



**As your Health Care Providers at this clinic, we want to help you stay as healthy and safe as possible.**

We will:

- **A**lways support you in your medical care
- **B**egin to talk with you about things you can do to help yourself be safe and stay healthy
- Help you make **C**hoices that work for you

**8 OUT OF 10 PEOPLE WITH HIV PROTECT THEMSELVES & THEIR PARTNERS: BE ONE OF THE MAJORITY.**

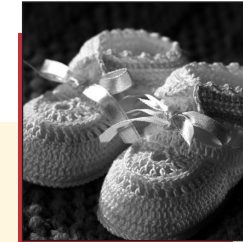
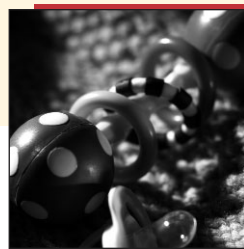


### Protect Yourself:

- ✘ Don't make your HIV worse: Be safe, stay healthy.
- ✘ Care for yourself by staying in contact with your provider: Share concerns, ask questions, & get the best possible treatment.
- ✘ Alcohol, drugs, STDs, & other infections can harm your immune system.
- ✘ Getting an STD is a much bigger hassle than using a condom.
- ✘ If you use drugs, use your own equipment.
- ✘ So what if it's just a one night stand – Protect Yourself!
- ✘ Unsafe sex puts your health at risk.

### Protect Others:

- ✘ Talk to your sex- & drug-partners about being safe.
- ✘ Even if your viral load is undetectable, you can still pass HIV to others.
- ✘ If you use drugs, don't share: needles, syringes, pipes, straws, cookers, rinse water – it ALL matters.
- ✘ Don't pass your HIV around.



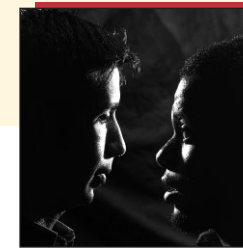
### Thinking about having a baby?

- Talk to your provider to get all of the facts.
- The risk of a pregnant woman infecting her baby can be greatly reduced. Ask your provider how.
- The healthier you are, the better it is for you & your baby.

### IDEAS!

**Here are some things that people with HIV do to protect themselves and their partners:**

- ✓ Use latex or polyurethane condoms
- ✓ Tell partners that you have HIV and ask if they do
- ✓ Don't use drugs, or use them less often
- ✓ Limit the number of sex partners
- ✓ Talk to sex and drug partners about ways to be safe
- ✓ Find places to get sterile syringes & needles
- ✓ Don't have sex when drunk or high
- ✓ Avoid people and places that encourage risky behaviors
- ✓ Get help to stop using drugs
- ✓ Don't have sex



# POSITIVE STEPS

**STRIVING TO ENGAGE PEOPLE**

Let's face it – HIV is no picnic. Those who have it need to take special care to make sure that they & their communities stay healthy. We know this and want to help.

Positive STEPs is a plan to help you:

**PROTECT YOURSELF**  
while you  
**PROTECT OTHERS**



**Please discuss these issues with your providers:**

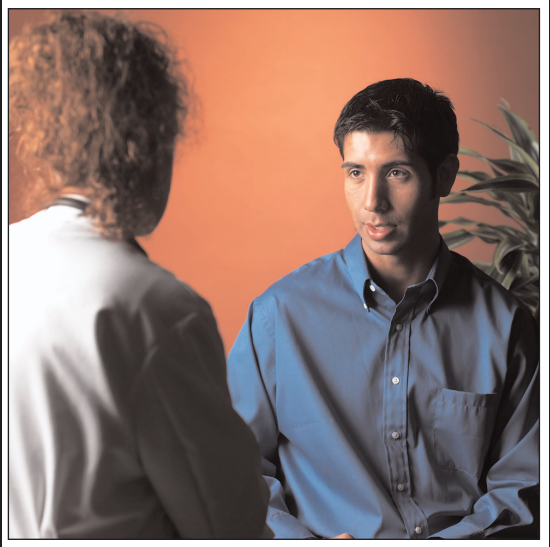
**ASK US!**

**Paste a label with information about your clinic here: name, address, phone number**



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University of Colorado Health Sciences Center  
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[www.uchsc.edu/mpaetc](http://www.uchsc.edu/mpaetc)

# Let's Start Talking



**Ask us about**  
**POSITIVE STEPS**  
**STRIVING TO ENGAGE PEOPLE**

