

## **RESOURCES FOR HIV & AIDS PREVENTION AND TREATMENT**

Central Texas College District provides information to students and staff relating to the prevention of Human Immunodeficiency Virus and Acquired Immune Deficiency Syndrome ("HIV/AIDS").

The Employee and Student Resource Center ("SEAP") provides counseling and referrals for HIV/AIDS testing and treatment.

### **RISK FACTORS:**

Behaviors and conditions that put individuals at greater risk of contracting HIV include:

- having unprotected anal or vaginal sex;
- having another sexually transmitted infection (STI) such as syphilis, herpes, chlamydia, gonorrhea and bacterial vaginosis;
- sharing contaminated needles, syringes and other injecting equipment and drug solutions when injecting drugs;
- receiving unsafe tattooing, injections, blood transfusions and tissue transplantation, and medical procedures that involve unsterile cutting or piercing; and
- experiencing accidental needle stick injuries, including among health workers.

HIV can be transmitted via the exchange of a variety of body fluids from infected people, such as blood, breast milk, semen and vaginal secretions. HIV can also be transmitted from a mother to her child during pregnancy and delivery. Individuals cannot become infected through ordinary day-to-day contact such as kissing, hugging, shaking hands, or sharing personal objects, food or water.

### **PREVENTION:**

- Avoid unprotected sex.
- Abstinence is the surest form of avoiding HIV/AIDS and other sexually transmitted diseases.
- Monogamous relationships also reduce the risk of contraction HIV/AIDS and other sexually transmitted diseases.
- Evidence shows that male latex condoms have an 85% or greater protective effect against HIV and other sexually transmitted diseases.
- Avoid activities that could involve coming into contact with another's blood or body fluids.

Talk with your doctor to determine if HIV/AIDS testing is recommended.

For Texas State laws relating to HIV/AIDS, visit: [www.hivlawandpolicy.org/states/texas](http://www.hivlawandpolicy.org/states/texas)

### **TESTING and COUNSELING:**

Anonymous testing for HIV/AIDS and other sexually transmitted diseases can be found at Central Texas Support Services, 254-771-3352

For HIV positive counseling services call Central Texas Support Services at 254-432-5633.