

THE FACT OF THE MATTER



HIV/AIDS IS REAL PROTECT YOURSELF

HOW DO YOU GET IT?

The **virus** gets into the body by way of body fluids like blood, man's semen, and woman's vaginal fluids.

People get **HIV** when they have sex without using a rubber (condom).

People get **HIV** when they "shoot-up" (inject) heroin, cocaine, speed, methamphetamine and other drugs by sharing their outfit/works, needle & syringe, with someone who is positive for **HIV**.

OTHER WAYS OF GETTING IT:

- Oral sex with someone infected with **HIV**
- Letting others use your "outfit/works" such as cotton, rinse water and cooker who may have **HIV**
- Using someone's works or plunger to mix the drug(s)

- Sharing the same cotton that someone who is infected with **HIV** used

MORE WAYS TO GET IT

- Getting high on drugs and/or alcohol may cause you to do things that could put you at risk to get **HIV**
- When you are high you may not think of using a rubber (condom) or dental dam when having sex to protect against **HIV**
- Having sex with multi-partners any of whom may be infected with **HIV**
- Injecting steroids with someone who may be infected with **HIV**

You can get more than HIV/AIDS from using needles and syringes. The fastest growing disease in injection drug users is hepatitis.

CLEANING YOUR "OUTFIT/WORKS"

Clean your needles and syringe before and after each use!

1. Draw clean water with bleach into your works and fill to the top; shake and tap. Squirt the water out; do not reuse this water bleach has been added. **Do this at least three times.**

2. Use full strength liquid bleach draw into your works and fill to the top; shake and tap for at least 30-60 seconds. Squirt the bleach out; do not reuse this bleach always use fresh. **Do this at least three times.**
3. Rinse your works by drawing clean water into it and fill to the top; shake and tap. Squirt the water out; do not reuse this water. **Do this at least three times.**

Using works that have been cleaned this way is not as safe as using new works!

BEST WAYS TO HELP AVOID GETTING HIV

- BE HONEST/REAL WITH YOURSELF!
- Do not Start Using Drugs, Don't Follow the Crowd
- Depressed? See a counselor and/or doctor!
- Get Help
- Don't mistake sex for love!
- Don't have sex just to be with someone!
- Stand Up for Yourself! Don't be bullied!
- If you are having sex use a condom
- If you are having sex use a water-based lubricant.
- Have partner tested for **HIV**. Go with him or her to get test results.



HIV/AIDS

Resources:
Free Screen-Testing – Treatment -Support

Family First Health/Caring Together
717-846-8617

York City Bureau of Health Annex
717-849-2252

Planned Parenthood of Central PA
717-845-9681, York
717-244-1412, Red Lion
717-637-6544, Hanover

Adams-Hanover Counseling Services
717-334-9111, Gettysburg
717-632-4900, Hanover

Family Service Partners
717-845-6624

Hanover Hospital
1-717-637-3711 or 1-800-673-2426

PA Health Department
717-7714505

AIDS Factline, PA
1-800-662-6080

American Red Cross- York
717-845-2751

AIDS Planning Coalition of South Central PA
717-761-7628

OPEN
717-854-9504

Hannah Penn Family Health Center –Testing
717-843-5174

Memorial Hospital
717-843-8623
York Hospital

717-851-2345

York Hospital Community Health Center
717-851-2334

Adams County

Adams-Hanover Counseling Services, Inc
717-334-9111

AIDS Community Resource Program
717-334-8344

PA Health Department
717-334-2112

State Health Line
800-662-6080

CDC National HIV/AIDS
Hotline 800-342-2437
Spanish Line 800-344-7432
Hearing Impaired TDD 800-243-7889

Drug & Alcohol Treatment Providers

Adams/Hanover Counseling Services
Hanover-717-632-4900
Gettysburg-717-334-9111
Shrewsbury-717-235-0199
York-717-843-0800

Atkins House (Criminal Justice Women Only)
717-848-5454

Colonial House Outpatient
717-792-2036

Cornerstone Counseling & Education Services
Hanover-717-632-6555

Gaudenzia West Shore
717-766-8517

New Insights, Inc.
Lemoyne-717-303-2035
York-717-845-2079

Nuestra Clinica York-Latino Services
717-718-4236

Pennsylvania Counseling Services
York-717-337-0026
Gettysburg-717-848-6116

Wellspan Behavioral Health Services
717-851-1500

**York/Adams Drug and
Alcohol Program
3410-B East Market
Street
York, PA 17402**

Phone: 717-840-4207

WHAT

IS

IT

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