

We are
TRANSGENDERS
Special!

we deserve to be healthy and happy
& HIV

We are everywhere



Transgender people are everywhere — working, playing and just living our lives. Because some people don't understand or accept what we're going through, sometimes life can be a real struggle. But we've been changing things and now we are finally beginning to get the respect that we deserve. The truth is, we have to take better care of ourselves. We need to be good to each other. We won't get anywhere unless we respect ourselves and our community. HIV is attacking our community — 1 in 4 of us already have it — and we are the only ones who can stop it.

This brochure is written by and for male-to-female (MTF) transgender people to help prevent the spread of HIV/AIDS. There is also information on other important health issues and places to go for transgender specific services and support. Together, we can take control of our lives, starting with our health.

*"I've been
with my
boyfriend
for two
years —
we still use
protection."*



1

Open package carefully: don't tear the condom.



2

Leave room at the tip for cum. Squeeze air out of the tip to help prevent breakage.



3

Unroll the condom all the way down.



4

With condoms, only use lubes that are oil-free.



sex

Condoms lower your risk of getting or giving HIV and other STDs (like, gonorrhea, chlamydia, syphilis).

The simple fact is that latex condoms keep you from getting or giving HIV.

One reason people don't use condoms is that they didn't have one when they needed it. Be smart, make sure you always have condoms and lube in your purse or pocket. If you don't have a condom when you need one, you can go and get one or you can have sex but just don't fuck. **Use your imagination!**

If you ever have sex without a condom, pulling out before cumming lowers the risk of HIV infection — but pulling out is not as safe as using a condom and will not prevent you from getting other STDs, like gonorrhea, chlamydia & syphilis.



"A lot of girls I think that if you go with a straight guy you don't need protection. They're wrong."

There are a lot of reasons why people won't use condoms:

They're the wrong size, they're uncomfortable, they kill the mood. None of these reasons are worth dying for. If we want to, we're clever enough to get our partners to go along with us and have great sex that doesn't spread HIV or STDs —we just have to use our intelligence and our creativity. We need to be condom experts.

Practice! Try different types — they come in many shapes, colors and flavors. There is a new female condom that you can try. This type of condom goes inside of you before you have sex, so that you have control over it while using it. You can get them in most drug stores and from our outreach workers.

CONDOMS AND oral sex

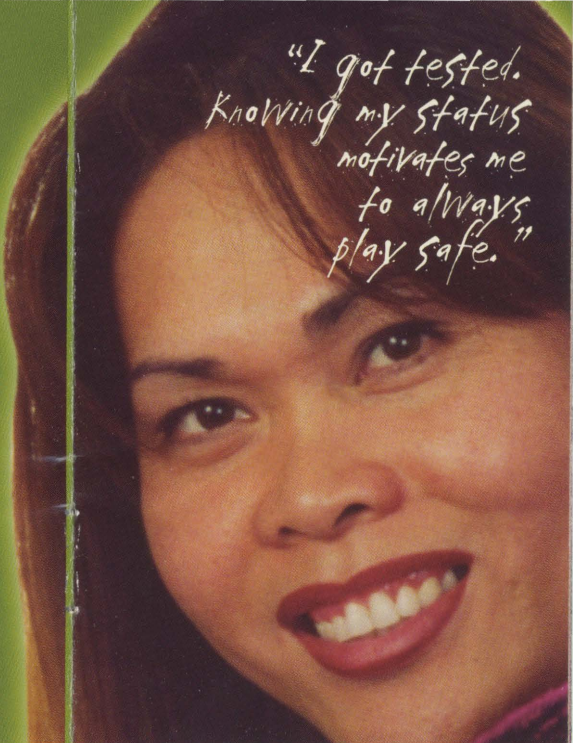
Try a flavored condom for maximum pleasure. Dental dams or Saran Wrap can be used for rimming and going down on vaginas.

Recent studies indicate that there is a risk for contracting HIV and other STDs while giving or receiving head without a condom.

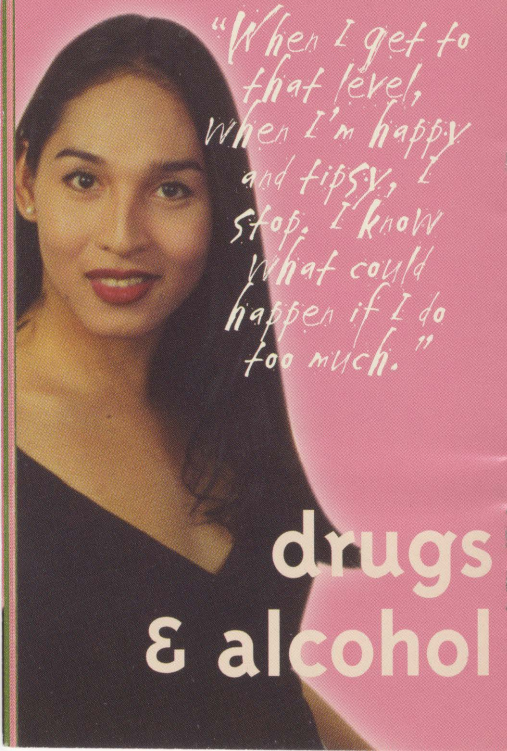
There are people out there who do not understand us and who would hurt us. We need to watch out for our physical safety — especially when we go on dates. It's safer to schedule dates in public places, and make sure he knows you've told your friends you are going out with him.

If your date gives you money, drugs, or anything in exchange for sex, you have to be even more careful. Follow your instinct. If a trick seems strange, don't go with him — it's not worth the risk. And remember: always make your dates wear condoms.

physical safety



*"I got tested.
Knowing my status
motivates me
to always
play safe."*



"When I get to that level, when I'm happy and tipsy, I stop. I know what could happen if I do too much."

drugs & alcohol

REMEMBER YOUR LIMITS

It is possible to have safer sex while using drugs and alcohol. But lots of girls get infected with HIV and other STDs when they are high. Always have condoms and lube with you — you're more likely to use them if they are around. **Only you know how you are when you drink and use drugs.** Sometimes things get out of control and our judgment isn't very good.

Using drugs can cause health problems. If you share needles you could get HIV, hepatitis, and other diseases and infections. If you feel that partying (drinking and taking drugs) has become a problem for you, there are people you can talk to. Contact one of the organizations listed at the back of this brochure. Transgender counseling services and harm reduction centers are there to help you.

Taking hormones should be done with the advice of a doctor.

HORMONES

When you buy hormones on the street you never know what you are getting. It's best to see a doctor before you start hormone injections. For more info on finding a doctor who specializes in serving transgender persons, consult the "Referral" page. There are easier ways, other than injecting, to get your hormones - like pills and hormone patches. Taking your hormones this way is safer than injecting.

Don't inject more than the prescribed amount (usually 1cc). Using more won't speed up your treatment — it could cause you serious problems! **If you overdo it with hormones, you could damage your liver.** You will need to keep up your hormone injections for a long time — so we have to keep that liver happy and healthy! Go to one of the health centers listed on the back of this brochure to get a liver enzyme screening. **It's important to get your liver checked, especially if you have ever had hepatitis, liver disease, alcoholism, or HIV.**

If you are injecting hormones.. do it safely!



1 Clean the top of the bottle with an alcohol prep pad.



2 Fill the syringe with 1cc of hormones — 1cc is the amount most doctors prescribe.



3 Tap the syringe with your finger to make any air bubbles in the syringe move to the top.



4 Push out all the extra air with a little squirt of hormones.

5 Pick where you will inject the hormones. Make sure you inject only into thigh or butt muscle. Be careful of nerves, veins and bones.

- For the thigh, inject in the front area, between your hips and knee.
- Clean the area with an alcohol prep pad.
- Put the needle straight in, not at an angle or sideways.
- Once the needle is inside you, draw back a little bit to make sure no blood enters the syringe.
- If you see blood, it means you hit a blood vessel. Pull the needle out and choose another place to try again.

SHOOTING DRUGS

"I'm worth more than anyone can pay. Even if my date offers to pay me more money, I always use protection."

Remember, sharing needles is the easiest way to transmit HIV. Don't share needles. Use your own! Use a needle exchange program to get free, clean needles. Needle exchange sites are listed at the back of this brochure. If you have to share needles, always clean them with bleach before using them. Before you start, fill and flush the needle with clean water, and then follow these directions:



1

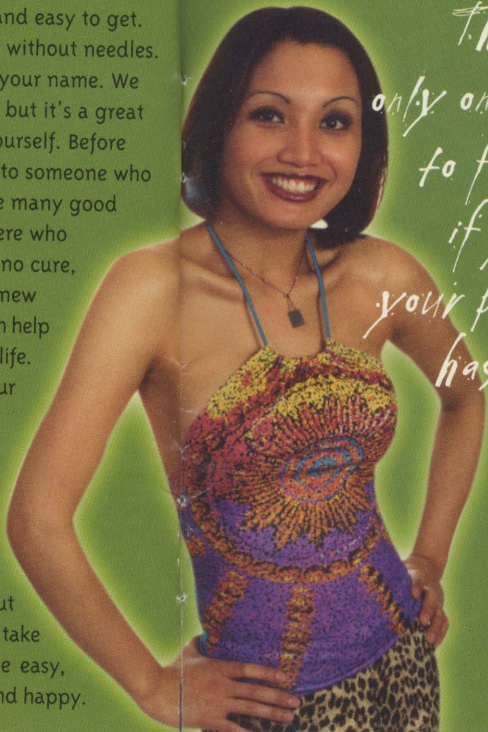
Flush the needle with bleach 3 times.

2

Then flush the needle 3 times with fresh water.

Don't share the water or cotton, or any other injecting equipment.

HIV antibody testing is free and easy to get. Now there's even an oral test without needles. You don't even have to give your name. We know testing can be scary ... but it's a great way to start taking care of yourself. Before you are tested, you can talk to someone who is there to help you. There are many good HIV testing counselors out there who really care. Although there is no cure, if you test positive, there are new treatments and services that can help you live a longer and healthier life. Let's start taking control of our lives beginning with our health. We're worth it! Lots of us are afraid to go to the doctor or clinic because we may be treated badly or lectured to. We wrote this brochure because we care about you and we want to help you take care of yourself. It may not be easy, but we deserve to be healthy and happy.



*There is
only one way
to find out
if you or
your partner
has HIV.*

HIV TESTING

TRANSGENDER SERVICES

METAMORPHOSIS PROGRAM

We provide outreach and one-on-one HIV & STD counseling and health education. We also provide help in getting our transgender clients to a social support group that is a safe and confidential place to share problems and to develop skills and knowledge around protection against discrimination and harassment, hormone treatments, and other important topics relevant to our community. This is also a place to just hang out with your sisters. We will also assist in taking you to your appointments and helping you with medical care, hormone therapy, HIV & STD testing, and practical support, as well as training you to be a Peer Leader. For more information, call (415) 292-3420 ext. 351.

**Asian & Pacific Islander
Wellness Center**

730 Polk Street, 4th Floor

San Francisco 94109

415/292-3400

TTY 415/292-3410

www.apowellness.org

CLUB EUPHORIA

A safe, friendly and nurturing support group for MTF Transgenders. Meetings are held every second and fourth Wednesdays of the month, 5:30-7:30pm. For more information call 415-292-3420 ext. 351.

PREVENTION CASE MANAGEMENT

We provide special help to Asian & Pacific Islander Transgenders, and provide HIV & STD counseling and health education to stop getting or giving HIV & STDs. Also, we provide help to get medical and psychological care to make sure our clients get the right treatment. We accompany our clients to appointments and have a lot of experience with medical care, hormone therapy, legal name and gender change, transitional housing, drug rehabilitation, residential treatment, general assistance, SSI, employment training, and a lot of other services. For more information, call 415-292-3420 ext. 363.

WELLNESS WEDNESDAY

Provides A&PIs and their partners and families free Oral HIV antibody testing (Orasure). Hours are 4-7pm every Wednesday of the month. Call 415-292-3400 for an appointment.

Program times may change periodically. Please call to verify.

The mission of Asian and Pacific Islander Wellness Center is to educate, support, empower and advocate for Asian & Pacific Islander (A&PI) communities — particularly A&PIs living with or at-risk for HIV/AIDS.

Asian & Pacific Islander Wellness Center (A&PIWC) is the oldest and most comprehensive, non-profit HIV/AIDS services organization in North America targeting Asian and Pacific Islander (A&PI) communities. To meet the needs of our clients who are often immigrants or refugees, A&PIWC's staff speak 16 languages.

A&PIWC's **HIV Care Services** provides free and confidential HIV treatment, case management, mental health and substance abuse counseling, on-site primary medical and psychiatric care, client and treatment advocacy, and group and individual support to A&PIs living with HIV/AIDS.

A&PI WELLNESS CENTER

Our **HIV/STD Prevention Services** offers HIV/STD testing and reaches gay and bisexual men, transgenders, and women working in massage parlors through community organizing and outreach, workshops and support groups, peer counseling, and prevention case management.

Our **Community Services** programs work with youth (straight, queer and questioning), produces community events, and other social marketing-related projects.

The **Research & Technical Assistance** program builds HIV prevention capacity in A&PI organizations and communities throughout the United States and its Pacific Territories; conducts community-based research; and trains non-medical service providers in HIV treatment.

Asian & Pacific Islander Wellness Center
730 Polk Street, 4th Floor (at Ellis Street)
San Francisco, CA 94109-7813 USA

Voice **415-292-3400**
TTY **415-292-3410**
Fax **415-292-3404**

www.apiwellness.org

PRIMARY CARE

Tom Waddell Clinic
Transgender Tuesday Clinic
50 Ivy St. (Lech Walesa), SF
Provides Primary Medical Care, gynecological care, and hormone treatment. Walk-in every Tue, 5–8pm. Sign-up for an intake appointment for new patients is Tuesday from 2:30–4pm. For more information call 415-554-2727.

Lyon-Martin Women's Health Services
1748 Market St., #201 (at Valencia), SF
Provides Primary Medical Care, hormone treatment. Sliding scale fee base on your employment status. For more information and appointments call 415-565-7667, Mon–Fri, 9–5pm.

St. James Infirmary
Occupational Health and Safety Clinic
for Sex Workers
356 7th St. (at Folsom), SF
Provides free, confidential, non-judgemental medical and social services. Wed, 6–9pm. For more information call 415-487-5500.

REFERRALS

HIV TESTING

AIDS Health Project HIV Antibody Testing
Provides free anonymous or confidential
HIV antibody testing to everyone.
For locations and appointment call
415-502-8378. (See Wellness
Wednesdays)

Prevention Point
Syringe (Needle) Exchange Sites
Exchanges used syringes and needles
for free new ones. For locations and
times call 415-241-5100.

San Francisco
Human Rights Commission (HRC)
25 Van Ness Avenue, Suite 800, SF
Provides free counseling and support
for discrimination in the areas of employ-
ment, housing, and public accommoda-
tions based on gender identity, sexual
orientation, HIV/AIDS status, etc. HRC
staff will investigate and mediate your
complaint to assure all city human rights
ordinances (rules) are followed. For more
information and complaints call
415-252-2500.

VIOLENCE

Community United Against Violence (CUAV)
973 Market St., 5th Fl., SF
Provides free domestic violence
counseling, assistance with criminal
justice system, and programs for
transgenders and queer victims/survivors
of domestic violence and hate crimes.
For more information call 415-777-5500
or 415-333-4357 (24 hour crisis line).

EMPLOYMENT

Glide Memorial Church
Employment and Job Training Program
330 Ellis Street, SF
Provides general job training and work
skills as well computer skills courses.
For an appointment call 415-674-6150.

YOUTH

Lavender Youth Recreation and
Information Center (LYRIC) Youth Talk Line
Provides peer-staffed youth to listen and
offer free phone support for transgenders
and gender identity questioning young
people age 23 & under. Call Mon-Sat
6:30-9pm, 415-863-3636.



ASIAN &
PACIFIC
ISLANDER
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