitted diseases like
warts, herpes and gonorrhoea. They
also protect women from cervical
cancer, as well as preventing
pregnancy, although you may want to
use another method of birth control as
well eg. cap, coil, pill.