

UNITED NATIONS
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**PROTECT YOURSELF,
AND THOSE YOU
CARE ABOUT,
AGAINST HIV/AIDS**



UNITED NATIONS
DEPARTMENT OF
PEACEKEEPING
OPERATIONS

***PROTECT YOURSELF, AND THOSE
YOU CARE ABOUT, AGAINST HIV/AIDS***

April 1998



THE JOINT
UNITED NATIONS
PROGRAMME ON
HIV / AIDS



THE UNITED NATIONS
DEPARTMENT OF
PEACEKEEPING
OPERATIONS

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April 1998

***PROTECT YOURSELF, AND THOSE YOU CARE
ABOUT, AGAINST HIV/AIDS***

“By now, HIV/AIDS has probably touched the armed forces of every country, with infection rates surpassing 30% and reportedly even 40% in several armies. Peacekeeping soldiers have a higher probability of becoming infected with HIV than of being killed in military action”

Statement by: Major General Marc-Jean De Coninck, M.D. Chief of Medical Services of the Belgian Armed Forces
International Co-chair of the Civil-Military Alliance to Combat HIV and AIDS

INTRODUCTION

Who can use this booklet?

Anyone can use this booklet, but it has been specifically written for men and women engaged in United Nations Peacekeeping Operations (including: police, armed forces, military observers and civilian personnel) to inform, in an easy-to-read but educational way, on prevention and protection against the HIV epidemic. Annually, thousands of UN Peacekeepers are deployed in often hazardous situations around the world. UN Peacekeepers carry out admirable work serving the United Nations, but in the course of their work they are often exposed to challenging and unfamiliar situations. We hope that this booklet gives some guidance with regard to realistically dealing with the risk of exposure to HIV infection, particularly in circumstances that may involve sexual contacts, drug use by injection and other risky behaviour.

Do not be deluded into thinking that this is an unimportant matter, or that it does not pose any risk or relevance for you. It may help you to know that over 100 peacekeeping troops were infected with HIV — and may have infected others — during the UNTAC Mission in Cambodia.

This booklet offers specific guidelines on how **YOU** can protect yourself, those you love and your fellow human beings from getting or spreading the HIV infection and AIDS. Before reading this booklet, you should have received a briefing from your medical officer and/or your commanding officer on HIV/AIDS. To support and supplement the briefing you should find a quiet place and read through this entire booklet. Should any words or parts of the booklet be unclear, look at the Glossary at the back of the booklet for an explanation of terms. If you still have questions, then talk to your medical officer, commanding officer or military chaplain. Keep this booklet handy throughout your deployment so you can refer to it.

REMEMBER!
HIV PREVENTION REALLY WORKS!

CODE OF CONDUCT FOR PEACEKEEPERS

Remember throughout your deployment to follow the “UN CODE OF PERSONAL CONDUCT FOR UN BLUE HELMETS” whether you are ON or OFF DUTY. With regard to all your personal relationships, you should take particular note of the following points from the UN Code of Conduct for Peacekeepers:

1. Dress, think, talk, act and behave in a manner befitting the dignity of a disciplined, caring, considerate, mature, respected and trusted soldier, displaying the highest integrity and impartiality. Have pride in your position as a peacekeeper and do not abuse or misuse your authority.

Note: As a peacekeeper you are put in a position of trust and have been given a position of power and authority which must not be abused.

2. Respect the law of the land of the Host nation, local traditions, customs and practices.

Note: You may not be familiar with other cultures which may be less, or perhaps more, open than your own. Do not misinterpret or take advantage of friendly behaviour. Consider how you would feel if strangers came to your home town saying they wanted to help and then took sexual advantage of women, children or men in your town.

3. Treat the inhabitants of the Host Country with respect, courtesy and consideration. You are there as a guest to help them and in so doing will usually be welcomed with admiration.

Note: UN Peacekeepers are often regarded as role models or “protectors” by citizens of the country in which they are posted, and are often perceived to be in positions of power and authority. You represent the United Nations.

Take pride in your behaviour, as you are never truly “off duty”.

4. Do not indulge in immoral acts of sexual, physical or psychological abuse or exploitation of the local population or UN staff, especially women and children.

Note: In many cultures, there is a power imbalance between men and women. This is exaggerated when the man is wearing a uniform, a symbol of power, and when he is a foreigner. Women in these circumstances may have very little control over when, with whom and how they have sex. Women, children and men sometimes have to sell sex for survival, and the women and children you meet may be particularly vulnerable. DO NOT take advantage of this, even if they encourage you to do so.

5. Respect and regard the human rights of all.

Note: If you see anyone abusing or taking physical advantage of any other human being in any way, it is your duty as a peacekeeper to try and stop it. You should also report it to your superior officer.

6. Show military courtesy and pay appropriate compliments to all members of the mission, including other UN contingents regardless of their creed, gender, rank or origin.
7. Do not engage in excess consumption of alcohol or traffic in drugs.

Note: LIMIT YOUR ALCOHOL INTAKE. If you must have a drink, then only have one, or drink water in between drinks. People who are drunk lose judgement, they are a danger to themselves and to others, and they more easily enter into unsafe sexual encounters of high risk.

Minimising alcohol consumption will help you maintain good judgement and will make you feel healthier. Becoming involved in the use of or distribution of illegal drugs is a very serious offence.

SUMMARY OF FACTS ABOUT HIV INFECTION AND AIDS

- ◆ **AIDS** - the **A**cquired **I**mmuno**D**eficiency **S**yndrome - is the late stage of infection caused by a virus, the **H**uman **I**mmunodeficiency **V**irus (**HIV**).
- ◆ We are all at risk - anyone can become infected with HIV from one unsafe sexual act or from using drugs by injection even just once.
- ◆ The vast majority of all HIV infections are caused by having unprotected sexual intercourse with a woman or man who is already infected with HIV (70-80% of infections). The HIV infection can also be transmitted through infected blood during blood transfusions, or through the sharing of needles contaminated with the blood of an infected person and from an infected woman to her baby before birth, during delivery, or through breast-feeding.
- ◆ HIV infection **is not** spread through ordinary (non-sexual) social contact.
- ◆ Once infected with HIV, a person looks and feels healthy for up to ten years or more before signs of AIDS appear. But, during this time of apparent health, a blood test can reveal the presence of HIV. This is what is referred to as being "HIV positive". Since this person is carrying the HIV infection, in spite of looking healthy, he or she can pass it on to someone else.
- ◆ Everyone infected with HIV will eventually develop AIDS, because the body's immune system (which fights off everyday infections and diseases) is steadily weakened by the HIV infection. After a while, the body can no longer fight off infections, like pneumonia, as well as diarrhoea, tumours and other illnesses, all of which can be part of AIDS.
- ◆ There is no vaccine to protect people against getting infected with HIV. There is **no cure** for AIDS. This means that the only certain way to avoid AIDS is to prevent getting infected in the first place.

- ◆ Sexual transmission of the HIV infection can be prevented by practising safer sex. Safer sex includes not having sex, fidelity between uninfected partners, non-penetrative sex, and sex using a condom correctly, and using one **EVERY TIME**.
- ◆ Men and women are vulnerable to infection from HIV and other sexually transmitted diseases, many of which have serious long-term consequences, especially for women, e.g. pelvic inflammatory disease and tubal pregnancy. Women are more likely than men to acquire a sexually transmitted disease from a single sexual exposure.
- ◆ The presence of an untreated sexually transmitted disease, like syphilis or gonorrhoea, facilitates the transmission of infection with HIV from one person to another. Having a sexually transmitted disease is already a sign of risky behaviour. Prevention and treatment of sexually transmitted diseases is another way to protect yourself against HIV infection.
- ◆ Heavy drinking of alcohol, or use of illegal drugs, will reduce your judgement and your ability to act within the bounds of safe behaviour. Hence, you will be more likely to indulge in risky, casual sexual contacts.

ARE YOU BEING DEPLOYED ON A PEACEKEEPING MISSION? WHEREVER YOU GO, GUARD AGAINST THE THREAT OF HIV/AIDS!

- ☒ **You have been trained to do your job well.**
- ☒ **You know how to use and care for your equipment.**
- ☒ **You have been well briefed for this mission.**
- ☒ **... BUT THE ONE THING YOU MAY NOT BE PREPARED FOR IS HIV/AIDS.**

You probably know that, if you get infected with HIV, the virus can live in your body for many months or even years without any evidence that it is there. However, during this time the infection begins to reduce your natural resistance to other diseases. It does this by attacking the body's defence ("immune") system. Once those defences are seriously reduced, you may begin to have other infections like pneumonia or diarrhoea or recurrent episodes of illness and weight loss. This is actually the beginning of AIDS itself. All people who are HIV positive eventually get AIDS and die.

You also may know that, in the vast majority of cases, the HIV infection is acquired by having sex with an infected person (just like other sexually transmitted diseases). HIV infection can also be transmitted through the sharing of unsterile needles used for injecting drugs or for tattooing, or from a person who is infected to someone who is not - through infected blood used in blood transfusions. You may even know that the HIV infection can be passed from an infected mother to her unborn or breast-feeding baby.

WHAT YOU REALLY NEED TO KNOW IS THAT WEARING CONDOMS CORRECTLY, EACH AND EVERY TIME YOU HAVE SEX, WILL HELP TO PREVENT TRANSMISSION OF THE HIV INFECTION FROM ONE PERSON TO ANOTHER

SO WHAT ARE THE MAJOR RISKS FOR GETTING AN HIV INFECTION?

- ◆ **Men and women who stay in a mutually faithful relationship with one partner, and who abstain from sex outside of that relationship, are following the first two lines of defence against HIV infection.**
- ◆ You increase your chances of being exposed to the HIV infection every time you have sex with a different person. You increase the risk even further if you have unsafe sex - in other words, if you do not use a condom.
- ◆ Some people are, statistically, more likely to be infected with HIV than others. For example, men, women and even children who work as prostitutes are more likely to be infected with HIV because they have had so many sexual partners. Any one of their clients could have been infected with HIV and transmitted the HIV infection to them during unprotected sex. Studies have found that male and female prostitutes have been infected with HIV by their clients, and are liable to transmit the infection to their clients.
- ◆ People who inject drugs have a higher risk of being infected with HIV, because the virus spreads very easily through injections using ("dirty") needles and syringes contaminated with HIV-infected blood.
- ◆ Men or women who have anal sex are exposed to a higher risk of becoming infected with HIV. The reason is that anal sex can injure or tear the delicate lining of the anus and rectum, and bleeding from these injuries allows the virus to spread more easily into the body.

HIV INFECTION AND AIDS IN THE MILITARY

- ◆ Members of the armed forces.

Military life will oblige you to spend prolonged periods of time away from your families and home communities. This is certainly true during peacekeeping operations. This absence from home exposes you to a greater risk of being infected with HIV. Why is this so?

Research has shown that military personnel are likely to have more casual sex partners, especially during the periods when they are posted away from home. These are lonely times, you may feel free to take some risks since no one knows you in that country, and you may be pushed along by pressure from your friends. You should remember that peacekeeping missions may be in countries where HIV/AIDS is more common in the population than in your own home country. You should also remember that the civilian population is often traumatised by war and considers that you are in their country to protect them from the conflict.

Many of those people who are already carrying the virus may be unaware that they are infected with HIV. For up to ten or more years, before they develop the symptoms of AIDS, people who have the infection look and feel fine. That means they will be looking healthy, living their everyday lives, including having sex, all the time carrying the HIV infection, silently, unknowingly and dangerously.

◆ **You will be a stranger in the country where you are going as a peacekeeper.**

You might not be familiar with the customs of the country you are assigned to, and the rules and beliefs related to social and sexual behaviour may be very different to what you are used to. You should be aware of these differences and try to avoid any situation or behaviour that might offend the local population. This may be especially important in countries where war or the forced movement of people has disrupted the normal course of life. In these circumstances, the civilian population is usually very vulnerable and emotionally sensitive. These people must be treated with the utmost care, caution and respect by peacekeepers. You have a special responsibility to behave honourably toward the population of the host country.

Some men, women or even children might have been forced into prostitution in your mission area if it has become impossible for them to support themselves in the way they are used to. You should

consider carefully whether you want to support and enforce that kind of circumstance by using their services.

You also know that the situations into which peacekeeping forces are sent are usually very stressful on the local population as well as on the armed forces and peacekeepers in the area. This can lead to violence of many different types, and an atmosphere in which sexual violence and rape can easily occur. Being aware of this ahead of time can help you avoid or prevent those unfortunate situations. Women especially may be subject to sex under duress (force), but remember that both women and men can be raped. Any sexual encounter that is not agreed to by both persons involved may lead to rape. Such encounters are not only prohibited by the Code of Conduct for Peacekeepers, but are a criminal act and a serious violation of the human rights of the non-consenting individual.

It is normal that you will be finding new friends and regular companions from among the peacekeepers and in the local population. When you get together with one of these new friends, or if you meet a man or woman in a bar, hotel lobby or on the street who may also be looking for a friend, having a conversation with them does not have to lead to sex. Remember, the person with whom you are talking might be HIV positive, but you have no way of knowing whether they are or not.

Therefore, so that you can use good judgement about what you are doing, and especially about entering into casual sexual relationships, it is best to limit your drinking of alcohol, and avoid binge drinking (heavy or non-stop drinking that goes on for days, or for a whole weekend, for example).

WHAT CAN YOU DO TO AVOID EXPOSURE TO HIV INFECTION?

As a member of the military, you are already prepared to accept the dangers of armed conflict. But why expose yourself to a danger - the HIV/AIDS virus - that you can so easily avoid? After hearing all these facts, maybe you do not think you are the kind of person who would get infected with HIV.

How can you tell whether you are personally at risk of exposure to the HIV infection, and what can you do about it? Read the following and consider how each point relates to your own situation.

◆ What is your main way of enjoying yourself when you are “off-duty”?

You are already exposed, through military duties, to risks that may threaten your life. Risks that you do not need arise if you use casual sex to unwind and relax “off-duty”. You will be taking the unnecessary risk of becoming infected with HIV and getting AIDS. AIDS is a fatal disease without a cure, and you could easily become infected with HIV by having casual sex with a person you have just met.

The stress of boredom, restlessness, feeling like a stranger and out of place, and frustration need to be coped with during “on-duty” as well as “off-duty” times. Be on guard against the risk of impulsive behaviour that can take the form of aggressive sex against other persons. These kinds of impulses pose risks for you, for the others involved, and for your families back home.

Sports and exercise are excellent ways to have fun, enjoy yourself, relieve the stress of your duty time, and maintain your health whilst you are “off-duty”. Also watching movies; writing letters to loved ones back home; listening to music; reading; or taking a walk with friends. All these are positive ways of spending “off-duty” time. You will, of course, go into town during off-duty times, alone or with

friends. This will be a normal part of a search for activities that relieve stress and that allow you to have fun.

◆ **When you are “off-duty” - keep the risks in mind if you end up at a bar or party.**

Give this some serious thought. The people you meet in bars are often there to be picked up. There may be male and female prostitutes among them. In any event, they are likely to be people who are at the bar every night and have gone out with many other people before you. They may not know as you do about safer sex using condoms.

Give some thought to what else you do. Avoid excessive or binge drinking, even if all your friends are getting drunk, as this will interfere with your judgement about many things, including sex. You would never drive a vehicle or go into a risky military situation if you were drunk. Of course not - you would not be able to think as clearly as you should, and you could be killed. If you drink too much and have unsafe sex you could get infected with HIV. If drugs like marihuana, cocaine or ecstasy are being used, the risks of getting into unsafe sex are even higher. A party is another kind of risky situation. Any one of the casual sex partners you meet at a party could be infected with HIV or another sexually transmitted disease. When both of you are “feeling high” with alcohol or other drugs, the lights are low, and the music is loud, you may not take the time to think about using condoms. Even if you do, you may not be careful enough to use them correctly. Due to the dangers of HIV infection, many men and women are being more careful and still enjoying themselves while practising safer sex. Your determination and concern will help you and others to stay healthy.

If you are in the risky situation of having casual sex, then using a condom is your strongest defence. Like any other means of defence, it must be:

- (a) **used every time**, and
- (b) **used correctly**.

See pages 32-39 on how to use male and female condoms.

LIMIT YOUR DRINKING OF ALCOHOL, DO NOT TAKE DRUGS, ALWAYS USE CONDOMS

◆ **Do you sometimes have sex without using a condom?**

If you answered “yes”, even if you had sex without using a condom just one time, then you have already put yourself in danger of infection with HIV.

Maybe you have been lucky - maybe you have not yet been infected with HIV. You may not be so lucky next time. First of all, avoiding dangerous situations is the smarter way to go. Having casual sex is dangerous - but having casual sex without a condom is simply taking a foolish chance of getting infected with HIV.

If you are already infected with HIV, you must also recognize the danger of your spreading the virus to others through unprotected sex.

◆ **Do you think that sex is not as enjoyable if you use a condom?**

If you answered “yes”, you probably do not use condoms very often. Perhaps you feel this way because of a bad or embarrassing experience, but that is not a good reason to risk your life by not using them! You may have the idea that sex does not feel as good when you use a condom. Some men do complain that condoms reduce the sensation and stimulation of sexual intercourse, and they prefer not to use them regularly.

Actually, research in the U.S. military has shown that men who have learned to use condoms correctly and regularly do not complain of loss of stimulation or pleasure. For some of these men, the slight reduction in sensation permits them to sustain their erection longer than otherwise.

If you do not use condoms often, and if you still feel a bit awkward about using them, try practising a little by yourself. Just go out and get some condoms, read how to use them, practise putting them on, and then use them **EVERY TIME** you have sex.

RELATIONSHIPS

◆ **Limit sexual partners to one faithful partner.**

Remember that the first line of defence against HIV is to live in a mutually faithful relationship with one partner, and that the second line of defence is abstinence outside of that relationship.

◆ **Show mutual respect for one another. Always ensure that the man or woman with whom you wish to have sex agrees and consents to do so.**

This includes respecting a “**NO**” answer if your partner does not wish to have sex. If you do not respect this principle, you may be accused of rape.

◆ **Couples need to learn how to talk about sex and how to please each other.**

This can allow for the negotiation of safer sex and make the intercourse more pleasurable for both. Taking care to please each other makes it less likely that you will cause discomfort or injury during sex.

◆ **Do you find it difficult to tell your partner that you do not want sex, that you would prefer just to cuddle, or would like to make love but must use a condom?**

It can seem awkward to talk about such intimate matters, so it is a good idea to initiate the conversation whilst you are kissing and cuddling. You could say “I think we would both like to make love. I know that there are many bad diseases around, and that we must be careful to avoid them, so why don't”

You must both take responsibility for safe behaviour, share responsibility. Apart from the dangers of infection with HIV and other sexually transmitted diseases, there is also the risk of pregnancy when you have unprotected sex between a man and a woman. Contrary to the belief of some men, the risks are no less - for either partner - if the unprotected sex is between a man and a very young girl. However, in these cases, the tragedy of pregnancy or the

transmission of HIV or another STD to a young girl is even greater.

◆ **Are you married, or in a steady relationship, or would you like to be someday?**

If your answer is “yes”, then you have some people besides yourself to think about. You need to stay healthy not just for your own sake, but for those you love. If you get infected with HIV, you will surely bring this infection home to your family. If your husband or wife gets infected, then your future babies could be born infected, or be orphaned while they are still children. Is a brief moment of sexual pleasure worth these consequences?

◆ **After you fall in love, do you cut back on using condoms during sex?**

Many people think that once they have fallen in love, it is safe to stop using condoms. Unfortunately, thousands of people around the world have become HIV infected by their steady partners. Sadly there is no guarantee of a 100% mutually faithful relationship, so it is important to wear condoms EVERY TIME you have sex. No matter how well you think you know the other person, you cannot tell if that person is HIV positive. Women and men in steady relationships are at risk from their partner and should protect themselves.

◆ **Do you believe that sex must always involve penetration to be enjoyable?**

Non-penetrative sex, where the penis does not enter the vagina or anus, is one alternative to think about. It is a way to have safer sex that greatly decreases your risk of getting infected with HIV. You can give and receive a great deal of stimulation and pleasure through non-penetrative sex, such as mutual masturbation, massage, caressing, hugging, kissing different parts of the body, or stroking the penis between the thighs of the partner (“thigh sex”). It may take patience, practice, imagination in trying different things out with your partner, but when you become skilled at non-penetrative sex, you will find that it can be an exciting and sensual alternative.

KISSING

◆ What about the risk of kissing - and what about “wet” or “tongue kissing”?

The HIV virus is NOT found in the saliva of the mouth under normal conditions. So, when two healthy people kiss, or even kiss with touching tongues or inserting the tongue deeply into the other person's mouth, there should not be any significant risk. However, everyone has times when there is bleeding from the gums or a small ulcer in the mouth. Some people have bleeding from the gums almost all the time. If this is true for both individuals who are kissing, and if there is any exchange of blood, there is a potential risk that the HIV infection could pass from one person to the next. “Dry” kissing which does not involve the tongue poses no risk at all.

AND WHAT ABOUT ORAL SEX?

Oral sex refers to using the mouth or tongue to stimulate a man's penis (fellatio), or a woman's genitals (cunnilingus). As you know by now, the virus is present in the sexual secretions of HIV-infected individuals. This refers to both the vaginal secretions of a woman and the semen of a man, in both the lubricating mucus that comes before ejaculation, and in the ejaculate, or “cum”. Taking your partner's sexual secretions into your mouth can pose a risk of infection. And if the person giving oral sex has mouth ulcers or bleeding gums, there is a risk of infection from that source. It is, therefore, strongly advisable to carry out oral sex only with some kind of protection. You should use a condom on the erect penis, or female condom over the woman's genitals. If you have oral sex without using a condom and exchange body fluids (for example, if the man ejaculates into the mouth of his partner), then you risk becoming HIV-infected.

ORAL SEX IS ONLY SAFE IF ABSOLUTELY NO BODY FLUIDS ARE EXCHANGED - BE SAFE - USE A MALE OR FEMALE CONDOM

SEXUALLY TRANSMITTED DISEASES

The term “sexually transmitted disease” is used for all infections that are transmitted through sexual contact, during either vaginal or anal intercourse. Examples of sexually transmitted diseases include HIV/AIDS, gonorrhoea, genital ulcer disease, syphilis, hepatitis B and chancroid.

If you have an untreated sexually transmitted disease, you are many times more likely to become HIV infected if you have sex with someone who is HIV positive. Remember that HIV is also a sexually transmitted disease, and it is transmitted in the same ways as other sexually transmitted diseases.

◆ Are you worried that you might have a sexually transmitted disease now?

Men, you may have a sexually transmitted disease if you have a burning sensation when you urinate, or if you have drops of cloudy fluid that appear at the end of your penis. These are the signs of what some people call “the clap” or “the drip”. Sometimes a sexually transmitted disease appears as a sore, ulcer, discolouration or small growth on the skin of your sex organs. Women, you may have these sores or growths outside or inside your vagina, or you may develop an unusual discharge or unexpected bleeding from the vagina, especially during or after intercourse. If you have noticed any of these signs, or if you are worried something may be wrong, then you should see a medical doctor immediately. You should also know that not all sexually transmitted diseases produce signs or symptoms - some can be completely “silent”, particularly in women.

If you think you may have been exposed, or if you think you have a sexually transmitted disease, you should consult your medical officer right away. Get the full treatment you need, and ask for some advice on how to avoid this risk in the future. It is very important to treat sexually transmitted diseases as soon as possible to prevent future health problems. You can consider yourself lucky if you became infected with one of the curable sexually transmitted diseases.

Remember, if you have a sexually transmitted disease, you have been given a serious warning that you have been having unprotected sex and are at risk for HIV infection.

◆ **Do you suspect that your sex partner may have a sexually transmitted disease?**

Even if you have not noticed any symptoms of a sexually transmitted disease in yourself, a partner with sores or discharge or unusual bleeding may very well have such a disease. Or, you may be worried because your partner is someone who has many other sexual partners who could already have transmitted an infection to your partner. Remember, any sexually transmitted disease can increase the risk of catching or transmitting HIV infection. Also, a person who already has one sexually transmitted disease might be HIV positive as well. For your own safety and that of your partner, DO NOT have sex if there is any chance that either one of you has a sexually transmitted disease.

ANAL SEX

◆ **Do you sometimes, or regularly, have anal sex?**

Many people believe the myth that if you have anal sex you can avoid being infected with HIV. In fact, the opposite is true — HIV infection is actually more easily passed from an infected person to another person during anal sex than during vaginal sex. In these circumstances, using a condom is essential for protection.

Unlike the vagina, the anus does not produce lubricating secretions during sex. Without such lubrication, the friction created during anal sex can cause regular condoms to tear. Using lubrication with a condom during anal sex is important. If condoms are not available, look for other ways to have sexual satisfaction. A safer method is to use “thigh sex”, stroking the penis between the thighs of the partner, or mutual masturbation.

DRUG USE

◆ **What about the risks of getting the HIV infection through use of drugs by injection (“shooting drugs”)? Can this risk be reduced?**

To avoid the very high risk of being exposed to the HIV infection in this way, it is best to use sterile, unused needles and syringes, and to use them only once. If you have nothing available but already-used syringes and needles, the only way to be absolutely sure you are protected against HIV infection is not to inject drugs at all. You may have heard that needles can be cleaned by using bleach. Yes, using bleach is helpful, but it is not guaranteed to be effective in killing the HIV virus. Only **full strength liquid household bleach** is effective as a method to clean needles and reduce the risk of exposure to HIV. The syringe and needle should be washed with clean water to get rid of all traces of blood; obviously, this will be more effective if the blood is washed out before it dries. Then, the syringe and needle should be filled and flushed with the bleach at least 3 times, leaving the bleach inside the syringe for at least a full 20 seconds each time, and using fresh bleach each time. Finally, the syringe and needle should be rinsed by filling several times with fresh, clean water.

The risks of using drugs like marihuana, cocaine or ecstasy are somewhat different, related more to loss of judgement and the tendency of getting into unsafe sexual activity.

HIV POSITIVE?

◆ **Do you think you might already have the HIV infection?**

Although it may take a great deal of courage to go and get the answer to this question, it makes sense to know the answer, since it will permit you to get full and proper medical care. By taking extra care, and staying as healthy as possible, people who are HIV positive may live for many years. For example, it is very important not to get

another sexually transmitted disease or expose yourself to other types of illness.

There are two other reasons why it is important to know if you are infected:

1. If you are HIV positive and have sex with other people, there is a risk you could transmit the virus to them. You need to prevent passing on the virus to others. Be sure that the infection stops with you.
2. Secondly, if you are HIV positive, you certainly do not want your blood to be used in a transfusion for a wounded comrade. In this situation, it is essential to know if you are HIV positive so that your donated blood does not cause a comrade to survive injury and blood loss — only to become an AIDS casualty.

If you have had unprotected sex, you may be starting to worry. If you think you might have been infected with HIV and you would like to know for sure, ask your medical officer about getting an HIV blood test. The results of such a test will be kept private and confidential in your medical record. You can verify with your medical officer that this will be kept confidential. You should also ask for an opportunity to seek more detailed advice from one of the counsellors, chaplains or trained staff available.

If you decide to check your HIV status on your own, many cities have testing and counselling centres where you can get an HIV blood test and some good counselling without even having to give your name. In this situation, even if you test HIV positive, you know the result will remain confidential.

◆ **But, what if you think you may be infected, but do not want to have an HIV test? You must still play it safe, just as you would if you knew you were HIV positive.**

Either:

- Choose abstinence by not having sex with anyone.
- Practise non-penetrative sex.

- Use either male or female condoms without fail, taking great care to avoid any condom accidents so neither you nor your partner(s) will get any new infections.

Because people with the HIV infection look and feel perfectly healthy for a long time, they can do their job as well as they could before they were infected. Therefore, it is understandable that someone who is HIV positive should want to be treated just like anyone else. Respect that person's privacy and DO NOT spread the word about his or her HIV status.

REMEMBER HOW YOU CANNOT GET INFECTED WITH HIV/AIDS

THE HIV INFECTION IS NOT TRANSMITTED BY EVERYDAY PERSON-TO-PERSON CONTACT AT HOME, WORK OR SOCIALLY:

- ◆ through physical contact such as shaking hands, hugging, cuddling or caressing; and doing sports together (football, swimming, basketball);
- ◆ by handling or hugging an HIV positive baby or by playing with a child who has AIDS;
- ◆ by breathing, coughing, sneezing or spitting, or through tears or perspiration;
- ◆ by ordinary personal contact in the home, such as sharing food, eating or drinking utensils, bedding, toilet facilities or bath water, or by eating food prepared by an HIV positive person; or
- ◆ by being bitten by mosquitoes or any other insects.

TIPS FOR FIRST AIDERS AND ALL WHO HANDLE THE WOUNDED

“Universal precautions” are a simple, standard set of procedures to be used by everyone in the care of all patients at all times to minimize the risk of exposure to bloodborne viruses, including HIV.

They consist of:

- ◆ **safe handling of sharp instruments** is the single most important consideration in preventing HIV transmission in emergency and field situations;
- ◆ **handwashing with soap and water**, especially after contact with body fluids or wounds;
- ◆ **wearing of gloves**, if possible, for all procedures involving contact with blood or other potentially infected body fluids;
- ◆ **use of protective clothing**, such as waterproof gowns or aprons, masks and eye shields, is necessary only where there is likely exposure to large amounts of blood;
- ◆ **safe disposal of medical waste, including sharps**; and
- ◆ **decontamination of instruments and equipment**.

The guiding principle for HIV infection control in emergency settings and field conditions is that **all blood should be assumed to be potentially infectious**. Up to the present, blood is the only fluid associated with HIV transmission during health care procedures.

You will need to give **mouth-to-mouth resuscitation** when providing first aid to someone who is unconscious and not breathing. This is a life-saving procedure and should not be withheld due to fear of contracting HIV or other infection. In fact, there have been no reported case of HIV infection being transmitted by mouth-to-mouth resuscitation. If a person is bleeding from the mouth, use a clean cloth to wipe away any blood and begin resuscitation. If you have any concern about the potential for exposure, you should rinse your mouth several times with water only.

REMEMBER

CARRY male and / or female condoms with you at all times. Then, no matter where or when you decide to have sex, you will be prepared to have safer sex. Remember to use a new condom every time you have sex.

LEARN what you need to know about condoms so that you can use them the right way, just as you would learn to use your crucial military protective gear.

INCREASE your primary defence against AIDS by having sex with one mutually faithful partner who is also uninfected, or by abstaining from sexual contact when you are away from home on deployment. Each time you or your partner have sex **with someone new**, you repeat your chance of exposure to the AIDS virus. The chances of encountering someone with prior exposure to HIV go higher as the number of your partners goes up. The number of sex partners you have is much more important in terms of risk than the number of sexual contacts you have with any given partner.

MAINTAIN your health by avoiding unprotected sex.

LIMIT your alcohol intake, and **STAY AWAY FROM DRUGS**. Getting high on drugs or alcohol can put you in a situation where you lose your judgement and control over events.

NEVER lose sight of the high AIDS risk that goes along with injecting drugs with a needle that may have been used by someone else. Be aware that skin piercing for rings or tattoos can also present a risk of HIV infection, if the needles are not cleaned (sterilised) and may still have traces of someone else's blood which could be carrying HIV.

IF you realise how big a risk to your life any exposure to the HIV infection is, but also how easily you can avoid it, play it smart - and you can still enjoy loving, safe relationships.

IF you have not abstained from sex during a foreign deployment, it is recommended that you request an HIV test at the end of your deployment.

EVEN when you are back home, you should continue to practice safe sexual relations by always using a condom.

OPTIONS FOR SAFER SEX

include:

- ◆ Staying in a mutually faithful relationship where both partners are uninfected.
- ◆ Non-penetrative sex including masturbation, massage, rubbing, dry kissing, thigh sex and hugging.
- ◆ Avoiding certain practices that increase the possibility of HIV transmission, for example, “dry” sex which may cause injury and break the skin of the sexual organs.
- ◆ Avoiding sex when either partner has open sores or any sexually transmitted disease.
- ◆ Protection with barrier methods. The only barrier method that can be recommended is the consistent use of either male or female condoms. It is not recommended that women use any other barrier method such as a diaphragm, a cervical cap, or a vaginal lubricant or foam (whether or not the product contains nonoxynol-9). There is no evidence that these methods are effective protection against HIV, even if used in combination.

HOW TO USE THE RIGHT CONDOMS THE RIGHT WAY

Condoms help men and women to have safer sex by preventing contact with the vaginal fluids or semen or blood of their partners. Using condoms is especially important if you have sex with more than one partner, or with one partner who has other sexual partners. You must know how to use them properly.

- ◆ Both male and female condoms give protection against HIV and other sexually transmitted diseases during sexual activity when used correctly. They also give protection against pregnancy when used correctly.
- ◆ Condoms should be used for **ALL** types of sexual intercourse (vaginal, oral and anal).

- ◆ Most condom packages will have either a manufacturing date or an expiration date on them. This is helpful since it provides an indication of age. Older condoms are likely to be weaker, and should be thrown away into a rubbish bin. Never use a condom that is over three years beyond the date of manufacture, and then only if it has been stored in good conditions.
- ◆ All condoms are pre-lubricated; they have slippery liquid or gel right in the package. The lubricant in some condoms contains a spermicide (such as nonoxynol-9), a chemical designed to kill sperm. Spermicides can kill viruses, and this may therefore provide a small, additional protection against the AIDS virus.
- ◆ Do not use grease, oils, lotions, or petroleum jelly (Vaseline) to make condoms more slippery. These can cause condoms to break. Only use a water-soluble jelly or cream that does not contain oil.
- ◆ Store condoms in a cool, dry place out of direct sunlight. Heat quickly damages rubber, so do not store condoms in hot spots such as the glove compartment of a car.
- ◆ It is **NOT** advisable to use two condoms at the same time, as problems may be encountered, such as condoms slipping off.

MALE CONDOMS

- The majority of male condoms are made from latex rubber. A minority are made either from polyurethane or from animal-skin. Some of those made from animal-skin have a higher tendency to break.
- A male condom should be thrown out if it feels brittle, dried out or very sticky, or if it looks discoloured, or if it was in a torn or damaged package - so take a look at them as you use them.
- Some people may be allergic to the latex out of which some condoms are made. In the event of an allergic reaction which may cause redness and/or itchiness, medical treatment should be immediately sought. That person should then use a condom made out of polyurethane, or he could use female condoms.

FEMALE CONDOMS

- Are made from polyurethane which, although thin, is strong but sensitive.
- Can be used during menstruation.
- Can be put in the vagina a while before sex starts.
- Are very slippery inside but if you need extra lubrication you can use KY jelly.

Condoms should NEVER be re-used - use a new condom each time you have sex. So, keep a supply of condoms on hand. Carry some condoms with you whenever you go out. Even if you do not use them, you can share them with friends who may have forgotten theirs.

**CHOOSE A SAFE CONDOM
AND USE CONDOMS
CONSISTENTLY AND CORRECTLY**

TALKING TO YOUR PARTNER ABOUT USING CONDOMS

Planning to protect yourself and your partner from getting any sexually transmitted disease, especially an infection with HIV, shows that you care about your health and about your partner's health. It also shows you are aware of the risks of unprotected sex in view of the HIV/AIDS epidemic.

Use sensitivity and good judgement on the correct time to discuss using condoms. The best time to introduce the subject of using condoms is the first time you seriously think about having sex with someone. This time may be when you have been kissing and cuddling for a while, and it is clear that you both want to have sex with each other. Take a few minutes then to clearly discuss with your partner about why it is very important to use a condom.

Do not wait to pull out a condom until the moment just before you have sex, as this is probably the WORST possible time to bring up the subject. Your partner may get angry that you have waited so long and may feel tricked, or not trusted.

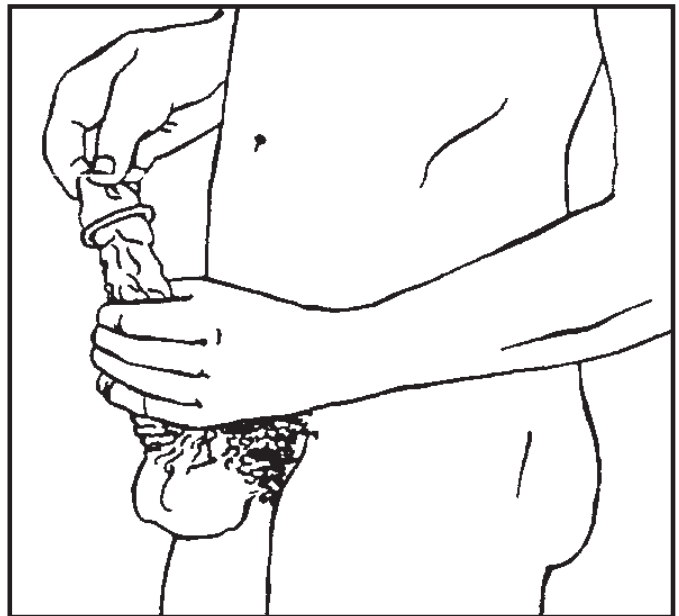
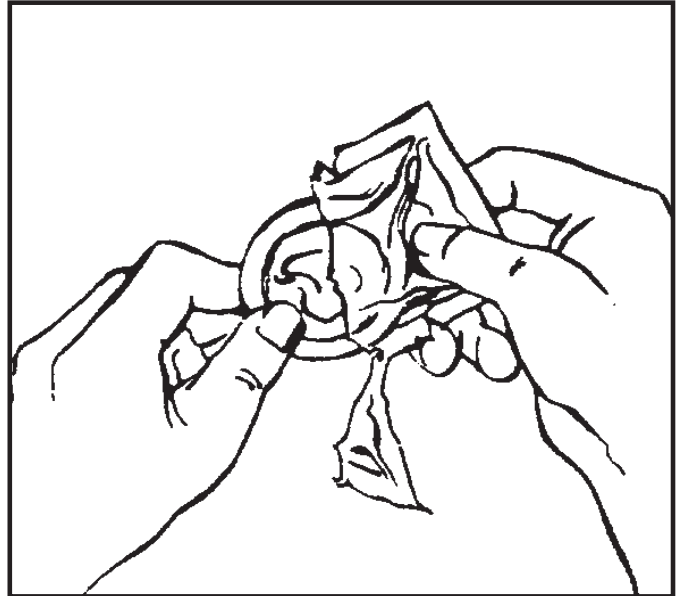
The person you are thinking about having sex with may not agree at first when you say that you want to use a condom. You may need to offer some reasons about why you feel that you must use a condom, using facts about protecting both of you from sexually transmitted diseases. If the person still resists, then the smart thing to do is not to have sex. If that person cares so little about his or her health - or yours - then it would be safer not to have sex with that person.

See the following pages for correct use of male and female condoms

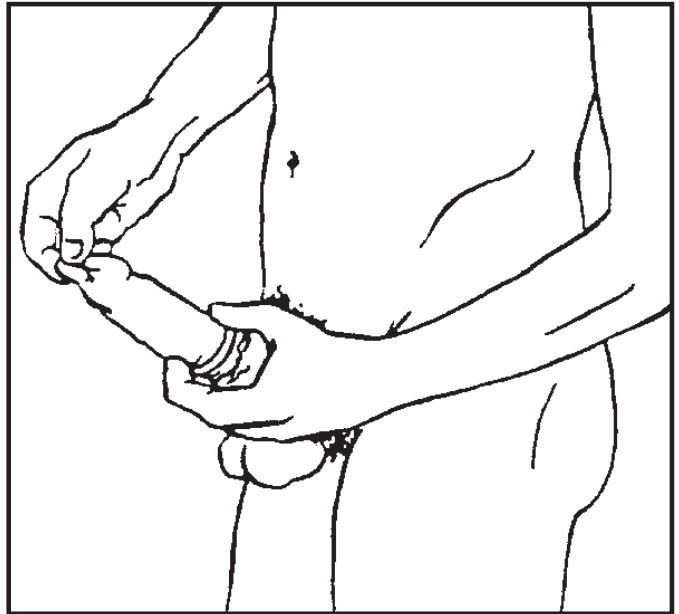
CORRECT USE OF THE MALE CONDOM

Once you and your partner are comfortable with the idea of using a condom and are ready to have sex, here is how to use a condom the right way:

- Only open the package containing the condom when you are ready to use it. Otherwise the condom will dry out. Be careful not to tear or puncture the condom when you open the package. If it does get torn, throw it away and open a new package.
- Condoms come rolled up into a flat circle. They can be unrolled onto an erect ("hard") penis.
- Hold the tip of the condom between your thumb and first finger to squeeze the air out of the tip, or teat. This leaves room for the semen to collect after ejaculation ("cumming").
- Before the penis touches the other person, place the condom on the tip of the penis, keeping the rolled-up part of the condom on the top, or outside, as you unroll it.

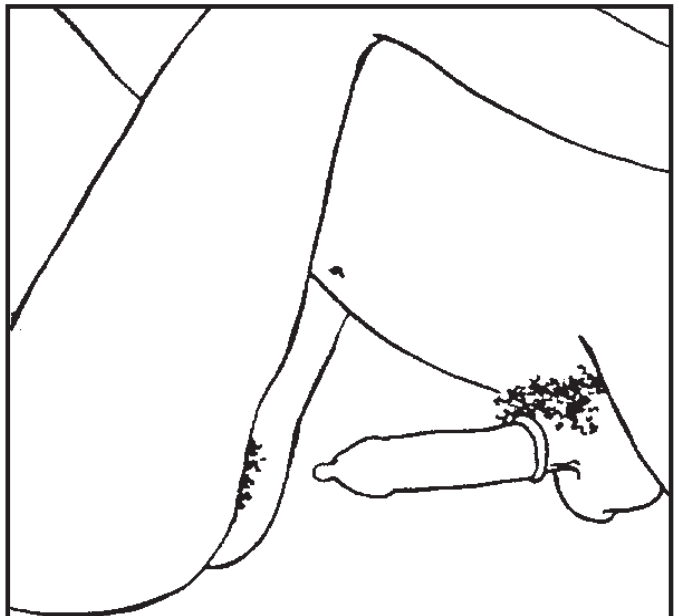


- Keep holding the tip of the condom with one hand. With the other hand (or your partner's hand), keeping the rolled-up part on the outside, unroll the condom all the way down the length of the erect penis to the pubic hair. If the man is uncircumcised, he should first pull back the foreskin before unrolling the condom.

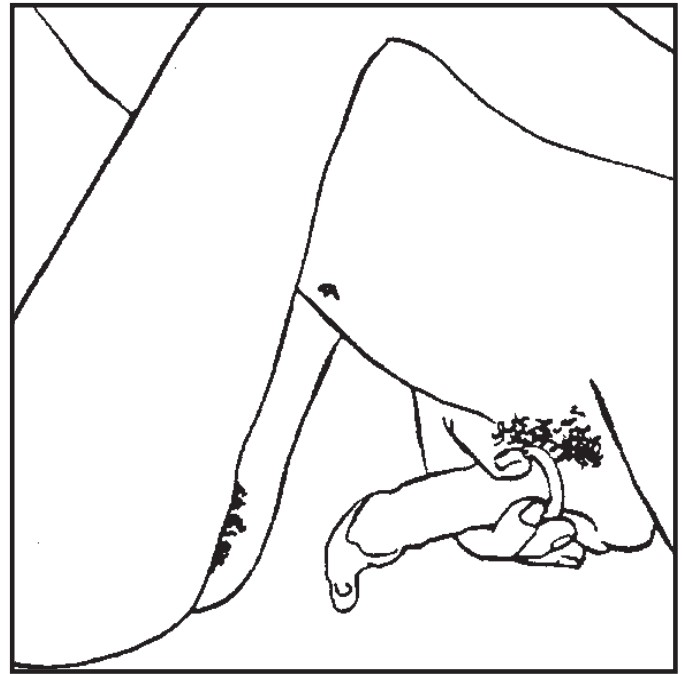


ALWAYS PUT THE CONDOM ON BEFORE ENTERING YOUR PARTNER

- If the condom is not lubricated enough for you, you may choose to add a “water-based” lubricant, such as silicone, glycerine, or K-Y jelly. Even saliva works well for this. Lubricants made from oil (cooking oil or shortening, mineral or baby oil, petroleum jellies such as Vaseline, most lotions) should NEVER be used because they can damage the condom.

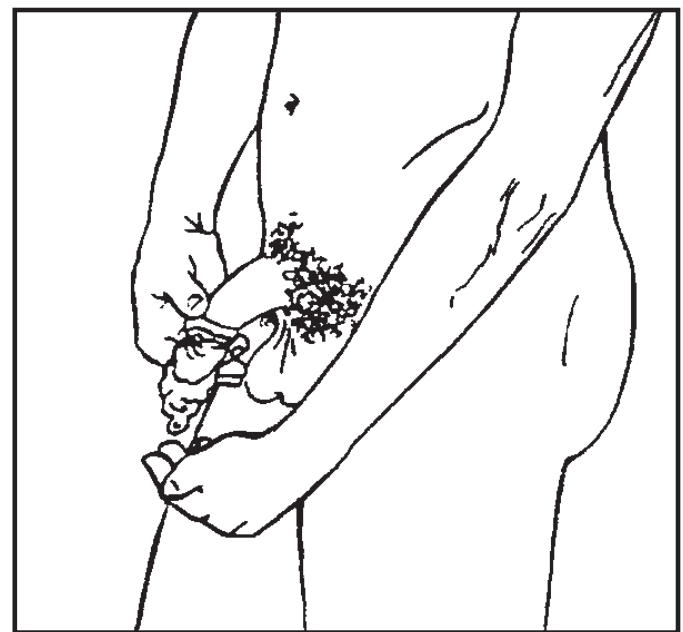


- If you feel the condom slipping off during sex, hold it at the base to keep it in place DURING THE REST OF THE SEXUAL ACT. It would be safest for the man to pull his penis out and put on a new condom, following all the steps again.

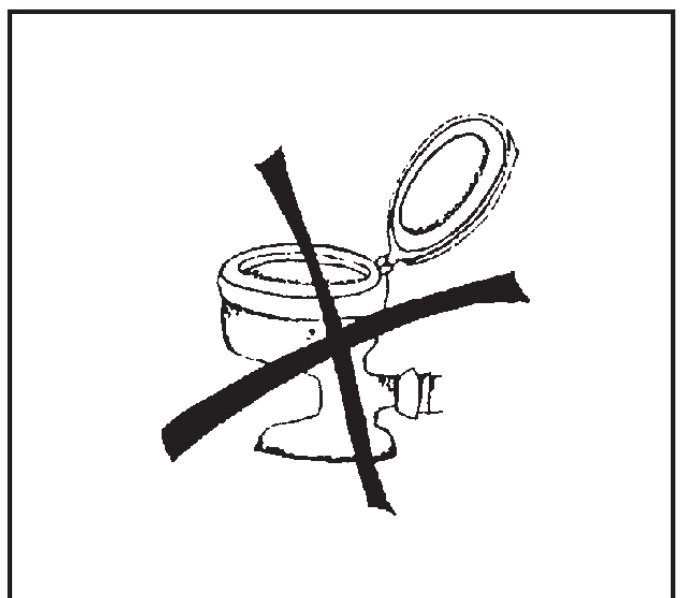
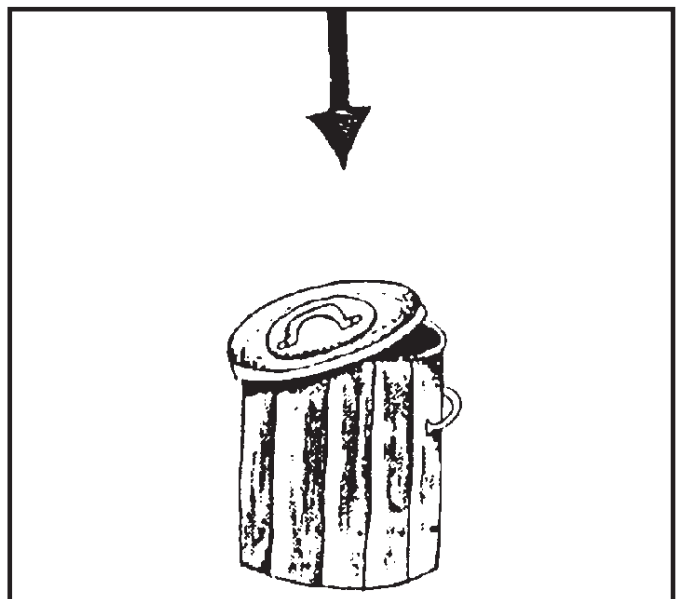
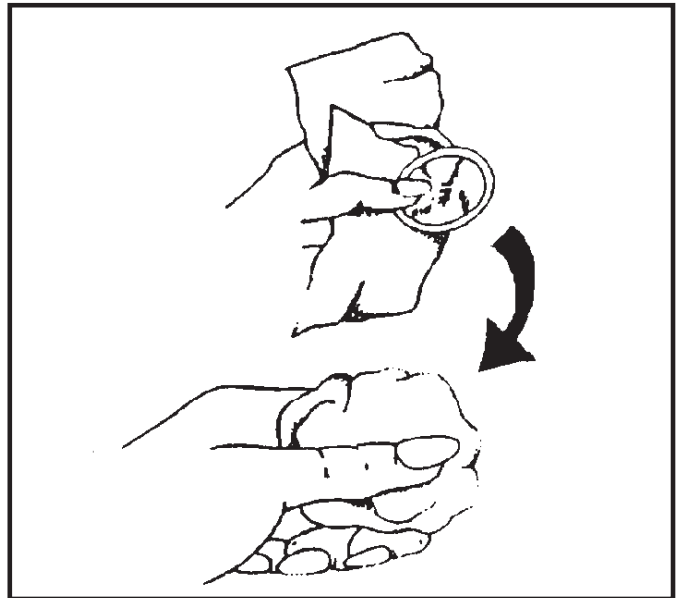


After sex, you need to take the condom off the correct way.

- Right after the man ejaculates ("cums"), while still inside his partner, he must hold onto the condom at the base, near the pubic hair, to be sure the condom does not slip off.
- Now the man must pull out WHILE THE PENIS IS STILL ERECT. If you wait too long, the penis will get smaller in size, and the ejaculate ("cum") will spill out of the condom.



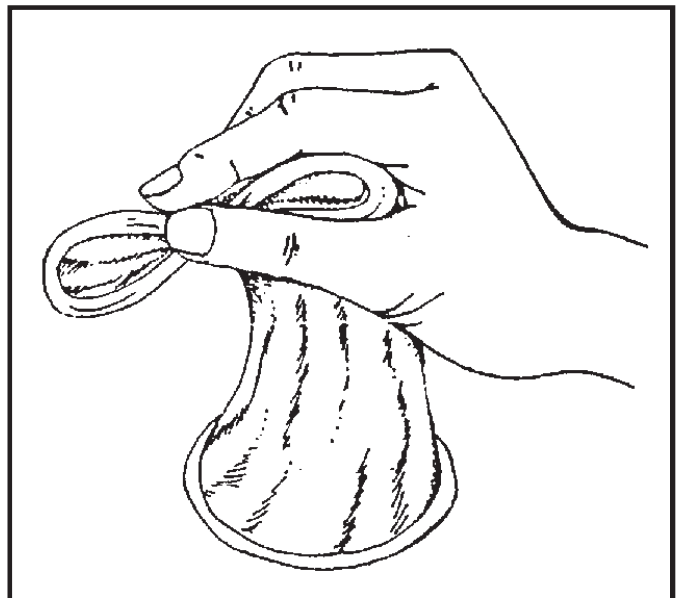
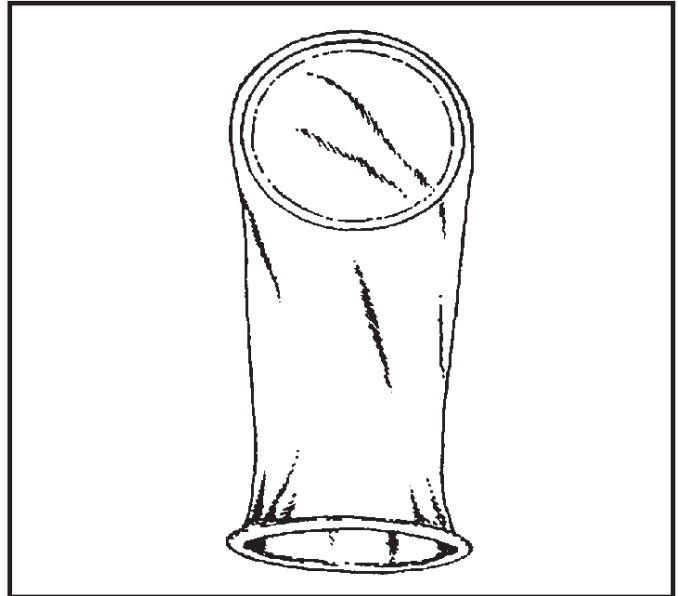
- Wrap the used condom up and throw it away in a rubbish bin, out of the way of children and animals. Do not flush it down the toilet as it may cause a blockage.



CORRECT USE OF THE FEMALE CONDOM

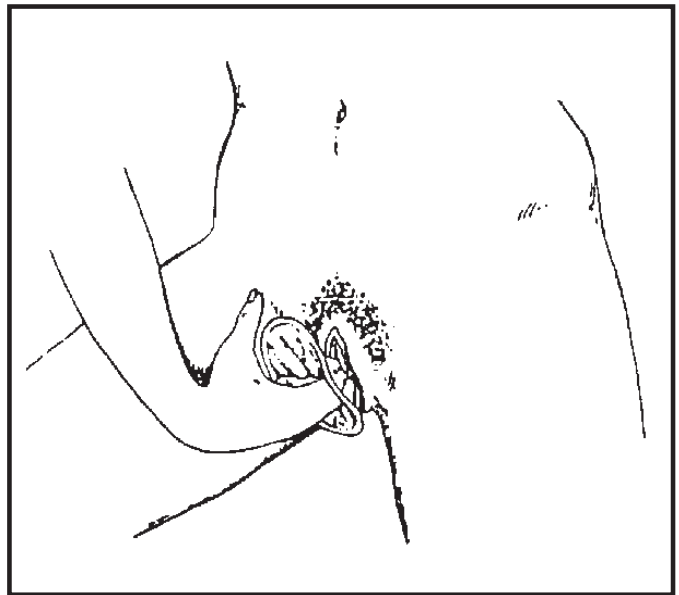
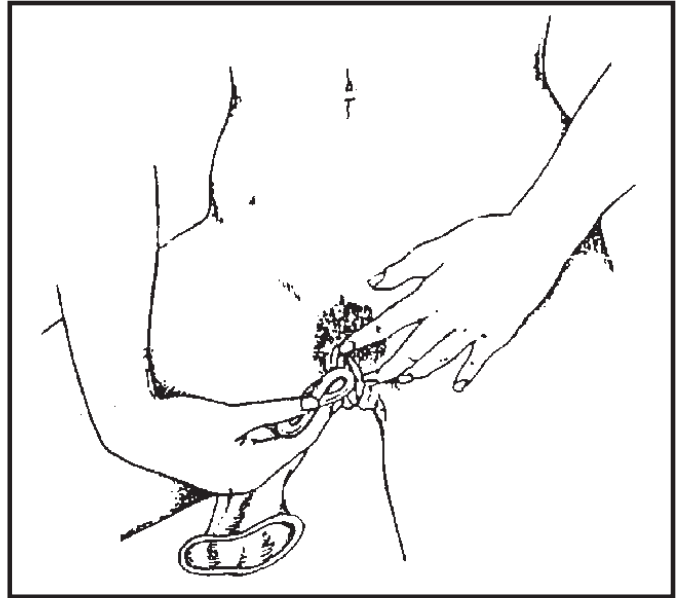
Once you and your partner are comfortable with the idea of using a condom and are ready to have sex, here is how to use a condom the right way:

- Open the pack and remove the condom from the package and rub the sides of the condom together to spread the lubrication inside.
- The inner ring helps to keep the condom in position. The inner ring must always stay inside the condom.
- The female condom should be inserted before there is any contact between the penis and vagina.
- There are three main ways to put in the female condom. You can stand, squat or lie down. It is easier to put the condom in if you are relaxed.
- Let the open end hang downwards and grip the inner ring between your fingers.

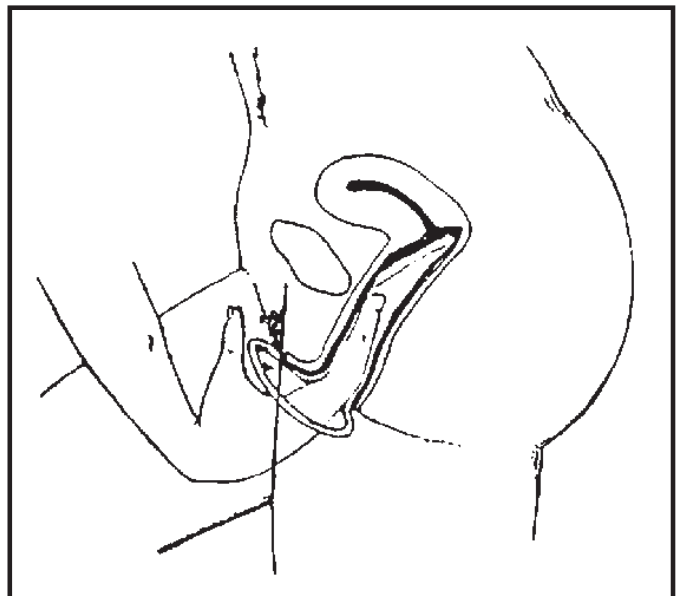


ALWAYS PUT THE CONDOM IN BEFORE HAVING SEX

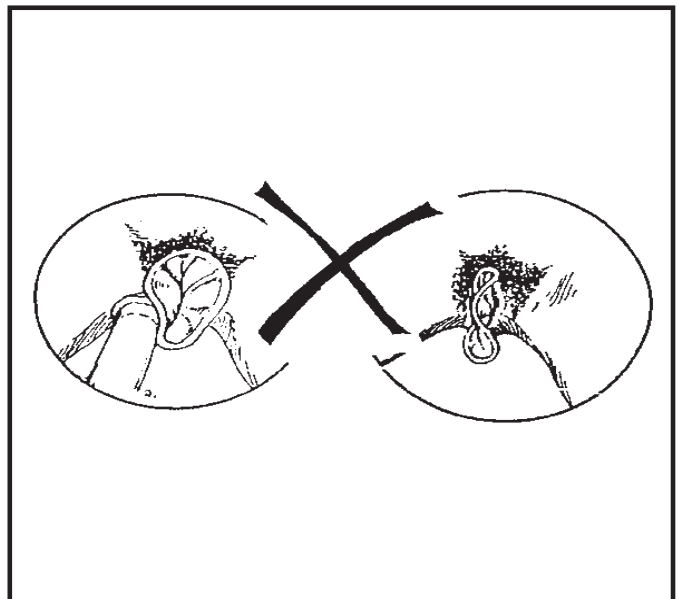
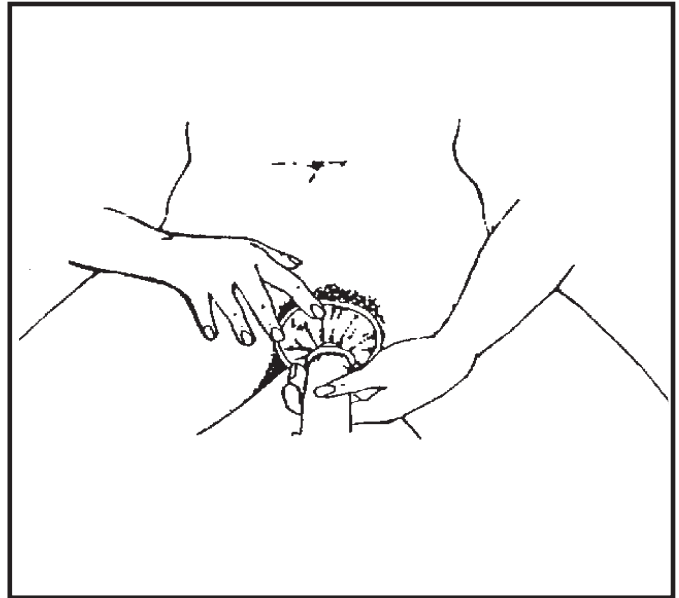
- Slide the female condom into your vagina.



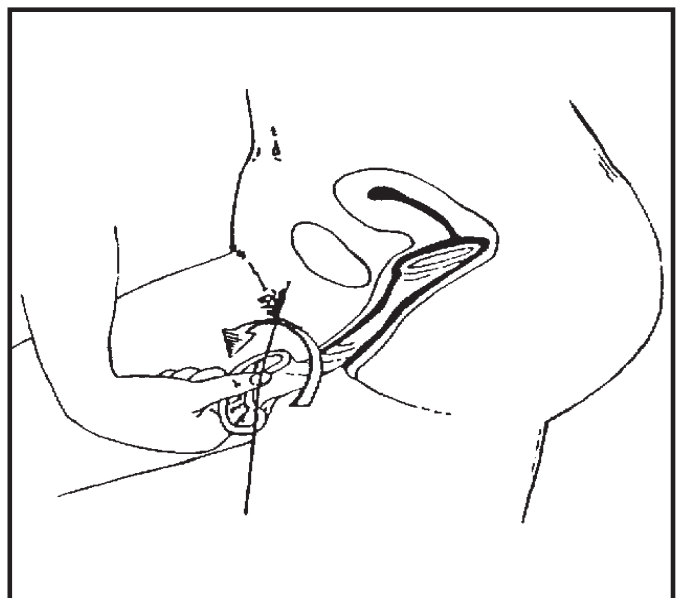
- Now put your finger inside the condom and push the inner ring upwards so that it lies behind your pubic bone. The inner ring keeps the condom in place during sex.
- Make sure the condom is not twisted inside your vagina.



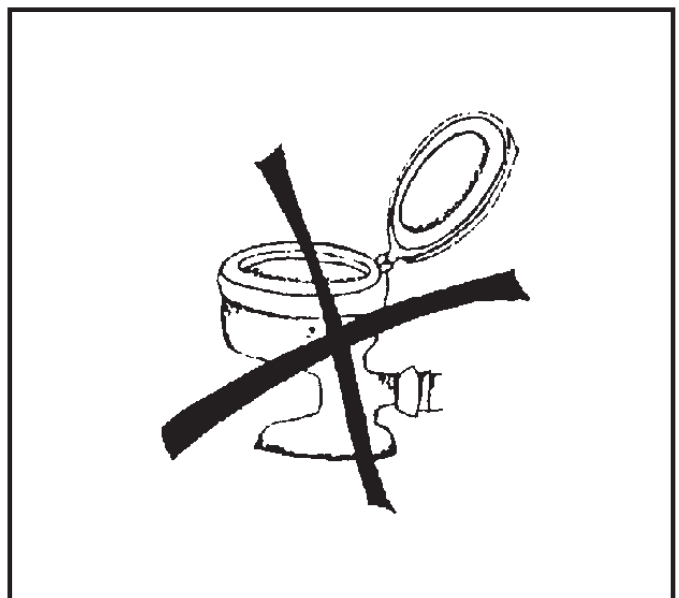
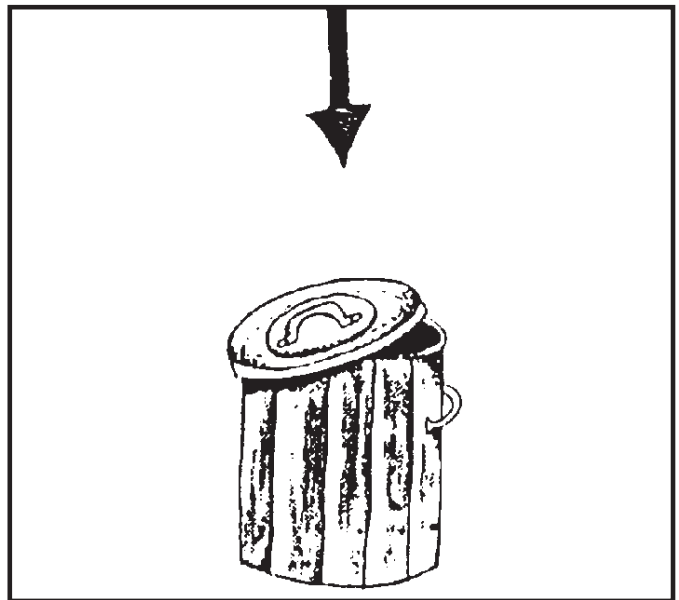
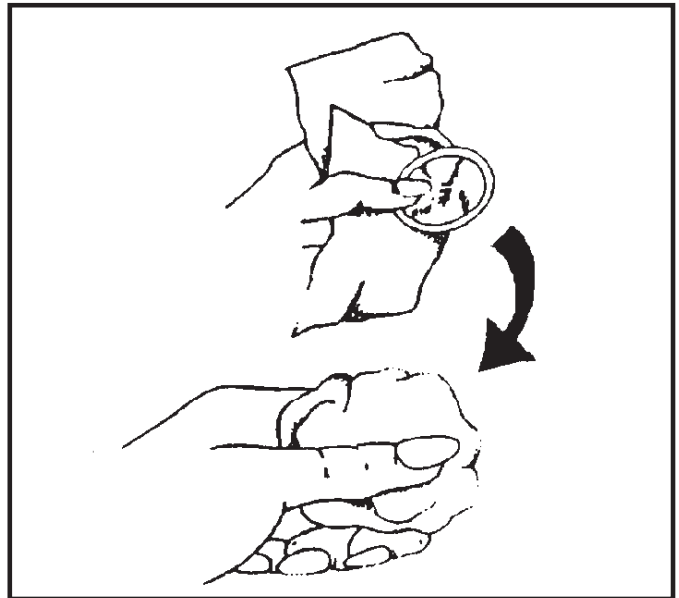
- When you start having sex, guide your partner's erect penis into the condom. Make sure that the penis stays inside the condom and does not go in next to the condom.



- After sex, take the condom out by twisting it to prevent fluid from spilling.



- Wrap the used condom up and throw it away in a rubbish bin, out of the way of children and animals. Do not flush it down the toilet as it may cause a blockage.



The line drawings on the female condom were developed by, and used by permission from:

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GLOSSARY OF TECHNICAL TERMS

abstinence

Not having sexual intercourse at all.

AIDS

The abbreviation for the Acquired ImmunoDeficiency Syndrome - AIDS is a disabling and fatal disease caused by the human immunodeficiency virus (HIV).

asymptomatic HIV infection

The stage of HIV infection prior to the development of illness or clinical signs and symptoms.

chancroid

A sexually transmitted disease which presents in the form of a genital ulcer, often associated with enlargement and ulceration of lymph nodes in the groin.

condom

A sheath or barrier made of latex rubber, polyurethane or other thin material designed to prevent the passage of sexual fluids from one person to another; used as a contraceptive and as a method for safer sex to prevent the transmission of infections between sex partners.

female condom - A sheath, usually made of polyurethane, designed to protect by lining the inside of the vagina during sexual intercourse.

male condom - A sheath, usually made of latex rubber or other thin material, which protects by being worn over the erect penis during sexual intercourse.

confidentiality

The protection of personal data and test results in order to ensure the rights and the welfare of the individual from whom such data are collected. Only the individual and the health professionals directly

involved in the care of the individual are aware that certain tests were performed and can have access to those test results. This information is not furnished, under any circumstances, to any other person without the individual's explicit consent.

contraception

The prevention of pregnancy by using a device, such as male or female condom, or by the use of other contraceptive methods, such as hormone pills.

counselling

A confidential dialogue between a client and a care provider aimed at enabling the client to cope with stress and take personal decisions; in this context, related to HIV/AIDS. The counselling process includes an evaluation of personal risk of HIV transmission and facilitation of preventive behaviour.

cunnilingus

Oral stimulation of a woman's genitals through licking and/or sucking by a sex partner.

discrimination

To make a distinction or to give unfair treatment on the basis of a person's sex, sexual orientation, ethnicity, nationality, religion or other such status, actual or assumed. In this context, discrimination may be based on assumptions or knowledge that another person is HIV-positive.

discharge

Mucus or other fluid that is identified as coming from the urethra of a man or woman, or from a woman's vagina. All women have a small amount of vaginal discharge which is normally clear, milky white or slightly yellow and varies in amount and appearance over the course of the monthly menstrual cycle. This is **healthy vaginal discharge**. Any change in this normal vaginal discharge, particularly if it is accompanied by an unpleasant smell, itching,

soreness or fever, is probably caused by a sexually transmitted disease. In men and women, pus or cloudy mucus coming from opening of the urethra, accompanied by burning when passing urine, is usually a sign of a sexually transmitted disease.

fellatio

Oral stimulation of a man's penis through licking and/or sucking by a sex partner.

fidelity

Faithfulness, used in this context for relationships when two people remain sexually loyal to one another.

glycerine

Colourless lubricant which is safe to use with condoms.

HIV

Human Immunodeficiency Virus. HIV is the virus that causes AIDS.

HIV infection

Infection with the human immunodeficiency virus (HIV). HIV infection is primarily a sexually transmitted infection, passed on through unprotected penetrative sex. The virus can also be transmitted through blood transfusions, the use of unsterilized injection equipment or cutting instruments, and from an infected woman to her foetus or nursing infant. While some individuals experience mild HIV-related disease soon after initial infection, nearly all persons remain free of apparent illness for several years (see asymptomatic HIV infection). As the virus gradually damages their immune system, illnesses develop of increasing severity, such as diarrhoea, fever, wasting, fungal infections, tuberculosis, pneumonia, lymphoma, failure to thrive and Kaposi's sarcoma.

HIV positive

Someone who has taken a blood test, the result of which is "positive", giving evidence of HIV infection.

Also referred to as HIV seropositive.

immunodeficiency

The inability of the immune system to satisfactorily protect the body, which results in an increased susceptibility to opportunistic infections and various cancers.

incubation period

In this context, the incubation period is the time interval between acquiring the HIV infection and onset of the clinical signs or symptoms of AIDS. For HIV, the incubation period may be ten years or more.

infectiousness

The relative ease with which a disease is transmitted. The degree of infectiousness of HIV varies over the course of the infection. It is usually high right after the person is infected (prior to development of antibodies), lower during the incubation period, and higher again when they are symptomatic.

intravenous

Intravenous injection is the introduction of a solution into a vein, usually through a needle.

invasive

Used to describe any practice which involves the insertion of an object or an instrument or a substance into the body (under the skin or into a body cavity). An example in this context is tattooing, which requires the piercing or puncturing of intact skin to introduce the dye.

KY Jelly

A jelly-like lubricant which is safe to use with condoms.

low risk blood donor

Persons who are at low or little risk of carrying infectious agents in their blood - usually people who donate their blood of their own free will and receive no payment or reward for it.

masturbation

The act of exciting the male or female genitals to orgasm by means other than intercourse, such as by hand.

nonoxynol 9

A spermicide commonly incorporated in the lubricant of condoms or in vaginal contraceptive foam as an added protection against the risk of pregnancy.

oil based lubricants

Lubricants which are not recommended for use with condoms.

painful urination

A burning or uncomfortable sensation when urinating, a symptom of urethral irritation often associated with a sexually transmitted disease.

pelvic inflammatory disease

Inflammation or infection of the lower abdominal cavity of a woman involving the uterus, fallopian tubes and ovaries, usually due to gonorrhoea and/or other sexually transmitted diseases.

perinatal

The periods before, during or shortly after the time of birth. The transmission of HIV from an infected woman to her foetus or new-born child is referred to as ***perinatal*** transmission.

petroleum jelly

Jelly-like lubricant which is **not** recommended for use with condoms.

pregnancy

The state of a woman when she has one or more young (foetuses) developing inside her womb.

preventive measures

Measures aimed at stopping the sexual, bloodborne and perinatal transmission of HIV. For example, preventive measures aimed at decreasing sexual transmission include: education to encourage people to avoid high-risk sex; prevention and treatment of other sexually transmitted diseases; measures to make the social environment more supportive of safer sex for example, a policy decision that condoms should be provided free in hotel rooms or military barracks.

prostitute

A prostitute is an individual who engages in direct sexual activity with other persons in exchange for money, goods and/or drugs includes those who earn money through sexual labour on a regular basis, and those who do it casually or intermittently. Prostitutes can be male, female or cross-gender (transsexuals, transvestites); they may be adults, adolescents or children.

See **sex work**; **sex worker**.

rape

The act of forcing another person to have sexual intercourse unwillingly.

regular blood donor

Someone who donates blood at least once a year. If a donor does not donate for more than a year, he or she becomes a lapsed blood donor and should be considered a first time donor. The international recommendations for the shortest intervals between donations are three months for men and four months for women between the ages of 18 and 60.

regular partner

Husband, wife or other steady sexual partner with whom one has been having sexual relations for more than 12 months. Non-regular partners are those who do not fit this definition.

risk factors

Conditions or behaviours which make it more likely that a person will become infected with HIV. These factors might include a) having multiple sex partners - sexual relationships other than with one's regular partner; b) presence of sexually transmitted diseases; c) injecting drug use; d) history of blood transfusions, skin-piercing, or surgical/dental procedures that were done under possibly unsterile conditions or with contaminated blood or blood products; e) sexual intercourse with a partner who has any of these risks listed, especially if not practising safer sex.

safer sex

Sexual practices that aim to reduce the risk of passing HIV from one person to another. Examples are non-penetrative sex, or vaginal intercourse with a condom. During unsafe sex, fluids that can transmit HIV (semen, vaginal fluid or blood) are introduced into the body of the sex partner. Five elements of safer sex include: always using a condom; reducing the number of partners; practising mutual fidelity; engaging in safer sexual acts, including delaying the age at first intercourse; and abstaining from sex.

screening

The systematic laboratory testing of donated blood, blood products, and tissue (including sperm and organs for transplantation) for the purpose of preventing HIV transmission to a recipient.

sex work

A broader term than "prostitution", taken to mean the trade of sexual acts or services for money or goods on a formal, regular and professional basis or an informal, intermittent and casual basis. Sex

work is often part of “entertainment”, “hospitality”, “massage”, “escort services”. Employment in sex work includes owners, managers and organizers of sex work establishments.

sex worker

A person who trades sexual acts or services for money or goods.

sex work client

Someone who purchases sexual acts or services for money or goods.

sexually transmitted disease

A disease or infection which is usually transmitted by sexual contact (for example, *gonorrhoea*), or a disease for which sexual contact is a significant mode of transmission (for example, *hepatitis B*).

sexually transmitted disease care (“case management”)

The overall care provided to a person seeking medical treatment for sexually transmitted disease, including diagnosis and treatment, health education for prevention of future infection, provision of condoms, and recommendation that partner(s) be notified.

spermicide

A chemical substance which kills sperm, often added to vaginal foam or condom lubricants.

stigmatise

To regard or treat people as shameful, disgraceful or discredited because of a difference (real or imagined) from perceived social “norms”. People with HIV infection or AIDS, or those close to them, are often stigmatised on the basis of prejudices or on “moral” grounds not related to the infection itself.

testing for HIV infection (using laboratory testing methods):

- (1) HIV testing may be used in order to screen blood for transfusion or organs or tissue for transplantation (see **screening**), or in order to test an individual.
 - (2) The testing of individuals is generally used to determine their HIV infection status. All testing in this sense can be categorized along three lines:
 - (a) client-initiated, health provider-initiated, or initiated or required by a third party for other than health purposes;
 - (b) with or without informed consent; and
 - (c) anonymous, confidential or non-confidential. These terms are defined below.
- **client-initiated testing** - HIV testing requested by a client on his/her own initiative.
 - **health care provider initiated testing** - HIV testing proposed by the health care worker.
 - **testing initiated or required by a third party for other than health reasons** - HIV testing for other purposes, such as immigration, employment or insurance.
 - **testing with informed consent** - HIV testing performed only after the client has given informed consent to be tested. "Informed" means that the client has been told and understands the risks and benefits of HIV testing, as well as of alternatives to such testing. "Consent" means the giving of agreement to HIV testing in a situation free of coercion, in which the client should feel equally free to grant or withhold consent.
 - **testing without informed consent** - HIV testing in which informed consent, as defined above, has not been requested and given.
 - **routine testing** - This usually means automatic HIV testing of individuals without their knowledge or consent, unless they specifically refuse such testing. Examples are routine testing

applied by hospitals to patients, and sometimes to people attending antenatal or sexually transmitted disease clinics.

- **mandatory testing** - HIV testing which individuals are compelled to undergo. The term refers both to situations in which the individual clearly has no alternative, as when prisoners are tested involuntarily, and to situations in which refusal of testing is not realistic or would cause the individual real hardship, as when HIV testing is required prior to employment or marriage.
- **anonymous testing** - HIV testing in which the blood sample and test results are identified only by code, not by name, with no personal identifiers to link the sample to the person whose blood is tested.
- **confidential testing** - HIV testing in which only the client and health professionals involved in the client's direct care know that the test was performed and have access to the test results. This information is not furnished under any circumstances to other health providers, health authorities, employers, insurers, schools or other third parties without the patient's explicit consent.
- **non-confidential testing** - HIV testing conducted neither anonymously nor confidentially.
- **voluntary testing** - Anonymous or confidential testing initiated by either the client or his/her health provider and performed with the client's informed consent.
- **supplemental HIV testing** - The testing of a sample for a second time in order to validate or confirm the initial result. Supplemental testing can be carried out either by repeating the initial test, or by using another testing procedure having equal or greater specificity. This is most commonly done to validate an initial positive result, but may also be done to confirm a negative result.

transfusion

The introduction of whole blood or blood components directly into the blood stream, usually into a vein.

tubal pregnancy

Development of the pregnancy and foetus outside of the uterus in the Fallopian tube. This often leads to an emergency situation if the expanding pregnancy ruptures the tube and causes internal bleeding.

unprotected sex

Having sex without using a condom for protection; in this context, deemed to be unsafe.

virus

One of a group of minute infectious agents not visible using an ordinary light microscope.

voluntary, non-remunerated donors

Refreshments and reimbursement of direct travel costs are compatible with “voluntary” donations and are not considered in-kind payments.

window period

The time interval between infection with HIV and the appearance of detectable antibody to HIV in the blood - this generally lasts from 3 to 6 weeks. During this time, persons undergoing HIV testing will still be HIV-negative.