

What is HIV/AIDS?

- Human Immunodeficiency Virus (HIV) attacks the immune system.
 - HIV is passed through contact of semen, vaginal secretions, breast milk or blood to broken skin or mucous membranes.
 - Most people who are infected with HIV will eventually develop Acquired Immunodeficiency Syndrome (AIDS).

HIV Facts

...Infection with HIV causes flu-like symptoms 2-4 weeks after infection in some people, but not everyone experiences symptoms after infection.
 ...HIV can take up to six months to show up in a blood test.
 ...HIV can be passed through childbirth and breast-feeding.
 ...Women have been found to be 17 times more likely to be infected by their partners than they are to give the infection.



Karaoke!
 Thursday, Feb. 25th.
 8p.m. - midnight.
 Campus Center Food Activity Court.

Toilet Talk

February 19, 2010

Glove + Love = :-)

Did You Know...

...After 22 years, the ban on people with HIV/AIDS traveling to the U.S. has ended. The controversial law was introduced at the peak of the AIDS epidemic under then President Ronald Reagan.
 ...Having an STI can increase a person's risk of becoming infected with HIV.
 ...About 40,000 people are infected with HIV in the U.S. each year.
 ...Condoms with the spermicide nonoxynol-9 should not be used for HIV prevention. Nonoxynol-9 may cause irritation and could increase the risk of contracting HIV and other STIs.

Answer to Last Week's Question:

There are 34 million people who are currently living with HIV or AIDS worldwide.

Easy Tip on Living Laker Green: Take a commuter mug to the dining hall or coffee shop. If you forget your mug, look to see if the paper cup, sleeve and lid can be recycled or composted.

Question of the Week: What are the top reasons why hate crimes often occur?

Events of the Week:

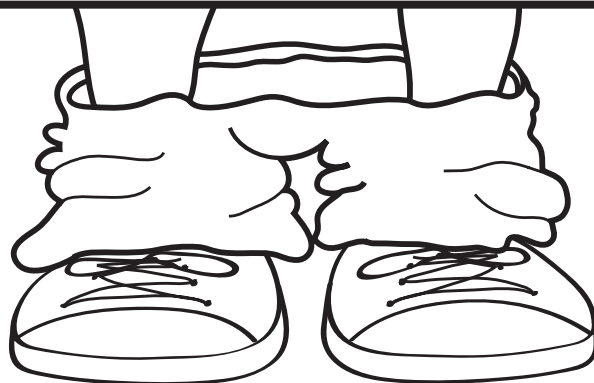
Friday, Feb. 19th. Women's Hockey vs. Plattsburgh. 3p.m. Campus Center Arena. FREE for students.

Monday, Feb. 22nd. Information sessions for students interested in an internship with Compass next fall and spring. Campus Center 136 at 7:30pm and Seneca Hall Main Lounge at 8pm.

Questions? Comments? Suggestions? Get Involved.
 Give us a call! 312-5648 Or email lifestyle@oswego.edu



Download Toilet Talk online! Visit www.oswego.edu/lifestyles and Click on the Toilet Talk link.



Words to whiz by...

"Love is composed of a single soul inhabiting two bodies."

-Aristotle

How to Protect Yourself

- Get tested! It is important to know your HIV status.
 - Talk to new sexual partners honestly about your risk factors.
 - Practice safer sex. This means using condoms or dams for oral, anal and vaginal contact.
 - Remember that many people who are infected don't realize they are infected.

Testing Sites

- Mary Walker Health Center (STD Testing): X4100.
 - HIV Testing Tuesdays in Mary Walker Health Center by appointment (315) 343-3547
 - OCO Family Planning Thursdays by appointment: (315) 598.4790

Tickets for the Goo Goo Dolls are on sale Feb. 22nd in the Campus Center Box Office. \$15 with ID.

Lifestyles

Walker Health Center
 SUNY Oswego
 (315) 312-5648
lifestyle@oswego.edu

Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistant Jenna Bernardelli, Intern Chris McPherson and Peer Educators Brianna Daley, Deanna Drexler, Chelsea Giaraffa, Mary Hankin and Jessica Raghunanan.

Sources available upon request.

Watch for our ads on WTOP and digital signage!