

## DEPARTMENT OF HEALTH SERVICES

2151 BERKELEY WAY  
BERKELEY, CA 94704

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Marcus Conant, M.D. ✓  
Neil Schram, M.D.  
Robert Anderson, M.D.  
Larry Bye  
Robert Benjamin, M.D.

Dear Marc, Neil, Bob, Larry and Bob,

One of the most difficult subjects that we discussed in Los Angeles was sexual practices recommendations designed to stop transmission of the AIDS virus. Those recommendations, regardless of how difficult for us to make, will form the corner stone of the AIDS control program under design. We, as a small but important group must agree on these recommendations.

To further the consensus building process, I have drafted the enclosed recommendations and have chosen you as a sub-group to have a first cut on modifications.

A few things have been done that deserve special comment:

1. I have tried to make the recommendations unisex to avoid any "pro-gay sex" comments from the less-than-modern politicians.
2. I tried to integrate all comments from the LA meeting, but, in the unisex stance, could not include, "we are losing the battle".
3. I purposely tried to find a phrase other than "safe sex" and used "protected sex". Comments?
4. As part of "protected sex", I have singled out oral sex as dangerous unless a condom is used. I feel strongly regarding this but realize that latex has an unpleasant taste.
5. I think wisdom (killing virus and killing lymphocytes) should make us bite the bullet on nonoxynol 9, so I have included it in "protected sex".
6. Although the relative efficacies of protected sex and test-linked sex are not known, I chose to put protected sex first and left test-linked sex as an alternative.

Please scribble on this quickly and get it back to me for the next revision. Then we can circulate it to a larger audience.

Sincerely,

Donald P. Francis, M.D., D.Sc.  
AIDS Adviser

## YOU CAN PROTECT YOURSELF FROM AIDS

### FACTS

1. Infection by the AIDS virus will be a personal calamity for you:
  - o It is one of, or possibly THE most dangerous, virus of humans
    - 10% or more of those infected will die.
    - 25% or more will develop some AIDS-related conditions.
    - An unknown number will develop brain damage.
  - o All infected people are potentially infectious for life:
    - All sexual partners are at risk of being infected.
2. The AIDS virus is spread only by sexual contact and blood (needle) sharing, and NOT by casual contact.
3. YOU have the power to protect yourself.

### RECOMMENDATIONS FOR PROTECTING YOURSELF

If you are uninfected by the AIDS virus, the following recommendations are made regarding safe sexual activity:

The safest is: No sexual contact.

Comment: This is a fool proof means by which to protect yourself which is being followed by many. It does not mean that one has to be celibate forever - just until we have better prevention tools.

If you want to have sex, you can be protected from infection by: Having protected sex only with uninfected people.

Comment: "Protected sex" means sexual activity where no potentially infectious body fluids contact non-skin covered surfaces of the body. It means that a condom (rubber) is worn ALL OF THE TIME. There is no mouth contact with genital areas (unless protected with a condom) or anal area. No heavy ("French") kissing. A virus killing substance (like nonoxynol 9 containing spermicidal jelly) is used both inside and outside of condoms. To be effective these rules must be followed 100% of the time.

"Uninfected people" means people who have been tested and found to be AIDS virus antibody negative.

An alternative, although probably somewhat less safe is: Protected sex without regard to whether or not the person is uninfected.

Comment: This should be quite safe if protective practices (outlined above) are strictly adhered to 100% of the time.

Another alternative is: Unprotected sex only with uninfected people.

Comment: This means sex only with people who have been tested and found to be negative for AIDS virus antibodies. The safety

*Studies indicate that many people are unable to always remember to have protected sex.*



and the fidelity of the partner.

of this practice is limited by the accuracy of the antibody test. The antibody test appears to be extremely accurate in predicting who has been infected and who has not, but some antibody negative people are actually infected and, perhaps, infectious. The best estimate now is that 1% of homosexual men fit into this category (antibody test negative but actually infected). It is also limited by the chance that your partner becomes infected between tests and at what interval both parties have been tested. Thus, the safety of unprotected sex with antibody negative people is relative and to ensure safety one must limit the number of partners extensively.

**Dangerous:** Anything less than above.

**Comment:** The danger of unprotected sex with any individual depends on the chance of that individual being infected with the AIDS virus. For heterosexual individuals that chance is small (less than 1 in 100) unless the individual is an IV drug user, a prostitute, or a sexual contact of homosexual men. Yet the dangers of infection with this virus justify some protection method (as outlined above) for heterosexual people having sex outside of primary relationships. In contrast to heterosexual people, homosexual men have a high chance (1 in 2) of being infected and the rates of new infection are high. Thus, extreme precautions are required to stop transmission in this group.

Don,  
you need to make some note as to  
what infected people can do:  
" If you are infected are you do not  
want to take the antibody Test & find  
out, you should  
1) Have no sexual contact  
2) Have protected sex only w/ antibody  
positive people  
etc

Mari'