DISPOSE OF USED WORKS SAFELY

- Never discard a needle or syringe in a public place.
- Never put needles or syringes in household rubbish.
- Use sharps containers.

THE HIV ANTIBODY TEST

- You can have a test to see if you have been infected with HIV.
- If you are infected with HIV your immune system produces antibodies to the virus.
- The test shows if antibodies to HIV are present.
- Getting a negative test result does not mean that there is no HIV in your bloodstream. It can take three months or more after infection for antibodies to develop. It is a good idea to have a second test three months later.
- There can be good and bad consequences of having a test. You must discuss this with your general practitioner or local doctor.
- Go to your local doctor to have the test.
- The test is a blood test. It involves a needle being stuck into your arm or wrist to get a sample of blood. The test is not painful. It takes about ten minutes.
- You will receive your results in three weeks.
- The test can show if you are infected with HIV. If you are infected, you will need to go to your local doctor.
- You may want to have your results repeated to make sure they are correct.
- If you are infected with HIV, you will need to see a doctor regularly to check your health.
- If you are infected with HIV, you may need to take medicines to stay healthy.
- If you are infected with HIV, you may need to change your lifestyle.
- If you are infected with HIV, you may need to change your relationships.
- If you are infected with HIV, you may need to change your work.
- If you are infected with HIV, you may need to change your school work.
- If you are infected with HIV, you may need to change your hobbies.
- If you are infected with HIV, you may need to change your friends.
- If you are infected with HIV, you may need to change your family.
- If you are infected with HIV, you may need to change your religion.
- If you are infected with HIV, you may need to change your laws.
- If you are infected with HIV, you may need to change your government.
- If you are infected with HIV, you may need to change your society.
- If you are infected with HIV, you may need to change your world.
- If you are infected with HIV, you may need to change your human.
- If you are infected with HIV, you may need to change your death.
SAFER SEX

- It is easy to forget about safer sex if you are stoned or drunk.
- HIV can be passed on during vaginal or anal sex without a condom.
- The risk of HIV being passed on during oral sex is difficult to measure. At present oral sex is thought to be much less risky than vaginal or anal sex.
- Safer sex can be fun. Use your imagination and discover new ways to give and get sexual pleasure.
- You can kiss and lick all over the body, stroke and fondle, masturbate each other, act out your fantasies, providing the skin is unbroken.
- If you have penetrative sex, always use a condom (Durex, sheath, rubber, Johnsons). Choose condoms with this late mark symbol on the packet as they meet agreed standards. Some condoms are lubricated with Nonoxynol 9 which has been shown to kill HIV in laboratory conditions. However, some people have found that Nonoxynol 9 irritates the vagina and anus and if inflammation occurs, it may make it easier for HIV and other sexually transmitted diseases to be passed on. Most needle exchange schemes will give you free condoms and you can also get them free from family planning clinics.
- Learn how to put the condom on correctly. Many of the problems people have with condoms are because they put them on wrongly. Practise by yourself, or have more fun practising with your partner.
- Hold the condom by the tip to keep out air and then roll the condom down over the erect penis. Do this gently. Be careful not to tear the condom with your nails.
- If you use a lubricant, make sure it is water based like KY jelly. Don't use oil based lubricants like vaseline, baby oil or olive oil as they rot the rubber.
- After cumming, roll the condom off before the penis goes limp. Wrap the condom in a tissue and put it down the toilet or in a bin.

CONDOMS

- Using a condom is easy, helps to protect from HIV and other sexually transmitted diseases and can add more fun to having sex. Forget all you have ever been told about them, and give it a go!

PREGNANCY

- Habitual use of heroin can lead to a woman's periods stopping, but it is still possible for her to get pregnant.
- Babies of HIV+ mothers are born with the mother's antibodies. For the majority of babies these antibodies will clear and they will remain well. However, some babies will become HIV+ and may develop illnesses related to HIV infection.
- Condoms give a high degree of protection against pregnancy and the transmission of HIV.

KEEPING WELL

- Just because you use drugs doesn't mean you can't look after your body.
- Try to eat fresh food - fruit and vegetables are cheap and contain vitamins your body needs.
- Try to get regular sleep so your body can rest.
- Practising safer sex and safer drug use is still important even if you are HIV+, to avoid possible re infection with a different strain of the virus.
- If you are unwell, see a doctor. The sooner illnesses are treated, the better it is. If you haven't got a doctor, your local drug service might be able to help you get medical treatment.

GETTING HELP

- If you want more information or advice on HIV, to find out about the test, or discuss your drug problem, contact one of the services below:
- THE NATIONAL AIDS HELPLINE provides advice and information on all aspects of HIV/AIDS to anyone. Dial 0800 567123. The call is free and confidential and there are people to answer your call 24 hours a day, seven days a week in eight languages.
- YOUR LOCAL GENITO URINARY MEDICINE (GUM) CLINIC (sometimes called sexually transmitted disease clinic or special clinic) is listed in the 'phone book under 'venereal diseases' or ask your GP or the Citizens Advice Bureau.
- YOUR LOCAL DRUG SERVICE if you don't know where it is, ask your GP, pharmacist, local library, Citizens Advice Bureau or the Samaritans can help you find it.

Published by SCODIA, Warminster House, 32-36 Lower St, London SE1 0EE.
Tel: 071 928 9500

Further copies of this leaflet are available from BAPS, Health Promotion Unit, Haywood House, Manchester Road, Haywood, Lanes: 0110 322.

Funded by the Department of Health.

F76/991/1629 BR 1566 Nov '94
**Basic Information**

- HIV stands for Human Immunodeficiency Virus. It is passed on by infected blood, semen, pre-cum or vaginal fluids getting into the blood of another person. This can happen if you have unprotected penetrative sex, or share injecting equipment (needles, syringes, filters, spoons and wrappers) with an infected person.
- You can’t be infected from social contact such as touching, hugging, shaking hands, kissing, sharing cups, knives and forks, or from toilet seats.
- HIV damages the body’s defence system, the ‘immune system’.
- People with HIV can remain healthy for years but may develop illnesses because of their HIV infection. These can often be successfully treated if detected early.
- AIDS stands for Acquired Immune Deficiency Syndrome. It is a medical diagnosis which is made when people who are infected with HIV develop particular illnesses, because their immune system is damaged.

**Safer Drug Use**

- If you don’t inject drugs now, don’t start injecting street drugs are rarely pure. Smoking, snorting or swallowing will not put you at risk of HIV from drug use.
- If you can, stop injecting. There are many drug services around the country and they may be able to help you stop injecting. An oral methadonescript is safer than injecting street drugs. The “HELP” section at the end of this booklet tells you how to find your nearest or most appropriate service.
- If you don’t feel ready to stop injecting, keep your own needle and syringe. NEVER lend them or borrow someone else’s, use a new partner’s, no matter how desperate you are.

**Cleaning Works**

- If you really feel there is no other option, and you decide to use someone else’s needle and syringe, you can reduce the chance of being infected by cleaning the works before you use them.
- Always flush the works with clean cold water as soon as possible after use (before the blood has started to dry). This will remove some of the blood and unabsorbed drug which can’t get through the needle but around which germs can develop. Fushing works like this keeps them in better condition.

**Dispose of Used**

- If works are shared clean them with undiluted bleach or diluted washing up liquid.

**Either**

1. Put undiluted (1:4) bleach in a tin or glass. Never put your needle into the bottle of bleach or flush bleach back into the bottle. This is because bleach makes the bleach lose its strength, does not heat and light.
2. Make sure the needle is covered by the bleach then put the plunger right back so the barrel is filled.
3. Flush the needle down a sink or drain. Do steps 2 and 3 again.
4. Flush the needle and syringe with clean cold water two or three times.

OR, if you can’t get hold of bleach:

1. Put a spirit of washing up liquid in a cup or glass and add cold water.
2. Make sure the needle is covered by the water then put the plunger right back so the syringe is full.
3. Flush the liquid away, down the sink, into a drain or onto the floor. Do steps 2 and 3 again.
4. Flush the works two or three times with clean cold water.

**IF**

- You have been boiling your works, carry on doing this as it’s the best way of cleaning them. All needles and syringes can be boiled, but if you can, use the needle and syringe sets instead. All needles and syringes can be boiled in the cold, but not for cold water, then put them for two minutes. These make users of syringes have found to keep it in boiling water for five minutes, don’t do this.

**Company**

- Syringe Trademark/Size
- 10 ml