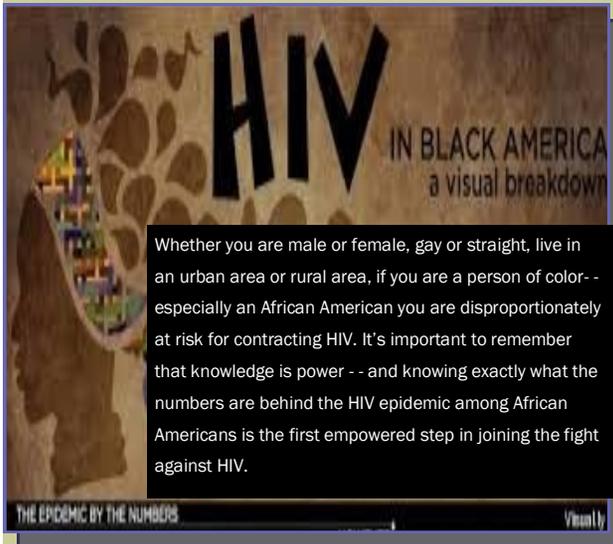


Mission Statement

The mission of NCBW, Suffolk County Chapter, Inc. is to address issues that affect Black women such as education, healthcare and economic development. Legislative issues that affect the lives of Black women and their families are also important to address. As an important network for Black women, the chapter should also provide meaningful guidance to young women.

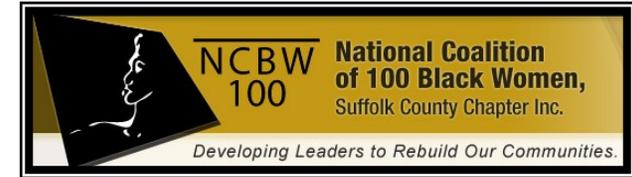


References:

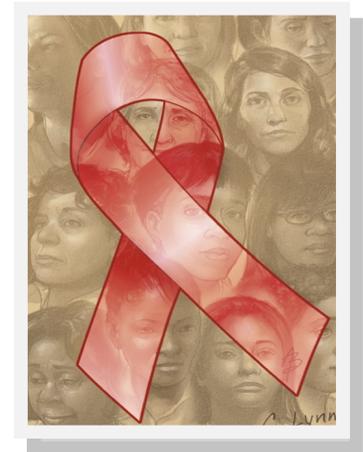
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*National Coalition of 100 Black Women
Suffolk County Chapter, Inc.*

*P.O. Box 346
Islip, New York 11751
Webpage: NCBWSC.org*



AIDS AWARENESS BROCHURE



*Help Us to Educate
Women of Color
and Their Families*

Knowledge is Power!

AIDS AWARENESS

What is National AIDS AWARENESS DAY?

National AIDS Awareness Day is an opportunity for NCWB Suffolk County to "take action by sharing knowledge with others



through education" regarding an often overlooked disease that has an enormous impact on African American women. This nationwide observance is held each December 1st in an effort to expand upon the awareness of AIDS, empower people to make a difference. This year we

have taken action as an organization by creating an educational Brochure for our website in an effort to:

- Provide the definition of AIDS
- Tell women and girls how to prevent HIV/AIDS
- Encourage more of them to get tested
- Provide referrals to services to those living with the disease
- Do whatever it takes to reduce the impact of HIV/AIDS

What is AIDS

Definition: Acquired Immune Deficiency Syndrome (AIDS) is an acronym made up of the letters of the following words:

A - acquired: become infected from others.
I - immune: the body's ways of protecting itself against infection.
D - deficiency: lack
S - syndrome : collection of symptoms and diseases.

AIDS is a disease that breaks down a part of the body's immune system, leaving the person defenseless against a variety of illnesses that are normally not life threatening to people without AIDS.

AIDS is caused by the human immunodeficiency virus (HIV). People can be infected with HIV for many years before they develop signs and symptoms of any illness. AIDS is a late stage of HIV disease. Medications can help people living with HIV or AIDS live longer, healthier lives. Some people have lived for more than 20 years and have taken medicines for more than 10 years. Not everyone's disease progresses or responds to medications in the same way. AIDS has serious health consequences, it can interfere with quality of life and there is no cure.

How do you contract AIDS?

HIV spreads when infected blood, semen, vaginal fluids, or breast milk gets into the bloodstream of another person through:

- direct entry into a blood vessel;
- mucous linings, such as the vagina, rectum, penis, mouth, eyes, or nose, or
- a break in the skin.

HIV is **not** spread through saliva (spit).

HIV is spread through:

- Vaginal, anal, or oral sex without using a condom.
- Sharing needles, syringes, or works to inject drugs, vitamins, hormones, steroids, or medicines.
- Women with HIV infection can pass HIV to their babies during pregnancy, delivery, and breastfeeding.
- People who are exposed to blood and/or body fluids at work, like health care workers, may be exposed to HIV through needle-sticks or other on-the-job exposures.

Statistics

According to the U.S. Department of Health & Human Services Office of Minority Health website, al-

though African Americans are only 13% of the U.S. population, they account for 44% of HIV infection cases in 2010.

In 2011, African Americans were 8.6 times more likely to be diagnosed with HIV infection, as compared to the White population.

Early Signs

- ◇ Losing weight.
- ◇ Swelling in the neck, behind the ear, under the arm and in the groin.
- ◇ Sores in the lips, which do not heal.
- ◇ Thrush - a white rash inside the mouth or in the private parts.
- ◇ Signs of Tuberculosis – cough and sweating.
- ◇ Fever and sweating at night.
- ◇ Diarrhea that does not stop.

Late Signs

- ◇ Tuberculosis (TB).
- ◇ Pneumonia.
- ◇ Painful rashes.
- ◇ Weakness and tiredness.
- ◇ Dark blue marks on the skin.
- ◇ Losing a lot of weight.
- ◇ Headaches, fits, blackouts, loss of memory and difficulty in concentrating.

Prevention There are many ways to prevent AIDS; it is mostly spread by sexual intercourse. You must have **safe sex** if you want to protect yourself from AIDS—use a condom correctly every time.

- ◇ Abstinence is the surest form of prevention.
- ◇ Safe sex also means having sex without penetration — the penis does not enter the vagina or anus.
- ◇ Safe sex is having sex with only one partner. Your partner must only have sex with you, too! This is a faithful relationship.
- ◇ Safe sex means both you and your partner have had an HIV test and found that you are both negative. Then, only have sex with each other. This is also a faithful relationship.