

HIV 101

**Satellite Conference and Live Webcast
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Produced by the Alabama Department of Public Health
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Faculty

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Key Points

- HIV infection includes more than AIDS and does not have to be a death sentence
- You *can* protect yourself
 - HIV is 100% preventable
- If you don't have sex, share needles, or exchange any body fluids with an infected person, you greatly reduce your risk

Key Points

- You *cannot* get HIV through casual contact
- You *cannot* get HIV from giving blood
- HIV has no cure but antiretroviral therapy is available for anyone wanting treatment

Definitions

- HIV
 - Human Immunodeficiency Virus
- AIDS
 - Acquired Immunodeficiency Syndrome
 - A result of HIV infection

HIV Infection

- Flu-like symptoms develop
- HIV antibodies develop, usually 6-12 weeks later
 - A person becomes infected within 1 to 2 days of contracting HIV
- Infected person does not feel sick sometimes for 5-10 years

HIV Infection

- Infected person develops symptomatic HIV infection
- Person may or may not develop AIDS

Infection

- If HIV-infected, at first you may have
 - No symptoms
- Later, you may have
 - Fever
 - Fatigue
 - Diarrhea
 - Skin rashes

Infection

- Night sweats
- Loss of appetite
- Lack of resistance to infection
- Furry white spots in the mouth
- Red or purplish spots on the body

Infection

- Having any of these signs or symptoms may indicate symptomatic HIV infection or AIDS
 - Only a doctor can tell you what your signs or symptoms mean

Transmission

- You *cannot* get HIV from just being around someone with HIV
- HIV is *not* spread through casual contact

Transmission

- There are documented cases of HIV being transmitted by only four body fluids from an infected person and they are
 - Blood
 - Semen
 - Vaginal fluid
 - Breastmilk (few cases reported)

Transmission

- HIV is usually transmitted
 - By having sex with an infected person
 - By sharing needles and syringes with an infected person
 - During pregnancy, birth, or breast feeding (few cases reported), from an infected mother to child

Prevention

- Sexual practices and risk of HIV infection
- No-risk activities include
 - No sex
 - Masturbation
 - Sex only with an uninfected monogamous partner who does not share needles and syringes

Prevention

- Risky activities include contact with your partner's blood, semen, or vaginal fluid, unless you know for sure that your partner does not have HIV
- Examples include
 - Oral, anal, and vaginal sex
 - Oral-anal contact

Prevention

- Mutual masturbation
 - Shared sex toys
- Scientists believe that it is unlikely that open-mouth kissing can transmit HIV
- Universal precautions are highly recommended when coming in contact with bodily fluids

Prevention

- This means wearing gloves or using barriers to protect yourself
- If you have sex, using condoms correctly every time greatly lowers your risk of HIV infection
- Consider using a latex or female condom every time, from start to finish, unless you know your partner does not have HIV

HIV Testing

- In order to know your status for HIV, get tested for HIV
 - Only a doctor can diagnose AIDS
- A negative antibody test means
 - You are not infected with HIV
 - You have recently been infected with HIV and can infect others, but the test did not yet detect antibodies

HIV Testing

- Consider being re-tested in 3-6 months because of the window period
 - Window period simply means it takes 25-90 days for HIV antibodies to show

HIV Testing

- A positive antibody test means
 - You are infected with HIV
 - You will always have HIV
 - You can infect others
- Antibody tests for HIV are more than 99% accurate and effective

Three HIV Testing Options Available Statewide

- Alabama state law allows anyone age 12 and up to be tested for HIV with their written consent
- Blood tests for persons ages 12 and up
- Ora Quick Advance (Rapid Tests) for persons ages 13 and up
- Ora Sure Tests for persons 18 and up

Three HIV Testing Options Available Statewide

- All three testing options are 99.7% accurate and effective
 - Each test should be given confidentially
 - Referrals for treatment and social services are only offered when a person has tested HIV+

Confidential vs. Anonymous Testing

- Confidential testing
 - Alabama law only allows confidential testing
 - Results linked to your identity
 - Results recorded in your medical files
 - State laws vary according to who can know your results and the conditions for revealing that information

Confidential vs. Anonymous Testing

- Anonymous Testing
 - Neither your name nor any identifying information is recorded
 - Results are not entered in your medical files
 - Only you can find out your test results

HIV Infection in Children vs. Adults

- Unlike adults, children are more likely
 - To develop AIDS in a shorter period of time
 - To be anemic
 - To get bacterial infections
 - To have damaged nervous systems

HIV Infection in Children vs. Adults

- To suffer from malnutrition and “failure to thrive”
- To suffer from pneumonia not caused by *p. carinii*
- To suffer from heart, liver, kidney, or skin disorders

HIV Infection in Children vs. Adults

- Like adults, children suffer from
 - Significant weight loss
 - Persistent diarrhea
 - Swollen lymph glands
 - Severe thrush (oral fungus infection)
 - *Pneumocystis carinii* pneumonia

AIDS

- AIDS is diagnosed if a person has a CD4 count of 200 or below, a high Viral Load and Opportunistic Infections
- Viral Load measures the amount of the virus in the body from a blood draw

AIDS

- CD4 of T-cell count looks at the amount of helper or fighter cells from a blood draw
- Opportunistic Infections are illnesses that come as a result of over activity of HIV infection

Undetectable

- Everyone with HIV does not become diagnosed with AIDS
- Most importantly some HIV infected persons become “undetectable”
 - Undetectable means a person is still HIV+ but they are improving their health
 - The Viral Load is < or equal to 48 and their CD4 count is 500-1600

Undetectable

- Antiretroviral medicines used for the treatment of HIV are greatly reduced

Additional Resources and Stats

- www.adph.org/AIDS
 - Direct you to state HIV/AIDS Division homepage
 - Printable statistics on HIV and AIDS
 - Order free educational materials

Final Statement

- Respect yourself, protect yourself because no one is exempt from HIV

