



# PEOPLE OF COLOR

**“Because We Care”**

*Let's Talk*



- **41% of ALL cases of AIDS are People of Color**

### DID YOU KNOW THAT...

- **59%** of all the **CHILDREN** with AIDS are **BLACK CHILDREN**.
  - **21%** of all the **CHILDREN** with AIDS are **LATINO CHILDREN**.
  - **1%** **ASIAN** or other.
- 

- **52%** of **ALL WOMEN** with AIDS are **BLACK WOMEN**.
  - **25%** of **ALL WOMEN** with AIDS are **LATINA WOMEN**.
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- **BLACK PEOPLE** are **11.7%** of the U.S. population, yet **25%** of the **AIDS cases**.
- **LATINO PEOPLE** are **6.4%** of the U.S. population, yet **14%** of the **AIDS cases**.
- Of the men being inducted into the Armed Services, **BLACK MEN** are testing positive **4 to 1** over **whites**.

**AIDS  
IS  
NOT!!**

1. A WHITE Disease
2. A GAY Disease
3. A MALE Disease

**AIDS  
IS**

1. FOUND IN WOMEN
2. FOUND IN CHILDREN
3. FOUND IN STRAIGHTS

## **WOMEN**

If a woman is infected with the AIDS virus she can pass it to her unborn child. Think carefully if you plan on having a baby. It is possible that the AIDS virus may also be transmitted through breast milk.

**AIDS IS AN  
EQUAL OPPORTUNITY  
DISEASE!!!**

## **WHAT IS AIDS?**

AIDS is a disease which attacks the body's ability to fight off some illnesses. It is caused by a virus (germ) spread by sexual contact or sharing needles when shooting drugs. Half of the people who have AIDS have died. There is no cure for AIDS. **PREVENTION IS THE ONLY WAY TO STOP THIS DISEASE.**

People can be infected with the AIDS virus and **LOOK HEALTHY**. However, they can pass the virus on to another without either person knowing it. It is difficult to know who is infected; we urge **EVERYONE** to take the simple precautions listed below to protect yourself always.

### **DO'S**

Limit Sex to ONE Partner

**USE RUBBERS**

Social Kissing – on lips only

Take Good Care of Your Body

- A. Plenty of rest
- B. Good nutrition
- C. Exercise
- D. Reduce Stress or worry
- E. Reduce Alcohol intake

### **DON'TS**

No Exchange of Body Fluids  
(urine, semen (cum), blood)

No Oral, Rectal or Vaginal Sex  
(without rubbers)

No Drugs, but if you do, DON'T SHARE NEEDLES

No Sex without Rubbers

**Don't Take Chances**

# **WARNING SIGNS**

## **Symptoms of AIDS**

Many AIDS symptoms are also symptoms of other diseases that are not AIDS, such as colds or the flu. But the AIDS symptoms last longer and are very extreme.

## **WATCH OUT FOR...**

1. **Losing Weight** – and not on a diet
  2. **Coughing** – dry and won't go away
  3. **Shortness of Breath**
  4. **Tired** – more and more of the time
  5. **Fever** – over a week
  6. **Night Sweats** – Real Wet
  7. **White Spots** – in mouth or on tongue
  8. **Swollen Glands** – Armpits, Neck or Groin
  9. **Purple Raised Bumps** – on Blacks  
**Pink Flat Blotches** – on Latinos & Asians
  10. **Loose or Bloody Bowel** – for a long time
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*If you would like to volunteer, need information or make tax deductible contributions, please contact:*

### **“MINORITY AIDS PROJECT”**

5882 West Pico Blvd., Suite 210  
Los Angeles, California 90019

**24-Hour Hotline: 936-4949**  
**— ALL CONTACTS CONFIDENTIAL —**

**Other Referrals**  
**800/922-AIDS**

**Spanish Hotline**  
**800/222-SIDA**

*"People of color are being abandoned by Family and Friends and often thrown out into the streets because of fear of this disease. People of color are being hit very hard by this disease in Large numbers. The Minority AIDS Project provides warm hearts and helpful hands in the form of personal Volunteers for AIDS sufferers and Family Members, Food Vouchers, Housing, Transportation, printed materials, public speakers, AIDS education, Home Services, Spiritual Counseling, Volunteer training and referral sources."*

REV. CARL BEAN  
Founder, Executive Director

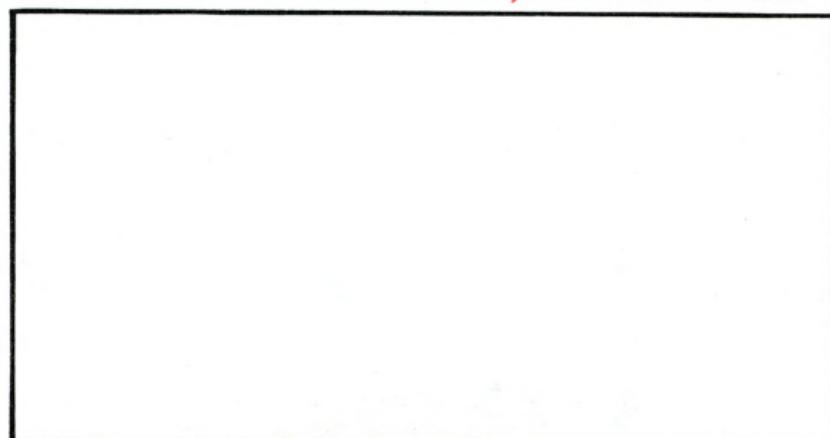
*"The Brotherhood Crusade supports the Minority AIDS Project because it is the only organization that is dedicated to the education and prevention of AIDS in the Black community. We need an organization like the Minority AIDS Project when statistics show that Blacks account for 59% of childhood AIDS cases."*

DANNY J. BAKEWELL, SR.  
President, Brotherhood Crusade

*"The most powerful tool we can use to protect our communities from the spread of AIDS is Education. We must learn to separate myths from facts, replace paranoia with understanding, and work together towards a mutual goal – AIDS awareness and prevention.*

ASSEMBLYWOMAN MAXINE WATERS

**FOR YOUR LOCAL AREA, PLEASE CALL:**



Funded in part by California Department of Health Services  
and The Liberty Hill Foundation

# **INFORMATION for PEOPLE OF COLOR**

**ASIANS**

**BLACKS**

**LATINOS**

**NATIVE AMERICANS**

**AIDS IS STRIKING PEOPLE OF COLOR.** It is not limited to gay white men. In fact two out of five Americans with AIDS are Black, Latino, Asian, American Indian, and other People of Color. Among women, half are Black and one in five are Latina. More than four out of five U.S. children with AIDS are from People of Color.

#### WHAT IS AIDS?

AIDS is a disease which attacks the body's ability to fight off some illnesses. It is caused by a virus (germ) spread by sexual contact or sharing needles when shooting drugs. Half of the people who have AIDS have died. There is no cure for AIDS. Prevention is the only way to stop this disease.

People can be infected with the AIDS virus and look healthy. However, they can pass the virus on to another without either person knowing it. It is difficult to know who is infected; we urge everyone to take the simple precautions listed below to protect yourself always.

#### YOU CAN GET AIDS FROM SOMEONE WHO IS INFECTED WITH THE AIDS VIRUS:

- If you have intercourse without a rubber.
- If you have mouth to rectum contact or fist in rectum contact.
- If you use someone else's sex toys, such as vibrators or dildoes.
- If you swallow urine (piss), semen (cum), or feces (shit) or allow them in your mouth.
- If you have received contaminated blood from a blood transfusion between 1979 and 1985.
- If you shoot up drugs with someone else's needles, "works", "rig", or "tools".
- If you have sex and take inside yourself the blood or cum of someone who does the things listed above.

#### IT MAY BE POSSIBLE TO GET AIDS FROM SOMEONE INFECTED WITH THE AIDS VIRUS:

- If you swallow fluid from the vagina (it is unknown whether this fluid contains the AIDS virus).
- If you have anal/vaginal intercourse with a condom (having a condom break during anal/vaginal intercourse).
- If you have oral sex and stop sucking before partner cums (pre-cum contains the virus).
- If you French kiss.

#### YOU CANNOT GET AIDS:

- From shaking hands, hugging, social kissing, crying, sneezing or coughing.
- From swimming pools, hot tubs, restaurants, elevators, or the air.
- From sharing drinking glasses or straws, silverware, or dishes.
- From toilet seats, door knobs, typewriters, or telephones.
- From body massages, masturbation (jacking off), body rubbing, dry humping, or light S&M play (no bleeding).

#### WOMEN

If a woman is infected with the AIDS virus she can pass it to her unborn child. The baby will have a 50-50 chance of being born with AIDS. Think carefully if you plan on becoming pregnant. Get more information if you're unsure about whether you may be infected.

#### WARNING SIGNS—Symptoms of AIDS

Many AIDS symptoms are also symptoms of other diseases that are not AIDS, such as colds or the flu. But the AIDS symptoms last longer and are very extreme.

#### SYMPTOMS INCLUDE:

- Being very tired for a long time for "no reason".
- Fevers, shaking chills, or soaking night sweats for "no reason".
- Weight loss of more than ten pounds in one month for "no reason".
- Swollen glands in your arm pits or under your chin or between your legs, for more than two months.
- Frequent diarrhea.
- Frequent white spots or uncommon mouth sores.
- Frequent dry cough, without having a cold or the flu, especially if you have trouble catching your breath.
- Pink, purple, or brown spots or bumps that are darker in color than skin surrounding these spots; on persons with darker skin color the spots again will be darker than normal skin color. These spots can be on or under the skin, or inside the mouth, nose, eyelids, or rectum. These bumps and spots look like skin bruises that do not heal, do not go away and are often harder than the skin around them.

## ■ WHERE TO GET MORE INFORMATION

### SAN FRANCISCO

### AIDS FOUNDATION

Northern California

TDD

863-AIDS

800-FOR-AIDS

864-6606

Provides AIDS education and information through the AIDS HOTLINE, 864-4376. Also provides social services, medical and psychological referrals, foodbank, emergency housing, and the People with AIDS Switchboard. Services are available in Spanish.

### AIDS HEALTH PROJECT

626-6637

Offers individual health consultation and groups for people at risk for AIDS. Groups are also offered for people with AIDS and AIDS Related Conditions. A support group is offered for people of color.

### AIDS & SUBSTANCE ABUSE PROGRAM (ASAP)

821-8764

Provides substance abuse services for PWA and ARC.

### THE DRUG HOTLINE

752-3400

### THE SHANTI PROJECT

558-9644

Provides emotional counseling and practical support for people with AIDS. Emotional counseling is also offered for loved ones of people with AIDS. A residence program is available. Services are available in Spanish.

### PACIFIC CENTER

### AIDS PROJECT

East Bay/Contra Costa

420-8181

372-2525

Provides comprehensive AIDS education and information, direct services to people with AIDS and AIDS Related Conditions and their loved ones. Also social services, attendant referral, substance abuse and AIDS, on-going support groups and foodbank. Services are available in Spanish.

**This brochure was written by the Third World AIDS Advisory Task Force and produced by the San Francisco AIDS Foundation.**

**Published December 1985.**

**Type & Design: La Raza Graphics**

# WCAP



**DEDICATED TO  
SERVING PEOPLE OF  
COLOR & OTHERS WITH AIDS**

Westside AIDS/Case Management  
and Home Community-Based Care Program

Under the Auspices of

Westside Community  
Mental Health Center, Inc.  
1153 Oak Street  
San Francisco, CA 94117  
(415) 431-9000

# A

AIDS is shorthand for acquired immune deficiency syndrome. It is a disease that damages the defense system of otherwise healthy men, women and children.

# I

Intravenous Drug Users who share their "works" (needles & syringes) with an infected person can get aids.

# D

Deadly! AIDS is a life threatening disease with no known cure.

# S

Sex - oral, anal or vaginal with someone infected with AIDS can infect you. Mothers can infect their children with AIDS before or during birth and possibly through breast feedings.

## **FACTS ABOUT BLACK PEOPLE & AIDS**

- One out of every 4 people with AIDS is Black.
- One out of every 2 women with AIDS is Black.
- Seven out of every 10 babies born with AIDS are Black.

# DO

- Use a condom (rubber) and a lubricant with nonoxynol -9 for vaginal and anal sex.



# DON'T

- Don't share your "works" (needles or syringes) with anyone! If you have to share, clean your "works" with bleach and water.

# W

## IF YOU HAVE AIDS....

You may be in need of some or all of these services:

- Housing Vouchers
- Food Vouchers
- Help with SSI, GA Medical Disability
- Counseling (Family & Individual)
- Transportation
- Clothing Referrals
- Education & Prevention Materials
- Bereavement Services

# A

The WCAP Home/Community Based Care Program will help you get and manage the services you need with complete confidentiality.

# P

**CALL 431-9000.** Business Hours: 9:00 a.m. to 5:30 p.m. You may leave a message after 5:30 p.m.

We are located on Oak Street between Divisadero and Broderick Streets.

## **KNOW THE WARNING SIGNS!!**

- Feeling tired, headachy and light-headed all the time.
- Rapid weight loss.
- Dark lumps or blotches growing larger on or underneath the skin, inside the mouth, anus, nose or eyelids.
- A heavy, continuous cough.
- A white coating on the tongue sometimes along with a sore throat.
- Diarrhea for a long period of time.
- Night sweats or fevers that last for several weeks.
- Swollen glands (lumps) in the neck, armpit or groin.

## **OUR JOB IS TO HELP YOU MEET YOUR NEEDS!**

The WCAP Program is funded by the State of California Office on AIDS. Although it is primarily funded to serve the Black community, we welcome people with AIDS from any ethnic group.

Westside Community Mental Health Center is pleased to offer its Case Management Program as a continuance of its long tradition of addressing the needs of its community.



WCAP

## Westside AIDS Case Management and Home/ Community-Based Care Program

1153 Oak Street  
San Francisco, CA 94117

Teri Moore  
Program Director  
(415) 431-9000