

**Lothian HIV/AIDS : it's time to Take Care AIDS concerns us all : update
December 1991 / Lothian Health Board and Lothian Regional Council.**

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Lothian HIV/AIDS

**it's
time
to...**



December 1991

UPDATE

AIDS CONCERNS US ALL

This Leaflet...

- **Comes to you from Lothian Health Board and Lothian Regional Council**
- **Contains important information about HIV and AIDS**
- **Tells you how to protect yourself, your friends and your family**

AIDS is caused by a virus, HIV. Once you have HIV, your body's defences can have trouble fighting off other diseases. At present there is no cure or vaccine for AIDS, although treatment is available to help people with HIV.

HIV is most often spread by:

- **having sexual intercourse**
- **sharing needles or syringes**

You can't tell by looking at someone if they have HIV. When people have HIV, they often look and feel healthy for years, however everyone who has the virus is infectious.

HIV/AIDS UPDATE



- **Lothian has the UK's biggest HIV problem**
- **Over a thousand people in Edinburgh have had a positive HIV test**
- **Of the men and women who had a positive test last year, more were infected **HETEROSEXUALLY** than homosexually or through needle sharing**
- **HIV is spreading through the population in Edinburgh. 1 in 100 men and 1 in 250 women aged 15 – 45 now have the virus**
- **Most people understand the basic facts about HIV and AIDS. **HOWEVER** most people are still saying... "It won't happen to me"**
- **We can all protect ourselves if we decide to **TAKE CARE WITH SEX****

What does **TAKING CARE** mean for you?

- Choosing not to have a sexual relationship?
- Choosing not to have intercourse?
- Using condoms to reduce the risk if you do have intercourse?
- Being faithful to a faithful partner?
- Never sharing needles or syringes?

It's time to **TAKE CARE**

NATIONAL
AIDS
HELPLINES

If you have any questions
or want to talk to someone
you can phone the
National AIDS Helpline
Freephone 0800 567 123
24 hours a day



AIDS CONCERNS US ALL

Testing for HIV Infection

Are you worried about HIV infection?



Both the Edinburgh Royal Infirmary and the City Hospital offer counselling to help you decide about taking the test, testing, and advice once a result is available.

The services are **strictly confidential**. No information or test results will be passed on to your doctor, or to anyone else, without your permission.

If you do not have HIV, advice is available on how to keep safe in future. If you have the virus, medical services, advice and counselling are available. There's a lot that can now be done to help people with HIV keep well. Support is also available for partners, families and friends.

You can find out more about testing from...

Genito-Urinary Medicine Clinic

Edinburgh Royal Infirmary
Lauriston Place
Edinburgh EH3 9YW
Tel: 031 229 2477 for an
appointment or advice.
Males ext. 4181
Females ext. 4182

HIV Counselling Clinic

City Hospital
Greenbank Drive
Edinburgh EH10 5SB
Tel: 031 447 1001 ext. 3214
for an appointment.
Advice Line 031 447 0411



You can also discuss testing with your own doctor

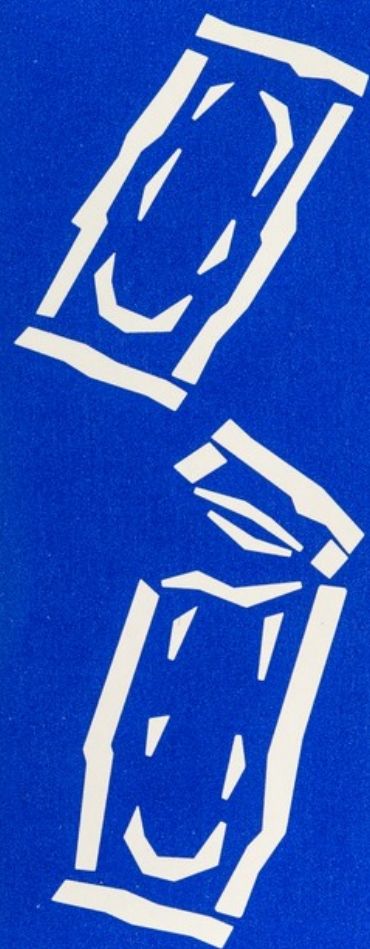
If you are having intercourse, using a condom makes sense for lots of reasons.

Condoms can prevent...

- **Cervical Cancer**
- **Chlamydia**
- **Gonorrhoea**
- **HIV infection**
- **Syphilis**
- **Other sexually transmitted diseases**

and PREGNANCY

...especially when used with a spermicide



If **TAKING CARE** for you means using a condom...

You can now **buy** condoms from:

- **Chemists**
- **Supermarkets**
- **Garages**
- **Record shops**
- **Machines in pubs**

You can get condoms **free** from:

- **Family Planning Clinics**
- **The Brook Advisory Centre**



Approved
condoms
carry the
kite mark.
Check the
'use by' date.

To get condoms **free** from Family Planning Clinics or the Brook Advisory Centre, just drop in and ask for a C card. No appointment is necessary. With the card, you can pick up free condoms.



Family Planning Clinic

Dean Terrace Centre
18 Dean Terrace,
Edinburgh EH4 1NL
Monday-Thursday 9am-8pm
Friday 9am-4pm
Saturday 9.30am-12.30pm

Brook Advisory Centre

2 Lower Gilmore Place
Edinburgh EH3 9NY
Monday-Thursday 9am-9pm
Friday 9am-4.30pm
Saturday 9am-12pm

To find your nearest Family Planning Clinic **Freephone 0800 567 123**



Clean Needles and Safe Disposal Containers

If you are injecting drugs, sharing needles puts you in danger of HIV infection. Clean needles, syringes, swabs and containers to ensure safe disposal are available **free** from Injection Equipment Exchanges.

The **National AIDS Helpline** number – **0800 567 123** – will tell you where to find them and when they are open.



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from **CAN'T** **get** **from** **giving blood** **insect bites** **glasses** **cutlery** **towels** **toilet seats** **shaking hands** **sharing meals** **cups** **kissing**

You
RISK
getting
HIV
by

sharing needles
or syringes

having
unprotected
sex