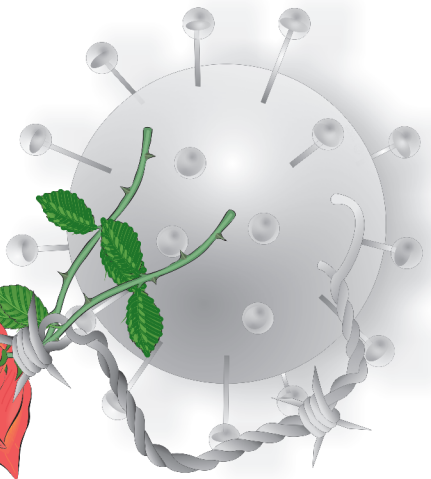


Don't let the virus strangle the roses

www.PrevAIDS.org



All what you must know to protect your child, to protect your partner and to protect yourself



HIV & trust in partner

Millions of faithful persons have died and will die from AIDS because they under evaluated that even if he should not, the best loving partner can have an extra conjugal weakness, *even if he/she should not*. It is why requiring condom doesn't mean anymore a lack of love but proves that you are a comprehensive person. Confidence is possible only if your partner will undoubtedly dare to confess a sporadic accident. Your partner must feel that you are able to ear and accept it without making him/her regret his/her honesty.

HIV & stigmatization

Out of unsafe sex, HIV infected persons are not dangerous. You can even have safe sex with them. Majority of them were infected because of ignorance, unfaithful partners, shyness, love, alcohol... If they are discriminated, they will hide the truth and others will avoid HIV test. Progressively the environment of your progeny and yourself will become sexually dangerous. It is a matter of general interest to be kind and supportive to them.

HIV & love

When in love, people do not want to hear the cruel truth that may hurt their most in-depth feelings. They also accept unreasonable risks that they would definitely refuse if love was absent. Love can make you afraid that your partner may get angry or even leave you if you insist too much about safety in your sexual relationship. Be aware of this danger!

HIV & Alcohol

Alcohol help to overcome shyness, but it makes forget about the basic rules of safety. It alters the reasonable evaluation of the danger of unsafe sexual practices. Some will forget the need to use condom, while others will be completely unable to wear it properly.

HIV & shyness

Too shy to buy condoms? Man can easily get them from automatic distributor machines available in many public places like male toilets. Woman can use small tricks such as go with a friend to shops and keep talking with their friend while giving the condoms and other items to the cashier. Or to have a shopping list for your friend and to make sure that other people in the shop understand that all these items (incl. condoms) are not for you... Too shy to ask to your partner to wear the condom? YOU MUST DARE! You can write "use condom please" on a piece of paper and give it to your partner (with a flower)... Or you can simply show the condom to your partner when you enter the bedroom. Work your imagination! Think about your kids who could become orphans! Don't accept that shyness kills you...

To use it could be a sin

To not use it could be a murder



There is no religion, no culture and no tradition that tolerates a murder. If you had once an unsafe sexual practice, you MUST use condoms until the confirmation of a negative HIV blood test made 3 months after. By not following this basic rule, you are nothing less than a

criminal !!!



Use this leaflet to tell to your friend that you will NEVER accept any unsafe sexual practice! Offer it to him!

Who is infected? (=Who is "HIV positive"/"seropositive?")

It is impossible just to see who is infected because it takes around 7 years before AIDS symptoms appear. Many people do not know that they are HIV positive because they often forgot they had one unsafe sex practice. Infected people can be fat, famous, rich, sportive, nice looking or ugly, kid or elderly, ignorant or well educated, guru or hoodlum ...

Sexual transmission of HIV

If the head of penis (red part) or any genital secretion or blood (including menstruations) is in contact with vaginal cavity or anus or a wound or another head of penis, there is a high risk of HIV contamination. Similar contacts with the mouth are nearly not dangerous but it is still recommended not to swallow genital secretions.

HIV & wounds

Wounds definitely facilitate HIV transmission! ALWAYS avoid any sexual activities if your partner has wound(s) or abnormal skin in the genital area. Condom may not be an efficient protection. Go together and consult as soon as possible a doctor. Remember: a sore throat or bleeding gums must be considered as wounds...

Effective protection

Abstinence (no sexual activities) is one solution. You can also observe scrupulously the rules of "Safer Sex" (see below). Unfortunately, confidence and faithfulness are NOT protecting you from HIV infection.

Rules of "Safer Sex"



For those practices, condom **MUST** be used! During intercourse, small light is recommended to check integrity of condom. If after male orgasm, there is no sperm inside the condom, the cause is probably an undetected tear (see below). To avoid tear, NEVER use greasy lubricant!



For these practices nearly no risk However, do not swallow genital secretions and avoid doing these practices in case of sore throat or bloody gums or wounds. With condom, no danger.

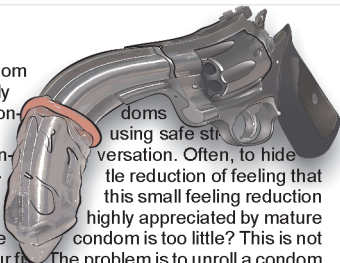


NO DANGER IF no wounds, IF genital secretions are never in contact with head of penis/anus/vaginal cavity, and IF you wash fingers or dildos when penetrating another partner. (Only idiots pretend that there is no possible pleasure without condom!)



He hate condom?

Women should know that a man refusing condom always uses invalid arguments. Often he simply fears the rare and temporary impotency that condoms may induce. Women can solve the problem by mutilations (fingers, lips...) and by a relaxing conversation. Often, to hide the reduction of feeling that condom induces. It is not acceptable. In fact this small feeling reduction is highly appreciated by mature lovers (and women especially)! He says that the condom is too little? This is not true! You can wear the smallest condom on your finger. The problem is to unroll a condom on a penis which is not hard enough. By having less sexual activities, he will recover true desires and hardness! Condoms require maturity; it is why cowards prefer to refuse them. True virile men accept the challenge even if sporadic impotence can occur.



Condom's tear (ALWAYS arrange enough light to see it!).

A big tear is not very dangerous because you can feel and see it immediately: the head of the penis will just be a few seconds in contact with the partner. Wash the penis, wear a new condom and continue your intercourse. More difficult to see are little tears. For man, as the exposed surface for viral exchange is probably not large enough, danger is very little. But for woman, if sperm has entered into her body, the danger is serious! Flush directly your vaginal cavity with lot of water. Remember that dryness creates more frictions which can tear a condom. You should have enough lubrication (natural secretions, water-based lubricant like "KY", or even saliva... but reject greasy creams which weaken the condom!).

Accident? (undetected condom tear, abuse, alcohol...)

Go directly with your partner and within few hours following the accident to an emergency department of a public hospital (later on, it become useless to do anything). The doctor will possibly give you some pills to take during 28 days but, if you go alone, the doctor may refuse to help you because he may consider that your "couple" is too immature to deal with such demanding treatment.

HIV test

If anyone is HIV infected today due to an unsafe practice today, this person can contaminate others from today on, but his HIV test can stay negative for another 3 months. It means that a person with negative test can kill his partner by unsafe practice if his test was done less than 3 months after his last dangerous exposure. To be sure about HIV infected or not, the decisive test must be done 3 months after ANY unsafe practice

HIV & treatment

There is NO cure for HIV/AIDS. If no severe allergies, medications may release the symptoms and prolonging life. But treatment has bad side effects, is very demanding and must be taken every day for the rest of the life. If drugs are taken late or forgotten even for one day, the treatment may lose efficacy. Alternative drugs are extremely expensive and are often more constraining. Hope to survive longer time disappears.