By The Way:

Learn about HIV/AIDS Prevention through the transformative power of music.

Visit plaidsproject.org or isisstorm.com to hear Tombs of Winter by Isis Storm, a song about living with HIV-positive friends and family members – and about losing them. Isis Storm is a collective of female poets, musicians, singer-songwriters, hip-hop performers, and visual artists who showcase their art individually and as an ensemble. Tombs of Winter will be available for listening/downloading in September 2010.

The mission of Isis Storm is to bring forth those voices that are being neglected; to be a vehicle to the generations of women who are fed up with seeing and accepting someone else’s definitions of who they are; and to give attention to the generations of women who are awakening to the realization that they are more than what [our/their] generation sees. It is our goal to bring the voices to the table that have long since been ignored, both ethnically and in gender. The way that we encourage these voices to be heard is through the power of art and writing.

Follow the Isis Storm collective, read about their community work, or book them for concerts or workshops online.

+1 (401) 497-5246
beginthestorm@gmail.com

PL-AIDS (Partners in Learning About AIDS) is a non-profit organization that recently started in Providence, RI. The organization attempts to educate and treat high risk HIV populations. The organization uses prevention and treatment of HIV to guide its focus on HIV reduction in these communities.

HIV/AIDS Prevention

With help from PEP (Post-Exposure Prophylaxis)

In case of emergency

PL-AIDS Project
1006 Charles Street, Suite 5
North Providence, RI 02906
Phone: +1 (401) 484-7523
Fax: +1 (401) 305-3993
info@plaidsp organize or
www.plaidsp organize.org
Why care about HIV?
HIV is a mainly a sexually-transmitted virus that can weaken your immune system. Over time, HIV weakens your body’s ability to defend against diseases. AIDS (acquired immunodeficiency syndrome) develops in people with weakened immune systems and is often fatal.
HIV/AIDS can be deadly, but there are ways to protect against it. Sexual health practices are the first line of defense:
- This includes proper condom use.
- In unexpected and unpreventable situations, a form of drug is available to prevent development of HIV.

What Is PEP?
PEP are medications that, if taken less than 72 hours after exposure to HIV and continued for 28 days, may reduce your risk of later testing HIV positive. PEP is not a replacement for safer sex and PEP may require follow-up HIV testing and doctor’s visits.

Does PEP have any side effects?
Yes, sometimes. The drugs used for PEP can be toxic but are often well tolerated. They can cause side effects such as:
- Nausea and stomach upsets
- Headaches
- Rashes
- Tiredness
- Loss of appetite
- Fatigue/Tiredness

Does PEP work?
- Studies in animals have mostly shown to be effective.
- Studies of health care workers show that their risk of becoming HIV positive after a needle stick injury is significantly reduced by using PEP.
- PEP only works if taken within 72 hours of exposure.

PEP may not work in all cases.

Does PEP mean I can have unprotected sex?
- Absolutely not. PEP is not a cure for HIV/AIDS.
- Taking PEP will not protect you against another exposure to HIV.
- Safe sex and safe needle use are the most effective ways to avoid infection, but PEP is there if you need it.

How soon should I take PEP?
- The sooner you start the treatment, the better the chance of it working.
- You must start PEP as early as possible after being exposed to HIV.
- You should definitely start within 72 hours (3 days).
- After 72 hours you should still contact your doctor to discuss further options.

How do I take PEP?
PEP involves taking two or three drugs often combined into one pill daily. You need to take the pill(s) once a day for four weeks. It is very important that these drugs are taken on time without missing doses. Your doctor may require HIV testing even after PEP is complete.

Please speak with your doctor to learn more about PEP and decide whether it is right for you. Please contact an emergency room in an urgent situation.