

HIV/AIDS

AIDS is the final stage of infection by a microorganism called Human Immunodeficiency Virus (HIV), which is found in the blood, sperm and vaginal fluids. AIDS diminishes the body's immunity against serious infections and diseases.

How it is transmitted:

Through the exchange of bodily fluids; primarily blood, sperm and vaginal fluids:

- Through sexual contact without the use of a condom with an infected person
- By using a used syringe and needle or other items utilized in intravenous drug use or by sharing (with other people) intravenous drugs
- During pregnancy, delivery or nursing, from an infected mother to the child
- Through blood or blood derivative transfusion (prior to 1992)
- Through puncture with an infected needle or infected item

How it is NOT transmitted:

- Through social contact, such as handshakes, hugs or kisses on the cheek
- In places where people gather, such as theatres, stadiums, schools, offices, etc.
- The sea or a pool
- Sweat and saliva
- Clothing, sheets and blankets, dishes, glasses and silverware, telephones
- Toilets
- Mosquitoes or other insects



Find your place and time



A little C (ascorbic acid) is enough. If you use more, you will make the hit very acidic

HEPATITIS

Hepatitis is an infection or inflammation of the liver caused by the Hepatitis A, B, C, D and E viruses (viral Hepatitis) or other viruses and microorganisms. In addition, it can be caused by chronic use of alcohol, medicines or toxins, biliary obstruction and the course of various diseases (metabolic disorders or autoimmune diseases). Of all viral hepatitises, Hepatitis B and C can become chronic and remain in the liver, causing permanent damage, if they remain untreated.

HEPATITIS B

How it is transmitted:

- Through sexual contact without the use of a condom with a patient with chronic active Hepatitis B or who is a chronic carrier of Hepatitis B

HEPATITIS C

- By using a used syringe and needle or other items utilized in intravenous drug use or by sharing (with other people) intravenous drugs
- From persons of the domestic environment
- From an infected mother to the child during childbirth
- Through blood or blood derivative transfusion (prior to 1992)
- Through puncture with an infected needle or infected item

How it is NOT transmitted:

- Through social contact, such as handshakes, hugs or kisses on the cheek
- In places where people gather, such as theatres, stadiums, schools, offices, etc.
- Saliva, water or food
- Clothing, sheets and blankets, dishes, glasses and silverware, telephones

HEPATITIS C

How it is transmitted:

- Primarily through contact with infected blood:
- By sharing intravenous drugs. It is estimated that more than 80% of active or former users of intravenous drugs suffer from Hepatitis C
- Through blood or blood derivative transfusion (prior to 1992)
- Through puncture with an infected needle or infected item
- Through sexual contact without a condom with a person infected with Hepatitis C

TUBERCULOSIS

It is caused by the mycobacterium tuberculosis and more infrequently by other types of mycobacteria. The mycobacterium tuberculosis can affect any organ of the body, but it usually affects the lungs.

How it is NOT transmitted:

- Through water, food, pots and pans, toilets
- Through social contact, such as handshakes, hugs, kisses, coughing, sneezing
- By breastfeeding. Mothers with Hepatitis C should stop breastfeeding only if they have bleeding wounds on their nipples

How it is transmitted:

- From person to person, by inhaling droplets containing mycobacteria. People with pulmonary tuberculosis let out very small droplets through coughing, sneezing and speaking out loud. These people usually transmit the disease to the persons who come in contact with them several hours a day.
- Infrequently, from the peptic system, the skin and the mucosa, after consumption of dairy products from infected bovines, without prior pasteurization.
- Even more infrequently, through infected objects

How can I protect myself from possible infection (HIV/AIDS, Hepatitis):

- Always use a latex condom during sexual contact. If a lubricant is used, do not use Vaseline or similar substances because they destroy the condom. Obtain a water-soluble lubricant
- If intravenous drugs or other substances are used, do not share syringes, needles or other items related to the use of drugs with other people
- Do not share with other people items that may have blood residue, such as toothbrushes, razors, nail-clippers
- Get the Hepatitis B vaccine. The vaccine is administered in three doses.
- If you are or planning to get pregnant, consult a doctor about the above infectious diseases
- If you are a patient, follow your treatment regularly

IF YOU ARE USING DRUGS INTRAVENOUSLY

8 steps to safer use:

1. Find your place and time
2. Disinfect the injection site on your body
3. Use bottled water to dilute your hit
4. A little C (ascorbic acid) is enough. If you use more, you will make the hit very acidic
5. Filter your hit carefully. Do not use cigarette butt filters, because you may get infected. If you do not have a clean filter, try to take heroin from the surface
6. Pick a different site on your body each time. However, do not inject your neck, muscles or the veins close to your lymph nodes.

How to protect yourself:

- Get the BCG vaccine if you did not get it as a child and the mantoux test was negative
- If you belong to a high risk group, like drug addicts, HIV-positive people, the homeless, institution inmates, such as inmates in psychiatric facilities, prisons, hostels and armed forces, avoid crowded places and poor hygienic conditions
- Take protective measures, such as covering your mouth while coughing or sneezing, using a mask, good ventilation.
- If you are diagnosed with tuberculosis, get treatment with special antibiotics for at least six months. It is important to complete the treatment, otherwise tuberculosis may reappear with resistance to the usual medication.



Use bottled water to dilute your hit

IF YOU ARE USING DRUGS INTRAVENOUSLY

How to protect yourself:

- Get the BCG vaccine if you did not get it as a child and the mantoux test was negative
- If you belong to a high risk group, like drug addicts, HIV-positive people, the homeless, institution inmates, such as inmates in psychiatric facilities, prisons, hostels and armed forces, avoid crowded places and poor hygienic conditions
- Take protective measures, such as covering your mouth while coughing or sneezing, using a mask, good ventilation.
- If you are diagnosed with tuberculosis, get treatment with special antibiotics for at least six months. It is important to complete the treatment, otherwise tuberculosis may reappear with resistance to the usual medication.

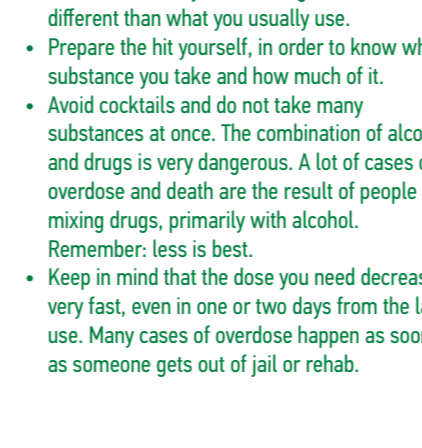


Stay close. You may be that person's only chance to survive

IF YOU ARE USING DRUGS INTRAVENOUSLY

How to protect yourself:

- Get the BCG vaccine if you did not get it as a child and the mantoux test was negative
- If you belong to a high risk group, like drug addicts, HIV-positive people, the homeless, institution inmates, such as inmates in psychiatric facilities, prisons, hostels and armed forces, avoid crowded places and poor hygienic conditions
- Take protective measures, such as covering your mouth while coughing or sneezing, using a mask, good ventilation.
- If you are diagnosed with tuberculosis, get treatment with special antibiotics for at least six months. It is important to complete the treatment, otherwise tuberculosis may reappear with resistance to the usual medication.



Disinfect the injection site on your body

IF YOU ARE USING DRUGS INTRAVENOUSLY

How to protect yourself:

- Get the BCG vaccine if you did not get it as a child and the mantoux test was negative
- If you belong to a high risk group, like drug addicts, HIV-positive people, the homeless, institution inmates, such as inmates in psychiatric facilities, prisons, hostels and armed forces, avoid crowded places and poor hygienic conditions
- Take protective measures, such as covering your mouth while coughing or sneezing, using a mask, good ventilation.
- If you are diagnosed with tuberculosis, get treatment with special antibiotics for at least six months. It is important to complete the treatment, otherwise tuberculosis may reappear with resistance to the usual medication.

IF YOU ARE USING DRUGS INTRAVENOUSLY

How to protect yourself:

- Get the BCG vaccine if you did not get it as a child and the mantoux test was negative
- If you belong to a high risk group, like drug addicts, HIV-positive people, the homeless, institution inmates, such as inmates in psychiatric facilities, prisons, hostels and armed forces, avoid crowded places and poor hygienic conditions
- Take protective measures, such as covering your mouth while coughing or sneezing, using a mask, good ventilation.
- If you are diagnosed with tuberculosis, get treatment with special antibiotics for at least six months. It is important to complete the treatment, otherwise tuberculosis may reappear with resistance to the usual medication.

IF YOU ARE USING DRUGS INTRAVENOUSLY

How to protect yourself:

- Get the BCG vaccine if you did not get it as a child and the mantoux test was negative
- If you belong to a high risk group, like drug addicts, HIV-positive people, the homeless, institution inmates, such as inmates in psychiatric facilities, prisons, hostels and armed forces, avoid crowded places and poor hygienic conditions
- Take protective measures, such as covering your mouth while coughing or sneezing, using a mask, good ventilation.
- If you are diagnosed with tuberculosis, get treatment with special antibiotics for at least six months. It is important to complete the treatment, otherwise tuberculosis may reappear with resistance to the usual medication.

IF YOU ARE USING DRUGS INTRAVENOUSLY

How to protect yourself:

- Get the BCG vaccine if you did not get it as a child and the mantoux test was negative
- If you belong to a high risk group, like drug addicts, HIV-positive people, the homeless, institution inmates, such as inmates in psychiatric facilities, prisons, hostels and armed forces, avoid crowded places and poor hygienic conditions
- Take protective measures, such as covering your mouth while coughing or sneezing, using a mask, good ventilation.
- If you are diagnosed with tuberculosis, get treatment with special antibiotics for at least six months. It is important to complete the treatment, otherwise tuberculosis may reappear with resistance to the usual medication.

IF YOU ARE USING DRUGS INTRAVENOUSLY

How to protect yourself:

- Get the BCG vaccine if you did not get it as a child and the mantoux test was negative
- If you belong to a high risk group, like drug addicts, HIV-positive people, the homeless, institution inmates, such as inmates in psychiatric facilities, prisons, hostels and armed forces, avoid crowded places and poor hygienic conditions
- Take protective measures, such as covering your mouth while coughing or sneezing, using a mask, good ventilation.
- If you are diagnosed with tuberculosis, get treatment with special antibiotics for at least six months. It is important to complete the treatment, otherwise tuberculosis may reappear with resistance to the usual medication.

IF YOU ARE USING DRUGS INTRAVENOUSLY

How to protect yourself:

- Get the BCG vaccine if you did not get it as a child and the mantoux test was negative
- If you belong to a high risk group, like drug addicts, HIV-positive people, the homeless, institution inmates, such as inmates in psychiatric facilities, prisons, hostels and armed forces, avoid crowded places and poor hygienic conditions
- Take protective measures, such as covering your mouth while coughing or sneezing, using a mask, good ventilation.
- If you are diagnosed with tuberculosis, get treatment with special antibiotics for at least six months. It is important to complete the treatment, otherwise tuberculosis may reappear with resistance to the usual medication.

IF YOU ARE USING DRUGS INTRAVENOUSLY

How to protect yourself:

- Get the BCG vaccine if you did not get it as a child and the mantoux test was negative
- If you belong to a high risk group, like drug addicts, HIV-positive people, the homeless, institution inmates, such as inmates in psychiatric facilities, prisons, hostels and armed forces, avoid crowded places and poor hygienic conditions
- Take protective measures, such as covering your mouth while coughing or sneezing, using a mask, good ventilation.
- If you are diagnosed with tuberculosis, get treatment with special antibiotics for at least six months. It is important to complete the treatment, otherwise tuberculosis may reappear with resistance to the usual medication.

IF YOU ARE USING DRUGS INTRAVENOUSLY

How to protect yourself:

- Get the BCG vaccine if you did not get it as a child and the mantoux test was negative
- If you belong to a high risk group, like drug addicts, HIV-positive people, the homeless, institution inmates, such as inmates in psychiatric facilities, prisons, hostels and armed forces, avoid crowded places and poor hygienic conditions
- Take protective measures, such as covering your mouth while coughing or sneezing, using a mask, good ventilation.
- If you are diagnosed with tuberculosis, get treatment with special antibiotics for at least six months. It is important to complete the treatment, otherwise tuberculosis may reappear with resistance to the usual medication.

IF YOU ARE USING DRUGS INTRAVENOUSLY

How to protect yourself:

- Get the BCG vaccine if you did not get it as a child and the mantoux test was negative
- If you belong to a high risk group, like drug addicts, HIV-positive people, the homeless, institution inmates, such as inmates in psychiatric facilities, prisons, hostels and armed forces, avoid crowded places and poor hygienic conditions
- Take protective measures, such as covering your mouth while coughing or sneezing, using a mask, good ventilation.
- If you are diagnosed with tuberculosis, get treatment with special antibiotics for at least six months. It is important to complete the treatment, otherwise tuberculosis may reappear with resistance to the usual medication.

FREE HEALTHCARE MATERIAL

ATHENS

OKANA - DIRECT ASSISTANCE AND SUPPORT UNIT (MAVY)
19A 3rd Septemvriou st., tel.: 210 5224202

OKANA - ADDICTED PERSONS CARE STATION
46 Kapodistriou st., tel.: 210 5202799, 210 5202899

KETHEA - EXELIXIS
28 Koumoundourou st., tel.: 210 5200800, 210 5200810

THESSALONIKI

OKANA - THESSALONIKI STREETWORK AGENCY
9 Danaidon st., tel.: 2310 557270

INFECTIOUS DISEASES INFORMATION AGENCIES

OKANA - SOS telephone line 1031

ATHENS

KEELPNO
Information on Mobile Units: 210 8817472
Telephone line for HIV-AIDS: 210 7222222

PRAKSIS

5 Paioniou st., Victoria Square, tel.: 210 8213704
SOS Telephone line for Hepatitis and AIDS: 8001111600

MEDICINS DU MONDE - MOBILE UNIT

Information about the Mobile Unit: 210 3213150

ATH CHECK POINT

4 Pittaki st., Monastiraki, tel.: 210 3310400

THESSALONIKI

PRAKSIS
1 Arkadioupoleos & Ag. Dimitriou st., tel.: 2310 556145

THESS CHECK POINT

15 Al. Svolou & Paleon Patron Germanou st., tel.: 2310 282284

