

Risk reduction guidelines

A.I.D.S. is spread primarily through sexual contact, and is epidemic right now in the gay men's community. That doesn't mean we can't have sex anymore, but it does mean that we may need to change some of our activities to make sure that both we and our partners stay healthy. With creativity and imagination, sex can still be as much fun as, or even more fun than before.



Some sex is completely safe, with no risk of transmission:

- masturbation (alone or with a partner or partners)
- massage and rubbing (frontage)
- hugging, caressing, stroking, wrestling
- watching others, showing off to others
- talking erotically, kinky, loving, "dirty" or whatever. It's even safe to talk about things that aren't safe - provided that you don't do them.



Some sex is less risky. Although there is no guarantee that these activities are 100% foolproof, there is strong evidence that they significantly reduce your risk of being exposed.

- anal intercourse with a condom (it is important to learn how to use a condom correctly)
- oral sex without cumming in the mouth (or using a condom during oral sex)
- water sports without swallowing (provided there are no open cuts or sores on the skin)



Some sex is more risky. Research indicates that these activities might allow transmission.

- oral sex carried to a climax in the mouth
- rimming (oral/anal contact)
- fisting
- anal intercourse without a condom (this is THE RISKIEST sexual activity)
- sharing sex toys between partners
- any semen or blood being exchanged in an anus, mouth or open skin cuts and sores

Multiple exposures probably increase your chances of becoming sick. If you think you have already been exposed, it becomes even more important to practice safe sex (for both you and your partners).

Take care of yourself. Take care of your friends and community.

VT CARES Signs AIDS Education Contract

The State Department of Health and Vermont CARES have signed an \$8,000 A.I.D.S. education contract.

The agreement, which pays Vermont CARES for risk reduction education work, runs from December 1, 1986 to November 31, 1987.

Under the terms of the contract, Vermont CARES will implement a program of group presentations, one on one information sessions, and other projects to give accurate information about prevention of A.I.D.S. transmission to members of groups at higher risk for A.I.D.S.

Dr. Roberta Coffin, Commissioner of

Health, described the project as "an important step in efforts to deal with A.I.D.S. in Vermont.

The contract was made possible by a federal grant the Health Department has received for A.I.D.S. Education Co-ordinator, will oversee the contract for the state.

Vermont CARES has named Terje Anderson as project director for the contract.

For more information about A.I.D.S. risk reduction, or to arrange a presentation for your group, contact Vermont CARES at 862-5917, or PO Box 1125, Montpelier, VT 05602.

National Fundraising Iniated For People with AIDS

John Glines, Broadway producer of the Tony Award winning TORCH SONG TRILOGY and last year's Drama Desk winner AS IS, is spearheading a national fundraising campaign to help the growing number of people with AIDS.

Glines is the project director of STAMP OUT AIDS, a campaign to sell stamps similar to Christmas and Easter seals, to raise funds for organizations which directly serve people with AIDS. The first issue of stamps, selling in sheets of 6 for \$1, were designed by New York artist Marty Luko. Future issues will be designed by such well-known artists as David Hockney, Don Bacardy and Jedd Garet.

"I wanted to create an affordable way for everyone to contribute to this vital cause," Glines said. "For just one dollar everyone can help. Magnify one person's dollar by hundreds of thousands of

concerned citizens, and you can imagine the difference it will make." His goal is to raise a million dollars with the first issue alone.

Stamps can be purchased by sending \$1 for each set of 6, along with a self-addressed stamped envelope, to STAMP OUT AIDS, 240 West 44th Street, NY, NY 10036. If paying by check, make payable to "National Aids Network/STAMP OUT AIDS." All contributions are tax deductible, as provided by law. The National Aids Network is acting as fiscal agent for the project.

Funds from this project will be targeted directly to programs serving people with AIDS, such as buddy programs, food programs, hospital and hospice care, transportation and counseling, and will be distributed to AIDS service organizations across the country by the National Aids Network.

A I D S

"Fight fear with facts."

AIDS is one of the most serious health epidemics of our time, affecting both men and women. Planned Parenthood offers this workshop for professionals interested in the medical, psychological and social aspects of AIDS. Many educational resources available for review.

"AIDS: A Public and Private Concern"
Wednesday, February 11
9 a.m. to 4 p.m.
Berlin, Vt.

For registration
and fee
information,
call Connie Leff
(802) 862-9637

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of Northern New England