

# HIV 101

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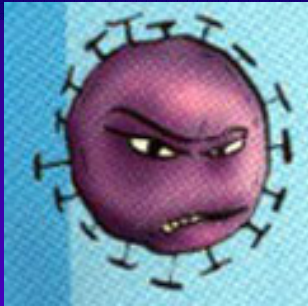
The Facts You Need To Know

# TODAY YOU'LL FIND OUT...

- ◆ What is HIV and AIDS?
  - ◆ How to get HIV
- ◆ How to get tested for HIV
- ◆ How to protect yourself from getting HIV?



## What is HIV and AIDS?



**HIV = "Human Immunodeficiency Virus"**

HIV is a virus that infects the immune system and damages the ability to fight disease.



**AIDS = "Acquired Immune Deficiency Syndrome"**

AIDS is the end result of HIV disease. People diagnosed with AIDS lose their ability to fight germs that can make them sick.



# HOW DO I Know if I have HIV?

## People infected with HIV...

Can infect others even if they don't look or feel sick

May have symptoms that are like those of many other illnesses



Feel Sick



Fever/flu symptoms

May look and feel healthy for a long time



Feel Healthy



Look Healthy

## If I have HIV Will I get AIDS?

When people develop AIDS, they get illnesses that healthy people usually don't get called *opportunistic infections*

AND

their T-cell count is at or below 200



Only a doctor can diagnose AIDS.

## HIV Infection Adults and Teenagers

- o **Acute Infection:** May last for one or two weeks
  - o Person may have flu-like symptoms
- o **Asymptomatic Period:** last from 6 months to over 10 years
  - o Person looks and feels well
- o **Symptomatic period:** May last several years
  - o Person may have enlarged lymph glands, tiredness, weight loss, fever, chronic diarrhea, or yeast infections, among other conditions
- o **AIDS:** Average survival after diagnosis of an AIDS-indicator illness had been one and one-half to two years but that has changed because of the treatment regimens

## Is there a cure?

There is no cure for HIV or AIDS

Antiretroviral medication are available to prolong and improve the quality of life for many individuals.

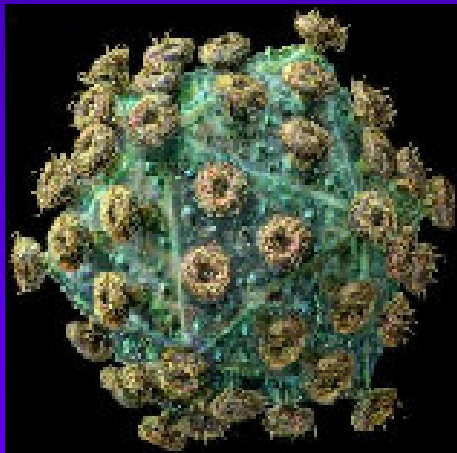


# The "Window Period"...



Window Period:

Time it takes for antibodies to become detectable: usually within three months



HIV infection  
(3 to 6 months)

Few symptoms  
(3 to 10 years)

AIDS diagnosis

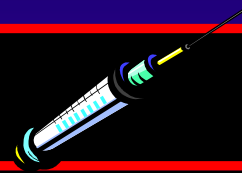
Engaged  
in risky  
behavior



# Progression of HIV Infection



Infection

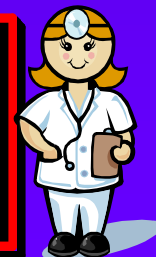


Window Period of Seroconversion  
{ Last from 3 to 6 months for 99% of population }



HIV Infection

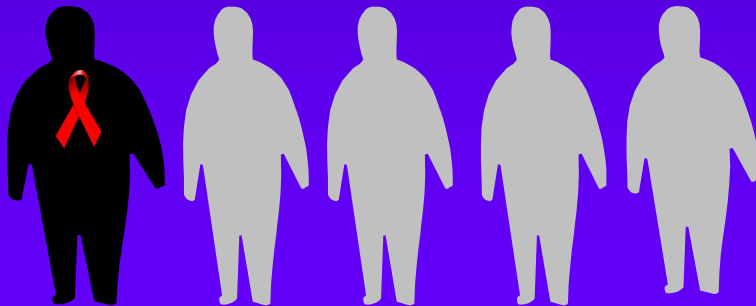
AIDS diagnosis  
average of 10 years after HIV infection



# Are HIV and AIDS REALLY A BIG DEAL?

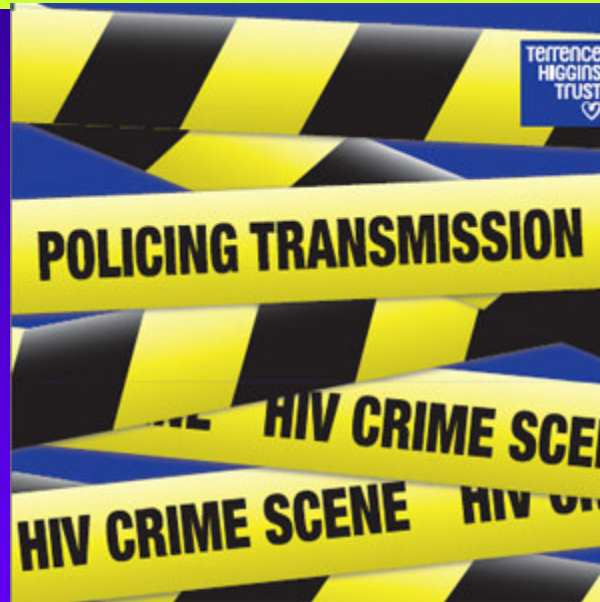
## How many people have HIV/AIDS?

- 1 in 5 people that have HIV do not know
- Over 7,800 people are living with HIV/AIDS in Nevada
- In 2010, 369 people were newly diagnosed with HIV/AIDS in Nevada

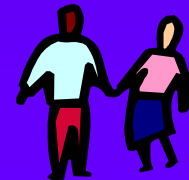


# WHO GETS HIV?

IT'S NOT WHO YOU ARE...

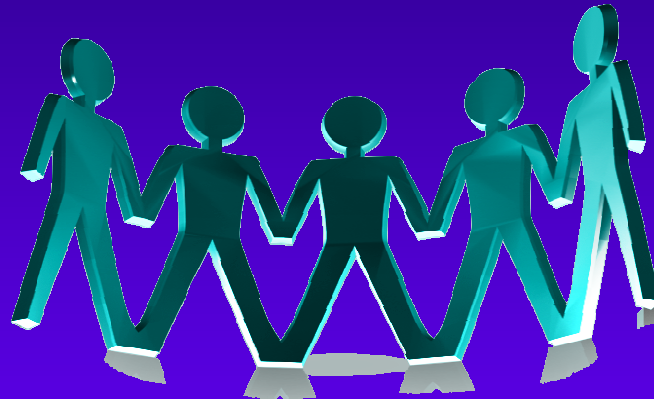


IT'S WHAT YOU DO!



# HOW DO YOU GET HIV?

HIV is passed from the infectious body fluids of an infected person to another person



HIV can be passed through an exchange of:



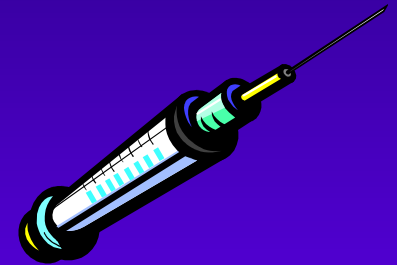
- Blood
- Vaginal fluid
- Semen (cum and pre-cum)
- Breast milk

## How can HIV can be transmitted?

**Sex:** Having sex (anal, vaginal, or oral) with an HIV-infected person.



**Needles:** Sharing needles or injection equipment with an injection drug user who is infected with HIV.



**Mother-to-Child:** A pregnant women can transmit HIV to child before or during birth.

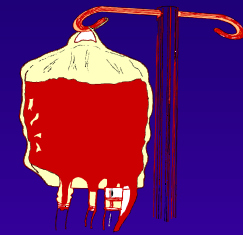


**Breastfeeding:** A HIV+ mother can transmit HIV to her child through breastfeeding.



# Can I get HIV From the Blood Supply?

The risk of getting HIV from a blood transfusion in the U.S. is extremely low:



Blood product  
before 1985

All blood donors are screened for their risk of HIV

All donated blood is tested for HIV and different communicable diseases

All blood that tests positive for antibodies to HIV is destroyed and the person notified

# How is HIV not Spread?

HIV is not spread through everyday casual contact



# RANK THE RISK FACTOR!

1=HIGH RISK

2=MEDIUM RISK

3=LOW RISK

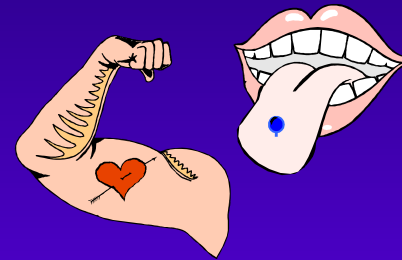
4=?



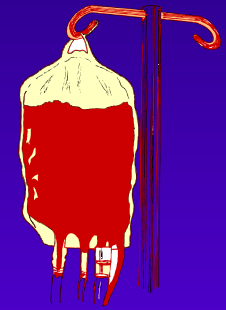
Sharing a toothbrush



Sharing a Public Bathroom



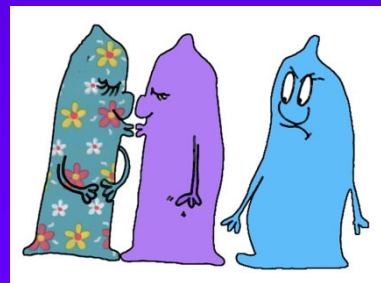
Non-professional tattoo or piercing



Blood product before 1985



Unprotected Sex with a HIV+ person



Kissing a HIV+ person



Hands-on healthcare



Breastfeeding

# Do STD's Increase the Risk of getting HIV?

Sexually Transmitted Diseases (STDs) increase the risk of HIV infection by allowing the virus an easier entrance into the non-HIV infected person's body.

Some common STDs include the following:

Herpes

Genital Warts

Trichomoniasis

Syphilis

Gonorrhea

Chlamydia



# Alcohol, Drugs, and HIV



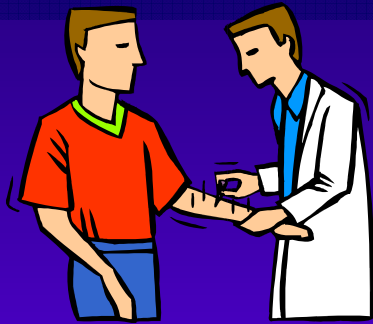
Drinking alcohol or taking drugs may make people take the following risks related to HIV:

Having sex without using a barrier (condom)

Sharing needles and syringes

Can impair judgment and positive decision-making

# Should I get tested for HIV?



People who think they are at risk of HIV infection are encouraged to seek individual counseling and testing

\*Do not donate blood to get tested for HIV

Blood Testing is the gold standard

Oral test that is proven to be accurate

Tests for antibodies in cheek cells, NOT THE SALIVA! (Much like paternity tests)

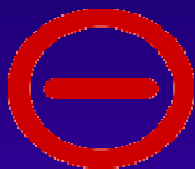
If I test positive, will everyone know???

No- Nevada does Confidential HIV testing



# HIV Test Results...

## Positive, Negative, or Indeterminate



If it's **NEGATIVE**...



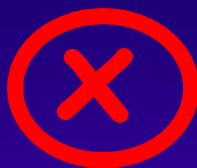
There are no HIV antibodies detected



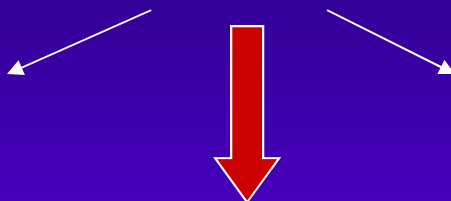
**But WAIT!**

The person is infected, but the body has not produced enough antibodies to show up on the test

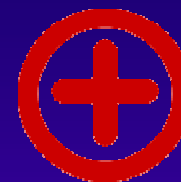
An at risk person may be advised to retake the test



Indeterminate...



Need to  
Re-Test for HIV



If it's **POSITIVE**...



The HIV antibodies are present

- It does not mean the person has AIDS
- A positive person can infect others

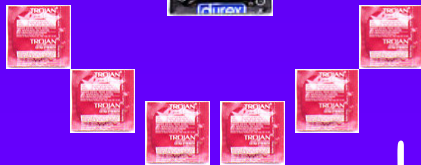
If it's **POSITIVE**... work with your doctor and discuss further testing, treatment options

# HOW TO PROTECT YOURSELF (and others!)

Don't use or share  
injection equipment



Don't touch anyone's  
blood or objects  
that could have  
blood on it



I protect  
you from  
other STDs  
too!

Use bleach to clean  
needles!



Use condoms every time you have sex!

# WHAT'S YOUR STATUS?

There's only one way to find out...

# GET TESTED!!

<http://www.hivtest.org/>

This informative Power Point presentation is brought to you as an educational service by the Nevada State Health Division Hepatitis Program in part by a grant from the Centers for Disease Control and Prevention (Grant U62P00138)

Nevada State Health Division:

[http://health.nv.gov/CD\\_HIV\\_STD\\_TB.htm](http://health.nv.gov/CD_HIV_STD_TB.htm)

Carson City Health and Human

<http://www.carson-city.nv.us>

Southern Nevada Health District:

[http://www.southernnevadahealthdistrict.org/hiv\\_aids/aids\\_prevention.htm](http://www.southernnevadahealthdistrict.org/hiv_aids/aids_prevention.htm)

Washoe County Health District:

<http://www.co.washoe.nv.us/health/cchs/hiv.html>

Public Health and Clinic Services (PHCS) Program:

<http://health.nv.gov/BFHS.htm>