

HIV

Human
Immunodeficiency
Virus

causes

AIDS

Acquired Immune
Deficiency Syndrome

HIV is found in the blood, semen, vaginal fluids, or breast milk of someone infected with HIV.

It is harder to stay healthy if you inject drugs. You can get HIV from shared needles and works, and from sex without condoms. Anything you do to protect yourself is a step in the right direction.

You can get HIV by:

- Having vaginal or anal sex without a latex condom with someone who has HIV.
- Sharing needles or works with someone who has HIV, including needles for tattooing or piercing.
- Having vaginal or anal sex without using a latex condom with someone who shares needles.



Want more information?

All calls are confidential.

AIDS Action Committee Hotline
1-800-235-2331 (English, Spanish)
TTY: 617-437-1672

Information, support, and referrals on HIV/AIDS, STDs, and Hepatitis transmissions, testing, and treatment

**Massachusetts Substance Abuse
Information and Education Helpline**
1-800-327-5050

TTY: 617-536-5872
*Information and referrals to treatment
and self-help groups*



Needle exchange information

Boston	617-771-2138 1-800-383-2437
Cambridge	617-661-3040 617-680-1063
Northampton	413-586-2016, x164 1-800-696-7752, x164
Provincetown	508-487-8311 1-866-NOTOHIV (1-866-668-6448)

Get Tested.

Get Care. Get Support.



Massachusetts Department of Public Health
HIV/AIDS Bureau – Revised June 2003

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The Medical Foundation
www.maclearinghouse.com

Injecting DRUGS

*Doesn't
Have to Mean*

Getting HIV

**You deserve to be safe from HIV
and AIDS. Learn how to protect
yourself from HIV.**

Safer things to do:

- Clean your skin with alcohol where you are going to inject.
- Clean your needles and works with bleach and water.
- Learn how to use your own works and don't share with anyone!
OR
- Use a new needle every time you inject.
OR
- Use the needle exchange programs listed on the back of this brochure to get clean needles.
- Find out about drug treatment programs (call **1-800-327-5050** for more information).
- Carry condoms with you and use a new one each time you have anal or vaginal sex.
- Use a water-based lubricant. Oils, petroleum jelly, or hand and body lotions make condoms break.
- Oral sex is less risky than anal or vaginal sex. Do not have oral sex if you have mouth sores or cuts.



These are not safe:

- Having vaginal or anal sex without a condom.
- Sharing needles, works, cookers, or cotton balls.
- Buying needles on the street.

You can have HIV and not know it. But knowing it is a first step in dealing with it. The sooner you know, the sooner you can get care and services.

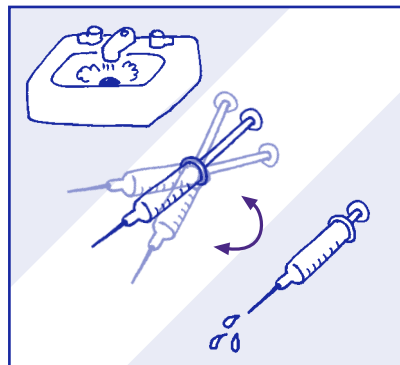
You can get tested for HIV easily in Massachusetts

Call the AIDS Action Committee Hotline at **1-800-235-2331** to find out about free HIV testing and support services near you. Many community health centers, clinics, and hospitals provide HIV testing, counseling services, and other medical care. Get tested for HIV!

Cleaning your needles and works can protect you from HIV

Use your own works and keep them clean with laundry bleach and water from a faucet.

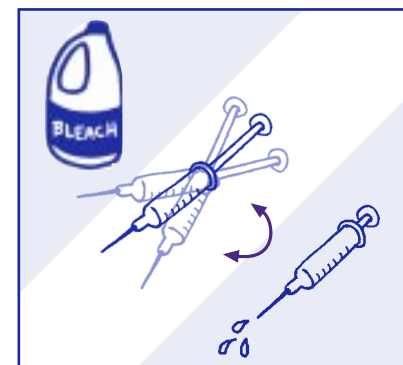
STEP 1



Rinse with water from a faucet

- Fill the syringe with water
- Shake it, shake it, shake it
- Push the water out
- Do this 3 times

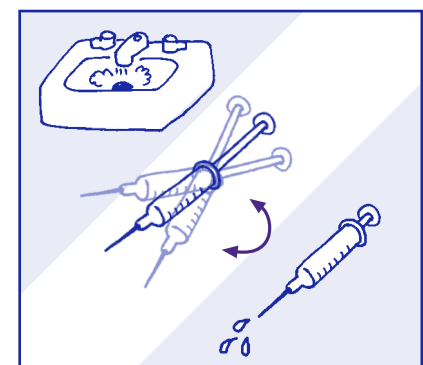
STEP 2



Rinse with bleach

- Fill the syringe with pure laundry bleach
- Shake it, shake it, shake it
- Push the bleach out
- Do this 3 times

STEP 3



Rinse again with water from a faucet

- Fill the syringe
- Shake it, shake it, shake it
- Push the water out
- Do this 3 times