



DO YOU KNOW YOUR HIV STATUS?

GET TESTED.

If you've ever had unprotected sexual contact (vaginal, oral or anal), you should be tested for HIV. The following agencies offer free, or nearly free, confidential HIV testing. Walk-ins accepted.

Good Samaritan Project:
3030 Walnut, KCMO
816-561-8784
Hours M-F 9:00 AM - 4:00 PM (free)

KCMO Health Department:
2400 Troost, KCMO
816-513-6039
Hours: M-F 8:00 AM - 3:30 PM
(free)

Wyandotte County
Public Health Department:
619 Ann Ave., KCKS
913-573-6716
Hours: M, Tu, W, F 8:30 AM - 3:30 PM
and Th 8:30 - 11:00 AM & 3:00 - 6:00 PM
(free or nominal based on income)

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3030 Walnut, KCMO
816-561-8784
www.gsp-kc.org

PROTECT YOURSELF

from

HIV INFECTION





UNPROTECTED SEX IS RISKY BUSINESS

You may have heard that HIV—the killer virus that causes AIDS—is on the rise again. Hardest hit are young people aged 14-24—gay and straight, black, Latin and white, male and female.

More than 5,000 Kansas Citians of all ages are now HIV positive, and one in four do not know he or she is infected. It often takes months, even years, before symptoms appear. Meanwhile the infection is spread to others.

WHAT IS HIV?

Human Immunodeficiency Virus is the virus that causes AIDS. HIV passes from person to person through the exchange of infected body fluids and sexual contact.

WHAT IS AIDS?

Acquired Immunodeficiency Syndrome is caused by HIV. AIDS is the result of the progressive destruction of a person's immune system, which is the body's defense against disease.

HOW HIV IS SPREAD?

HIV is spread from one person to another—

- By having vaginal, anal or oral sex with an infected person. (HIV and other sexually transmitted diseases can be spread through oral sex.)
- By sharing needles (including tattoo needles) and syringes with an infected person.
- During pregnancy, birth, or breast feeding from an infected mother to her baby.

Body fluids of an infected person spread HIV. These fluids are—

- Semen
- Vaginal fluid
- Blood
- Breast milk

KEY POINTS TO REMEMBER—

- HIV is the virus that causes AIDS. AIDS is a result of HIV infection.
- A person can look and feel healthy but still be infected.
- HIV infection can be prevented.
- HIV is not spread through everyday casual contact.
- People cannot get HIV when they give blood.

TIPS FOR PROTECTING YOURSELF

1. Delay having sex until you are mature enough to handle the responsibility.
2. Learn to say “no” to a partner who is careless or refuses to practice safe sex. Discuss safety openly and expect your partner to respect your needs.
3. Adopt alternatives to sexual penetration to reduce HIV risk, such as dry kissing, cuddling or masturbation.
4. Never share tattoo needles or other needles and never engage in unprotected sex with an IV drug user.
5. Keep a clear head. The use of drugs and alcohol can cloud your judgment and promote risky behavior you would avoid when sober.
6. Use a condom for vaginal, oral or anal sex, if you choose to have sex. Other than abstinence, a condom used correctly is the best way to prevent HIV infection. Read the instructions. Practice putting the condom on the penis.
7. Use the female condom and the dental dam. These products available at the local drug store offer women protection during vaginal or oral sex in place of a male condom.
8. Get tested for HIV and make sure your partner is tested, too. If you've ever had unprotected sex, you should be tested. Testing can be done by simple mouth swab or finger prick.
9. Early HIV detection means you can get medications to slow the disease process that leads to AIDS. While there is no cure for HIV/AIDS, medications can extend life by many years. Knowing your HIV status means you can protect others from infection.