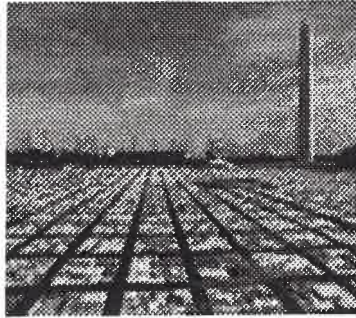
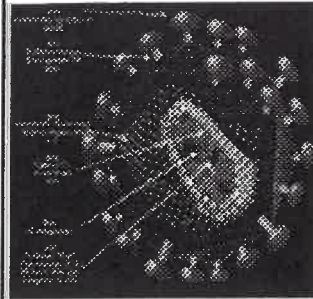


## HIV/AIDS



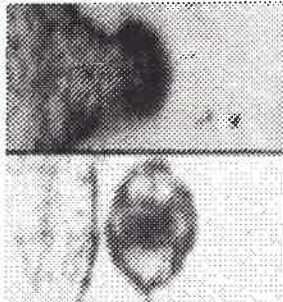
## What is HIV?



- **HIV** stands for:  
**H-Human**  
**I-Immunodeficiency**  
**V-Virus**
- HIV is the virus that causes AIDS
- HIV is transmitted from one person to another

## What does HIV do to the body?

- When someone is infected, they are considered **HIV positive**
- Once inside, HIV attacks the Immune System's **Helper T-cells** (also called CD4 lymphocytes) and makes copies of itself
- As more T-cells are attacked, the immune system gets weaker



## Diagnosis of HIV+ to AIDS

- **AIDS** (or Acquired Immune Deficiency Syndrome) is a deadly disease that interferes with the body's ability to fight infection.
- A person is considered to have AIDS when
  - 1. The helper T-cell count is less than **200** in a sample of blood
  - 2. They develop an **Opportunistic Infection** (see signs/symptoms)

## How HIV is spread

- HIV is spread from person to person through contact with specific bodily fluids:
  1. **Blood**
  2. Semen
  3. Vaginal Secretions
  4. **Breast Milk**
- If any of these fluids enter the body through broken skin or a mucous membrane transmission can occur. Mucous membrane examples include:
 

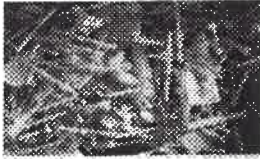
1. In nose/throat	4. anus/rectum
2. Inside of mouth	5. urethra
3. <b>vagina</b>	

## How HIV is spread (continued)

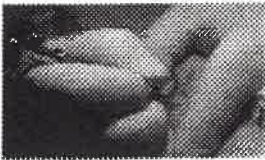
So, HIV can be spread:

- **#1. Through sexual contact** with an infected person.
- Even 1 incident of sexual activity can spread HIV. People with more partners are at greater risk.
- This is the #1 way HIV is spread in the world

## How HIV is spread (continued)



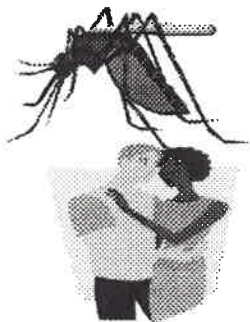
- **#2. Sharing needles** with an infected person.
  - **IV Drug Use**
  - Body piercings/tattoos
- 2<sup>nd</sup> most common way HIV is transmitted



## How HIV is spread (continued)

- **#3:** Coming into contact with an infected person's **blood** (through cuts/etc.)
- **#4:** Infected mother breastfeeding to baby
- **#5:** Mother to baby through pregnancy or process of delivery
  - (drugs given to mother during pregnancy can reduce risk)
- **#6: Blood transfusions** (IN THE PAST!!!)
  - (since 1985, all donated blood is now tested)

## How HIV is NOT spread



- HIV cannot be transmitted from:
  - Donating Blood
  - Hugging
  - Kissing
  - Sharing Eating Utensils
  - Sharing a towel
  - Using the same toilet
  - Mosquitoes or other insects
  - Swimming in the same pool
  - Or any other casual contact

## Signs and Symptoms of HIV infection

- **Early Infection** (approx. 2-4 weeks after)
  - Often No Signs/Symptoms!!!!
  - Some may have flu-like symptoms

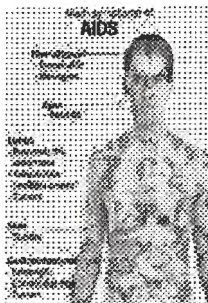
\*Fever, Sore Throat, Headache, Swollen Lymph nodes

NOTE: HIV can still be transmitted without signs/symptoms!!!

- **Later Infection** (10 years or more after)
  - \*Weight Loss
  - \*Shortness of Breath/Cough
  - \*Diarrhea
  - \*Swollen lymph nodes
  - \*Fever
  - \*Extreme night sweats
  - \*Shaking Chills
  - \*White spots in tongue/mouth

## Signs and Symptoms of AIDS

- A Helper T-cell count of 200 or less in a blood sample (normal is 800-1,200)
- Presence of an **Opportunistic Infection**: a disease/infection that rarely occurs in healthy people
- Examples:
  - \*Tuberculosis
  - \*Pneumocystis carinii pneumonia
  - \*Kaposi's sarcoma
  - \*Encephalitis



## Testing for HIV/AIDS

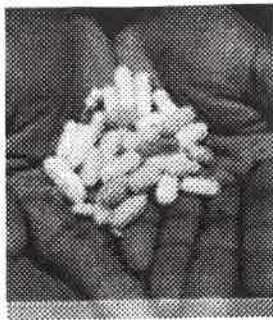


- Since there are often no signs/symptoms, the only sure way to know is to get tested
  - Blood Test
  - Cheek Swab Test
- Results can be known in hours or days (depending on type of test)
- Testing is often free, confidential, and quick
- Be aware of 3-24 week **"window period"**—the time it takes for antibodies to show up on test (one is infected and can infect others, but test results are negative)

## Treatment for HIV/AIDS

- **No cure** for HIV/AIDS
- No vaccine
- Drug Therapies
  - **Anti-retroviral** medicines
  - Protease Inhibitors
  - Immune system boosting drugs
  - Examples: AZT; HAART

NOTE: these meds only prolong life, they do not cure infection



## Preventing HIV infection

- Practice **Abstinence** (don't participate in high risk behaviors such as sexual activity)  
(NOTE: condoms reduce risk but do not eliminate it)
- **Do not use drugs or alcohol**-these impair your ability to make good decisions
- Do not inject drugs
- Do not share body piercing/tattooing needles. Let a QUALIFIED person do it
- Don't touch objects that have come into contact with blood. Use latex gloves if you must
- **Pre-exposure prophylaxis (or PrEP)** -people at very high risk for HIV take HIV medicines daily to lower their chances of getting infected

## Other facts

- World-wide the age group with the highest rate of new infections is **15-24 year olds**
- **30% of people who have HIV do not know**
- World AIDS day is held the 1<sup>st</sup> day in December
- Only 28% of people in developing countries who need treatment get it
- Advances in treatment now allow HIV+ people to live long healthy lives if they consistently and routinely take their medication.