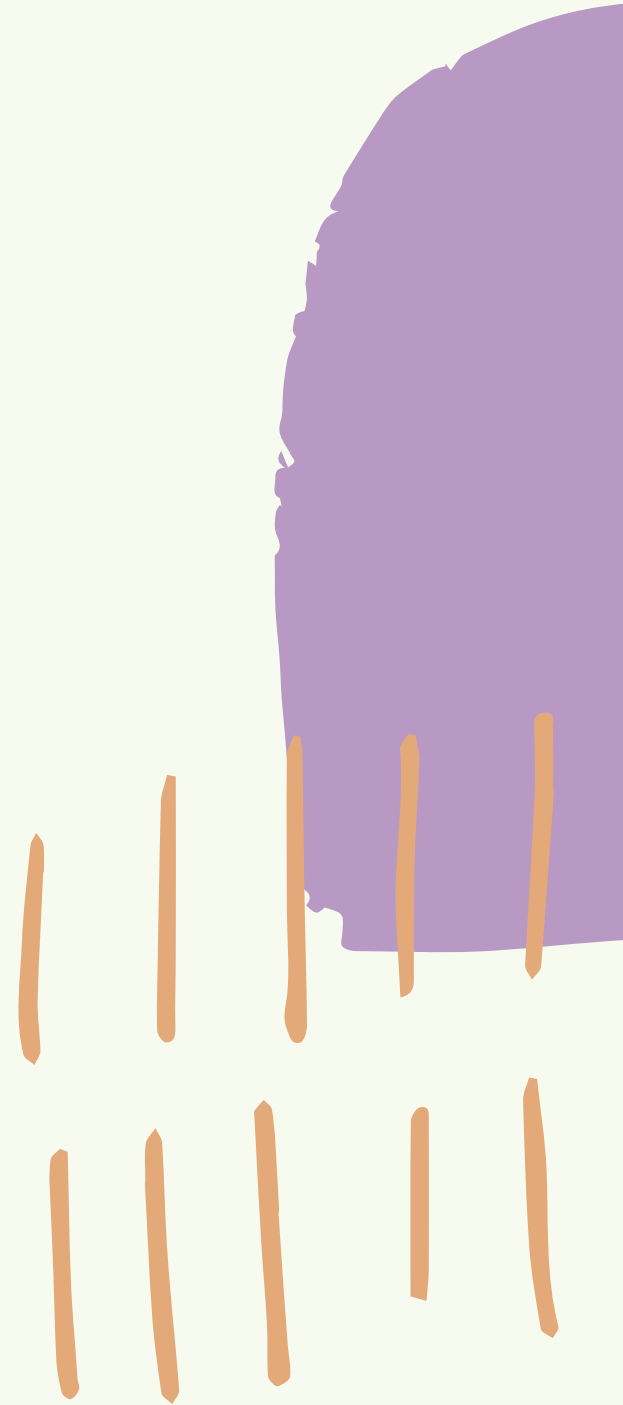


#UNFILTERED

HIV 101

january 2021- @come_unfiltered



HIV - AIDS

HIV stands for Human Immunodeficiency Virus

AIDS stand for Acquired Immune Deficiency Syndrome

HIV- What does it do to your body?

HIV impacts your CD-4 T-cells which are a type of white blood cells. These type of cells help out your immune system and if you lose them, you are more likely to get sick because you become immunosuppressed.

What is the difference between HIV and AIDS?

An AIDS diagnosis can be given to a person living with HIV whose CD-4 T-cell count drops below a certain number. At this point, their immune system is considered to be more susceptible to contracting certain diseases. Your immune system can recover, and your CD-4 count can go up, but you will always have an AIDS diagnosis once you drop below that certain number. Some people with HIV are diagnosed with AIDS, but the vast majority of people in the US who take medicine to treat their HIV, will never acquire an AIDS diagnosis.


Fact: People with HIV live lives that are as long and healthy as anyone else.

WHEN HIV WAS A NEWLY DISCOVERED VIRUS, PEOPLE DIDN'T KNOW MUCH ABOUT IT AND MANY PEOPLE DIED BECAUSE THERE WEREN'T MEDICINES DEVELOPED YET.

THE UNITED STATES GOVERNMENT HAS BLOOD ON THEIR HAND BECAUSE OF THE AIDS EPIDEMIC IN THE 70S AND 80S. REAGAN WILLFULLY IGNORED HIV/AIDS, DEEMED IT A GAY DISEASE AND DIDN'T FUND RESEARCH FOR MANY YEARS. THIS WAS AND IS FALSE. HIV IMPACTS EVERYONE, NO MATTER YOUR SEXUALITY.

check out the podcast links, movies, and further learning to learn more about this period in time





HOW DO YOU GET HIV?

You CAN get HIV thru the following methods:

- blood
- sexual fluids (semen, pre-cum, vaginal fluids)
- breast milk

Common ways of getting HIV:

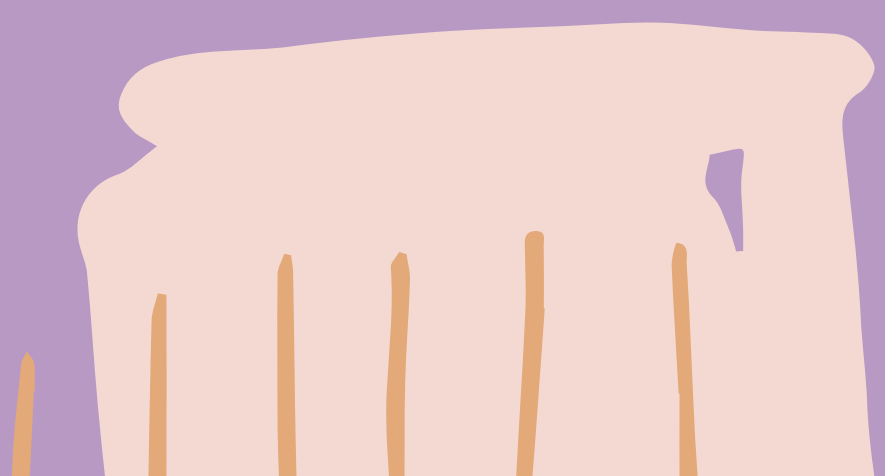
- barrier-less anal sex or vaginal/front hole sex
- breast/chest feeding a child
- sharing injecting equipment with others

You CAN'T get HIV thru the following methods:

- kissing
- spit
- hugging
- **any other skin to skin contact**

Common myths of getting HIV:

[read: you can't get HIV via these methods]:

- touching a door knob
 - toilet seat in a bathroom
 - having sex with someone who is HIV+ but they are undetectable (cuz U=U)
 - kissing/hugging someone who is HIV+
- 

TREATING AND PREVENTING HIV

IT IS YOUR RESPONSIBILITY TO GET TESTED AND TREATED FOR STIS AND TO OPEN CONVERSATIONS WITH YOUR PARTNER(S) ABOUT THEIR TESTING HABITS

- Testing is often covered by health insurance AND there are clinics that offer HIV/STI testing for free.
- It is recommended to get tested every three months if you are someone who is sexually active
 - talk to your doctor about what makes the most sense for you

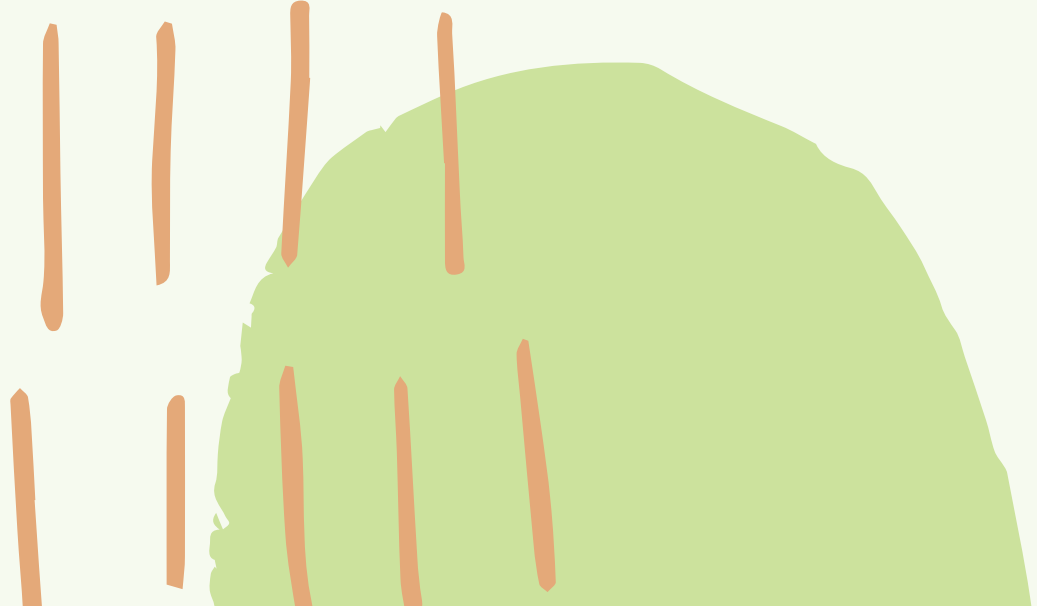
TREATING HIV

- Medications are available to people diagnosed with HIV that allow them to live healthy lives with minimal complications
 - The medications used to treat HIV are called, "antiretrovirals"
- When people with HIV take their medication, they cause the amount of HIV virus to get down to a level called, "undetectable". This means that this person can no longer transmit HIV to another person, as long as they keep taking their medication and maintain an undetectable status!
 - There is 0% chance they can transmit HIV when someone is undetectable. U=U!
 - yaas science



stigma:

disapproval or discrimination of someone based on (in this case), their HIV status



HIV/AIDS stigma as a long history that is racist, classist, and homophobic

Stigma doesn't develop overnight and HIV stigma is no different. Many factors such as ignorance, inaccurate reporting, homophobia, racism, and structural white supremacy have contributed to miseducation and biased fear towards people who are HIV positive.

Breaking down this stigma is the responsibility of everyone

- You are responsible for making this world more inclusive
- Even if you don't know anyone in your life who has HIV, you probably actually do. Many people choose not to publicly share their status.

Ways to break stigma:

- Educate yourself- learn the facts about HIV
- Talk to your sexual partners about how often they test, what they get tested for, and if they are positive, are they undetectable?
- Listen to and learn from people who are living with HIV and what they are calling on accomplices to support with