

AVOID GETTING HIV/AIDS & HEPATITIS



DON'T: SHARE TOOTHBRUSHES, RAZORS, NAIL CLIPPERS, TATTOO OR PIERCING EQUIPMENT OR OTHER ITEMS THAT GET BLOOD ON THEM.



DO: ONLY USE YOUR OWN TOOTHBRUSH, RAZOR OR NAIL CLIPPERS. BE SURE THAT EQUIPMENT USED FOR TATTOOING OR PIERCING HAS NOT BEEN USED ON ANYONE ELSE.



DON'T: SHARE DRUG EQUIPMENT (NEEDLES, COOKER, COTTON, STRAWS ETC.)



DO: CLEAN YOUR WORKS WITH BLEACH. USE A NEEDLE EXCHANGE. THERE ARE ONES LOCATED IN BURLINGTON, BRATTLEBORO AND ST. JOHNSBURY. CONSIDER DRUG TREATMENT.



DON'T: GET SOMEONE ELSE'S BODILY FLUIDS (BLOOD, SEMEN, VAGINAL SECRETIONS) ON OR IN YOU. DON'T EXPOSE OTHERS TO YOUR BODILY FLUIDS.



DO: PRACTICE SAFER SEX (USE OF CONDOMS AND BARRIERS FOR VAGINAL, ANAL OR ORAL SEX)



DON'T: HAVE UNPROTECTED SEXUAL INTERCOURSE (ANAL, VAGINAL OR ORAL).



DO: PRACTICE SAFER SEX (USE OF CONDOMS AND BARRIERS FOR VAGINAL, ANAL OR ORAL SEX)