

We need to find out what we can do — and we need to share what we know."



"I knew AIDS wasn't just a gay man's disease, but then I heard that women are getting HIV faster than any other group.

One woman said,

For more information on HIV and AIDS, including transmission, prevention, treatment and support services call the AIDS Vancouver Helpline at

893-2222; TTY 893-2215



AIDS Vancouver's programs and services are supported by the dedication of community members and generous financial support from individuals, businesses, and government.



1107 Seymour Street, Vancouver, BC Canada V6B 5S8
Phone 604-681-2122, Fax 604-893-2211
www.aidsvancouver.bc.ca

Your financial assistance helps us take care of each other. Please call Fund Development at 604-681-2122.

Written by Maria Stanborough
Graphic Design by Dina Badour
Illustration by Sandra Robinson & Dina Badour

But women are getting HIV in 'one-partner' relationships.



Women who have sex with men have been told that having one partner is "safer sex."

Women who have Sex with Men



WOMEN AND HIV/AIDS

HIV (Human Immunodeficiency Virus) is the virus that leads to AIDS (Acquired Immune Deficiency Syndrome).

How Do I Get HIV?

Three things are needed for the virus to get from one body to another:

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| 1 | + | 2 | + | 3 |
| These body fluids of someone with HIV | | An entry point into your blood stream (or his) | | An activity that brings the body fluid and the entry point together |
| <ul style="list-style-type: none"> • blood (including menstrual blood) • semen (cum) and pre-cum • vaginal fluid (juices, wetness) • breast milk | | <ul style="list-style-type: none"> • vagina • anus (bum) • penis • open cuts and sores | | <ul style="list-style-type: none"> • sex • sharing needles (tattooing, injecting, piercing) |
| = Risk of HIV infection | | | | |

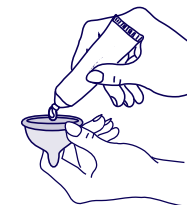
Using latex condoms, latex gloves, and latex dams, or saran (plastic) wrap during sex can help protect you from getting HIV.



Water-based Lubricant *(e.g. K-Y Jelly, Wet, Astroglide)*

Water-based lubricant can help reduce tiny rips in your vagina and anus (bum) during sex. Unbroken skin helps to keep HIV from getting in your bloodstream.

You can put a drop of water-based lubricant in the tip of the condom to increase warmth and sensation for him.



Lubricant on the outside of the condom will make the condom move more easily inside the vagina or anus (bum).

If the lubricant starts to get dry & sticky, add water or more lubricant.

On latex, don't use oil-based lubricants like Vaseline or massage oil. Oil weakens the latex and HIV can get through.

If you are having unprotected sex with a man you can get HIV and other sexually transmitted diseases (STD's) from him (e.g. chlamydia, herpes).

If you are HIV-positive, your immune system has a harder time fighting off other diseases including STD's.