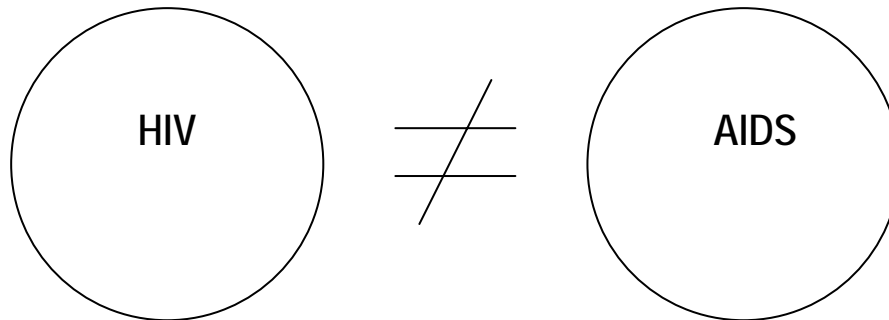


Page 1:What is the difference between HIV and AIDS?



HIV is a type of virus that destroys a person's immune system and can lead to AIDS. A person infected with the HIV virus may appear healthy

AIDS is acquired immune deficiency syndrome. When HIV virus has sufficiently weakened the systems that protect a person's body against diseases, AIDS begins: that person starts to catch more and more diseases:

Page 2:How can I get HIV?

- Sharing needles, syringes and any other injecting equipment and exchanging blood
- transmits the virus through sex, both heterosexual and homosexual, to his/her partner
- If a pregnant woman has HIV, there is a 1/3 risk that she will transmit the virus to her baby: during pregnancy, the delivery, and breastfeeding

Casual Contact Will Not Transmit HIV such as:

shaking hands, bathing, sharing utensils, hugging, using the public bathroom, mosquitos, and kissing will not transmit hiv

Page3:Why Should IDUs Be Concerned about HIV/AIDS?

Sharing syringes, needles and any other injecting equipments (tourniquets, spoons and etc.) are especially at risk for catching HIV/AIDS. Even if HIV cannot stay a long time outside of the body, small amounts of blood with HIV left within a syringe or other injecting equipments (tourniquets, bottle lid, spoons and etc.) may not be visible and stay a long time. So,an IDU who shares his/her needle and other injecting equipments has a high chance of contracting the virus from an HIV positive IDU who used the needle before.

How can you protect yourself?

your behavior determines your risk for contracting HIV

- each time you inject use a new needle and equipment
- if you don't have a new needle and have to re-use injecting equipment, use your own, **NEVER SHARE INJECTING EQUIPMENT!**
- If you have to share your or others equipment, clean it thoroughly!

Page4:When a new needle (equipment) is not available, clean your needles

How to sterilize your needles:

1. Draw COLD water into the syringe and flush it out 3X to clean the blood (Hot water cannot kill HIV and would be damage to the syringe. At the same time, hot water may coagulate the blood on the inside surface of the syringe)
2. Slowly draw bleach, 84 cleaning agent or other chlorine based cleaning agent into the syringe and shake it for at least 30 seconds, flush it out 2X, (the bleach must be in contact with virus for at least 30 seconds for the virus to be destroyed)
3. Draw another COLD water into the syringe and flush it out 6X to clean the bleach.

Remember 3X2X6 latest international standard!

cleaning equipment with plate clean water and soap water is not enough to protect you against various infections.

Alcohol and medical alcohol is hard to use properly to clean the syringe. We not advocate you to use them to clean your syringe.

Page5:Why Should IDUs Use Condoms?

Using high quality condoms correctly and consistently each time when you have sex can prevent HIV/AIDS transmission . Condoms not only prevent pregnancy, they can also prevent STIs, including HIV.

How can you protect yourself?

your behavior determines your risk for contracting HIV

- use a high quality condom each time you have sex
- using water based lubricants with condoms makes condoms less likely to break

Page6:

How to use a condom:

1. Remove the condom from the package (be careful the nail can cut the condom, don't use scissors or nail-clippers).
2. Unroll the condom slightly to make sure it unrolls properly.
3. Squeeze the air out of the tip of the condom. lace the condom on the tip of the erect penis.
4. Unroll the condom down the penis.
5. After ejaculation, hold onto the condom at the base of the penis and withdraw the penis.
Tie the condom to prevent spills or leaks.

If the condom has lubricant inside it, make sure the lubricant is water based.

Page7:

If you a friend, share safety informations, never "share" injecting equipment!