



World AIDS Day 2011 "Cairns Cares"



Special Advertising Feature

Forging a better future

Support for people living with HIV

THE first cases of HIV infection and AIDS were reported in 1981 – 30 years ago this year.

In 1988, the World Health Organisation declared the first World AIDS Day in an effort to raise public awareness about HIV, including the need for support and understanding for people living with HIV and AIDS.

Today, more than 33 million people are living with HIV worldwide.

In Australia, more than 6770 people have died from AIDS and currently around 20,390 people are living with HIV.

Each week in Australia, about 20 people are newly diagnosed with HIV.

In 2010, 206 Queenslanders were newly diagnosed with HIV infection. This is the highest number of HIV notifications reported since 1984.

Eighteen of these diagnoses were made in Cairns. An estimated 3459 Queenslanders are living with HIV in 2010.

By working together across the medical, research, government and community sectors, we hope to reduce the number of new infections and provide care and support to those living with HIV.

We can help to stop the spread of HIV by being informed about how to protect ourselves and others.

The social stigma attached to HIV is still a barrier to combating this disease.

We still have a way to go to acknowledge and support those with HIV in our community.

The Australia-wide theme for World AIDS Day 2011 is "HIV is still here".

The Cairns World AIDS Day committee promotes the local theme of "Cairns Cares".

What can you do?

- Wear a red ribbon
- Attend the World AIDS Day vigil in Cairns at 6pm at the Lagoon on December 1
- Encourage others to adopt a more positive attitude to HIV and combat



CAIRNS CARES: Cairns Mayor Val Schuler speaking at World AIDS Day activities in Cairns last year.

HIV-related stigma and discrimination

- Talk about safe sex with your children, friends and family
- Consider the impact HIV is having globally and discuss these issues with

your friends and family – is there some way you can assist?

For more information about World AIDS Day 2011 events, contact the Cairns World AIDS Day Committee on 4226 4760.

The opening of the Cairns North Community Health Facility in 2010 allows us to offer the Far North the kind of sexual health services the community deserves. Advances in HIV and AIDS research and medical care mean that those with HIV have more hope for a long and fulfilling life than ever before. Queensland Health is committed to delivering the most advanced sexual health care possible with integrity, respect, inclusive of and in collaboration with our diverse population."

– Julie Hartley-Jones, CEO Cairns and Hinterland Health Service District



"When I started work in the HIV field in 1990, most of my patients just died. It was really an awful time for them, their partners, families and friends, and for those of us working with them. The new medicines that arrived in 1996 were like a miracle and now people living with HIV have hope for a positive future and a long life. Some challenges remain, of course, but the outlook is really so much better now."

– Darren Russell Director of Cairns Sexual Health Service



queensland positive people
Proudly Supports Cairns World AIDS Day December 1st
Cairns Cares
www.qpp.org.au
www.worldaidsday.org.au
David Cullen Jones
Community and Peer Support Development
PH: 1800 620 261

CAIRNS AND LABOR CARES
WORLD AIDS DAY 2011
Join us to take action and end discrimination
Senator the Hon Jan McLucas
1300 301 939
Steve Wattenhall
07 4038 2800



WORLD AIDS DAY 2011 .

HIV LOCAL SERVICES

The following local services provide information and care and support for people living with HIV.

Cairns Sexual Health Service

Cairns North Community Health Facility

381 Sheridan St. Cairns. Ph: 4226 4769

E-mail: cairnssh@health.qld.gov.au

Web: www.health.qld.gov.au/sexhealth

Positive Directions - Spiritus

38/151 Martyn St. Cairns. Ph: 4051 1028

E-mail: PDInfo@spiritus.org.au

Web: www.positivedirections.org.au

Health Communities (LGBTI) and 2 Spiritus program - promoting healthy Aboriginal and Torres Strait Islander communities

290 Draper St. Cairns. Ph: 4041 5481

E-mail: cns@gqhc.org.au

Web: www.gqhc.org.au

Queensland Positive People (QPP) Network

Ph: 07 3013 5511

Freecall: 1800 438 241

E-mail: info@qpp.org.au

Web: www.qpp.org.au

HIV: 30 years on, what

“We are planning to live, not waiting to die. HIV is now a Chronic Manageable Illness and a normal life span is achievable. But medication side effects can impact on an individual’s quality of life. We must still remember that it is a life sentence and social implications can be devastating. I would like to challenge you all to stop discrimination and stigma whenever it is encountered.”



– Bill Chappelle
Queensland Positive People

“Here in Australia we are very lucky compared to other parts of the world such as Africa and PNG which have significant HIV epidemics. They have such limited access to prevention measures, treatment and support. On World AIDS Day I hope people take the time to remember this is a massive global issue. What can we all do about it 30 years on?”



– Julie Congdon,
Health Education & Welfare Officer
Queensland Injectors Health Network

“HIV is still here and we need to talk about it, safe sex practices and harm reduction, but this can be culturally sensitive for Aboriginal and Torres Strait Islander communities. 2 Spiritus promotes sexual health using a whole of community approach. We consult with communities an ate culturally appropriate resources. We work others to be more inclusive of Aboriginal and Torres Strait Islander gay men and sisters girls so they speak freely of things that affect their sexual l



– M
Health Promotion Officer, 2

Better understanding AIDS and HIV

What is HIV?

HIV (Human Immunodeficiency Virus) is the virus that can cause AIDS.

HIV attacks the body’s immune system and makes the body vulnerable to other diseases and infections. Its symptoms are similar to those of any chronic viral infection.

When a person is first infected with HIV, they may experience symptoms such as fever and aches, although some people may not notice any symptoms for many years.

Medical research has made great progress in reducing the impact of HIV infection on the immune system and managing the illnesses

associated with HIV. There are antiviral treatments which keep the virus under control for long periods of time.

If you are HIV positive, the outlook is constantly improving.

What is AIDS?

AIDS (Acquired Immune Deficiency Syndrome) can occur after years of attack by HIV.

This attack on the body’s immune system makes the body vulnerable to opportunistic diseases.

Effective antiviral treatments prevent the development of AIDS in many HIV positive individuals.

AIDS is not the same as HIV.

A person who is infected with HIV does not necessarily have AIDS, but all people with have HIV.

How is HIV transmitted?

HIV is a communicable disease. While it is infectious, it is not spread like airborne virus such as the flu.

It cannot be passed on by hugging, shaking hands, coughing or sneezing, or sharing glasses or utensils.

HIV is primarily transmitted in blood, semen and vaginal fluids, through unprotected sex when sharing injecting equipment.

Advertisement

Cairns Sexual Health Service

You can talk to us

Our service is free. As a specialist sexual health clinic, we can provide:

- testing and treatment for STIs, HIV and hepatitis
- condoms and lubricant
- needle and syringe packs
- contraception, emergency contraception and a pregnancy options clinic
- HIV Post Exposure Prophylaxis (PEP)
- sexuality support and advice (sexual problems, straight, lesbian, gay, bisexual, transgender or uncertain)
- transgender care
- access to an Indigenous Health Worker team
- sexual health counselling, contact tracing information and resources.

We have friendly male and female staff.

All consultations are confidential.

Walk-in clinics

Visit one of our walk-in clinics— (no appointment needed) on:

- Monday from 1.00 pm
- Tuesday from 1.00 pm
- Wednesday from 8.30 am
- Thursday from 8.30 am.

After-hours care

For after-hours care, please visit the Cairns Base Hospital Emergency Department.

Getting here

Catch bus number 1, 2 or 7 and get off at the stop on Sheridan Street.

Parking

Parking is available behind the building via Sheridan or Arthur Streets.

Contact us

Cairns North Community Health Facility
381 Sheridan Street, Cairns
(across the road from Tabruk Pool—access via the stairs or lift).

Post: PO Box 902 Cairns QLD 4870

Phone: 4226 4769

Fax: 4226 4771

Email: cairnssh@health.qld.gov.au

Website: www.health.qld.gov.au/sexhealth

Opening hours

- Monday 8.30 am–4.30 pm
- Tuesday 8.30 am–4.30 pm
- Wednesday 8.30 am–4.30 pm
- Thursday 8.30 am–6.30 pm
- Friday 1.00 pm–4.30 pm



Authorised by the Queensland Government, George St, Brisbane

- "CAIRNS CARES"

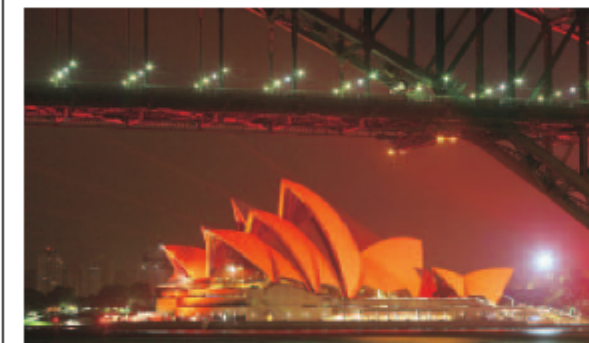


has changed?

Programs reduce harm for drug users



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RED FOR A CAUSE: The Sydney Opera House and Harbour Bridge were last year bathed in red marking World AIDS Day. **Picture: BILL BEAUMONT**

Going red in Cairns

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LAST year U2 lead singer Bono and Australian Prime Minister Julia Gillard unveiled a red Opera House and red Sydney Harbour Bridge to mark World AIDS Day. In the Queensland capital, the Wheel of Brisbane at Southbank changed over their lights to red during World AIDS Day Awareness Week alongside Conrad Treasury, Parliament

House, City Hall and the Queensland Performing Arts Centre. This year, landmark locations again will be lit red to remember those affected by HIV and to remind Australia that HIV is still here. In Cairns, the Cairns City Library in Abbott St and the Cairns Regional Council building in Spence St will be lit red for AIDS Awareness Week.

QUEENSLAND Injectors Health Network health education & welfare officer Julie Congdon explains Australia's harm minimisation approach to reduce the detrimental effects of illicit drug use in the community.

BLOOD-borne viruses such as HIV can be transmitted through sharing needles, syringes and other injecting equipment. The rate of HIV among people in Australia who inject drugs is among the lowest in the world, less than one per cent. This has been due to the swift introduction of Needle Syringe Programs (NSPs) and blood-borne virus education for injecting drug users at the beginning of the HIV epidemic in the 1980s. Australia follows a harm minimisation approach to reduce the harmful effects of illicit drug use in our community. This approach allows for these types of programs (NSPs), which are harm reduction, to exist alongside supply reduction and demand reduction efforts, which includes treatment and education programs that support people using and those at risk of using, illicit drugs. Many countries around the world, including America, South East Asia and Europe that are falling behind in providing adequate needle-syringe programs and education for injecting drug users are now experiencing high and uncontrollable

rates of HIV in these populations. When infection rates become high in one section of the community, then there is an increased risk of it spreading faster to the broader community. In 2010, 206 Queenslanders were diagnosed with HIV infection. This is the highest number of HIV notifications reported since 1984. Anyone who believes they may have come into contact with the HIV virus through contact with blood or body fluids, is encouraged to see their doctor or Cairns Sexual Health Service and request to be treated with PEP (Post Exposure Prophylaxis). This treatment may prevent HIV infection if taken as soon as possible and within 72 hours of exposure. By adopting safer practices and educating each other, Australian drug users have assisted in preventing a major epidemic of HIV/AIDS. If you are injecting drugs including steroids, or know someone who is and would like more information, contact Queensland Injectors Health Network on 4051 4742 or visit www.qulhn.org.

We provide services addressing drug related issues

- Workforce development
- Counseling
- Training
- Outreach
- Peer support
- Vein care education
- Needle & Syringe Programs
- Harm reduction
- Multimedia and Publications

4051 4742
Ph: 1800 172 076
(toll free)

Queensland Injectors Health Network Ltd.
www.qulhn.org



my health, my choice... my life!

HIV/AIDS, Hepatitis and Sexual Health Program

HIV/AIDS, hepatitis and sexually transmissible infections still exist in every ethnic community in Australia. The Queensland Government cares for each person who is affected. Get a free and confidential test at any sexual health clinic or your GP. For free resources and information in different languages, please contact the HIV/AIDS, Hepatitis and Sexual Health Program on: health@ccq.com.au

Ethnic Communities Council of Queensland phone: (07) 3844 9166 www.ccq.com.au or visit 253 Boundary Street, West End QLD 4101

Queensland Government

Spiritus Positive Directions

For people living with HIV

3B/151 Martyn Street, CAIRNS QLD 4870
Cairns: (07) 4051 1028
Outside Brisbane metro: 1800 422 313

positive DIRECTIONS



World AIDS Day 2011 "Cairns Cares"



Special Advertising Feature



Treatment the key

WHILE the use of condoms and clean injecting equipment are the best forms of protection against HIV, sometimes things don't go to plan.

If you think you may have been exposed to HIV through unprotected sex or sharing needles, it is important to seek advice, testing and treatment as soon as possible.

PEP (post-exposure prophylaxis) is a four-week treatment with anti-HIV

drugs that may prevent HIV infection.

PEP is most effective when taken immediately after exposure to HIV, preferably within four hours – but it may still be effective if taken within 72 hours (three days) of exposure.

For information about PEP, contact the Cairns Sexual Health Service on 4226 4769. After hours, contact the Emergency Department at the Cairns Base Hospital.



Ribbon of support

THE red ribbon is an international symbol of AIDS awareness.

The red ribbon is a simple way in which we can declare our support for those living with or affected by HIV. Proceeds from red ribbon sales go to the QLD HOPE Fund which assists people living with HIV.

Red ribbons are available from the following outlets in Cairns:

- ATODS, 31 Shields St.
- Barista Sister, Rusby's Market, Sheridan St.
- Cairns Regional Council offices, 119-145 Spence St.
- Cairns Sexual Health Service, 381 Sheridan St, Cairns North.
- Coffee Shotz, 139 Collins Ave, Edge Hill.

- Coffee 21, 21 Lake St.
- Family Planning QLD, Solander House, 182 Grafton St.
- James Cook University Student Association, Cairns campus.
- Kevin Shorey & Co Jewellers, 78 Grafton St.
- Healthy Communities, 290 Draper St.
- QLD Injectors Health Network, Suite 5/61 McLeod St.
- Rehab café, Bolands Centre, Lake St.
- Relationships Australia, 125 Grafton St.
- The Massage Guy, 84 Lake St.
- Turtle Cove Resort, Captain Cook Highway.
- Vibe Bar, 39 Lake St.

World AIDS Day - Cairns Cares -

2011 PROGRAM

TUESDAY, NOVEMBER 22

- Launch of AIDS Awareness Week, Cairns City Place, 10am.

WEDNESDAY, NOVEMBER 23

- Red Ribbon stall, Rainforest Shopping Centre, 10am-4pm.

SATURDAY, NOVEMBER 26

- Red Ribbon stall, Cairns Central Shopping Centre, 9am-5pm.

SUNDAY, NOVEMBER 27

- Red Ribbon stall, The Tanks Markets, 9am-2pm.

TUESDAY, NOVEMBER 29

- World AIDS Day education activities Yarrabah, contact Gurney Yealamucka Health Service.

THURSDAY, DECEMBER 1

- Red Ribbon stall, Esplanade Shopping Centre, 9am-11am & The Lagoon Esplanade, midday-7pm.

- World AIDS Day Candlelight Vigil, speeches and performances, the Esplanade Lagoon, from 6pm.

- Queensland Positive People prayer/Plant Positive event, Buddha Bar, from 7pm.

For more information about all listed events, phone 4226 4769.

Should you be tested?

IF YOU answer yes to any of these questions, you may want to ask your doctor for an HIV test.

HIV testing is confidential and available free of charge at the Cairns Sexual Health Service.

Are you a man who has had unprotected sex with other men?

Have you had unprotected sex while overseas?

Have you had unprotected sex in Australia with someone who has lived overseas in a country with a high prevalence of HIV (e.g. African countries, Papua New Guinea, South-East Asia)?

Contact the Cairns Sexual Health Service on 4226 4769.

Good idea to let them know

IF YOU have been diagnosed with a sexually transmitted infection (STI), it is important to let your sexual partners know, so that they can be treated as well.

There are multiple ways you can do this – either in person or by phone, mail, email or SMS.

There are websites with information that can help you and some can even send the email or SMS for you.

Check out: The Drama Down Under <http://www.thedramadownunder.info/> and **Let Them Know** <http://www.letthemknow.org.au/>

HIV AFFECTS US ALL

What will you do about it?

Real people. Real experiences. Real change.

Professional speakers living with HIV are now available to facilitate HIV and sexual health awareness programs in your work or school environment.

Our Vision:

All people living with HIV and viral hepatitis will be leading enriched lives free from discrimination while empowering others toward the creation of a world free from viral hepatitis and HIV.

www.qpsb.com.au
qpsb@qpsb.org.au



To book an education session ph. 3013 5509

SUPPORTING WORLD AIDS DAY

1800-884-401 cns@qahc.org.au

A SUPPORTED MESSAGE FROM QUALITY COMMUNITIES

World AIDS Day 1 December

2 SPIRITS
Promoting Healthy Aboriginal & Torres Strait Islander Gay Men & Sisters

Ph 4041 5451 • 1800 884 401 • www.qahc.org.au