Au Pair IN AMERICA

AMERICAN RED CROSS GREATER NEW YORK

Women and HIV/AIDS

How do people get HIV?

HIV can only be passed from person to person through body fluids, like blood, semen, and vaginal fluid. The most common ways HIV is passed are:

- By having unprotected vaginal, oral, or anal sex with an infected person.
- By sharing needles and syringes for injecting drugs with an infected person.

Prevention Challenges

Women's bodies are different.

- A woman is twice as likely as a man to get HIV infection during vaginal sex.
- Some diseases or disorders unique to women make HIV more serious.
- Women feels they lack control in a
- relationship.
- Scared to say no to sex.
- Scared to insisted their partner use a condom.
- Scared to ask their partner if they are doing things that put him (and therefore her) at risk for HIV, such as having sex with other partners or injecting drugs.

Know your ABCDs to Prevent HIV

- Taking simple steps to prevents getting or spreading HIV will pay off for yourself for those you love.
- The best way to prevent getting or spreading HIV is to know your "ABCs"
- A stands for "abstinence" (not having sex of any kind). Adstaining from sexual activities, including vaginal, anal, or oral sex, is the safest way to avoid HIV.
- B is for "being faithful". Being in a sexual relationship with only one partner who is faithful to you can help protect you. This limits our number of sexual partners and reduces the possibility of infection.
- C is for condoms. Condoms should be used for any sexual activity with a partner who has HIV, or with any partner outside of a long-term, faithful sexual relationship. Female condoms are available at your local pharmacy. Be aware that condoms don't provide complete protection against HIV-the only sure protection is abstinence (not having sex of any kind).
- D is for "don't share needles". Don't share needles of drugs injection equipment for illegal drugs like heroin or cocaine or legal drugs like steroids or vitamins. If you get a tattoo or body piercing make sure the needles are sterile.

Talk to your partner.

Talk to your partner about HIV, condoms, your sexual histories, needle use, and STDs (sexually transmitted diseases) before you begin to have sex. It's up to you to make sure you are protected.

Remember, it's **YOUR BODY**!

For additional information please visit http://www.womenshealth.gov/hiv/what/