

HIV

**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 any form of casual contact
- You cannot get HIV from giving blood
- HIV has no cure but antiretroviral therapy is available for anyone wanting treatment
- Since HIV is not invisible let us learn how to make HIV preventable

HIV vs. AIDS

- HIV- Human Immunodeficiency Virus
 - HIV directly attacks white blood cells*
- AIDS- Acquired Immunodeficiency Syndrome
 - A result of HIV Infection

HIV Infection

- Common Occurrences:
 - Flu-like symptoms
 - HIV antibodies develop
 - Usually 6-12 weeks later
 - Antibodies are plasma proteins made of B-cells that check the status of our immune system
- A person will become infectious within 1 to 2 days of contracting HIV

HIV Infection

- Infected persons may not feel sick
 - Sometimes for 5-10 years
- Infected persons may develop other symptoms caused by HIV infection
- Unmanaged infection may lead to the development of AIDS
- If HIV-infected, at first, a person may not show any symptoms at all

HIV Infection

- Later, HIV-infected individuals may have:
 - Fever
 - Fatigue
 - Diarrhea
 - Skin rashes
 - Night sweats

HIV Infection

- Loss of appetite
- Lack of resistance to infection
- Furry white spots in the mouth
- Red or purplish spots on the body
- Having any of these signs or symptoms may indicate symptomatic HIV infection or AIDS
- Only a doctor can tell what a person's 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 4 body fluids from an infected person:
 - Blood
 - Semen
 - Vaginal Fluid
 - Breast Milk (few cases reported)

Transmission

- Although other body fluids are important, they must contain a significant amount of blood, breast milk, semen or vaginal fluid from an infected person to put anyone at risk for HIV

Transmission

- HIV is usually transmitted by:
 - Sharing blood with an infected person
 - Having sex with an infected person
 - 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 (pleasuring yourself)
 - Sex only with an uninfected monogamous partner who does not share needles and syringes

Prevention

- Risky activities include:
 - Contact with someone's blood, breast milk, semen, or vaginal fluid
 - Unless you know for sure that your patient or partner does not have HIV

Prevention

- Some examples include:
 - Oral, anal, and vaginal sex
 - Oral-anal contact
 - Mutual masturbation
 - Shared sex toys
 - Scientist believe that it is unlikely that open-mouth kissing can transmit HIV

Prevention

- Universal precautions are highly recommended when handling body fluids
- This means wearing gloves, clothing, shields, etc. or using barriers to protect yourself at all times
- If you have sex, using the right type of condom correctly every time greatly reduces your risk of HIV infection

Prevention

- Consider using a latex or female condom every time, from start to finish, unless you know your partner does not have HIV
 - Within a monogamous relationship

HIV Testing

- In order to know your HIV status, you must get tested for HIV
 - Only a doctor can diagnose HIV and AIDS
- A negative antibody test means:
 - The person tested is not infected with HIV

HIV Testing

- It is too soon in the infectious process to detect antibodies
- A person can have recently been infected with HIV and can still infect others
- Consider being re-tested in 3 to 6 months because of the window period

HIV Testing

- Window period simply means it takes 25 to 90 days for HIV antibodies to show that a person is infected

HIV Testing

- A positive antibody test means:
 - The person tested is infected with HIV after being confirmed
 - Other blood work will be needed
 - The person will always have HIV
 - The person can infect others
- Antibody tests for HIV are 99.9% accurate and effective

3 HIV Testing Options Available Statewide

- Alabama state law allows anyone age 12 and up to be tested for HIV with their written consent
- All tests detect antibodies except for the Acute HIV test
- Blood tests are for persons ages 12 and up

3 HIV Testing Options Available Statewide

- Acute HIV testing tests the blood for the actual virus within a week to a few months of exposure

3 HIV Testing Options Available Statewide

- Ora Quick Advance (rapid tests) are for persons ages 13 and up
- Ora Sure Tests are for persons ages 18 and up
- All three testing options are 99.9% accurate and effective

3 HIV Testing Options Available Statewide

- Each test should be given confidentially
- Referrals for treatment and social services are only offered when a person has tested HIV +

Anonymous versus Confidential 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

Anonymous versus Confidential Testing

- Confidential Testing
 - Alabama law only allows Confidential Testing
 - Results are linked to your identity
 - Results are recorded in your medical files

Anonymous versus Confidential Testing

- State laws vary according to who can know your results and the conditions for revealing that information

HIV Infection in Children versus Adults

- Unlike adults, children are more likely to:
 - Develop AIDS in a shorter period of time
 - Become anemic
 - Develop bacterial infections
 - Have damaged nervous systems

HIV Infection in Children versus Adults

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

HIV Infection in Children versus Adults

- Like adults, children also 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:
 - CD4 count of 200 or below
 - High viral load
 - Opportunistic infections
- Viral load measures the amount of the virus in the body from a blood draw

AIDS

- CD4 or T-cell counts look at the amount of helper or fighter cells from a blood draw
- Opportunistic infections are illnesses that occur 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

Undetectable

- The viral load is < or equal to 48
- The person’s CD4 count is 500 to 1600
- Antiretroviral medicines used for the treatment of HIV are greatly reduced

Additional Resources and Statistics

- Please refer to our state website at:
 - www.adph.org/aids
 - Our web address will direct you to our HIV/AIDS Division homepage
 - We have statistics for HIV and AIDS that can be printed and ways to order free educational materials

Valuable Points to Consider

- We now have 17,674 cumulative cases of HIV and AIDS reported in Alabama
- You can not look at someone nor trust what they say about their status for HIV

Valuable Points to Consider

- Treat others and yourself with respect, but do not forget to use universal precautions
- Only an HIV test will give you the right result
- Know your status for HIV
- Be positive that you are negative for HIV and other STD's

Valuable Points to Consider

- STD's do not take a break for any season so we have to change our behavior
- Do not be a victim or put yourself at risk for HIV if you can avoid it
- Remember, every 9 ½ minutes someone is infected with HIV in the United States

Final Statements

- Respect yourself
- Protect yourself because no one is exempt from HIV
- Never forget to be kind and treat others, whether patients or partners, with respect

