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Contributors

Terrence Higgins Trust
Lynx Graphics Ltd.
Hudson Brothers Publishers

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

SAFER SEX FOR SEXUAL HEALTH

WHAT IS SAFER SEX?



Each time you make love, use a new condom and be sure to check the expiry date. Don't attempt to put the condom on when the penis is soft.

WHAT ACTIVITIES PLAY A PART IN SAFER SEX?

WHO GETS HIV?



Wait for the penis to go hard. Always put on a condom before sexual contact begins. This is very important as sperm is often released before orgasm.

WHY SHOULD I USE CONDOMS?



Carefully remove the condom from the packing foil by tearing a strip across one corner. Make sure that you don't damage it. Check instructions carefully for advice if additional lubrication is necessary.

IS ORAL SEX SAFE?

SEX WITHOUT A CONDOM



Either you or your partner can then begin to put the condom on. With one hand, pinch the test (closed end) of the condom with thumb and finger to expel air. This will make space for the semen.

WHAT ABOUT NEEDLES?

THE BOTTOM LINE



Using the other hand, roll condom down the length of the penis to its base, keeping it air-free and taking care not to damage it.

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After love-making, before erection is lost, holding firmly, slowly take the penis out of the vagina, ensuring no semen is spilt. Wrap condom in tissue and dispose of it hygienically. Never re-use a condom.

AIDS

SOME COMMON QUESTIONS ANSWERED

WHAT IS HIV?

IS HIV CONTAGIOUS?


CAN I CONTRACT HIV
IN OTHER WAYS?

WHAT IS AIDS?

WHAT ABOUT BLOOD
AND DONATING BLOOD

IT IS IMPORTANT TO REMEMBER THAT IT IS DIFFICULT TO GET INFECTED
WITH HIV. ANY RISK WILL BECOME HUGEY REDUCED IF YOU THINK AND
ACT IN TERMS OF SAFER SEX.

PUSH/PULL



All blood is screened in developed countries. People who may be at risk of having HIV are requested not to donate blood. The probability of contracting HIV through receiving blood is now practically zero. THERE IS NO RISK FROM DONATING BLOOD.

AIDS stands for Acquired Immune Deficiency Syndrome. "Acquired" refers to any condition which was not present at birth. "Immune Deficiency" means that the body's immune system, which fights off illnesses, is not working efficiently. AIDS is not a single disease, it is a "syndrome" or group of specific infections and cancers, which occur because the body's immune system has been compromised. This immune deficiency is a late consequence of infection by a Human Immunodeficiency Virus (HIV).

No, not from hugging; touching or kissing; nor by being close to people. Nor can HIV be transmitted through coughing or sneezing; sharing a toilet seat; sharing a drinking fountain; mosquitoes and other insects; eating food prepared by someone with HIV; showers and swimming pools; sweat, tears and saliva; animals and pets.

HIV is not contagious. It cannot be passed by ordinary social contact. HIV can only be transmitted in four main ways: 1) During unprotected vaginal or anal sex. 2) By sharing needles and syringes to inject drugs. 3) Through infected blood or blood products. 4) From mother with HIV to her unborn child. However, in Europe, transmission from infected mother to fetus only occurs in 13% of cases.

HIV (Human Immunodeficiency Virus) is the name of the virus that can damage the body's immune system. The immune system fights off illness, and if the body's defences are severely weakened this can lead to AIDS (Acquired Immune Deficiency Syndrome)

IT IS IMPORTANT TO REMEMBER THAT IT IS DIFFICULT TO GET INFECTED WITH HIV. ANY RISK WILL BECOME HUGELY REDUCED IF YOU THINK AND ACT IN TERMS OF SAFER SEX.

Anything that pierces the skin can transmit HIV by transferring blood from one person to another. Needles, or other injecting equipment, razors and sex toys can all get contaminated with blood, semen or vaginal fluids which could transmit HIV if shared with someone else.

Sex without a condom - vaginal or anal - is RISKY. Without a condom, there is no barrier to prevent HIV from entering the body through cuts or broken skin, or through the sensitive linings of the vagina, rectum or tip of the penis.

Reports of infection arising from oral sex are extremely rare. So oral sex is a low risk activity, even if a condom or dental dam (A thin latex film) is not used. The risk will be increased if you have cuts or sores around your mouth or gums. But it is still only a low risk. To be absolutely safe, use a dry or flavoured condom or dental dam.

Using a good quality condom correctly for vaginal or anal sex will prevent the transmission of HIV. It will also limit many other sexually transmitted diseases including cervical cancer. Condoms also help to prevent unwanted pregnancy. But for condoms to be effective, they must be used correctly. Always read and follow the instructions carefully.

Contracting HIV depends on what YOU do. Anyone, any age, any colour, married or single, can contract HIV. IT'S WHAT YOU DO. Stick to safer sex.

Kissing, hugging, stroking, massaging, masterbating, vaginal or anal sex using a good quality condom. Oral sex and other "Esoteric" sexual activities. Basically, you can do anything you like as long as you don't get another person's blood, semen or vaginal fluids into your body.

Safer sex is any kind of sex which reduces or eliminates the risk of blood, semen or vaginal fluids from one infected person entering their partner's bloodstream.

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