

**Don't take  
a chance  
on AIDS.  
It's a  
matter of  
life or  
death.**

HIV/AIDS has not gone away! All over the world and in Florida - people suffer and die of an AIDS-related illness every day. Many people that have HIV don't even know it.

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Leon County Schools

**ACE** Adult &  
Community  
Education

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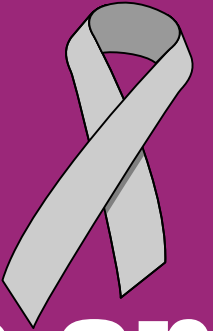


Charlie Crist  
Commissioner

The School Board  
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institution for education  
and employment.



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Chance on**



**AIDS**

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# Don't take a chance on AIDS. It's a matter of life or death.

## What is HIV/AIDS?

AIDS is the last stage of the HIV virus. Once a person gets HIV, it doesn't go away. **There is no cure.** HIV destroys a person's immune system by taking away the body's power to fight sickness. Without these *fighters*, a person with HIV cannot get better. Even a cold can kill someone with AIDS.

## How is it spread?

It is spread through:

- Blood
- Sexual fluids
- Breast milk

## How does someone get HIV/AIDS?

You can get it through these high-risk acts:

- **Having sex.** Including any entering of your own body parts into another person's body or another person's body parts entering you. This includes the following:
  - Penis
  - Vagina
  - Anus
  - Mouth
- **Sharing needles, razors, or syringes.** This includes not only drug needles, but also:
  - Body piercing needles
  - Tattoo needles
- **Getting blood.** Although blood at a blood bank is tested for HIV, there is still a small chance of getting the virus.
- **Open cuts and sores.** Teach your children that even the "lets be blood brother/sister" promise is not safe.
- **Pregnancy or breast milk.** A mother can give it to her baby.

## What are some of the ways I cannot get HIV/AIDS?

- Giving blood
- Holding hands or hugging
- Coughing or sneezing
- From animals or insects

## Can I get HIV if I use a condom?

**YES.** All condoms can leak, break, or slip. Condoms only lower your chance of getting HIV.

## If you do use a condom, you should always:

- Use it from start to finish
- Only use latex and polyurethane condoms
- Keep condoms away from heat or cold
- Throw away old condoms
- Throw condoms away after using

READ THE WARNINGS ON THE CONDOM WRAPPER.

DON'T TAKE A CHANCE.

## How can I lower my chances of getting HIV?

- Use a condom. Remember, the only safe sex is no sex.
- Know if your partner has HIV.
- If you must use needles, make sure they are clean.
- If you are having surgery, have your own blood taken and stored.
- Carry a pair of latex gloves in case you need to help someone who has been hurt.

## How can I tell if I have HIV?

**You can't,** unless you get tested. A person may have HIV for 10 to 15 years without even knowing it. If you have done any high-risk acts, you need to get tested right away, so that you can get treatment as soon as possible. Even if the test does not show you have HIV, you need to get another test in a few months just to be sure. **If you do have HIV, promise yourself not to spread it by having sex or sharing needles with anyone.**

## How can I tell if my partner has HIV?

**You can't.** The only way to be sure that you do not get HIV is to ask your partner to have an HIV test. Remember, you can get HIV by having sex just one time.

## Where can I get tested?

You can get an HIV test at your local:

- County Health Department
- Doctor's Office
- Hospital
- Drug Treatment Center
- Community Center

## I'm pregnant, what should I do?

Be sure to get an HIV test as soon as possible, whether you think you have HIV or not. A baby can get HIV before, during, and after birth. There is a chance that this can be stopped. There are things you and your doctor can do to protect your baby. It is important that a mother with HIV does not breast feed because the baby can get it through the breast milk.

## How can I protect my children?

- Make sure they have the facts about HIV/AIDS.
- Let them know they can talk to you.
- Tell them there are no dumb questions.
- Know where they are.
- Know who their friends are.

## How can I help someone I know who has HIV/AIDS?

- Be a friend. Remember, talking, holding hands, and giving hugs do not spread HIV.
- Offer to run errands or do chores.

## AIDS - Where can I learn more?

Ask your doctor or public health department.

Call the Florida HIV/AIDS Hot Line: 1-800-FLA-AIDS (352-2437)

Call the National HIV/AIDS Hot Line: 1-800-342-2437 (English)

1-800-344-7432 (Spanish)

1-800-243-7889 (TDD)