

Prostitutes who are carriers of the AIDS virus are highly likely to transmit the AIDS virus even if they use condoms FALSE

With proper use of condoms, the risk of transmission is the same as for anyone else.

Mosquitoes can transmit AIDS FALSE

The HI virus can only be transmitted from human to human.

Mosquitoes spread diseases that use the insect as part of the disease organisms' life cycle. The malaria organism, for instance, has to spend part of its life in an anopheles mosquito in order to mature before the mosquito can spread the disease.

Mosquitoes don't go immediately from person to person but usually bite and feed once every 48 hours. Even if the HI virus were there, it would be in minute quantities and would die before the mosquito had its next bite.

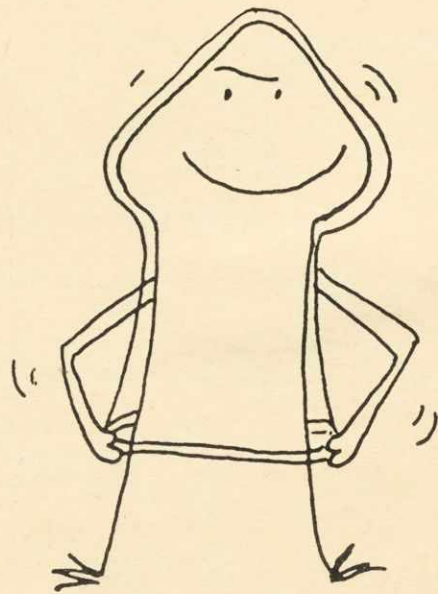
If mosquitoes were transmitting AIDS, we would expect to see many more cases of AIDS in all gender, age, and racial categories, and not just in young adults, in those parts of the world where mosquitoes are most common.

Other diseases such as syphilis which are more akin to AIDS are not spread by biting insects but by blood and blood products.

To date, no one has completely recovered from AIDS TRUE

The average life span of a patient who has contracted AIDS is two years.

Approximately 50 per cent of those diagnosed with AIDS have died. The death rate is nearly 70 per cent two years after diagnosis. Even with this discouraging news some people with AIDS are still alive four to five years after diagnosis. Since there is no known way to reverse the damage to the immune system, we don't know how long AIDS patients can live. Tracking of the disease has only been underway for about seven years, so there are no long-term records. However, *HIV positive* are surviving.



PREVENTION

Using a condom can help reduce one's chances of acquiring AIDS TRUE

A latex condom is an effective barrier to the HI virus.

Condoms generally have a shelf life of five years, but begin to deteriorate earlier as a result of heat, strong light, and rough treatment. They shouldn't be left in the sun or kept in glove compartments or billfolds for long periods, or stored in a place where they will be subject to direct sources of fluorescent light.

While condoms aren't an absolute guarantee against HIV infection, they are the best preventive measure available other than sexual activities without the exchange of semen or blood, or abstinence (no sexual activity).

Researchers at the University of California, San Francisco, have proven in laboratory tests that condoms can stop HI virus. The virus cannot penetrate latex rubber condoms unless broken. Further research is being done to establish the effectiveness of natural skin condoms as a barrier against the virus. It has also been clinically proven that condoms will help prevent the transmission of other sexually transmitted diseases including herpes simplex, gonorrhea, and syphilis.

Regardless of precautions taken, all sexually active people with multiple partners are advised to exercise "safer sex" practices. The use of condoms is statistically considered 95 per cent effective.

Petroleum jelly (e.g. Vaseline) is a good lubricant to use with a condom FALSE

Petroleum jelly is oil-based and can disintegrate synthetic material in condoms — often making them break.

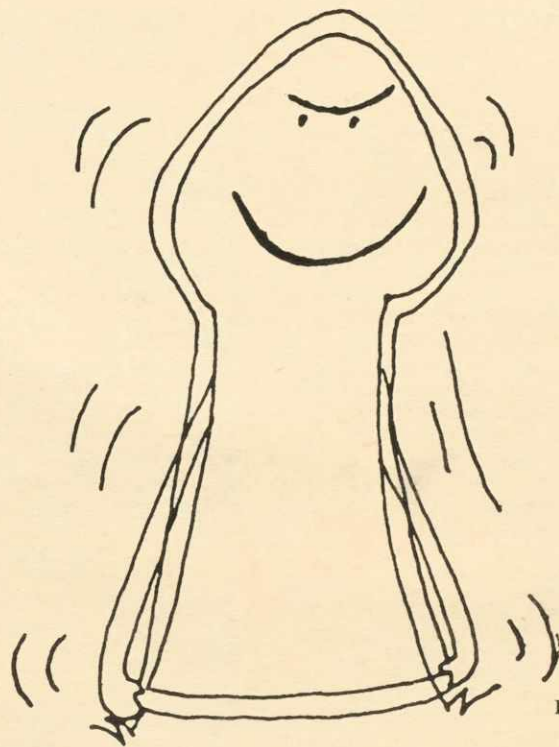
Important: When using a condom, use only water-based lubricants. Do *not* use vaseline, mineral oil, or any petroleum gel. These will cause breakage. When additional lubrication is required, use a brand-name surgical jelly. Use a spermicide foam or jelly with condoms for maximum protection.

Re-using a condom is a safe practice FALSE

Re-using condoms causes defects in the material and increases the possibility of leakage and breakage. It is a very unsafe practice.

Women who use diaphragms without spermicide are protected against AIDS infection FALSE

Diaphragms do not protect against AIDS.



Proud Pete

Spermicides containing the detergent nonoxynol-9 provide some protection against the virus.

Although it is yet undetermined whether nonoxynol-9 can kill HIV inside the human body, the detergent has killed virus in the laboratory, and is effective against other sexually transmitted organisms such as the herpes virus, gonorrhea, and syphilis.

A much safer practice would include the use of a condom.

If you are going to have sex, and want to avoid the AIDS virus, you are safest with a partner who is not infected TRUE

Determining whether or not a partner is infected may be a problem — a partner may not know if he/she is infected. False negative tests do exist — so use of condoms is still encouraged.

Abstinence from sex or maintaining a mutually monogamous relationship with a partner who has not been exposed to HIV are the surest ways of eliminating risk. If you are sexually active, don't have sexual contact with anyone whose past history and current health status are not known, and exercise "safer sex" practices at all times.

To prevent the spread of the AIDS virus (HIV), it is important to wear plastic gloves when shaking hands with a person with AIDS FALSE

Unless both parties have open weeping or bleeding wounds on their hands, it is not possible to transmit the HI virus when shaking hands. There must be an exchange of blood for this to happen.

Wearing plastic gloves and carefully disposing of body fluids will prevent infection with the AIDS virus TRUE

If you are giving personal care to someone who has AIDS or come in contact with the infected person's blood, urine, or other bodily fluids, there may be a very slight risk. To prevent the virus from entering your bloodstream through cuts or sores on your hands, wear plastic, disposable gloves and wash your hands thoroughly when handling the bodily fluids of AIDS patients.

In cleaning up blood or vomit from a person with AIDS, a solution of chlorine bleach and water is adequate to kill the virus — TRUE

One part chlorine bleach (Javex) to 9 parts water applied to a surface on which infected material has been spilled kills the virus. Wear gloves and allow the area to dry for 20 minutes. While these precautions are recommended, it

should be noted that no cases of AIDS have ever been linked with exposure to urine, saliva, vomit, or feces. The bodily secretions linked with AIDS are blood and semen. Cleaning anything that has been contaminated with blood using rubbing alcohol or a bleach solution will also protect against hepatitis B and other bloodborne infections — including AIDS.

A plastic mask (mouthpiece) should be used when performing mouth-to-mouth resuscitation as a precaution against AIDS TRUE

No transmission of the HI virus (or even of the more easily transmitted Hepatitis B virus) during mouth-to-mouth resuscitation has ever been documented. Although very small quantities of HIV has been found in saliva, there have been no cases of transmission through saliva. Emergency workers who regularly give mouth-to-mouth resuscitation or CPR to victims may protect themselves from a variety of diseases by using a specially designed mouthpiece. However, the risk of infection is so slight that no one should hesitate to give emergency mouth-to-mouth resuscitation without a mouthpiece.

The chance that you can help someone outweighs any chance of contracting the virus.

HIV is not spread by touching, carrying, or holding a person who is infected. Non-sexual contact is not risky.

However, ambulance or other emergency personnel will likely come into contact with blood and other bodily fluids in emergency situations. Even if these fluids contain the virus, the risk of infection is slight. There have been no cases of anyone becoming infected with the virus from providing emergency care for an infected person.

To protect against any infection, emergency workers should follow strict infection control practices in caring for emergency victims. They should:

- wash their hands thoroughly.
- clean their equipment according to recommended procedures.

If they are likely to come into contact with blood or bodily fluids, they should:

- wear plastic, disposable gloves.
- cover any cuts or sores on their hands.
- clean any contaminated surfaces with a chlorine bleach solution.

These simple precautions will protect them from hepatitis B and other bloodborne infections — including AIDS.