

# HIV

WHAT YOU NEED TO KNOW!

## Human

HIV is something only humans can get

## Immunodeficiency

Immunodeficiency means the immune system, which helps the body fight off disease, is not working like it should

## Virus

A virus is a tiny organism that causes infections by entering the cell and making copies of itself

What is  
Human Immunodeficiency Virus (HIV)?

# What does AIDS stand for?

## Acquired

Acquired refers to an illness you can get, or acquire, from other people

## Immune

Immune is referring to the immune system, which helps the body fight disease

## Deficiency

Deficiency means the immune system is not working the way it should

## Syndrome

A syndrome is a set of symptoms that occur together and are signs of a specific condition or disease


# STOP THE SPREAD Video



# How is HIV transmitted?

- HIV is passed when certain types of body fluids from a HIV positive person enters someone who is HIV negative
  - These body fluids can be blood (including menstrual blood), semen (cum), preseminal fluid (pre-cum), vaginal fluids, rectal fluids, and breast milk
- HIV common transmission modes:
  - Having anal or vaginal sex with someone who has HIV without using a condom or without taking medications to prevent or treat HIV
  - Sharing needles and other drug injection equipment
  - Pregnancy, childbirth, and breastfeeding

# Common Misconceptions of Transmission

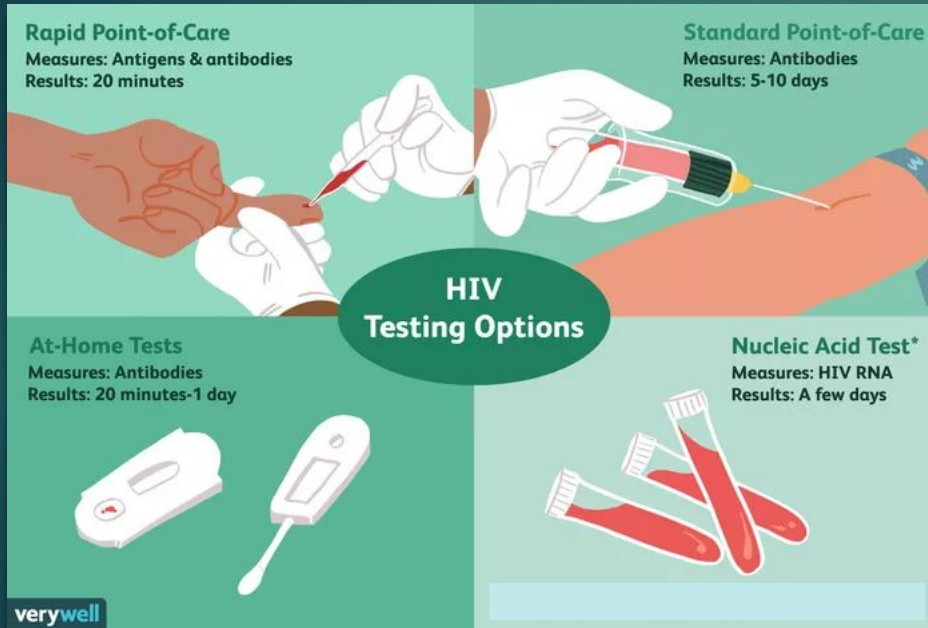
<p><b>NOT through air or water</b></p>	<p><b>NOT by insects such as mosquitos and ticks</b></p>	<p><b>NOT by saliva, tears, or sweat that is not mixed with the blood of someone who has HIV</b></p>
<p>NOT through closed-mouth or social kissing</p>		<p>Not by casual contact, such as shaking hands, sharing dishes or toilets with someone who has HIV</p>

# Ways to protect yourself and others from HIV

- Whether or not you have HIV:
  - Limit the number of sexual partners you have or have a close sexual network
  - Practice safer sex by using condoms every time you have sex (i.e. the Hex ® condom)
  - Never share used needles, syringes or other injectable equipment (Hep C lives in water for 62 days)
  - Get tested regularly for sexually transmitted infections (STIs)
  - Discuss sexual health with your partners, and ask them to get tested regularly for HIV and other STIs
  - Talk to your healthcare provider about all options of HIV prevention and treatment options.




# Getting Tested for HIV

- Getting tested for HIV is the only known way to know if you have the virus
  - The earlier that HIV is detected the better, because that means that you can get into care and start treatment earlier. Which can help keep the level of HIV in your blood under control
- HIV testing involves screening and follow up tests
- The fourth generation HIV test is most accurate and dependable HIV test. HIV antigen/antibody fourth-generation-based screening tests can simultaneously detect both HIV-1 antigen (i.e., viral protein) and HIV-1/2 antibodies, whereas HIV-1/2 antibody third-generation-based screening tests detect only antibodies.





# What HIV test results mean?

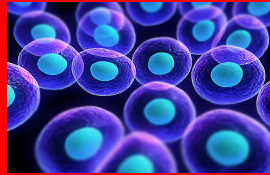
<b>A negative HIV result</b> 	<b>A positive HIV test result</b> 	<b>An indeterminant HIV test result</b> 
Means that no HIV antibodies or antigens have been detected in your body	Means that HIV antibodies or antigens have been detected in your body	Means that the antibody test result was neither positive or negative
Ask your healthcare provider if you need to be retested and when. Talk with your provider about all the things you can do to help protect yourself from getting HIV	A positive HIV test result must always be followed up with a second HIV test. If that test is positive, talk to your provider about treatment options	Retesting should be done right away by your healthcare provider or a lab. NOT with a home kit.

## More about HIV testing

- After you get HIV, there will be a period of time, called the **window period**, during which you may test negative for HIV even though you are positive.
- The window period can be from 10 days to 3 months, depending on how their body responds and the type of HIV test being used.
- During the window period, you may be likely to pass HIV to others
- If you think you might have been exposed to HIV but your HIV test results are negative, talk with your healthcare provider about getting retested

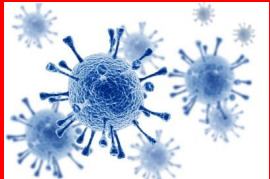
# After the diagnosis

**CD4 Count**



**Measures how many CD4 cells (aka T cells) are in a sample of your blood. The more CD4 cells you have in your blood, the healthier your immune system is**

**Viral load**



**Measures how much HIV there are in a sample of 1 milliliter of your blood. The lower your viral load is, the better**

**Drug  
resistance  
testing**



**Helps your healthcare provider find out with HIV medications will work the best for you**

# What the CD4 count number means

- A CD4 count of:

**500 to 1500** Is considered **normal** and can often be kept in that range with HIV medications, which helps prevent the virus from multiplying

**200 to 500** Means that the immune system is weakened and is **not working as well as it used to**

**Below 200** Means that your immune system is **severely weakened**



# What the viral load number means

- A viral load number of:

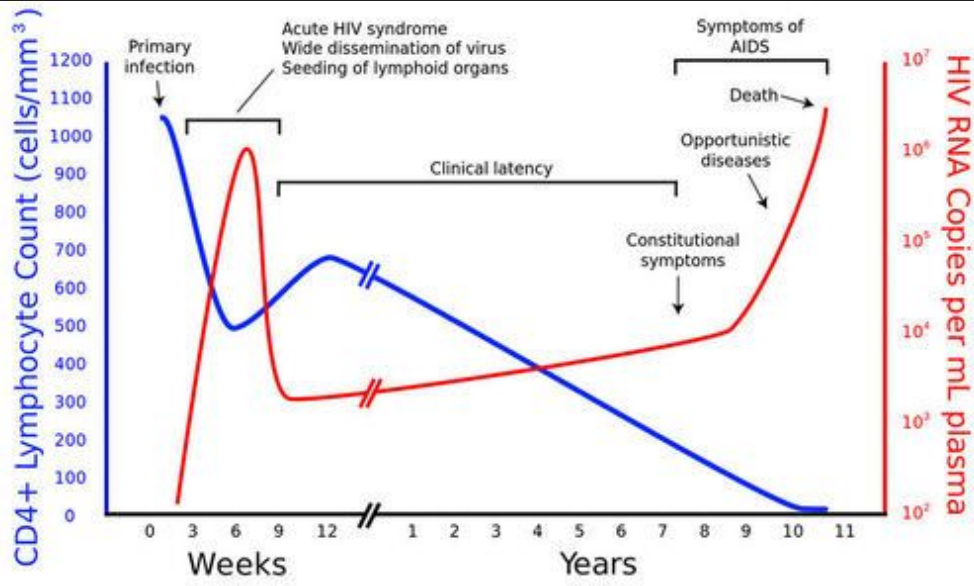
Lab tests that measure viral load may vary. But a viral load that is **below 200** copies per milliliter is considered **undetectable**.

**Undetectable** is seen as U=U and TasP

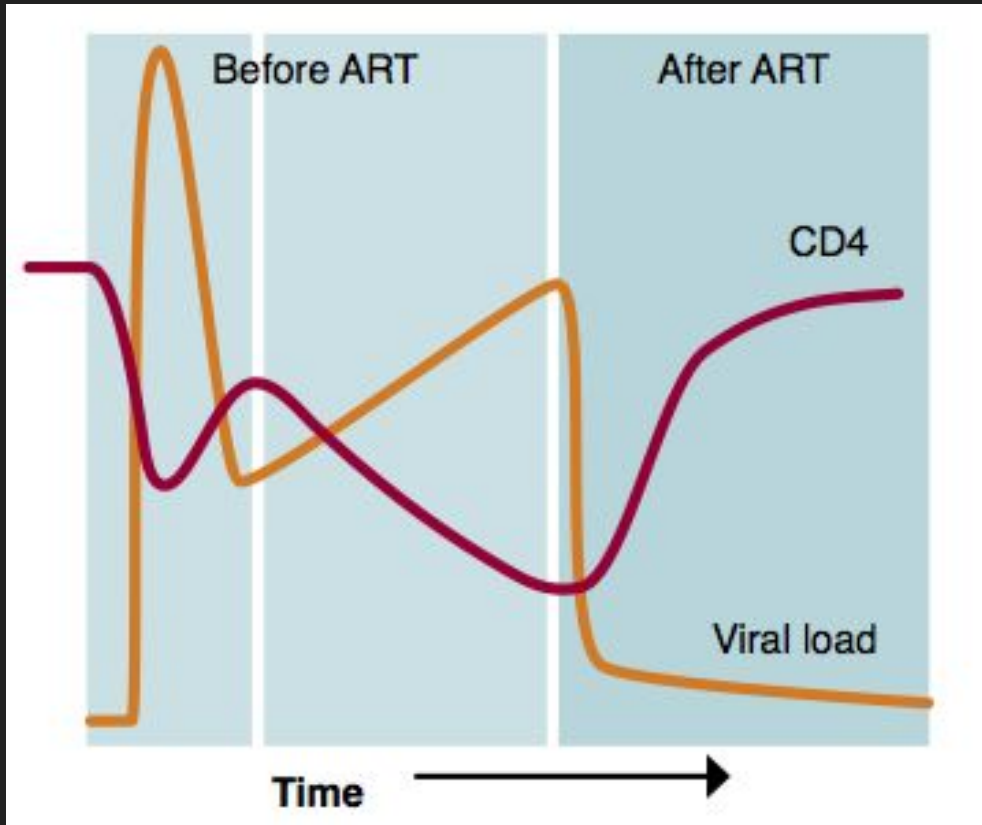


# HIV: Treat 2 Prevent

- HIV medicines cannot cure HIV but taking them everyday exactly as prescribed can help lower the amount of virus (viral load) in your body is less than 200mL/copies
  - Lowering your viral load undetectable means that the amount of virus in your body is so low that it cannot be measured by lab test
- Current research shows that people taking HIV medicines who get to and stay undetectable have effectively no risk of passing HIV to their partners through sex



What happens if HIV is not treated?



What usually happens when HIV is treated ?



# Quick overview of HIV

- **CD4 count:** the amount of **good** protection cells in the body to fight off disease and illness.
- **Viral load:** the amount of **HIV cells** inside your body
- HIV common transmission modes:
  - Having anal or vaginal sex with someone who has HIV without using a condom or without taking medications to prevent or treat HIV
  - Sharing used needles and other drug injection equipment
  - Pregnancy, childbirth, and breastfeeding (Vertical transmission)