



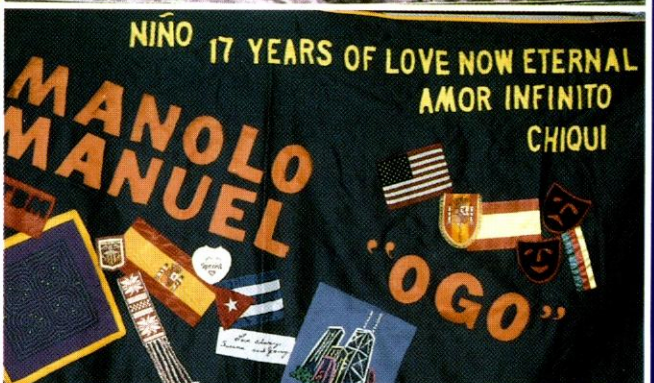
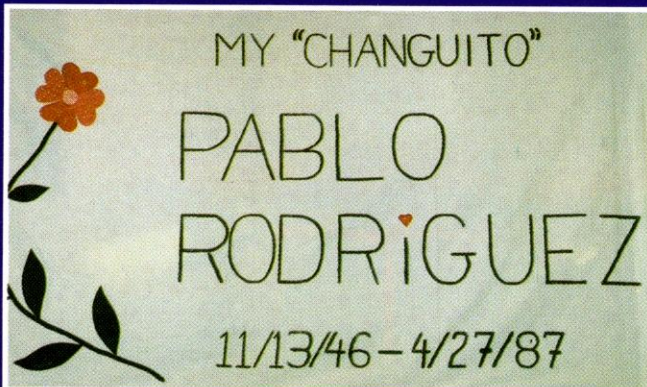
HIV/AIDS Prevention for the Family



Resource ID # 5989

HIV/AIDS Prevention For The Family

REMEMBER THEIR NAMES



A symbol of love and remembrance. A gift from the hearts and hands.

Names Project

HIV/AIDS Prevention for the Family

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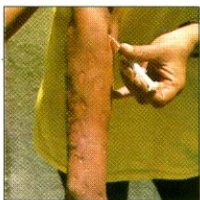
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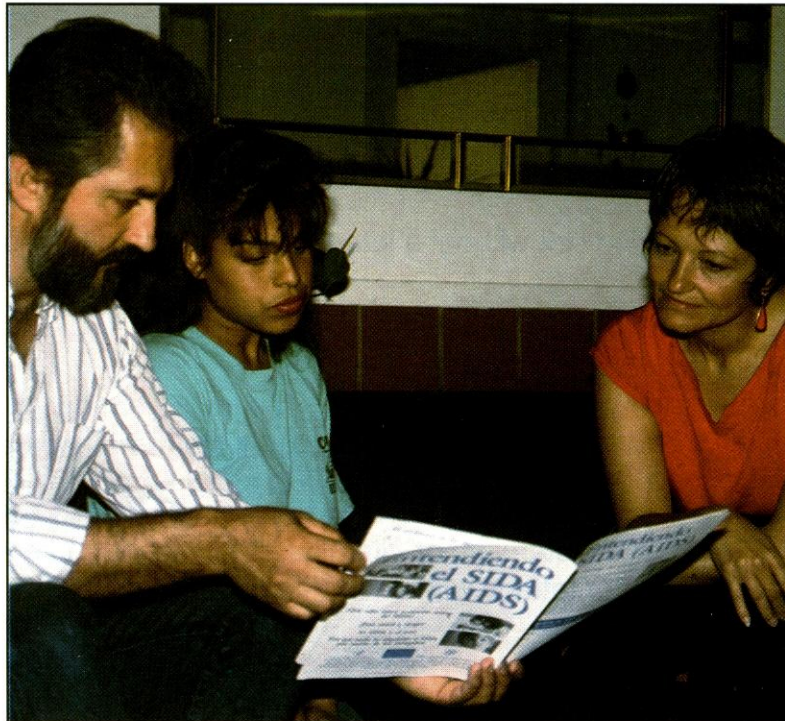
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As a Parent, What Should I Know About HIV and AIDS?

HIV/AIDS is one of the most serious health problems in the world today. This epidemic can attack anybody without regard to race, sex, lifestyle, occupation, age, or education.



Keep informed about HIV/AIDS to protect your family.

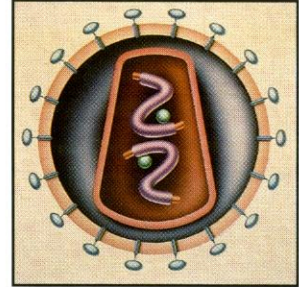
HIV/AIDS threatens the well-being of our families. As parents, we should learn about HIV and AIDS to inform and protect our loved ones.

Why should my family be worried about HIV and AIDS?

AIDS is a disease that can attack someone in your family. Protecting our loved ones from HIV infection is a family responsibility. Learn and keep yourself informed about HIV and AIDS to protect your family.

What Is AIDS?

AIDS is caused by the human immunodeficiency virus, or HIV. This virus causes the body's defense system to stop fighting some infections and diseases that could cause death.



How do you get HIV?



by having sex without a latex condom with an HIV-infected person.



by sharing infected needles, syringes, or "works" used to inject drugs, medicines, steroids, or vitamins, or by sharing infected needles for ear piercing or tattoos with an HIV-infected person.



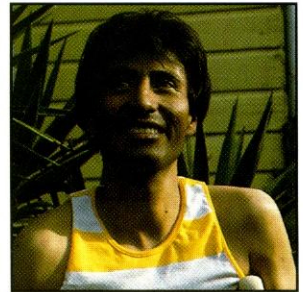
from an HIV-infected mother to her baby during pregnancy or birth or through breastfeeding.

How Could I Become Infected With HIV?

How is HIV transmitted during sex?

HIV, the virus that causes AIDS, can be transmitted through semen, vaginal fluids, and blood exchanged during sex without a latex condom with an HIV-infected person. This happens while having sex through the vagina, anus, or mouth.

“I wish I had been protected during sexual relations. I did not use condoms and got infected with the virus that causes AIDS. Do not die because of ignorance. Be protected when you have sex. Use latex condoms.”



How is HIV transmitted by injecting drugs?

HIV is transmitted by sharing needles, syringes, or “works” (cotton, spoons, razor blades) with an HIV-infected person. The infected blood stays in the needles and syringes and is then passed to others who use the same ones. HIV can be transmitted by injecting drugs, medicines, hormones, steroids, or vitamins, and by sharing needles for ear piercing or tattoos.



“Drugs and unprotected sex with different infected people caused me to get AIDS. When one is into using drugs, one is not thinking that the needle being shared is passing blood, the virus that causes AIDS, and death.”

Can a pregnant woman who is infected with HIV infect her baby?

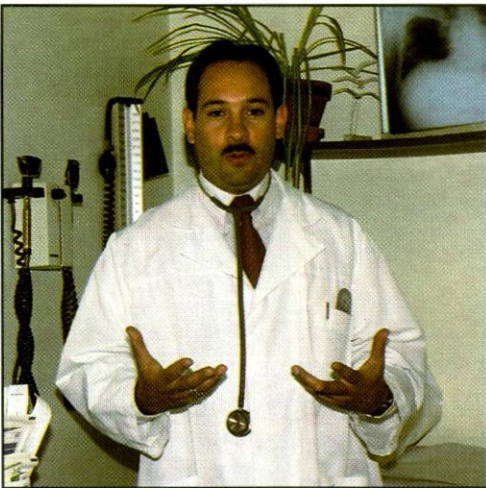
A pregnant woman who has HIV can pass the virus to the baby. This can happen during pregnancy, delivery, and through breastfeeding.



Can HIV Be Transmitted Through the Blood?

Can HIV be transmitted through blood transfusions?

The risk of getting HIV through blood transfusions is very low today. People at risk for HIV are asked not to donate. Since 1985, each donor and each bag of blood is tested to see if it is infected with HIV. All infected blood is destroyed.

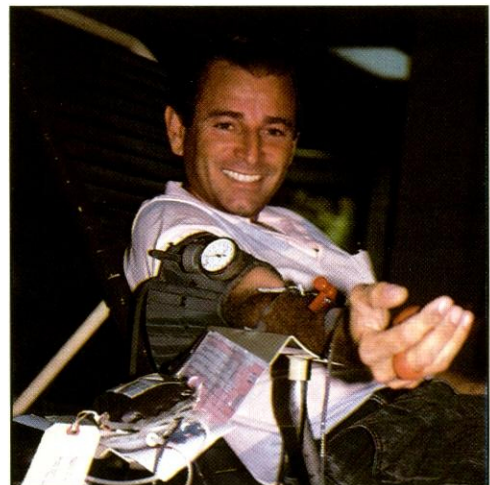


“Nowadays blood transfusions are safe.”

Can HIV be transmitted by donating blood?

Donating blood has always been safe. You will **NOT** get HIV when giving or having your blood examined in a laboratory. The needles used are sterile, used only once, and discarded.

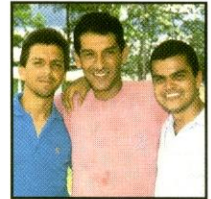
You will not get HIV by donating blood because the needles used are sterile.



When Is There NO Danger of Getting HIV?

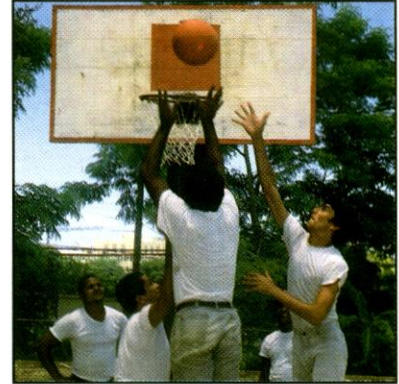
HIV, the virus that causes AIDS, is **NOT** transmitted

- when hugging, touching, greeting, cuddling, sneezing, coughing, or being next to a person infected with HIV.
- when donating blood or when blood is being taken for examination. The needles are used only once and destroyed.
- when your child plays with, hugs, or touches a schoolmate who has HIV.
- when sharing drinks, silverware, cups, or plates or eating food prepared by an HIV-infected person.
- from a swimming pool, a bathtub or shower, a toilet seat or a toilet seat cover, or a drinking fountain.
- by mosquitoes or other insect bites.



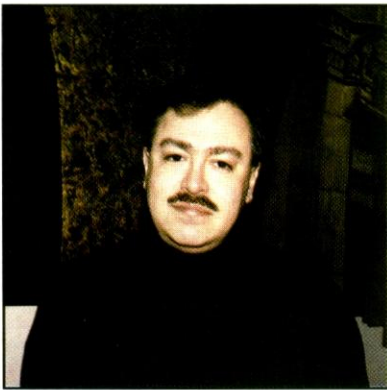
Can People Infected With HIV Look and Feel Healthy?

People infected with HIV (also known as HIV-positive) usually look healthy and feel well. Without knowing it, an HIV-infected person can pass HIV to other people.



What is the difference between HIV infection and AIDS?

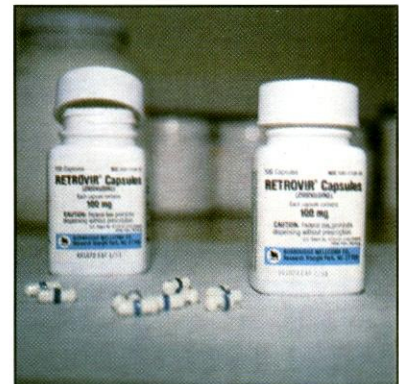
HIV infection starts when HIV enters the body. The virus stays in the body and can then be passed on to others. Many infected people have no symptoms. Most people infected with HIV develop AIDS. In this stage, the body's defenses are so weakened the person with AIDS will get opportunistic infections.



“The way we look at AIDS is changing. Even though AIDS cannot be cured, it can be treated with drugs. There is hope.”

Can I be cured or get an AIDS vaccine?

As of today there is no cure for HIV infection or AIDS. However, there are drugs that can extend the life of people infected with HIV by slowing down the progress of HIV disease. Other drugs can prevent some AIDS-related diseases like pneumonia. While there is not an approved vaccine against AIDS, several are being tested.



What Are the Symptoms of HIV or AIDS?

A person with HIV or AIDS can have different symptoms. These are:

- persistent or recurrent fever
- weight loss without any reason
- persistent diarrhea
- chills or night sweats
- loss of appetite
- fatigue or tiredness
- spots on the skin in different parts of the body
- swollen glands in the neck, armpits, or groin
- white spots in the mouth or throat

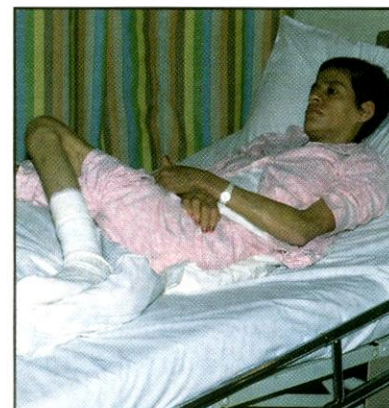
“These symptoms may also be caused by other diseases besides HIV infection or AIDS. A medical exam can determine the causes of these symptoms.”



How long does it take for the symptoms to appear?

Many HIV-infected people do not have symptoms. Some people have symptoms in one or two years, others in up to 10 years.

“At the beginning I was feeling fine. Then I had fever and night chills. I had pneumonia, a dry cough, a cold, chest pains, and fatigue.”



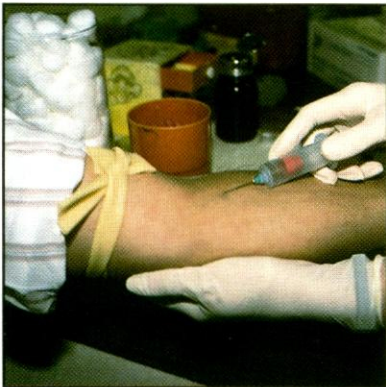
How Can I Find Out if I Am Infected With HIV?

Are there any tests to let me know if I have been infected with HIV?

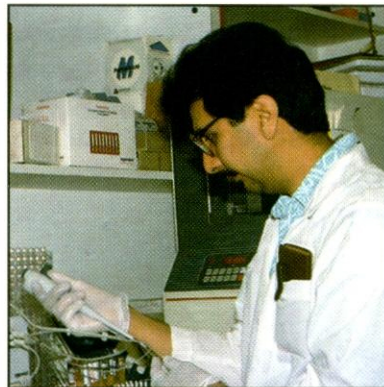
A blood test is necessary to detect infection with HIV. The **HIV Antibody Test** detects the body's reactions (antibodies) to HIV. If these reactions are found, the person has been infected with HIV, the virus that causes AIDS.

What is the HIV Antibody Test?

When HIV enters the blood stream, the body attacks it with substances called antibodies. If antibodies are found in the blood, it means that the person has been infected with HIV and can pass on the virus to others.



Blood sample



Blood exam



Test results

Why should I be tested?

- Because the sooner you know about the HIV infection, the sooner you can look for medical help. There are treatments that help prevent HIV-related infections such as pneumonia. Early treatments can slow the course of HIV disease.
- HIV-infected people can share the test results with their partners, protect them, and encourage them to take the test.
- If you know that you are infected, you could quickly go for a medical exam, receive treatment, improve your health, and practice safe sex.
- If a couple is thinking of having a baby, it is necessary to know if the parents are infected in order to prevent the transmission of HIV to the baby.

Is the Test Anonymous and Confidential?

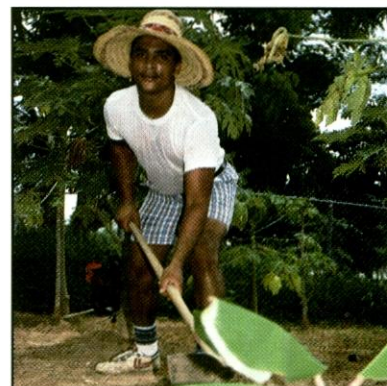
Some clinics and health centers in health departments offer **anonymous** tests. This means that you do not have to give your name, address, or occupation. Your personal information is not written down. You will be the only one to know the test results.

Hospitals and doctors in private practice, as well as some clinics and health centers, offer **confidential** tests. This means that your personal information is written down but the results are not revealed without your written permission.

Why is counseling important before and after taking the test?

Counseling before and after the test helps in making the decision to take the test, brings support, and helps in understanding the test results. You can talk to a doctor, a counselor, or a nurse to receive information about the test and what the results mean.

“I took the test 9 months ago. I have the virus. I’m HIV-positive but have not developed AIDS. I use condoms to protect my loved one. I take care of my nutrition and exercise. I do not use drugs or alcohol. The test made me change to a more healthy lifestyle. Now I have faith I will get through this.”



Who should be tested?

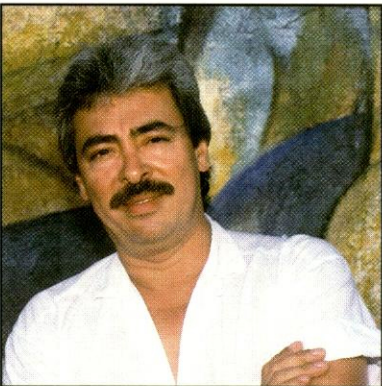
A person should take the HIV Antibody Test if he or she:

- has had sex through the vagina, anus, or mouth without latex condoms with someone who is, or might be, infected with HIV.
- has shared needles, syringes, or “works” when injecting illegal drugs, medicines, steroids, hormones, or vitamins; has shared needles for ear piercing or tattoos.
- has had sex without latex condoms with someone who is or has been shooting drugs.
- has had a sexually transmitted disease (syphilis, herpes, gonorrhea) in the last 10 years.
- has received blood transfusions between 1978 and 1985.

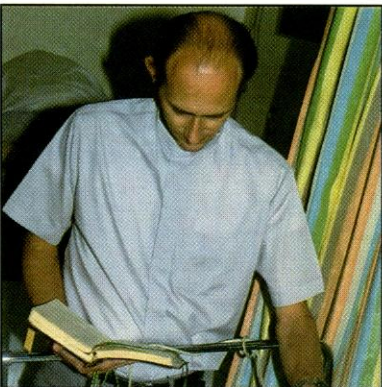
Opinions About HIV and AIDS



“How many people will have to die in our community before we realize that AIDS is an epidemic that can be prevented?”



“AIDS is a cruel and silent war which gives us death through what gives us life: love and blood.”



“The church’s position is one of compassion, love, and understanding for our brothers with AIDS. We should be informed about HIV/AIDS and fight discrimination.”



“My friends who have AIDS have given me an intimate gift when sharing with me their life and the process of death. AIDS has impacted my life deeply.”

Opinions on Family Protection Against HIV

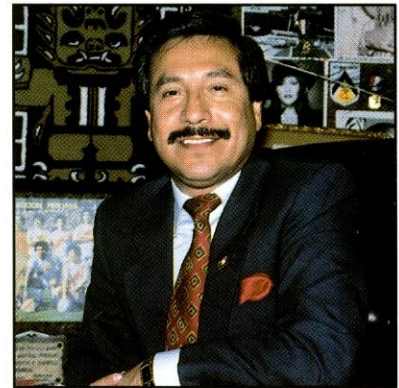
“Even though a barrier has existed between parents and children when talking about sex, parents should now be more open, less timid, and more natural when talking about sex.”



“I take precautions by using condoms when having sex. This way I can prevent HIV, which can be fatal.”



“Family communication is one of the weapons we have against AIDS. As parents, we should speak clearly to our children about sex.”



“I protect my life because I only have one. I protect my life against the dangers of drugs and unsafe sex.”



When Should I Talk to My Children About Sex?



Sex education starts in the early years.

Parents are the best people to talk to their children about sex, HIV/AIDS, and drugs. Family members, schools, community groups, libraries, and health centers can help with your children's health education.



"If I had been talked to about sex when I was a little girl, I would have been spared so much confusion and pain. It is time that we, as parents, come forward and sit down to talk to our children about sex, contraceptives, and how to take care of themselves."

When should I begin to talk about sex with my children?

You can start sex education when your children are in their early childhood. Talk to them when they see a pregnant woman, when you are bathing them or they are taking a bath together, or when they see a couple kissing.

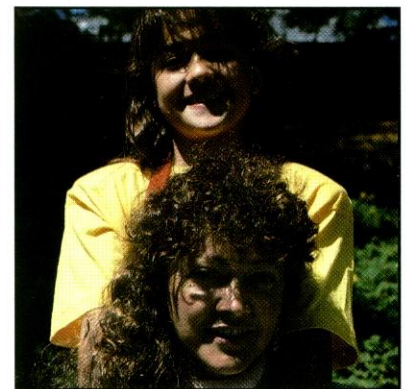
How Can I Talk to My Children About Sex and HIV/AIDS?



Act naturally when speaking about sex with your children.

Sex is a natural expression that happens when a couple is in love. Try to talk naturally about the different parts of the body, childbirth, menstruation or periods, and the physical changes that occur when growing up. Being or acting natural helps your children understand that sex is not bad.

“Do not wait until your children ask questions. Children sometimes don’t ask. You can initiate the conversation. Start talking to them so they can come to you when they are in need. If your children ask, answer with the truth.”



How can I start a conversation about HIV/AIDS with my children?

HIV/AIDS is a contemporary issue. When you hear about HIV or AIDS in newspapers, brochures, movies, or on television, that is a good opportunity to start a conversation with your family. Another good way to start is by knowing what your children have heard about HIV and AIDS. They might have questions.

Why Should My Family Be Worried About HIV/AIDS?



AIDS affects all of us.

Some young people, as well as some of their parents, deny that they are having sex or that they are using drugs or drinking alcohol. Some youths cannot talk to their parents about having sex with a same-sex partner. Speak clearly to your family because denial is not going to protect them from getting HIV.



“AIDS can happen to anybody. I suffered a lot when my brother was told he had AIDS. Do not discriminate against people with AIDS. A member of your family could be next.”

Is AIDS a gay or homosexual disease?

AIDS is **NOT** a gay disease. HIV can be transmitted from a man to a man, from a man to a woman, from a woman to a man, from a woman to another woman, and from a woman to a baby. The risk of getting HIV does not depend on the person's lifestyle but on having unprotected sex (without a latex condom).

How Can My Children Protect Themselves Against HIV?



Talk to your children about sexual protection.

Young people can avoid HIV by not having sex until they are prepared to have responsible, faithful relationships. Talk to your children about the problems of having sexual relations at an early age. Give them information about condoms as a method of sexual protection.

Tell your children how to use condoms to protect themselves during sex.



What should I do if my children are sexually active?

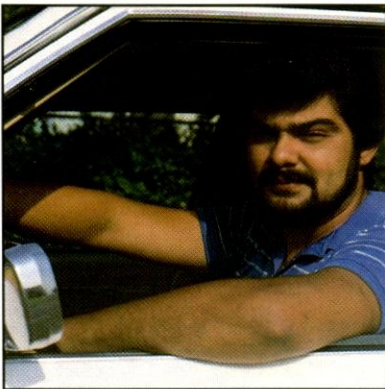
Teach your children to protect themselves when they have sex. Tell them about condoms. The effective use of latex condoms or rubbers helps to reduce the risk of infection with HIV. Condoms also protect them against sexually transmitted diseases and unplanned pregnancies.

Can I Get HIV by Having Sex With Different People?



Faithful relationships help prevent HIV.

Having sex with different people, with strangers, or with people who have many sexual partners puts you at risk for getting HIV. The greater the number of sexual partners a person has, the greater the chances of getting HIV.



“Being faithful in a relationship and not using drugs are a warranty for a healthy family and for escaping AIDS. It’s not fair to destroy a family for a moment of pleasure.”

My partner is loyal and does not use drugs. Is there any danger of getting HIV?

There is no danger of getting HIV by having sexual relations with only one partner who is not infected, if both partners are loyal and do not use drugs. Stable and faithful relationships help to protect your family against HIV and AIDS.

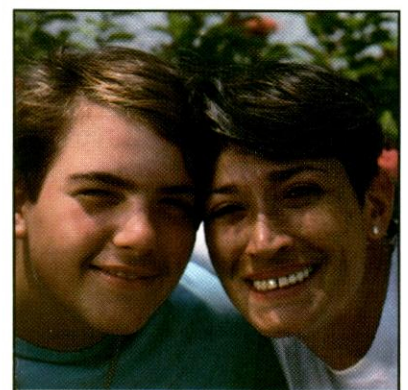
How Can Condoms or Rubbers Protect Me?



Latex condoms help protect your family against HIV/AIDS.

- Latex condoms help prevent the transmission of HIV from an infected person to someone who is not infected by preventing an exchange of body fluids.
- Latex condoms also help prevent the transmission of sexually transmitted diseases such as herpes, gonorrhea, or syphilis.
- Condoms help prevent pregnancy.

“We need to change those attitudes about sexual contact that prevent us from talking to our children about AIDS and sex. As a mother, I talk to my son about condoms or rubbers so that he can protect himself against HIV.”



What Are Some of the Myths That Exist About Condoms or Rubbers?



It should not be embarrassing to buy condoms.

Condoms are not hidden anymore. There is no shame involved in buying them. You or your family can find condoms in drugstores, supermarkets, health centers, hospitals, and family planning centers.

Is the man who uses condoms less “macho”?

A man who uses condoms is not less manly. A man protects his partner by using condoms. Talking with your partner about condoms helps him/her feel more confident.

Does it feel different to use condoms?

Practice and communication with your partner will make having sex with condoms pleasant.

Will I offend my partner by using condoms?

Using condoms is not an offense to your partner; it is protection. The use of condoms does not mean a lack of respect. Talk to your partner about your needs and your feelings.

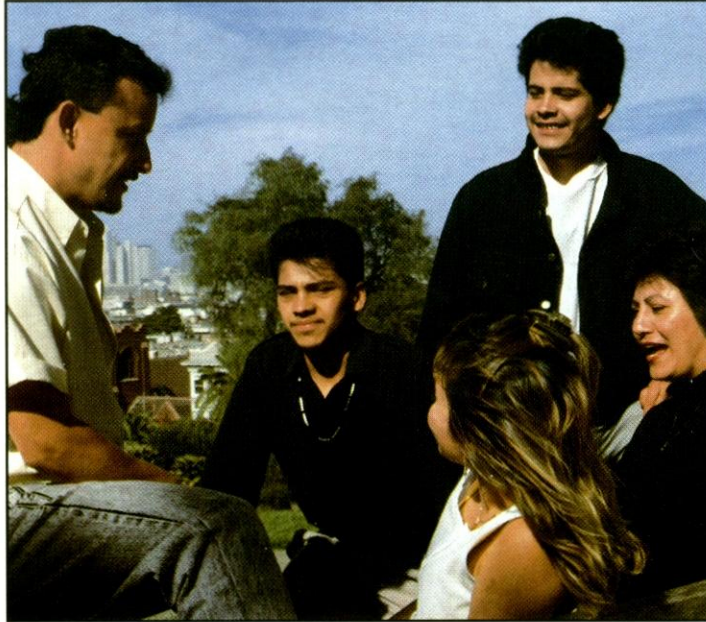
What Should My Family Know About Condoms or Rubbers?



Latex condoms can save your life.

- Latex condoms are highly effective in preventing the transmission of HIV and other sexually transmitted diseases when used consistently and correctly.
- Use condoms every time you have sex. It might only take one sexual encounter without a condom to become infected with HIV.
- Use only latex condoms. Do not use natural condoms made of animal skin (for example, lambskin), because these condoms have pores that allow HIV to pass through.
- Use condoms from the beginning to the end of the sexual act.
- If using lubricants, use only water-based lubricants. Oil-based lubricants like petroleum jelly, shortening, hand/body lotion, massage oil, or cold creams can break the latex condom.
- Condoms rarely break. When this happens, it is usually due to user error.
- Have condoms available in your night table, bathroom, handbag, or pocket, where they are handy.
- Store condoms in a cool, dry place.
- Use each condom once and then throw it away.

How Do I Speak to My Partner About Condoms or Rubbers?



Talk about condoms before having sex.

Get to know your partner before having sex. A way to know your partner better is by talking about safe sex. Talk about condoms before having sex.

How are condoms used?

- Use only condoms made of latex rubber.
- Put the condom on the head of the erect penis before sex.
- Gently, press the tip of the condom with your fingers to squeeze the air out.
- Roll the condom down to cover the entire penis all the way to the bottom.
- If using a lubricant, use it on the outside of the condom before penetration. Use only water-based lubricants.
- Immediately after ejaculation, hold the condom in place around the base of the penis and withdraw very carefully. Do not remove the condom until the penis has been completely withdrawn.

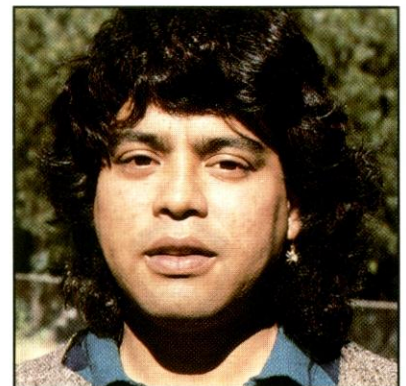
Can Alcohol Put Me at Risk of Having Unprotected Sex?



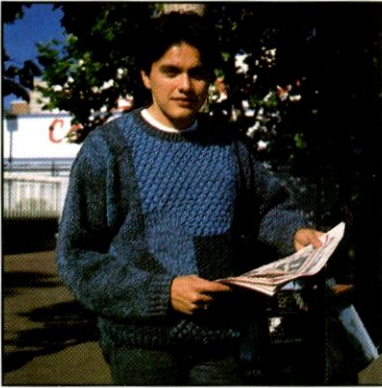
Alcohol and drugs put you at risk of HIV.

Alcohol and drugs reduce your judgment, increasing your risk of infection with HIV. Alcohol can also lead you into having sex without condoms, into having casual sexual contacts with strangers, and into sharing needles, syringes, or “works.”

“Under the influence of alcohol and drugs, you might get careless and mistakenly choose not to use condoms. This is when you can get HIV. The devil appears from where one least expects him....”



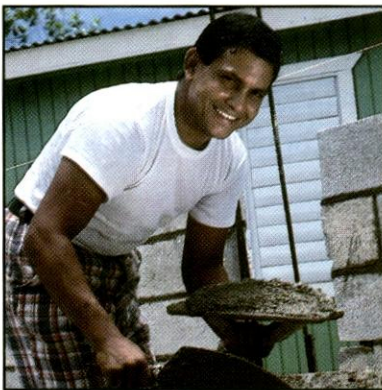
Opinions About Sex and HIV/AIDS



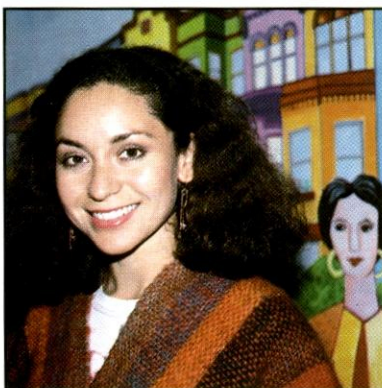
“Having an intimate relationship is better when you know the other person very well. Getting to know one another brings happiness and helps prevent HIV.”



“Condoms can save our lives. Rubbers help prevent against sexually transmitted diseases.”



“You can’t play Russian roulette with life. We should avoid having many sexual partners and should know how to choose a partner.”



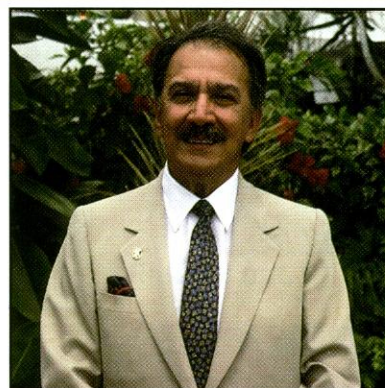
“We should take care of ourselves in intimate relationships to protect our loved ones.”

Opinions on Drugs, Alcohol, and HIV/AIDS

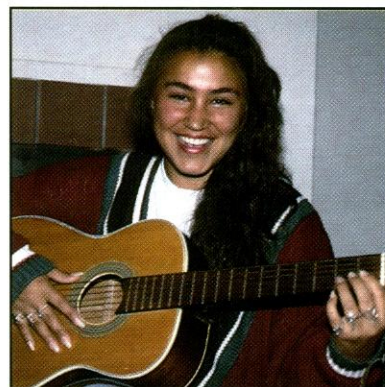
“Drugs and alcohol mean life on the street, jail, problems with the law, and death. Life without drugs means health, family, happiness, work, and tranquility.”



“Alcohol and drugs are poison to a family. We, as parents, are responsible for avoiding this plague.”



“To be happy and successful in life it is not necessary to drink or use drugs. It is better to look for happiness through music, family, study, or work.”



“Alcohol and drugs expose a person to the dangers of the street. As parents, we should set a good example for our children by avoiding alcohol and drugs.”



Are My Kids in Danger of Getting HIV if They Are Using Drugs?



HIV is also transmitted by sharing needles.

Sharing needles or “works” and having unprotected sex (without a latex condom) increase the risk of infection with HIV.



“Our future lies in today’s youth. Let’s have a future free of drugs that destroy our family. In the war against drugs and AIDS, let’s be the champions.”

How does a drug user get HIV?

HIV can be transmitted by sharing infected needles, syringes, or “works” when injecting illegal drugs, vitamins, hormones, steroids, or medicines. It can also spread by sharing needles for ear piercing and tattoos. The HIV-infected blood can stay in the needles and syringes and be passed on to others by using the same ones.

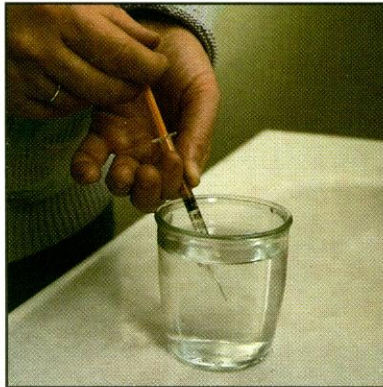
How Should Needles and Syringes Be Disinfected?

One way of preventing HIV is by not using drugs. If you are using needles and syringes for any reason, do not share them. If you re-use needles and syringes, clean them with water and disinfect them with bleach every time they are used. Bleach kills HIV and is easy to use.

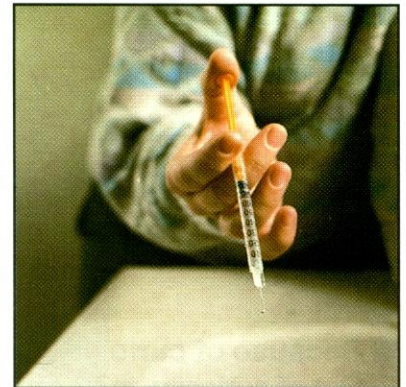
To disinfect needles and syringes, use bleach and water. Clean the needles and syringes before and after each use.

Recommendations for cleaning needles and syringes:

- **Clean the syringe with water.** Fill the syringe with fresh, clean water and flush it out. Do this at least 3 times.

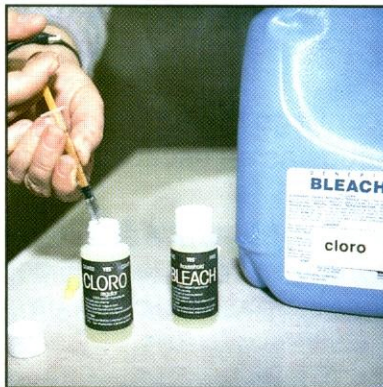


Fill the syringe with clean water.

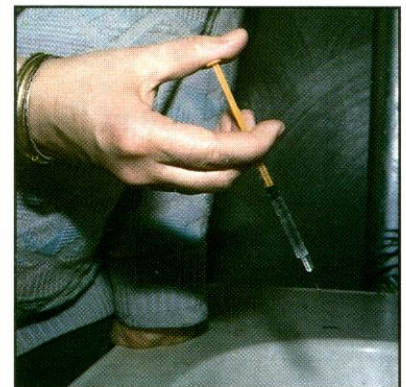


Flush it out.

- **Disinfect the syringe with bleach.** Fill the syringe with fresh bleach, leave it full for at least 30 seconds and flush it out completely. Do this at least 3 times.

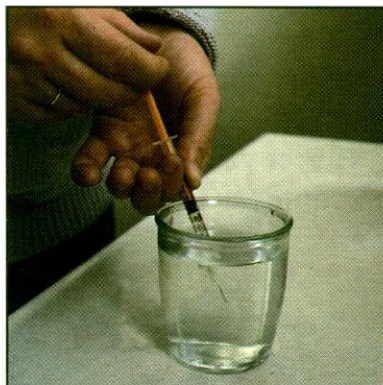


Fill the syringe with bleach.



Flush it out.

- **Rinse the syringe with water.** Fill the syringe with clean water and flush it out. Do this at least 3 times.

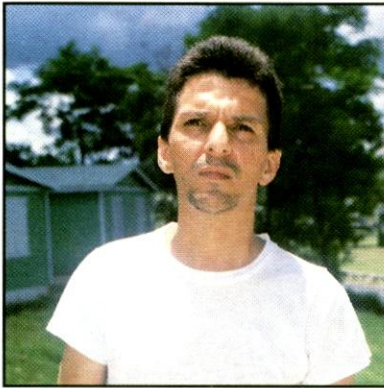


Fill the syringe with clean water.



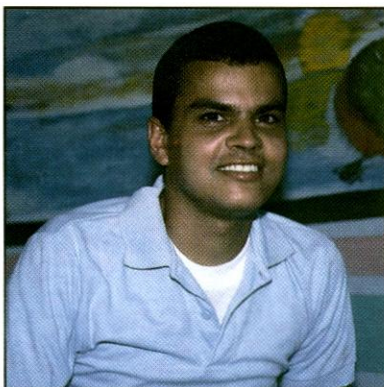
Flush it out.

Why Are My Children in Danger of Using Drugs or Alcohol?



“When I was 15 years old, I started shooting drugs. I was curious, and it was in style. I tried all kinds of drugs until I became hooked. My partner died of AIDS. Drugs lead us to AIDS. My family has been helping with love and support. My advice is not to even start using drugs.”

- **Because of curiosity.** Young people go through a stage in which they like to explore things. Out of curiosity, they can start using drugs or alcohol.
- **Because of peer pressure.** It is very possible that your children might want to try drugs or alcohol just to be accepted by their friends or peers.
- **Because of stress that adolescents go through.** Stress related to friends, family, or school can cause your children to use drugs as an escape from their problems.
- **Because of lack of communication in the family.** Most families do not talk about controversial problems. Also, parents sometimes set poor examples for their children by abusing alcohol and drugs. All these increase the chances of youths experimenting with drugs.



“I used to share syringes when shooting drugs, and I did not clean the needles. Because of shooting drugs I got infected with HIV. If you lead a healthy life, you have a future full of opportunities. There is no future in drugs. All the doors are closed.”

How Can I Prevent My Children From Using Drugs?



Talk to your children about drugs and alcohol.

- **Encourage your children to participate in healthy activities.** As a parent, help your children get involved in activities that keep them away from drugs. Examples include sports, homework, cultural activities, work, reading, music, or community involvement.
- **Teach your children to resist peer pressure.** Teach them to reject drugs and alcohol by saying, "Drugs and alcohol can harm and kill me."
- **Talk to your children about drugs and alcohol and their effects.** Young people need to know that drugs ruin your body and mind, and they increase the risk of infection with HIV.
- **Teach your children how to make decisions.** Teach your children to think before acting. Talk to them about choosing different alternatives and making decisions. Encourage them to study, work, and participate in sports and other healthy activities to decrease the risk of using drugs and alcohol.

How Can I Prevent My Children From Using Drugs?



Participate in your children's activities.

- **Set a good example for your children by not using drugs or alcohol.** If the parents use drugs, it is more likely that the children will use them also.
- **Realize that it can happen to your child too.** Some parents deny that it can happen to their children. Be aware of your children's needs.
- **Participate in your children's activities.** Take part in activities that develop your children's interests.
- **Be aware of behavioral changes.** Moodiness, isolation, theft, lies, lack of appetite, lack of attention, aggressiveness, weight loss, apathy, untidy appearance, or poor schoolwork can be signals that your child is having difficulties with drugs or alcohol.

How Can I Prevent My Children From Using Drugs?



Show them how much you love them.

- **Make family talk a daily habit.** Keep the communication channels open to your children. This will give them confidence to come to you in case of need. Be your children's best friend.
- **Develop self-esteem in your children.** Be proud of their efforts and successes. Show your love with words and actions. Teach them how to set goals, to meet them, and to celebrate finished tasks. Tell them how proud you are of them.
- **Listen to and respect your children.** Even when you do not agree with your children, listen respectfully to their reasons. This will help them feel comfortable in talking to you about their problems.
- **Look for help if there are problems with alcohol or drugs.** Look for information and help in community drug and alcohol prevention programs. Join other parents in finding solutions to these problems.

Where Can I Get Free Information About HIV/AIDS?

Call the following toll-free numbers:

- National AIDS Hotline
 - For confidential information in Spanish: **1-800-344-7432**
 - For confidential information in English
(24 hours a day): **1-800-342-2437**
- National Hotline of AIDS Drug Trials: **1-800-874-2572**
- Project INFORM: Experimental Treatments: **1-800-822-7422**
- Sexually Transmitted Diseases: **1-800-227-8922**

If you wish to receive HIV/AIDS brochures, visit the Red Cross or other organizations in your community, or call toll free:

- National AIDS Center for Information
and Distribution (24 hours a day): **1-800-458-5231**

Where can I get information about drugs and alcohol?

Call the following toll-free information and referral lines:

- The National Institute on Drug Abuse: **1-800-662-4357**
- Cocaine Hotline: **1-800-262-2463**
- Center for Substance Abuse Prevention
(CSAP): **1-800-843-4971**
- National Council on Alcoholism
and Drug Dependence: **1-800-622-2255**

HIV Can Attack Even Champions. Be Informed About HIV/AIDS!



Former world middleweight boxing champion Estéban de Jesús, whose bouts with champion Roberto Durán are considered some of the greatest in boxing history, in his bed a few days before dying of AIDS.

Roberto “Mano de Piedra” (Fist of Stone) Durán, former world middleweight champion, and Cheo Feliciano, international salsa music legend, hugging Estéban de Jesús.

This guide is dedicated to all the champions.

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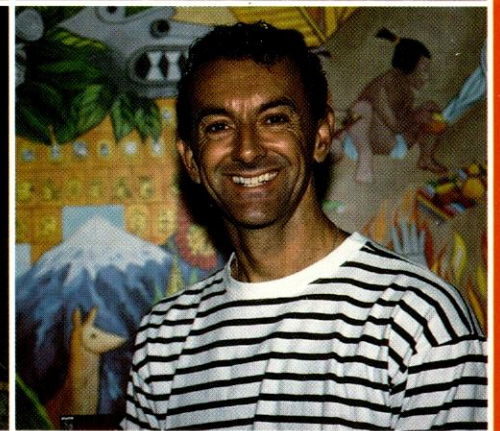
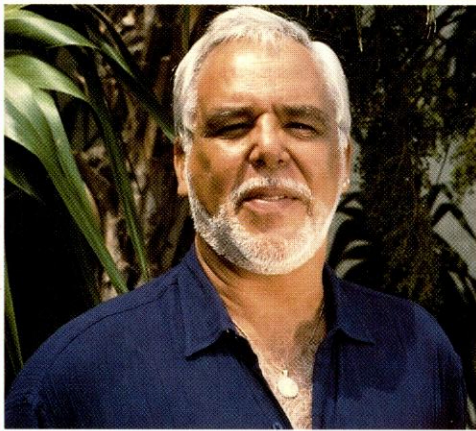
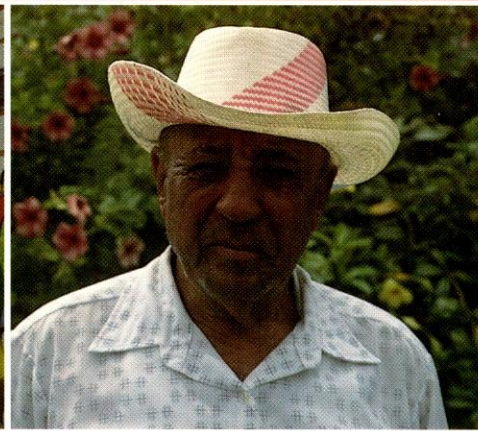
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Copies of this guide can be obtained from the Red Cross office in your community.





AIDS AFFECTS ALL OF US

