

# HIV/AIDS AWARENESS COMMUNITY NEWSLETTER

***Getting to Zero,***

***No New HIV Infections  
No Discrimination  
No AIDS Related Deaths***

Issue #13      December 2016

Dear Community Members,

Welcome to the 2016 issue of the Six Nations HIV/AIDS Awareness Community Newsletter!!! The goal of our program is to educate and inform all community members about HIV/AIDS and to share this information with everyone in your family and household.

**Aboriginal HIV/AIDS Awareness Week – December 1 to December 6, 2016.  
World AIDS Day-December 1, 2016**

The first World AIDS Day was in 1988 and it was the first ever global health day. The theme for World AIDS Day 2016 is “Hands Up for #HIV Prevention”.



Hands up for #HIVprevention



The Hands Up Campaign is sponsored by the UNAIDS Facebook page to create awareness and explore different aspects of HIV prevention in key populations and people living with HIV.

People are encouraged to participate from around the world by sharing a photograph or video of their palms with messages to strengthen HIV prevention efforts and post on the UNAIDS Facebook- 2016 World AIDS Day #HIVprevention campaign.

We encourage people to join the fight against human rights violations and to make healthier choices in order to curb the ever-growing number of new HIV infections. Our goal is to educate our community on three main messages, which are: **Education, Prevention** and **Getting Tested**.

# HIV/AIDS BASICS



## What Does HIV Mean?

### **H HUMAN**

Only humans can become infected with the virus, insects or any other kinds of animals can not get it from you or give it to you. The virus needs the human body to live.

### **I IMMUNODEFICIENCY**

The immune system involves the parts of our bodies which function to fight off diseases and infections. Deficiency means that it is not working properly or there is a loss of immunity function.

### **V VIRUS**

A virus is a very small organism **that cannot grow or replicate without a living cell** as a host. Replicate means to make copies of itself by taking over human cells and turning them into virus factories.

## What Is AIDS?

### **A ACQUIRED**

A person has been exposed to HIV and got infected. The virus has to enter the blood stream to infect you. Your body acquires (gets) the HIV virus that leads to AIDS.

### **I IMMUNO**

This is our body's defense mechanism that fights off diseases and infections. HIV weakens the immune system.

### **D DEFICIENCY**

It causes a decrease in our immune system where the body can no longer fight off diseases or infections properly or in a healthy way.

### **S SYNDROME**

AIDS occurs when someone has tested positive for HIV antibodies and has at least one opportunistic infection needed to diagnose AIDS. Only a Doctor can make this diagnosis.

**There is no cure or vaccine for HIV....but there is treatment!**

## How Is HIV Spread?

### UNPROTECTED SEXUAL INTERCOURSE

- Unprotected sex involves oral, anal or vaginal sex, whether as heterosexual, bisexual or homosexual activity. Unprotected sex is sexual intercourse without a condom. The greater number of sexual partners that you have, the greater the risk of coming in contact with the HIV virus. During sexual intercourse, HIV can enter your body through the penis, vagina, mouth or rectum. If you have cuts in these areas you are at greater risk for coming in contact with the virus. The virus can be present in blood, semen and pre-seminal fluid, vaginal secretions, rectal fluids and breast milk.

### INTRAVENOUS DRUG USE

- Individuals who use drugs can get HIV by sharing blood contaminated needles and syringes. The use of drugs and alcohol can impair your judgment, which can lead to other risky behaviours. One of the two ways to avoid exposure to HIV/ AIDS is to stop using drugs, but if you choose to continue, use only new, sterile disposable syringe/ needle units each time. Do not share drug equipment such as glass pipes, stems or straws. Tattoo and piercing equipment must also be sterile and single use only.

### FROM AN UNTREATED INFECTED MOTHER TO HER UNBORN BABY

- A pregnant mother who is HIV positive can pass the virus to her unborn baby during pregnancy, at the time of delivery or afterward through breastfeeding. This is why it is very important to discuss HIV testing with your doctor during your first prenatal visit.

## How HIV is NOT Spread?

HIV is not easily spread because HIV is fragile outside the body and is easily killed by heat, dry air and disinfectant chemicals. HIV is NOT spread through the following ways:

- casual contact like shaking hands or hugging
- saliva, sweat, tears, coughing or sneezing
- sharing towels or clothing
- sharing telephones, toilet seat, swimming pools or hot tubs
- biting insects eg. mosquitoes

## HIV/AIDS IN CANADA

- 7 Canadians are infected with HIV every day. Indigenous people are 3.6 times more likely to become infected as non-Indigenous people
    - 10.8% of new infections in Canada occur disproportionately among Indigenous people
  - One third of Indigenous people who are diagnosed as HIV positive are under 30 years of age
  - 48.1% of Indigenous people living with HIV/AIDS are female
- \*Injection Drug Use (IDU) was the most reported exposure category for indigenous youth (15-29 yrs.) at 64.4% of HIV positive cases. Heterosexual contact was the second most common exposure for males and females. Men who have sex with men (MSM) rate as third most common exposure.

**Sources: [www. UNAIDS.org/Prevention Gap Report 2016](http://www.UNAIDS.org/Prevention%20Gap%20Report%202016)**

- [www.catie.ca/World AIDS Day 2016](http://www.catie.ca/World%20AIDS%20Day%202016) and [www.caan/Aboriginal AIDS Awareness Week.ca](http://www.caan/Aboriginal%20AIDS%20Awareness%20Week.ca)
- [www.phac-aspc.gc.ca/aids-sida/publication/ps-pd/index-eng.php](http://www.phac-aspc.gc.ca/aids-sida/publication/ps-pd/index-eng.php) Aboriginal peoples2010/March 2014

# TESTING SITES

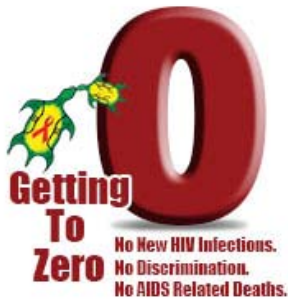
Free Anonymous HIV Testing- NO HEALTH CARD OR APPOINTMENT NEEDED

Where- The AIDS Network, 140 King St. E, Suite 101 (Lower Level) Hamilton, Ont. L8N 1B2

When- The last Tues. of every month from 1:00pm to 4:00 pm.

Call- 905-973-3748 or Toll free # 1-866-563-0563

Please visit [www.aidsnetwork.ca/hiv-testing](http://www.aidsnetwork.ca/hiv-testing) for other sites in our area.



## ABORIGINAL AIDS AWARENESS WEEK

December  
1 - 6

[aboriginalaidsawareness.com](http://aboriginalaidsawareness.com) 



Dec. 1/16 Red Scarf Campaign - World AIDS Day Event – Veterans Park, Ohsweken Ont.  
11:30 AM - 1 PM. Free Scarves will be available in the Park for anyone who needs one in support and awareness of HIV/AIDS to decrease stigma and discrimination within our community. All are welcome to this free event!!

Dec. 7/16 Six Nations Health Services- Health Beat Radio show 100.3 FM 1:00 – 2:00PM  
Topic – “ World AIDS Day - HIV/AIDS Awareness Program”  
Speaker - Six Nations Sexual Health Nurse and The AIDS Network- Hamilton, Ont.

**\*NEW WEBSITE:** [www.sixnationssexualhealth.ca](http://www.sixnationssexualhealth.ca)

**\*FREE CONDOMS\*FREE CONDOMS\*FREE CONDOMS\*FREE CONDOMS\***

Available At Gane Yohs Health Centre/ Public Health Office  
1769 Chiefswood Rd., Ohsweken, Ont.

Monday to Friday

08:30 AM to 4:30PM

519-445-2672

