

## What can you do to reduce the risk for you and your partner?

- No sex.
- Sexual stimulation of yourself or your partner without exchange of body fluids.
- Latex condom for vaginal and anal sex.
- Latex condom or barrier for oral sex.
- Limit your number of sex partners.
- Talk with your partner about safer sex.
- Carry condoms with you.
- Avoid places and people that cause you to take chances.
- Avoid alcohol and other drugs.
- Make a list of friends or family members you can talk with.
- Tell your sex partner about your HIV status.
- Something else?



Department of Preventive Medicine  
Partnership for Health  
1441 Eastlake Avenue, Suite 3412  
Los Angeles, CA 90089-9175  
For information please call 323-865-0343

THE ACTION OF ONE. THE PARTNERSHIP OF TWO. THE POWER OF MANY.

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PARTNERSHIP FOR HEALTH, UNIVERSITY OF SOUTHERN CALIFORNIA

The logo for "Partnership for Health" is located in the bottom right corner. It features the words "Partnership for Health" in a serif font, with "for" in a smaller, italicized font. The logo is set against a background of a large, dark tree silhouette against a light sky, which is partially framed by a thin, curved line.

Partnership *for*  
Health

## A NOTE TO OUR PATIENTS

WE CARE ABOUT OUR PATIENTS. WE WORK HARD TO PROVIDE OUR PATIENTS WITH THE BEST CARE POSSIBLE. WE ARE VERY HAPPY THAT THE TREATMENTS FOR HIV HAVE IMPROVED. WE WANT TO HELP OUR PATIENTS STAY AS HEALTHY AS POSSIBLE. WE ALSO WANT TO DO ALL WE CAN TO KEEP OTHERS FROM GETTING THE VIRUS. WE BELIEVE OUR PATIENTS WANT THE SAME THING.

MOST OF OUR PATIENTS WANT TO KEEP THEMSELVES HEALTHY. THEY ALSO WANT TO KEEP THEIR PARTNERS FROM GETTING HIV.

- Some do this by not having sex at all.
- Some have one partner.
- Some choose safer behaviors like kissing, hugging, and the sexual stimulation of themselves or their partners without the exchange of bodily fluids.
- Some of our patients choose to have sex only with partners who are HIV positive.
- Some use condoms with HIV positive partners.
- Some choose safer behaviors, like oral sex, and they use latex barriers during oral sex.
- Some have anal sex, and they use condoms. Some have vaginal sex, and they use condoms.
- All of these will keep you safer and keep your partner safer.

WE WANT TO HELP YOU MAKE CHOICES THAT DO NOT PUT YOU OR OTHERS AT RISK.

- **If you have unsafe sex you may get other sexually transmitted diseases.**
- **You could also get other strains of HIV.**
- **If you have unsafe sex, you make it harder to keep yourself healthy.**
- **You may also expose your partner to HIV.**

Let's talk about what you think you can do. We want you to enjoy life safely.

WE ARE HERE TO HELP YOU. LET'S WORK AS A TEAM TO KEEP YOU FROM GETTING SICKER.

WE ALSO WANT TO KEEP OTHER PEOPLE FROM GETTING THIS INFECTION.

TOGETHER WE CAN CARE FOR YOUR HEALTH AND PREVENT INFECTION OF OTHERS.

IF YOU HAVE SEX, BUT YOU AND YOUR PARTNER DON'T USE CONDOMS:

- **You are more likely to get other diseases, like syphilis or gonorrhea, which may be hard for us to treat.**
- **You may get other strains of HIV that may be difficult to treat.**
- **You may make it harder for your provider to take care of you.**
- **Your partner may get infected with HIV.**
- **And you may worry or feel guilty after having sex.**
- **You do not show that your own health and the health of your partner come first.**

### REMEMBER

you are more likely to have unsafe sex if you use alcohol or other drugs before or during sex. And you are more likely to make unhealthy decisions. You are more likely to have unsafe sex if you do not carry condoms with you.

IF YOU DON'T TELL YOUR SEX PARTNER

YOU HAVE HIV BEFORE HAVING SEX

- **You may feel less respect for yourself.**
- **You cannot talk honestly with your partner about safer ways to have sex.**