

Transmission and Prevention

There are four main ways a person can become HIV infected.

1. Unprotected Sex

Whether you are having vaginal, anal, or oral sex you must protect yourself with a latex water-based condom with nonoxynol-9 and a dental dam.

2. Sharing needles

Not sharing needles is the best protection, but if you decide to, you must rinse the needle in bleach, then soap and water.

3. Mother to Child

An infected mother can pass HIV to her child in the womb, through the birth canal, or through breast milk.

4. Blood Transfusions

In the past, many people have been known to become infected with HIV through blood transfusions. Since November 1985, the Red Cross monitors and tests blood for the Human Immunodeficiency Virus.

The Black Outreach Project

The Black Outreach Project has been in existence since 1991 and is sponsored by the Nova Scotia Persons with AIDS Coalition. The mandate of the Project is to provide culturally sensitive inform-

ation, education, and support services to the Black communities of Nova Scotia. The Black Outreach Project strives to raise the awareness of AIDS through community programming and consultation.

Black Outreach Project Services

We offer several different services not only to the Black communities in the Metro area but throughout the province of Nova Scotia. These services include:

- ✎ HIV/AIDS educational workshops, presentations and displays
- ✎ training sessions and materials for those interested in becoming AIDS educators.
- ✎ emotional and practical support for those individuals and families who are infected and affected by HIV/AIDS
- ✎ utilising resources and services of the Nova Scotia Persons with AIDS Coalition such as: homecare, legal, financial, counselling, political, religious, facilities providing culturally sensitive information on HIV/AIDS

For Further Information

Please contact::

**Black Outreach Project
5675 Spring Garden Road,
Suite #300
Halifax, Nova Scotia
B3J-1H1**

Tel: 429-7922

Fax: 422-6200

The Black Outreach Project

Dealing with HIV/AIDS in the Black Community of Nova Scotia

***A Community Response
To AIDS***

AIDS and Racism

Racism has played a significant role in the lack of HIV/AIDS awareness in the Nova Scotian Black community. It has also created barriers to the development and delivery of programs and services related to HIV/AIDS awareness.

HIV/AIDS education programs in the wider community have not made a major effort to include the Black communities in Nova Scotia (with the exception of the recent efforts of the Black Outreach Project), therefore it is accurate to conclude that no culturally appropriate AIDS education was being provided to promote self-education. AIDS education needs are at a "crisis" level in the Nova Scotian Black community which places the entire community at a severe risk and ostracizes HIV positive Black people from feeling comfortable with accessing AIDS service organizations in the general community. The Black Outreach Project is committed to countering not only the aforementioned racial problems with HIV/AIDS education but many other problems that might exist such as: stereotypes associated with Black peoples sexuality and criminal behaviour, the lack of information on treatment issues affecting the Black community and dispelling the African Origin Myth related to HIV infected.



Black Women and AIDS

Women are the fastest growing "group" testing positive for HIV. Some related issues for Black women are:

1. The Role of Black Women.

Black women are often the primary caregivers in the Black communities. Black women are often responsible not only for the children of their respective communities but for the whole family unit, therefore their personal needs in regards to HIV prevention and treatment are often neglected.

2. Misdiagnosis

HIV positive women in general are often misdiagnosed by doctors due to lack of research and information provided on AIDS. HIV positive women have symptoms that are different from men's therefore women get diagnosed much later, and do not have the opportunity to access effective treatment methods.

A Note to the Sisters!

Talk to your boyfriends and husbands about safer sex for the both of you and your children. HIV prevention must be a shared responsibility and AIDS must be taken seriously. Our history shows that we can endure this epidemic. We must all work together to stop HIV infection because our lives are precious!

The Black Community Responding to AIDS



Since the Black Outreach Project's inception, the Black community of Nova Scotia including the church, organizations, the elders and other individuals have grown in the response to AIDS. In the hopes that we can all continue to raise the awareness of HIV/AIDS in our perspective Black communities here are some things that you can do:

- Have the Black Outreach Project visit your community, family, church organization, conference, or any other forum that you might think appropriate.
- Ask the Black Outreach Project for a training session on HIV/AIDS so that you can pass the information on to others.
- Acknowledge and talk to your friends, families, and loved ones about AIDS and the treatment of HIV positive people.

