

# Brothers Talk about HIV

Manuel's story



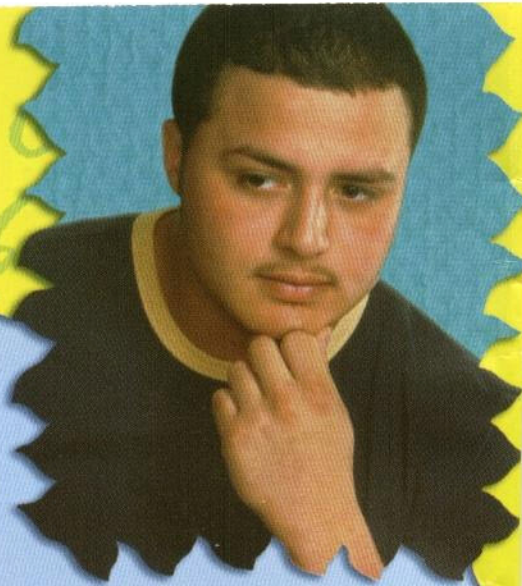
Hey, little brother!  
How was your weekend?

Oh, man.  
I met this  
beautiful girl...





# Anyone can get HIV.



## **HIV is the virus that causes AIDS, a deadly disease.**

HIV can be passed in blood and semen. A man can get HIV if he:

- ◆ has any kind of sex—vaginal, anal or oral—with a woman or a man who has HIV
- ◆ shares needles to shoot drugs, or make tattoos or body piercings.

In a woman, HIV can also be passed in fluids in the vagina and breast milk.

You cannot get HIV from mosquito bites, sharing food, using restrooms or hugging.

## **You can't tell who has HIV by how he or she looks.**

A woman or a man with HIV may:

- ◆ not know he or she has it
- ◆ deny he or she has it
- ◆ not look or feel sick.

A simple, safe test is the only way to tell if a person has HIV.

## **AIDS is a leading cause of death among Hispanic and Latino men ages 25-44.**

### **Please read:**

Talk to your health-care provider! This booklet is not a substitute for the advice of a qualified health-care provider. • The photos in this booklet are of models. The models have no relation to the issues presented.



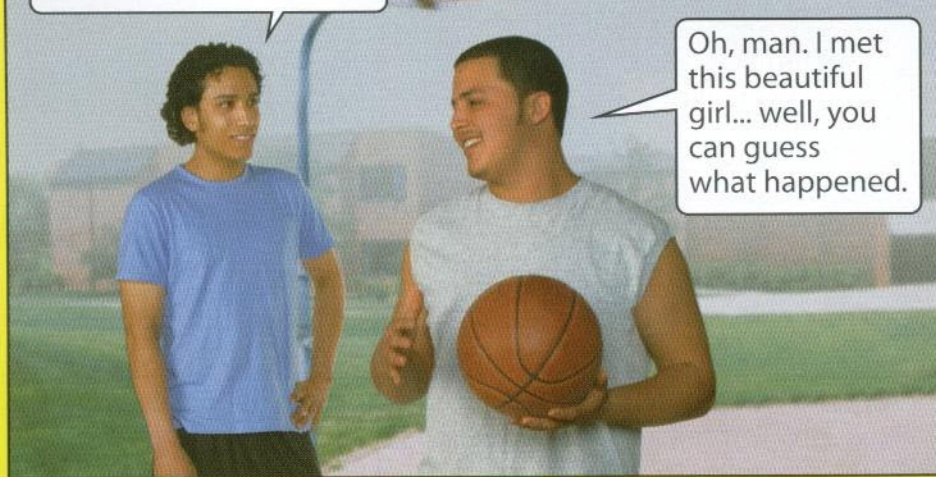


Manuel

Tomás

# Manuel's story

Hey, little brother!  
How was your weekend?



Oh, man. I met  
this beautiful  
girl... well, you  
can guess  
what happened.

Cool! But I hope you  
used a condom.

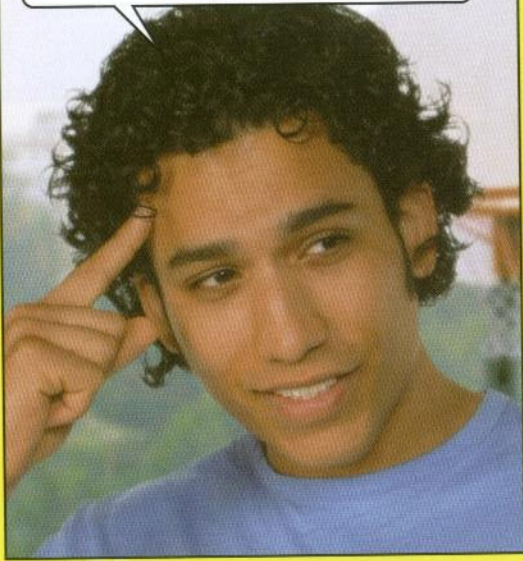
It can help protect you from  
HIV and other diseases you  
can get from having sex.



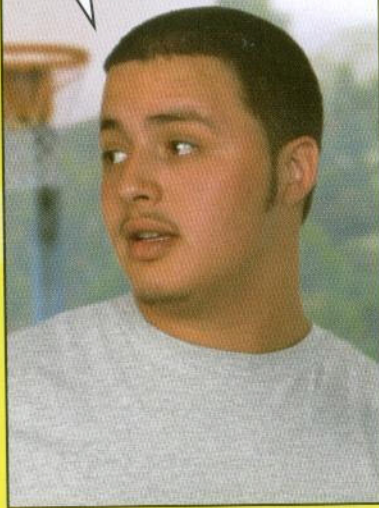
Yeah, I know.  
But what kind  
of man wears  
condoms?



A smart man! A real man protects himself—and his partner. He takes responsibility.



Wait a minute! Are you saying I could have HIV—and give it to someone else?



**Anyone** who has had sex could have HIV. You can also get HIV from sharing needles to shoot drugs.

Let me tell you about a guy I work with.

OK.

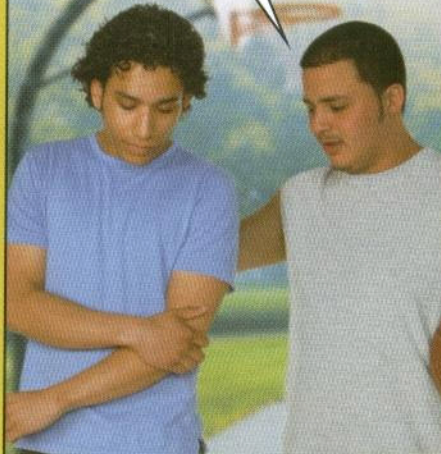




He really got around—with women **and** men. Turns out, he has HIV. And we dated some of the same girls! When I found out, I realized **I** might have HIV. So, I decided to get tested before Rita and I got married.



Wow. You must have been scared. But I would be too embarrassed to get tested.



Yes, I was a little embarrassed. But the doctor at the clinic told me I shouldn't be. He said anybody can get HIV.



He told Rita she should get tested, too. He also showed us how to use condoms.

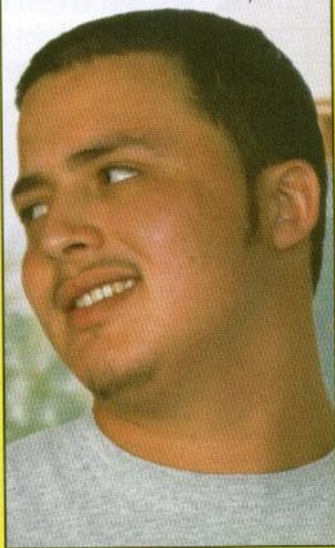
So, what happened?



We are very lucky. We do not have HIV. But we know we can't take chances. I know some guys have girlfriends after they are married. But not me—I'm not risking my life or anyone else's.

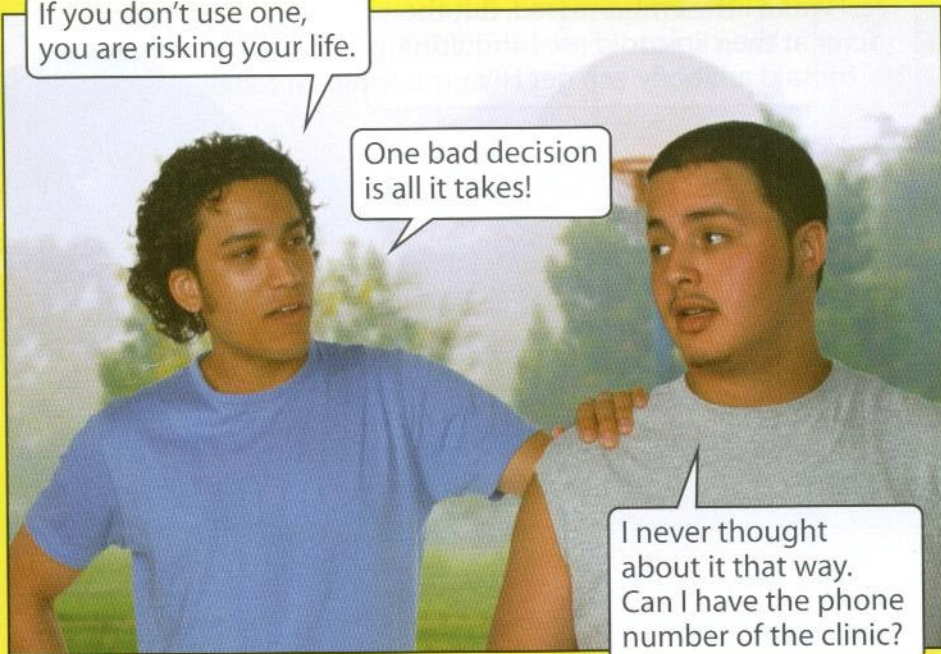


But, still, I just don't like condoms...



If you don't use one, you are risking your life.

One bad decision is all it takes!



I never thought about it that way. Can I have the phone number of the clinic?



# Protect yourself and others from HIV.

Like Manuel and Tomás, you can learn how to stay safe from HIV.

## **If you have sex, use male latex\* condoms.**

Condoms aren't 100% effective. But they can help protect against HIV.

- ◆ If you do not know how to use a condom, read the package. Check the expiration date.
- ◆ Use a new latex condom for each act of vaginal, anal or oral sex.
- ◆ Do not use any oils, petroleum jelly, lotions or products that contain oil. These can make condoms break. Use a water-based lubricant, instead.

\*If you can't use a male latex condom, ask your doctor about other types of condoms.

## **Make sex safer.**

Not having sex is safest. But, if you do have sex, here are some ways to avoid HIV.

- ◆ Do not have sex with strangers.
- ◆ Avoid having sex with more than one partner.
- ◆ Be prepared. Carry condoms with you.
- ◆ Find out about your partner's HIV status before you have sex.
- ◆ Do not have sex after drinking alcohol or taking drugs. You might forget to wear a condom.

## **If you shoot drugs, get help to stop.**

- ◆ Call the National Drug Helpline—1-800-662-4357. Help is available in English and Spanish.
- ◆ Never share or reuse needles, syringes or any other drug equipment.
- ◆ Use a new, clean needle and syringe every time.



# Get tested for HIV.

## **There is a simple, safe test.**

The test is often low- or no-cost. Ask your doctor or clinic about confidential and anonymous testing.

Remember, even if your test for HIV is negative, anyone you have sex with could still have HIV.

## **If you are sexually active, consider getting an HIV test every year.**

Or, get tested as often as your doctor recommends. Be sure to learn the results. Talk to your doctor, clinic or HIV counselor about what your results mean.

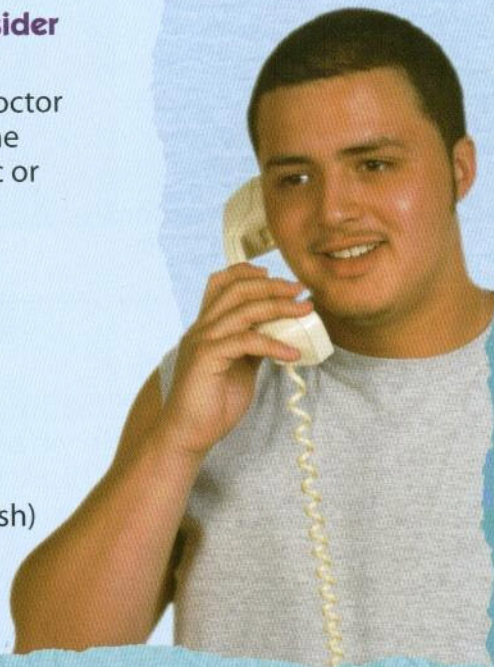
## **Find out where to get tested.**

Contact:

- ◆ your doctor or clinic
- ◆ your state or local health department
- ◆ CDC-INFO (English and Spanish)
  - 1-800-CDC-INFO  
(1-800-232-4636)
  - 1-888-232-6348 (TTY).

## **If you have HIV, treatment can help you stay healthy.**

- ◆ Don't wait to get treatment! Get help right away.
- ◆ You may be able to get low- or no-cost treatment. Ask your doctor, clinic or local health department.



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