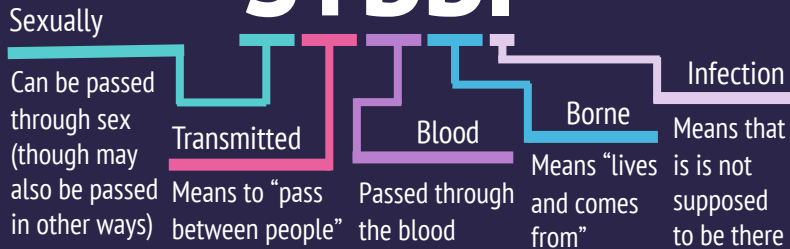


BLOOD BORNE INFECTIONS



WHAT ARE STBBIS?




STBBI



PUTTING IT ALL TOGETHER:

STBBIs are infections that come from the blood and are passed between people through sex and sometimes other ways when blood is involved

VACCINES, TREATMENTS AND CURES

	vaccine 	treatment 	cure 
HIV	No, but PrEP acts similarly	Yes! It's called ART	No, you will always have to take ART
HEP C	Not for Hep C (Hep A + B- yes)	Yes! With antivirals	Yes! In as little as 3 months
SYPHILIS	No	Yes! With antibiotic shots in the bum	Yes! After 2 shots you should be cured

TYPES OF STBBIS

HIV

HIV stand for Human Immunodeficiency Virus which is a fancy way of saying that HIV is a virus that affects humans by weakening the immune system.

If left untreated, HIV can progress to AIDS (acquired immunodeficiency syndrome) which is when HIV has weakened the immune system to the point where the body can no longer fight off other minor infections.

HEPATITIS C

Hepatitis C is one member of the Hepatitis Virus family. Hepatitis Viruses affect the liver and can cause cirrhosis (scarring), cancer and eventual failure.

Hep C may not show any symptoms until 10 to 30 years after infection, although it may be damaging your liver long before that.

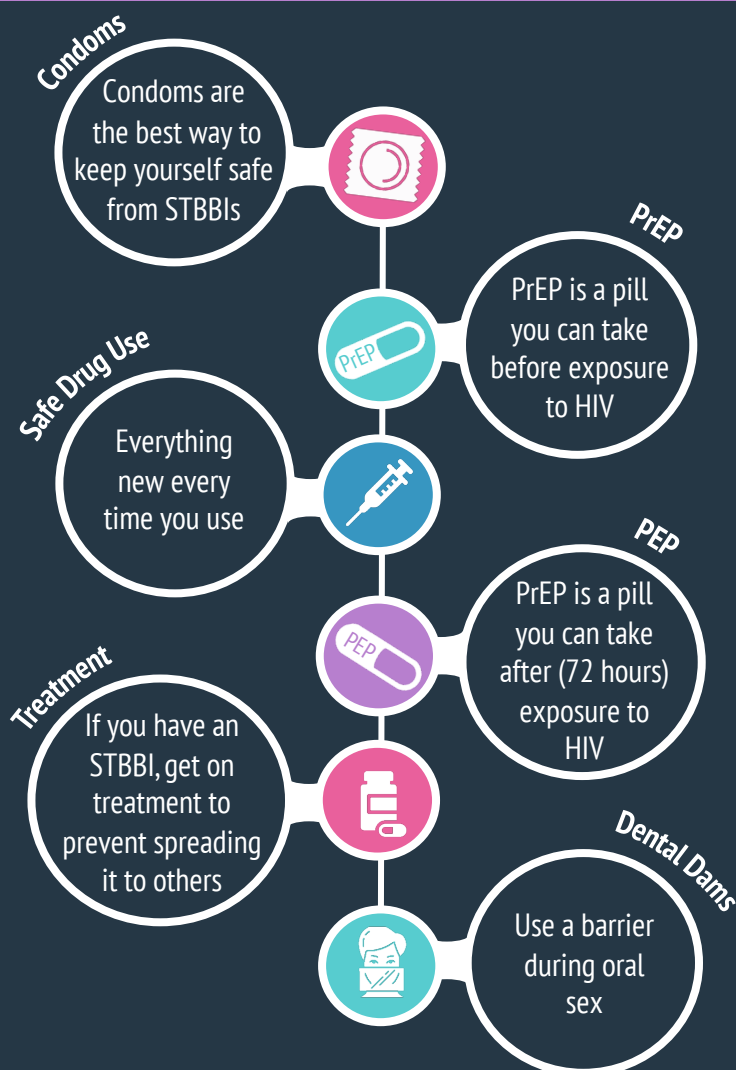
Hep C is most common in people born between the years 1945 and 1965.

SYPHILIS

Syphilis is the only bacteria in this group. Syphilis has recently made a reappearance in the prairie provinces in the last couple years.

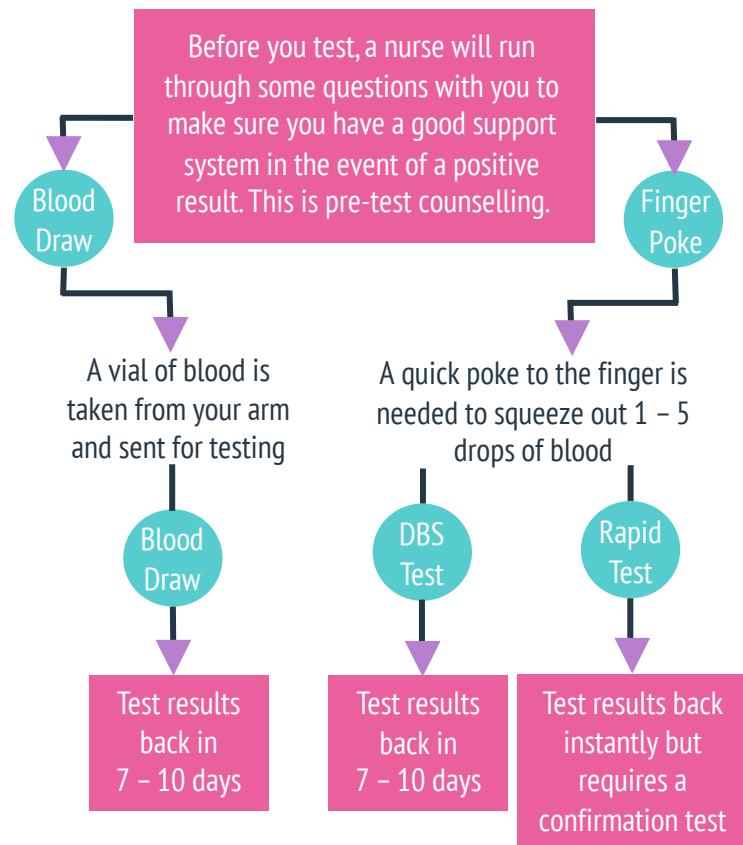
Syphilis has 4 stages of infection. In the first stage, syphilis causes a bump on initial infection. In the second, syphilis causes a rash on the torso, hands and feet. In the third, syphilis disappears for up to 20 years. In the final stage, syphilis attacks major organs including the eyes, stomach and brain

PREVENTING STBBIS



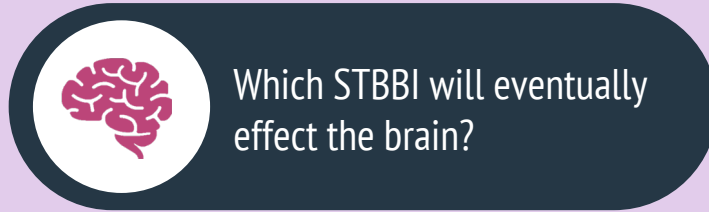
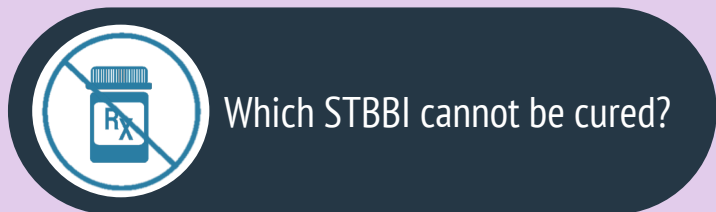
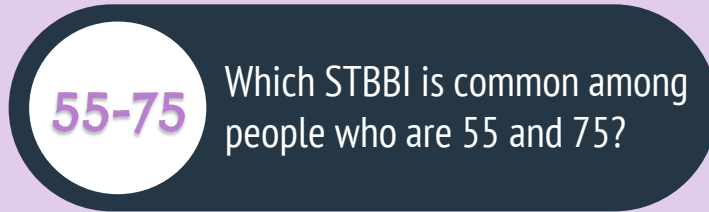
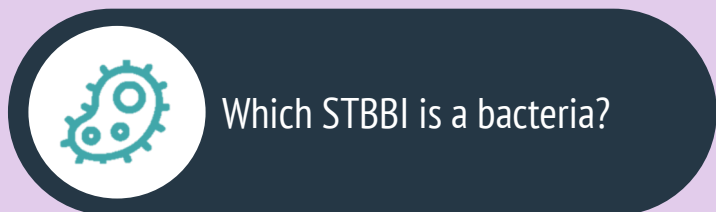
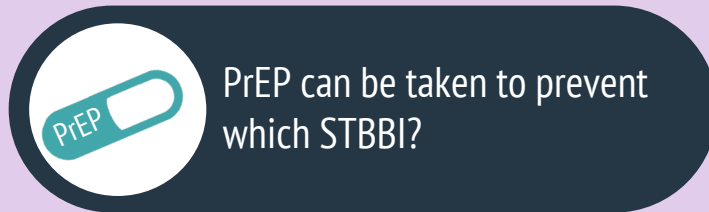
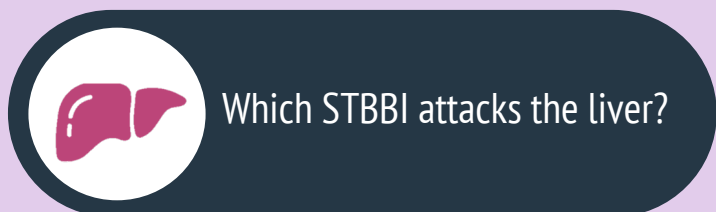
TESTING FOR STBBIS

STBBIs live in the blood, so we need to do blood-based tests to find them



Contact your local health clinic or community health nurse to find out what harm reduction services are available in your community.

WHICH STBBI IS IT?



SUMMER SCIENCE EXPERIEMENTS

EXPERIMENT #1: 5-MINUTE ICE CREAM

WHAT YOU'LL NEED?

- Measuring Cups
- Spoon
- Bowl
- 2 Ziploc bags (one bigger, one smaller)
- ¼ Cup Sugar
- 1 tsp Vanilla
- 1 Cup Half and Half Cream (or ¾ cup milk + ¼ cup whipping cream)
- Salt
- Ice Cubes
- Towel or oven mitts

STEP 1

Measure out sugar, vanilla, milk and cream in a bowl and stir until all the sugar is dissolved.

STEP 2

Pour the mixture into the smaller of the Ziploc bags and seal tightly. Remove as much excess air as possible.



STEP 3

Fill up the larger Ziploc bag about halfway up with ice and add about ¼ cup of salt.

STEP 4

Place the smaller bag inside the larger one. Top up with extra ice and shake the bag (wrapped in towel or using oven mitts) for 6 minutes.

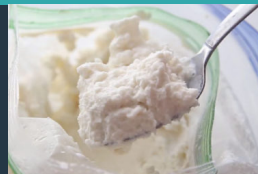


STEP 5

Take the smaller bag out of the larger and rinse with cold water

STEP 6

Open the small bag (be careful not to let any salt in), mix the ice cream and enjoy!



HOW IT WORKS:

The salt mixed with the ice makes the ice extra cold and able to freeze the cream in minutes. The super coldness is also why you need gloves to shake it.

EXPERIMENT #2: OOBLECK SLIME

WHAT YOU'LL NEED?

- Corn Starch
- Water
- Food Coloring
- Bowl

STEP 1

Add a few drops (5 to 10) of food colouring to a ½ cup of water in a bowl.

STEP 2

Slowly add 1 cup of corn starch to the coloured water. Mix as you add the cornstarch.

STEP 3

Have fun playing with the mixture! Is it a liquid or solid? Try squeezing it and letting it go!



STEP 4

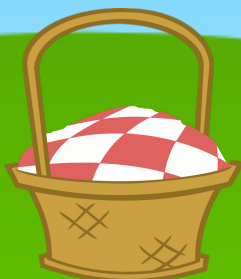
Dispose of the mixture in the trash. Do not pour down the sink.

HOW IT WORKS:

The size and shape of corn starch causes it to “lock-up” under pressure, which is why the mixture acts like a solid when you put pressure on it.

SOAK UP SUMMER

Pack a picnic and eat in the park. Or keep it simple and bring your lunch or supper out to the yard



Practice your arts and crafts outside. Paint, bead, sketch, take photos, whatever your passion- take it outside



Play Frisbee with a friend or set up a target and take aim!



Play a sport with a couple friends. Try passing around a soccer ball or shoot some hoops with a basketball



Read outside! Read a book, a magazine or the news

Try some hopping game like jump rope or hopscotch



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WHICH STBBI IS IT- ANSWERS



Hepatitis C



HIV



Syphilis



Hepatitis C



HIV



Syphilis