#### What is AIDS—What is HIV?

(Continued from Page 3)

plain the safety measures they follow.

can pass the virus on to her Currently in the U.S., there is fever. baby during pregnancy or almost no chance of infection You won't get it from bed during birth. In rare in- with HIV through a blood bugs, lice, flies, or other instances, she can also pass it transfusion. on when breast-feeding.

before or during pregnancy, or other established blood col- in the rare event that they her child has about one lection center. The needles contain any of the virus, they chance in three of being born used for blood donations are don't contain enough of the with the virus. There is no sterile. They are used once, virus to infect you. treatment to prevent this then destroyed.

placed herself at risk for HIV is not spread by coughs or kissing. infection — even if this oc- sneezes. cured years ago - shoul seek You won't get HIV through remotely possible, there has counseling and testing before

your area for counseling and You won't get HIV from Most scientists agree that testing, call your local health clothes, phones, or toilet transmission of HIV through department or the National seats. It can't be passed on by deep or prolonged kissing AIDS Hotline (1-800-342- things like spoons, cups, or may be possible, but would be

people became infected with nas used. HIV from receiving blood been virtually eliminated. Since 1985, blood donors

Tuesday - Self-Esteem

have been screened for the mosquito bite. The AIDS virus detection of HIV infection, does not live in a mosquito, Reputable technicians will ex- and donated blood has been and it is not transmitted tested for evidence of HIV.

through a mosquito's salivary

You won't get HIV from a

While scientists believe it is

• Call the National AIDS

Hotline (1-800-342-AIDS) to

find out where you can go in

your area to get counseling

about an HIV test. You

don't have to give your

name, and the call is free.

You can also call your State

The number is under

the Government section of

Your doctor may advise

or local health department.

"Health Department" in

your telephone book.

ween 1978 and 1985.

All blood found to contain glands like other diseases A woman infected with HIV evidence of HIV is discarded. such as malaria or yellow

You cannot get HIV from You won't get HIV from a If a woman is infected giving blood at a blood bank sweat, tears, or sneezes. Even

HIV infection doesn't just kiss. Experts are not com-

everyday contact with in- never been a known case of she gets pregnant.

To find out where to go in home, or anywhere else. fected people at school, work, HIV transmission through

other objects that someone extremely unlikely. Although in the past some who is infected with the virus

You cannot get it from transfusions, this risk has everyday contact with an infected person.

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You can decrease your chances of infection with AIDS or any other sexually transmitted disease you follow this list of simple

 Use a condom every time you have sex — anal, oral, or vaginal.

 Use condoms made of latex rubber. Latex serves as a barrier to the virus. "Lambskin' or "natural membrane" condoms are not as good because of the pores in the material. Look in the tip and outside the for the word "latex" on the condom, as directed in the

 As soon as the penis becomes erect, put the con-

 Leave a small space in the top if the condom to catch the semen, or use a condom with a reservoit tip. Remove any air that remains in the tip by gently pressing a toward the base

• It's better to use a condom together with a spermicide. Use the spermicide

# Any woman who is considering having a baby and who thinks she might have who is considering having a baby and who thinks she might have who thinks she might have who thinks she might have who is considered. The considering having a baby and who is considered having a cold or flu. The cold of the cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, or "French" should be cold or flu viruses, HIV prolonged, and the cold or flu viruses, HIV prolonged, and t resources help

SHARE is a non-profit throughout the Baltimore organization founded in metropolitan area, including Baltimore, Maryland in 1983. Stella Maris, Church SHARE works with local Hospital, Sinai, Union grams to help terminally ill Agnes, the Joseph Richey they could not otherwise afford to purchase.

through generous donations made by individuals who wish to experience the satisfaction

organization's volunteer Board of Directors consists of physicians, nurses, social workers, pharmacists, business owners, and other dedicated individuals

hemophilia or have receiv Each year SHARE coned a blood transfusion bet tributes resources to patients

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Gail was a 16-year-old girl who had brain cancer, which left her totally paralyzed. She wanted to attend her

high school graduation. A SHARE sponsor provided a special reclining wheelchair and transportation.

Andrew was a 29-year-old man who died of kidney cancer. He expressed a final wish to visit the White House. A SHARE sponsor arranged for a private tour and transportation for Andrew and his family.

fulfilling needs that will contribute to the Quality of a per-

JUNE 17, 1989

### Highlighting possible foreign travel danger

BOSTON — An American his heterosexual partners tourist apparently was in- tested negatively for the AIDS fected with the AIDS virus when he was in a bus accident

journal reported. The unusual case is believed to be the first in which someone was infected with the AIDS virus that way and highlights the dangers of traveling in countries where AIDS is widespread, his doctor said.

"This exposure through lacerated skin to the blood of persons . . . demonstrates an unusual mode of transmission and emphasizes the importance of (AIDS) prevention during travel and of motor vehicle safety," said Dr. David Hill of the University of Connecticut Health Center in Farmington.

About 8 million Americans travel each year to developing countries, where acquired immune deficiency syndrome is much more common. Although the tourist's case is very unusual, it highlights potential dangers, Hill said.

"Travel to these countries has not been considered a risk for infection with (the AIDS virus) unless one engaged in unprotected sex, especially with prostitutes, came into contact with blood contaminated needles, or received unscreened blood,' Hill wrote in Thursday's edition of the Journal of the American Medical Association.

The 32-year-old man apparently was infected with the AIDS virus Dec. 23, 1987, when the minibus he was riding in outside Butare, Rwanda, careened over an embankment and crashed to avoid a steer in the road.

"The patient received multiple lacerations over all four extremities and his upper torso from broken glass," Hill said. "Since he was in the back of the bus . . . at least five injured and bleeding passengers were lying on top

The man recovered from his injuries, eventually returned to the United States and came to Hill's clinic March 3, 1988, for a checkup. He was healthy, but a blood test found the man was positive for the AIDS virus.

The patient had never used intravenous drugs, had no homosexual experiences and

before he left for his trip.

virus, Hill said. All the injections he had patient had open lacerations received were with sterile in contact with the blood of the injured passengers splashed needles. He had also tested other passengers, there was needs to be placed on the tion is prevalent and expands negatively for the AIDS virus transmission of the virus," when he donated blood just Hill said.

"It is highly likely that dur-

ing the bus accident, when the

"This is the first reported case of infection acquired by a traveler after motor vehicle trauma in central Africa.

avoidance of trauma and ac- the modes of potential cidents," he said.

lustrate the importance of motor vehicle safety during international travel, especially to areas where HIV infec-



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