

**HIV & AIDS in Nuneaton, Bedworth and North Warwickshire / Health Promotion Service, Nuneaton, North Warwickshire NHS Trust.**

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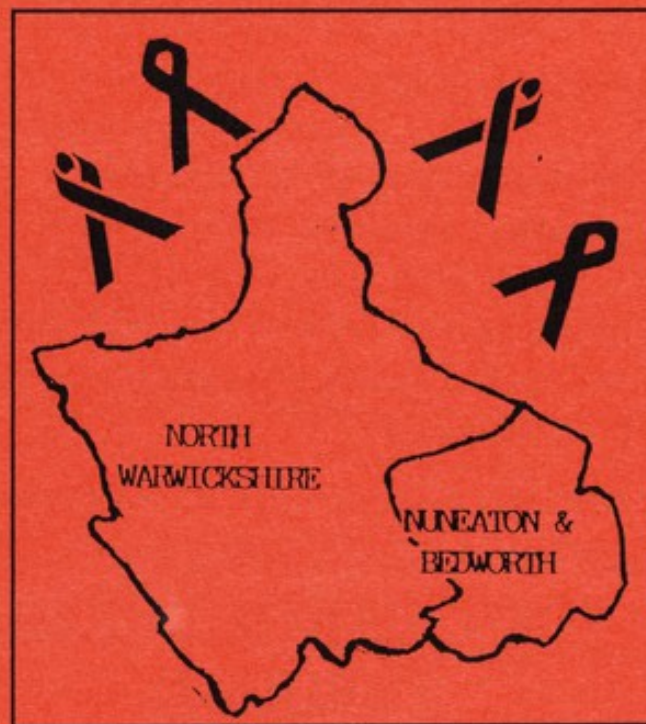
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Nuneaton Hosp - May 198

# HIV & AIDS



IN

Nuneaton, Bedworth  
and  
North Warwickshire

## WHAT IS HIV.....

HIV is the virus which can go on to develop into AIDS

HIV - (Human Immunodeficiency Virus) is the virus which can cause your body's natural defences to break down. This means you could go on to develop AIDS - (Acquired Immune Deficiency Syndrome.)

The main ways of contracting HIV are:

- \* by having unprotected penetrative sex with an infected person.
- \* by sharing needles/syringes with an infected person.
- \* pregnant mothers with HIV could pass it on to their babies during pregnancy or when breastfeeding.

NOTE: you do not know who is infected with HIV (HIV positive)

## YOU CAN NOT GET HIV THROUGH:



HUGGING



KISSING



SHAKING HANDS



TOILET SEATS



SHARING CROCKERY



SWIMMING POOLS/SEA



GIVING BLOOD



INSECTS



SHARING BATHS/TOWELS

## SAFER SEX

One way of avoiding HIV is to have Safer Sex. Explore and enjoy sexual activities which do not involve the exchange of body fluids. Kissing, cuddling, massage, body to body rubbing, fantasising are just a few examples.

Safer sex means taking care of yourself and your partner(s).

The safest way of having penetrative sex (vaginal/anal) is to ALWAYS use a condom (durex, johnnie, nodder). Condoms also help protect against other sexually transmitted diseases.

Condoms with the kitemark are the best - they've been tested by the British Standards Institution. The letters CE are gradually replacing the kite mark to show a European standard.



Lubricants like KY Jelly, Duragel are good to use too, but DON'T use oil-based lubricants like Vaseline, as they rot the rubber.

### USING CONDOMS

It can be embarrassing asking to use condoms but it's safer than risking contracting HIV...

#### HOW TO USE A CONDOM

- \* Only use when the penis is hard.
- \* Take the condom out of the packet.
- \* With one hand pinch the closed end of the condom with the thumb and finger to squeeze out any air.
- \* With the other hand put the condom on the penis and roll it all the way down the penis - make sure you keep the closed end pinched with your other hand.
- \* The penis must be withdrawn soon after 'cumming' because it will go soft quickly.
- \* Wrap the condom in a tissue and put it in a waste paper bin (NOT DOWN THE TOILET)

**NEVER USE A CONDOM MORE THAN ONCE**

## DRUG/ALCOHOL USE

Using clean works will reduce your risk of contracting HIV, which can be transmitted in shared works. Use clean or new needles/syringes every time you inject.

Drinking alcohol or taking recreational drugs (like cannabis) may make you lose your inhibitions and forget to have safer sex. If you're going to have sex - make it safe!

## TESTING

There is no test for AIDS - but there is a blood test to show if you have been infected with HIV.

Take your time before deciding about a test - there's a lot to think about...

What if you ARE infected? Who could you trust to tell? What about your partner? Your housing/employment situation? Do you tell your doctor?..THINK CAREFULLY.

If you want to talk to someone about the test contact your local Health Advisor at the local STD/GUM Clinic, This service is *confidential*.



Many people wear the red ribbon to show their support for those affected by HIV and AIDS.

# HIV & AIDS

## The Essential Facts

You **can** become HIV positive (infected with HIV) and not even know about it. You **can't** tell if someone is infected - people can live happy healthy lives for many years being H I V p o s i t i v e .

### HIV IS ABOUT YOU - HIV IS IN YOUR AREA:

- \* HIV is something for everyone to think about because anyone could become infected.
- \* It doesn't matter where you live, what age you are, whether you're female or male, black or white, gay or straight... the risks are there....
- \* Your chances of becoming infected with HIV depends on WHAT YOU DO, not who you are.
- \* There are over 24,000 people in the UK infected with HIV - some of these people live closer to you than you may think... in Nuneaton, Atherstone and surrounding areas.
- \* The number of people who are HIV+ grows every day.
- \* There is no cure for HIV/AIDS and no vaccine.

### HIV CAN AFFECT ANYONE

REMEMBER: You won't get HIV (AIDS) by being a friend.

## USEFUL INFORMATION

### LOCAL

GUM CLINIC (George Eliot Hospital Nuneaton) for advice, support, counselling, testing	01203 865162
HEALTH STORE (Hatters Space, Nuneaton) for Young People - confidential advice/information. Monday & Thursday 11am-2pm, Tuesday 4.30pm-7.00pm	01203 351418
A.D.A.S. (Alcohol & Drug Advisory Service, Nuneaton) for confidential advice, counselling and information about Needle Exchange Scheme	01203 385688
HIV Network (for Coventry & Warwickshire) (information, training, counselling and buddies)	01203 229292
Lesbian and Gay Switchboard (Coventry Friend) Monday, Wednesday, Friday 7.30 pm - 9.30 pm	01203 714199
Health Promotion Service (Drugs & HIV Education, training & advice)	01203 340035
WA AVE (Warwickshire)	01788

Year:

Organisation: Health Promotion Service, Nuneaton  
North Warwickshire Trust

Commissioning Agency:

Main Theme/Approach: general info on HIV transmission  
- awareness that it is a local issue / support

Media/Distribution: photocopied pamphlet / health  
centres / GP

Endline: HIV Can Affect Anyone

Notes: