

# 'Safe sex' not foolproof

AIDS from Page 1

ment, said the number of cases probably will double every year, following the national pattern.

AIDS is believed to be caused by a virus (HIV) which attacks the body's immune system, and is found in body fluids such as blood, semen and saliva of people who have been infected.

Health Center Medical Director Dr. Gerald Fleischli said people must understand that someone infected with the HIV will not necessarily contract AIDS, although that person could transmit it to others. The incubation period for HIV is unknown, but officials estimate 10 to 25 percent of those with it will develop AIDS within five years.

The health center tests for the HIV virus.

Fleischli said he did not know of any AIDS cases diagnosed at the health center, but people have tested positive for the HIV virus. It is reported that last year two people were diagnosed as having a milder form of AIDS, AIDS Related Complex. Fleischli said a complete report on such cases should be compiled next year.

Between 1.5 and 5 million people in the United States are infected with AIDS or the HIV virus but show no symptoms.

But AIDS and the HIV virus are not highly contagious. A person cannot get AIDS by being around or touching an AIDS patient or giving blood.

AIDS is known to be transmitted through the exchange of body fluids, usually in sexual intercourse, blood transfusions and intravenous needles.

The infections of many AIDS patients are not ones that persons with normal immune systems would get, Fleischli said.

Although AIDS can be transmitted by blood and semen, there is no conclusive evidence that the disease can be acquired by contact with saliva, perspiration or tears.

Still, the possibility exists that AIDS and other sexually transmitted diseases could spread when any body fluids are exchanged.

Nellis said "safer sex" teaching must be emphasized since AIDS cannot be treated. She said the word "safer" should be used because "safe sex" implies that the methods used are foolproof.

Nellis said people may have to change some of their concepts about sexual activities. She said couples might have to consider other forms of intimacy that do not include intercourse.

"The only thing besides a long-term monogamous relationship that is foolproof is abstinence," Nellis said.

Bell said people should be educated about safer sex, but the education should show ways to practice safe sex in a fun way or no one will listen to the advice. For example, he said, the University of California-Stanford gives out a "Safe Sex Explorers Action Packed Kit" filled with condoms, brochures and other sex aids.

A pamphlet produced by the American College Health Association called "Making Sex Safer," which probably will be distributed at UNL next fall, describes in detail the differences between safe, risky and dangerous sexual activities.

Safe or possibly safe sex practices include things such as dry kissing, masturbation on healthy skin and intercourse with a condom. Risky practices include wet kissing, oral sex without a condom and the use of speed, amyl nitrate (poppers), alcohol or any mind-altering drug.

Dangerous activities include unprotected intercourse, sharing a needle to inject intravenous drugs and physically rough sexual activities, which could cause microscopic tears in mucous membranes that may allow the exchange of bodily fluids.

The safer sex pamphlet recommends that partners should share health and sexual histories, agree to practice safer sex, not engage in high-risk activities,

use condoms correctly to prevent exchange of bodily fluids and get help if they think they might have a sexually transmitted disease.

In February the Gay/Lesbian Resource Center handed out about 700 condoms at Broyhill Fountain and distributed pamphlets, brochures and other information to try to educate students about "safe sex."

Bell said he hopes the stigma attached to condoms will disappear. He said many campuses have condom vending machines in the men's and women's restrooms as well as safer-sex kits, games and speakers.

"In the '80s maybe the condom users will come out of the closet," Bell said.

Nellis said she worries that while students realize that AIDS and other sexually transmitted disease are becoming a problem, they are not heeding advice.

Nellis said a freshman Foundations class was informally polled about sex-

ual activity. She said that of 83 percent who reported being sexually active only 25 percent said they had used a condom the last time they had intercourse.

Yet many people support education in theory if not in practice.

A recent Gallup poll reported in Newsweek 51 percent of 500 adults and 106 teenagers questioned advocated sex education to combat the spread of AIDS.

James said the Nebraska Department of Health is trying to educate the general public, gay and bisexual men, intravenous drug users, heterosexuals with multiple partners, minorities, children and health-care providers through presentations, workshops and pamphlets. Money and time are obstacles, he said.

University Health Center — 472-7477  
Lincoln-Lancaster County Health Department — 471-7800  
Nebraska AIDS Project — 342-4233  
Gay/Lesbian Resource Center — 472-5644

**CLUB-CAR-GRILL**

1321 "O" St. East Park Plaza 1101 Arapahoe

<p style="text-align: center; font-weight: bold;">FREE LARGE STEAK SAND.</p> <p style="text-align: center; font-size: small;">Buy one Large Steak Sand. &amp; Large Drink, &amp; get a second Steak Sand. Free. add 1 ingrt's extra Expires 5-15-87 Must Present Coupon</p>	<p style="text-align: center; font-weight: bold;">FREE LARGE STEAK SAND.</p> <p style="text-align: center; font-size: small;">Buy one Large Steak Sand. &amp; Large Drink, &amp; get a second Steak Sand. Free. add 1 ingrt's extra Expires 5-15-87 Must Present Coupon</p>
---	---

NEED CASH?

Dirt Cheap

Downtown

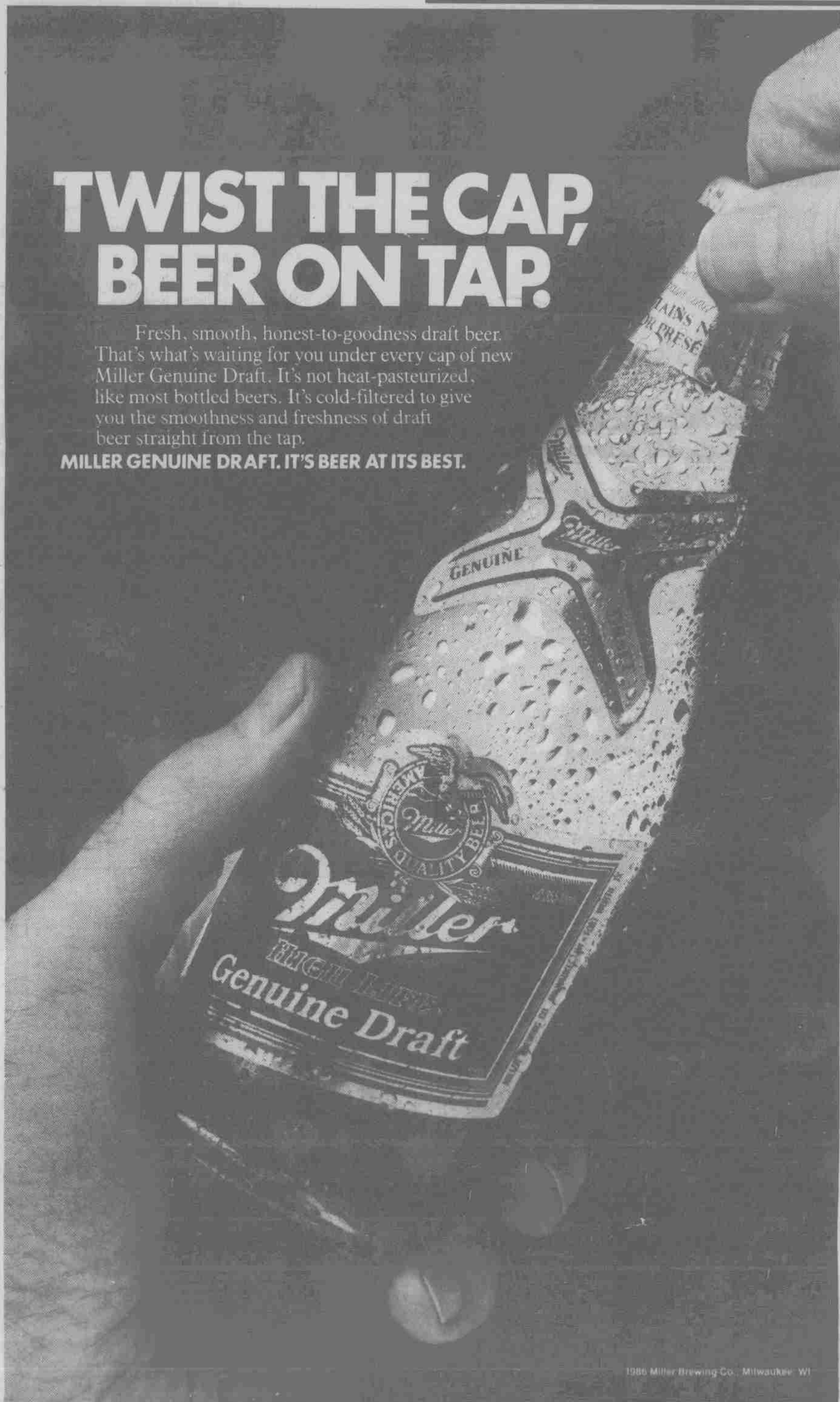
buys used records, cassettes & compact discs.

217 No. 11th
477-6061

## TWIST THE CAP, BEER ON TAP.

Fresh, smooth, honest-to-goodness draft beer. That's what's waiting for you under every cap of new Miller Genuine Draft. It's not heat-pasteurized, like most bottled beers. It's cold-filtered to give you the smoothness and freshness of draft beer straight from the tap.

MILLER GENUINE DRAFT. IT'S BEER AT ITS BEST.



© 1986 Miller Brewing Co., Milwaukee, WI