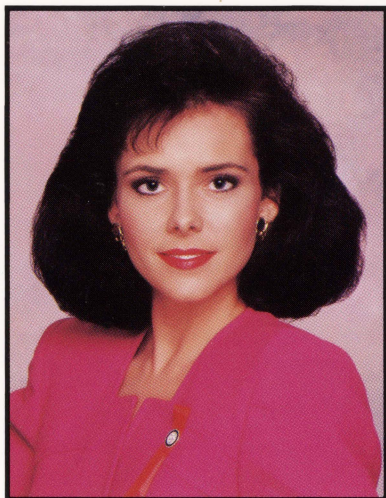


CHOOSE TO BE SAFE



Miss America 1993
Leanza Cornett

Miss America's AIDS Prevention Guide

“There are things you can do to help stop the spread of AIDS...”

- Learn the facts about HIV and AIDS.
- Learn how to say no and feel good about it. You may want to practice how you would say these things with family or friends.
- Remember abstinence **IS** an acceptable option.
- If sexually active, practice safer sex. Use a **LATEX** condom **EVERYTIME**.
- Talk with your partner (boyfriend/girlfriend) about sexual responsibilities. Find alternative ways of expressing your feelings for each other.
- Stay away from alcohol and drugs; they cloud your judgement and may lead you to make unsafe choices.
- Don't share needles used for drugs (including steroids), tattooing, or ear-piercing with anyone.
- Share what you've learned about AIDS and HIV with others. **AIDS IS PREVENTABLE.**

CLAIROL

TEST YOUR AIDS AWARENESS

True or False

1. There is a cure for AIDS.
2. HIV is the same as AIDS.
3. You can tell if someone carries HIV or has AIDS by looking at him or her.
4. AIDS is only a gay disease.

Fill in the blanks.

5. AIDS stands for:

A _____

I _____

D _____

S _____

6. Name three ways that HIV, the virus that causes AIDS can be transmitted:

Multiple Choice (Circle all that apply)

7. HIV can be transmitted through the following bodily fluids:
- | | | |
|----------|----------------|-----------------------|
| a. tears | d. semen | g. vaginal secretions |
| b. blood | e. saliva | |
| c. sweat | f. breast milk | |
8. HIV infection can be caused by:
- | | | |
|-------------|-----------------|------------------|
| a. coughing | c. hugging | e. none of these |
| b. sneezing | d. all of these | |
9. Being HIV positive does not necessarily mean that a person has AIDS. It does mean that:
- a. The person definitely will develop AIDS.
 - b. The person has developed antibodies to HIV.
 - c. The person will look very sick.
10. The term "safer sex" is often used to refer to the use of latex condoms with lubricants. Which of the following lubricants **should not** be used with condoms:
- | | | |
|--------------------|----------------------|----------------|
| a. baby oil | c. water-based jelly | e. Nonoxynol-9 |
| b. petroleum jelly | d. spermicides | |

VOLUNTEER - Make a Difference

National AIDS Hotline - 1-800-342-AIDS

Answers: 1. False, 2. False, 3. False, 4. False; 5. Acquired Immune Deficiency Syndrome; 6. Having unprotected sex, sharing needles, from mother to her unborn baby; 7. b, d, f, g; 8. e; 9. b; 10. a, b