

## AIDS policy drafted

by Heleen Veenstra  
Staff Writer

The Clackamas Community College AIDS policy draft is now completed and approved by President's Council. The policy now will go into the package for the Board members, so they will have the chance to look at it before the next Board meeting.

The policy was "developed to provide proper protection for college students/staff and to assure sensitive response to the needs of any individual with AIDS (Acquired Immune Deficiency Syndrome), ARC (AIDS Related Complex), and HIV (Human Immunodeficiency Virus) infections."

The policy was written by Debbie Baker, student activities director, and Rusty Painter, personnel director, and reviewed by the alcohol and drug committee before it went to President's Council.

The policy is consistent with all current medical evidence, and with the handicap discrimination laws. When there are changes in the medical and legal information, the policy will be updated. Each situation of one of the three above mentioned infections will be handled on an individual basis.

The policy draft consists of six elements which are:

1. All staff and students shall be allowed to participate in all phases of college life, including classes, programs, activities, and employment con-

tent with established College policies.

2. The confidentiality concerning employees and students is protected from public disclosure. Self-disclosure is voluntary and should not result in harassment.

3. The College will not require employees, applicants or students to be tested for the AIDS virus. Testing can only be done with voluntary informed consent.

4. Coverage under benefit packages for college employees will be consistent with bargaining agreements.

5. Any employee who refuses to work with another employee or a student who has or is suspected of having AIDS or a related condition will be provided with educational information in an attempt to allay those fears. If the employee still refuses to work the employee may be subject to other disciplinary action up to and including dismissal.

6. The College recognizes the importance of information and education relating to AIDS for students and employees. As such, an education program will be implemented. The education should emphasize information about the AIDS virus and how it is and is not spread; policy guidelines and employee/student rights and responsibilities; resources for information and assistance.

NOTE: This draft has been accepted by President's Council, but it hasn't been approved by the Board of Education yet.

## Is there a cure for AIDS?

There is presently no cure for AIDS.

Medicines such as AZT have prolonged the lives of some people with AIDS. There is hope that additional treatments will be found.

There is also no vaccine to prevent uninfected people from getting the infection. Researchers believe it may take years for an effective, safe vaccine to be found.

The most effective way to prevent AIDS is avoiding exposure to the virus, which you can control by your own behavior.

## Avoiding AIDS: everyone's at risk

by Stephani L. Veff  
Opinion/Copy Editor

AIDS (Acquired Immune Deficiency Syndrome) seems to be on everyone's mind in recent years and it is important to realize exactly what are the risks and what ways there are to protect yourself from contracting the fatal disease.

The most common myth is that only gay people are at risk, this is a very dangerous mistake because people may not be protecting themselves when they should be. The two groups of people at the highest risk today are gay/bisexual men and drug users who share needles. But this means that sexual contact by a "straight" person with either of these two groups of people puts him/her at risk even if he/she does not realize that the person with whom he/she is having sex belongs in one of these groups.

*"AIDS is spread through both sexual contact and through contact with an infected person's blood"*

## The difference between giving and receiving blood

1. **Giving blood.** You are not now, nor have you ever been in danger of getting AIDS from giving blood at a blood bank. The needles that are used for blood donations are brand-new. Once they are used, they are destroyed. There is no way you can come into contact with the AIDS virus by donating blood.

2. **Receiving blood.** The risk of getting AIDS from a blood transfusion has been greatly reduced. In the interest of making the blood supply as safe as possible, donors are screened for risk factors and donated blood is tested for the AIDS antibody. Call your local blood bank if you have questions.

## Sharing knowledge and understanding

It's important for each of us to share what we know about AIDS with family members and others we love. Knowledge and understanding are the best weapons we have against the disease. Check the boxes. Answers below.

- If you are not in a "high risk group," you still need to be concerned about AIDS.  
 True  False
- The AIDS virus is not spread through  
 A. insect bites.  
 B. casual contact.  
 C. sharing drug needles.  
 D. sexual intercourse.
- Condoms are an effective, but not foolproof, way to prevent the spread of the AIDS virus.  
 True  False
- You can't tell by looking that someone has the AIDS virus.  
 True  False
- If you think you've been exposed to the AIDS virus, you should get an AIDS test.  
 True  False
- People who provide help for someone with AIDS are not personally at risk for getting the disease.  
 True  False

- TRUE. It is risky behavior that puts you at risk for AIDS, regardless of any "group" you belong to.
- A&B. The AIDS virus is not spread by insects, kissing, tears, or casual contact.
- TRUE. However, the most effective preventive measure against AIDS is not having sex or shooting drugs.
- TRUE. You cannot tell by looking if someone is infected. The virus by itself is completely invisible. Symptoms may first appear years after you have been infected.
- TRUE. You should be counseled about getting an AIDS test if you have been engaging in risky behavior or think you have been exposed to the virus. There is no reason to be tested if you don't engage in this behavior.
- TRUE. You won't get AIDS by helping someone who has the disease.

AIDS is spread through both sexual contact and through contact with an infected person's blood. It cannot be spread through casual contact like shaking hands. And although the person may be infected for years before symptoms begin; infected persons without symptoms can still transmit the virus to others.

Some of these symptoms of AIDS are: fever, chills, night sweats lasting for weeks (not due to other illnesses); weight loss not due to dieting or exercise; diarrhea for over a month; swollen glands on neck, under arms, or groin area; and purplish blotches on the skin. AIDS symptoms usually last for a long time - even months - and cannot be cured by usual medicines.

Some AIDS prevention tips are:

- Stop using drugs. Seek treatment for your addiction.
- Never share needles, razors, or tattoo instruments.
- Do not use shooting galleries or secondhand works or cookers.
- Use safer sex: wear condoms, select safety partners, the more partners you have, the greater risk.
- Stay healthy with a good diet, plenty of rest and exercise.

Learn more about AIDS/prevention. With these simple guidelines you can avoid getting infected. It is the misconceptions that can lead to putting yourself at risk.

## TAKE THE DO-IT-YOURSELF AIDS TEST.

- How many sexual partners have you had since 1982?  
 a. 1-5  c. 10-20  
 b. 5-10  d. more than 20
- List all of your partners' partners since 1982. Be specific.  
\_\_\_\_\_
- Three ways to protect yourself from AIDS are abstinence, monogamy and use of a \_\_\_\_\_ during sex.
- Which of the following can give you AIDS?  
 a. sex with more than one partner  
 b. partners with more than one partner  
 c. sex with prostitutes  
 d. IV drug use  
 e. all of the above

Last Question: Can you live with your answers? For the right answers, call 1-800-777-AIDS. In Portland, call 223-AIDS.

**AIDS IS A KILLER.  
PROTECT YOURSELF.**

Prepared for Oregon Health Division by Turtledove Clemens, Inc.

