

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

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**Publication/Creation**

[between 1989 and 1991?]

**Persistent URL**

<https://wellcomecollection.org/works/x6ahaxdy>

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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



1. (see illustration 1)
  - don't tug with rings or finger tabs



2. (see illustration 2)
  - if your condom has a tear – squeeze all the air out from the tip
  - 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



3. (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.



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

<p>Central London Action on Street Health (CLASH) 15 Basement Buildings Soho Square, W1V TEL: 734 1794 (ansaphone when out)</p> <p>James Pringle House 73 Charlotte Street, W1 TEL: 362 9142/3</p> <p>UCH/HU/M. Clinic UCH Hospital Gower St, W1 TEL: 768 9625</p> <p>UCH Drug Dependence Unit National Temperance Hospital Hampstead Road, NW1 TEL: 362 9541/3 (closed lines for app.)</p> <p>Needle Exchange 16A Cleveland Street, W1 TEL: 633 1282</p> <p>Current Needle Exchange South West Road, London WC2 TEL: 725 1418</p> <p>Margaret Peto Centre 14 Basement Buildings, Soho Sq, W1 TEL: 734 9351</p> <p>Terence Higgins Trust BM AIDS London WC1N 3XX TEL: 931 0340</p> <p>Reds Trust FCC Box 491 West Kensington W14 0TB</p> <p>Hungerford Drug Project 32A Wardour Street Soho, W1V TEL: 437 3523</p> <p>The London Connection 12 Adelaide Street, London WC2N 4JW TEL: 932 3451/2</p> <p>Basement Project 227 Earl's Court Road, London SW5 TEL: 723 1119/1121</p> <p>National AIDS Helpline TEL: 0800 367 121</p>	<p>Confidential advice, information, counselling, support and speedy referrals on health issues. Closed to clinics on Tuesdays. Drop in every Friday 10-4.30. Do not use Friday 10-12.</p> <p>Sexually transmitted disease clinic. HIV pre-test counselling and testing. Free condoms, advice. Phone or visit for appointment. Mon-Fri 10am-5pm.</p> <p>As for James Pringle House. Mon-Fri 10am-5pm and Thurs 10am-5pm. No appointment necessary for new patients.</p> <p>Counselling, advice and treatment for drug users, health checks, HIV pre-test counselling and testing. Services for people of no fixed abode. Mon and Thurs drop in 2-5.30pm.</p> <p>Clean needles and syringes, condoms, etc. Confidential, free and advice, referrals. Mon-Fri 11-4pm drop in. Needs available.</p> <p>Free needles, syringes and condoms. Confidential information, advice and support. Mon, Wed, Thurs 11am-5pm. Tues, Fri 11am-5pm. Sat 1-5pm.</p> <p>Contraceptive advice and supplies. Appointments. Mon-Thurs 9.30am-6.30pm. Fri 9.30am-5pm. Walk-in advice service Mon-Fri 9.30am-5.30pm. Emergency clinic daily at 12pm except Tues.</p> <p>HIV PLUS 247 1212 1425 24hr (only for people with specific or hearing problems). Open 1-5pm every day, providing information, advice, referrals and counselling on HIV and AIDS.</p> <p>Self-help working group run by people who are HIV and help positive, their friends, partners and relatives offering support and practical help. Helpline: 323 9124. 7-12pm daily.</p> <p>Counselling, advice, information and referrals for anyone experiencing problems with their drug use. Drop in Mon-Fri 2-5pm.</p> <p>Advice, information and support for young people 16-25 particularly those homeless in the West End of London. Drop-in Mon-Fri 11am-5pm, except Wed 11am-12pm Thurs 2-5.30pm (weekend contacts).</p> <p>Drop-in advice and counselling service for 16-25 year olds. Mon 11am-1pm, Tues 1-4pm, Wed 2-5pm, Thurs 1-4pm (weekend only).</p> <p>Needle Exchange, advice, free condoms (confidential service). Mon 2-4.30pm and Fri 11am-2pm.</p> <p>24 hour 7 days a week. Free, confidential telephone service for people seeking advice about AIDS. Counselling and referral to other agencies. Extensive language phone services available. Phone above number for details. Mincaster 5 0800 521 061. 11am-12pm.</p>
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NS 292 REV 82/91

# 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.