



PREVENTING TRANSMISSION OF HIV

1. Transmission of HIV

- **HIV transmission and prevention.** Pages 11-14 in: Healthy living manual. (BCPWA). 2008. http://www.bcpwa.org/articles/Manual08_Webversion.pdf
- **How do you get HIV?** Pages 9-10 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002. <http://library.catie.ca/PDF/P7/19665.pdf>
- **Is it safe for me to be around someone who has HIV?** Pages 19-20 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002. <http://library.catie.ca/PDF/P7/19665.pdf>
- **Stopping the spread of HIV.** (AIDS InfoNet). 2009. http://www.aidsinonet.org/uploaded/factsheets/19_eng_150.pdf
- **HIV transmission frequently asked questions.** (AVERT). 2009. <http://www.avert.org/faq1.htm>
- **Relative risk for transmission from a person living with HIV.** (Centers for Disease Control and Prevention). <http://www.cdc.gov/hiv/topics/treatment/PIC/pdf/chart.pdf>
- (video) **How is HIV transmitted?** (POZ). 2006. <http://www.podcasthealth.com/pchTV.aspx?movieVar=0>
INSTRUCTIONS: Click on the "More" tab at top of screen, then "Prevention". Press play.
- **Sex, drugs & viral load.** (The Positive Side). Winter 2008. http://www.positiveside.ca/e/V10I2/pdf/ps_v10i2_viralload.pdf
- **Assessing risk of HIV transmission.** Pages 21-33 from: Guidelines for assessing risk. <http://tinyurl.com/m7rzpg>
- **Is HIV still a risk if you're faithful?** (HIV Insite). 2004. <http://hivinsite.ucsf.edu/hiv?page=basics-00-10>

2. Precautions

- **Universal precautions.** (Canadian HIV/AIDS Information Centre). 2006. <http://pubs.cpha.ca/PDF/P7/19661e.pdf>
- **The importance of standard precautions.** (PKIDs). <http://www.pkids.org/pdf/standardprecautions.pdf>

3. Safer injecting

- **Safer injecting.** (Canadian Public Health Association). 2003. <http://pubs.cpha.ca/PDF/P7/20670.pdf>

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Please note that this information was current as of August 2009, but has not been updated.

- **Reducing the risk... How to clean your works...** (Heart of Richmond AIDS Society). <http://www.heartofrichmond.com/PDF/needles.pdf>
- **One kit, one hit.** (Santé et Services Sociaux Québec). 2009. <http://publications.msss.gouv.qc.ca/acrobat/f/documentation/2008/08-305-01A.pdf>
- **Are there risks of getting HIV if I drink or use drugs?** Pages 11-12 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002. <http://library.catie.ca/PDF/P7/19665.pdf>
- **Vein care handbook.** (Streetworks). 2002. <http://library.catie.ca/PDF/P29/22624.pdf>
This book is targeted to people who use drugs, and explains the importance of being as healthy as possible if you use drugs. It contains information including: tips for safer injecting; disposing of used rigs; dealing with problems such as overdose, abscesses or infection with hepatitis or HIV; how to take universal precautions; safer sex; having a child; and quitting drugs.

4. Safer tattooing, piercing, and branding

- **How do I know if tattooing or piercing will be safe?** Pages 13-14 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002. <http://library.catie.ca/PDF/P7/19665.pdf>
- **Tattoos and piercing... Protecting yourself from AIDS, Hepatitis B and Hepatitis C.** (Santé et Services Sociaux Québec). 2004. <http://publications.msss.gouv.qc.ca/acrobat/f/documentation/2003/03-310-03A.pdf>
- **Body art, body smart: branding.** (YouthCO AIDS Society). http://www.youthco.org/cms/index.cfm?group_id=1134
- **Body art, body smart: piercing.** (YouthCO AIDS Society). http://www.youthco.org/cms/index.cfm?group_id=1134
- **Body art, body smart: tattooing.** (YouthCO AIDS Society). http://www.youthco.org/cms/index.cfm?group_id=1134

5. After exposure to HIV – Post-exposure prophylaxis

- **What can I do if I have just been exposed to HIV?** (New York State Department of Health). 2006. <http://www.health.state.ny.us/diseases/aids/docs/9104eng.pdf>
- **Treatment after exposure to HIV.** (AIDS InfoNet). 2008. http://www.aidsinfonet.org/uploaded/factsheets/25_eng_156.pdf
- **Is there a “morning after” pill that prevents HIV infection?** Pages 39-40 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002. <http://library.catie.ca/PDF/P7/19665.pdf>
- **PEP: post-exposure prophylaxis (treatment after exposure to HIV).** (CATIE). 2005. <http://www.catie.ca/pdf/ACASfs/PEP.pdf>
- **Non-occupational post exposure prevention.** (Project Inform). 2009. <http://www.projectinform.org/info/npep/main.pdf>
- **Talking to your doctor about nPEP.** (Project Inform). 2009. <http://www.projectinform.org/info/npep/doctor.pdf>

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Please note that this information was current as of August 2009, but has not been updated.

6. Vaccines for HIV/AIDS

- **AIDS vaccines.** (AIDS InfoNet). 2009.
http://aidsinfonet.org/uploaded/factsheets/178_eng_159.pdf
- **Preventive HIV vaccines.** (AIDS Info). 2006.
http://www.aidsinfo.nih.gov/ContentFiles/HIVPreventionVaccines_FS_en.pdf