

Ways to Be Safer if You Have Sex

- **MUST** use a latex condom (rubber) for vaginal (with women) sex, for anal sex, or oral (mouth) sex.
- **MUST** use a dental dam, plastic wrap, or condom (rubber) for mouth to vagina touch or mouth to anus touch.
- **MUST** use hand gloves or finger gloves when touching body fluid.

How to Use a Condom (rubber)

- **USE** condom — must “latex” best name. **NO** other names.
- Keep condoms in cool, dry place. **NO** good in your wallet or car.
- **MUST** use condom first then sex.
- **NO** let condom slip off during sex.
- **USE** water-based lubricant (K-Y Jelly®, Astroglide®). **NO** Vaseline® or baby oil.
- **NO** use broken/hole condom.
- Finish sex, throw condom out. **NO** save

See pictures how to use condoms:

Female condom

www.health.state.ny.us/publications/9571.pdf

Male condom

www.health.state.ny.us/publications/instructions_male_condom_pdf

Needles

- People use needles for drugs, tattoos, and piercing.
- **NO** share/give needles to other person. **USE** new needles.
- **NO** use dirty needles.
- Dirty needles **MUST** clean (see below).

How to Clean Needles

- Wash needles with **CLEAN WATER** until no blood.
- Use **BLEACH (CLOROX)** in needle and squirt out.
- Again, wash needles with **CLEAN WATER**.
- If no bleach, wash needles several times with **WATER**.

Talk About It

You don't need to be alone. Talking with counselors, teachers, and health professionals about HIV is very important. You can also call TTY hotline for HIV/AIDS at **1-800-421-1220**. You may feel uncomfortable or funny, but that is OK. It is cool to talk and it is private. If you have any questions, ask. Many people happy to help!

More Questions?

Call **FREE** HIV/AIDS Hotline:
1-800-541-AIDS
1-800-541-SIDA (Spanish)
www.nyhealth.gov/diseases/aids/publications

Have HIV? Get Tested!

Many places have **FREE** and anonymous HIV testing. Anonymous means you don't tell your name. Ask counselor what test answers mean.

ALWAYS ask for interpreting services. Agencies are required by law to provide interpreting services. For a list of sign language interpreters in New York City and New York State, please go to:
www.hivguidelines.org/Content.aspx?pageID=781



HIV/AIDS

Basic Facts for the Deaf and Hard of Hearing



Text adapted with permission from the State of Connecticut Commission on the Deaf and Hearing Impaired.



New York State
Department of Health

You Can Get HIV by

- Sex no condom (rubber)
- Share needles
- Blood to blood touch
- From a mother to her unborn baby during pregnancy, birth, or breast feeding.

Body Fluids of a Person with HIV Can Spread HIV

- Semen (sperm)
- Blood
- Vaginal fluids
- Breast milk

The Best Ways to Stop HIV

- **NO** touch with person's blood, sperm, or vaginal fluids.
- **NO** share needles.
- **NO** sex is best protection.
- **NO** use drugs or alcohol (beer/whiskey) because you can lose control and forget safety.
- **NO** breastfeeding.

YOU CAN NOT GET HIV FROM



Coughs or Sneezes



Tears or Sweat



Contact with Pets



Shaking Hands



Sharing Eating Utensils



Hugging or Casual Contact



Kissing



Being Around an Infected Person



Drinking Fountains



Swimming Pools



Toilet Seats



Mosquito Bites