

# HIV: HUMAN IMMUNODEFICIENCY VIRUS

HIV is a virus that damages the body's immune system, making it hard for the body to fight off sickness and infection.

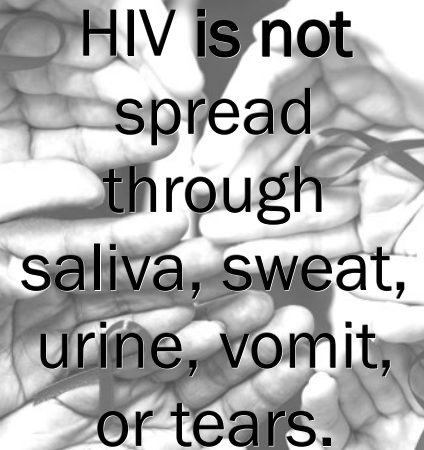
**AIDS** is the advanced state of HIV, where the immune system can no longer fight off infection.



**CONDOMS  
MAKE SEX  
SAFER!**

THE ONLY FLUIDS  
THAT PASS HIV ARE :

1. BLOOD
2. SEX FLUIDS
  - ejaculate (cum)
  - pre-ejaculate (pre-cum)
  - vaginal fluid
  - anal fluid
3. BREAST MILK



**HIV is not  
spread  
through  
saliva, sweat,  
urine, vomit,  
or tears.**

You can have HIV without knowing it. Some people feel sick, but some people show no symptoms at all.

**The only way to know is to  
get tested.**

## TESTING

- The test for HIV is a blood test.
- HIV can take awhile (1-3 months) to show up on a test. This is called the “window period”.
- That's why it's important to get tested every 6 months or with each new sexual partner.

## **Resources:**

### **Teen Talk**

Accurate & non-judgmental information and resources on youth health & well being.  
[www.teentalk.ca](http://www.teentalk.ca)

### **Teen Clinics**

Help finding the nearest teen clinics which are located in schools or community health centres throughout Manitoba.  
[www.teenclinic.ca](http://www.teenclinic.ca)

### **Sexual Health Info Line**

Free & Non-judgemental  
Ph: 1-800-782-2437

### **Native Youth Sexual Health Network**

Indigenous organization that works across sexual and reproductive health, rights, & justice  
[www.nativeyouthsexualhealth.com](http://www.nativeyouthsexualhealth.com)

### **Nine Circles Community Health Clinic**

STI/HIV prevention and care  
[www.ninecircles.ca](http://www.ninecircles.ca)/Ph: 204-940-6000

# RISKY BEHAVIOURS FOR HIV TRANSMISSION



## UNSAFE

- ◇ Vaginal & anal sex without a condom
- ◇ Sharing needles/drug use equipment for injection drug use, or tattoos/piercing etc.
- ◇ Sharing sex toys
- ◇ Breastfeeding (if mom is HIV+)

## SAFER

- ◇ Oral sex (but high risk for other STIs)
- ◇ Using a condom for vaginal or anal sex
- ◇ Putting a new condom on sex toys for each partner

## SAFEST

- ◇ Casual contact like high fives, dancing, hugging, kissing, making out
- ◇ Sharing drinks, cigarettes, clothing etc.
- ◇ Masturbating alone or with someone else (no fluids exchanged)

# HEP A T T I T I S C

Hepatitis C is a virus that damages the liver which filters our blood.  
There is treatment or medication available.

**If you think you have been exposed to Hep C it is important to get tested.**

Hep C is spread through blood.

Sharing needles, drug equipment and personal hygiene tools like razors, toothbrushes etc. are all risky behaviours for Hep C.

## STREET CONNECTIONS

PH: (204) 981-0742

Office: 496 Hargrave, Monday–Friday

Van: Monday–Friday 6-12:30pm

Saturday 5-11:30pm

Street connections is a free service that provides needle exchange, condoms, safer crack kits, information, as well as testing for STIs/HIV & Hepatitis.