

HIV/AIDS



Putting U first.



WHAT IS HIV?

◆ **The human immunodeficiency virus (HIV) is a virus that infects cells of the immune system, destroying or impairing their function.**

◆ **This viral infection results in the progressive deterioration of the immune system, leading to "immune deficiency."**

◆ **The immune system is considered deficient when it can no longer fulfill its role of fighting infection and disease. Infections associated with severe immunodeficiency are known as "opportunistic infections," because they take advantage of the body's weakened immune system.**

WHAT IS AIDS?

◆ Acquired immunodeficiency

syndrome (AIDS) is a surveillance term defined by the United States Centers for Disease Control and Prevention (CDC) and by the European Centre for the Epidemiological Monitoring of AIDS (EuroHIV).

◆ The term AIDS applies to the most advanced stages of HIV infection, defined by the occurrence of any of more than 20 opportunistic infections or HIV-related cancers.




HOW IS HIV TRANSMITTED?

◆ HIV is found in varying concentrations or amounts in blood, semen, vaginal fluid, breast milk, saliva, and tears.

◆ HIV can be passed on when blood, semen, pre-seminal fluid, vaginal fluid or breast milk from a person who has HIV enters the body of a person who does not have HIV.

◆ HIV can be transmitted through unprotected sexual intercourse (vaginal or anal) and oral sex with an infected person ; transfusion of contaminated blood; and the sharing of contaminated needles, syringes or other sharp



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- ◆ It may also be transmitted between a mother and her infant during pregnancy, childbirth and breastfeeding.
 - ◆ HIV has not been recovered from the sweat of HIV-infected persons. Contact with saliva, tears, or sweat has never been shown to result in transmission of HIV.
 - ◆ HIV has been found in saliva and tears in very low quantities from some AIDS patients.
 - ◆ It is important to understand that finding a small amount of HIV in a body fluid does not necessarily mean that HIV can be transmitted by that body fluid.



◆ In the health care setting, workers have been infected with HIV after being stuck with needles containing HIV-infected blood or, less frequently, after infected blood gets into a worker's open cut or a mucous membrane (for example, the eyes or inside of the nose).

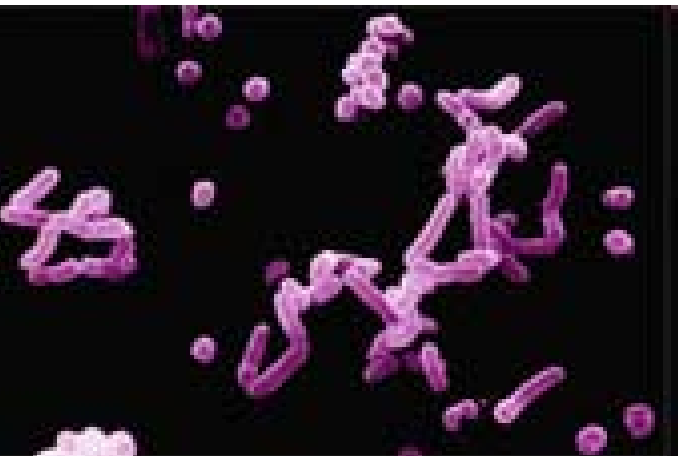
◆ Some people fear that HIV might be transmitted in other ways; however, no scientific evidence to support any of these fears has been found.

◆ If HIV were being transmitted through other routes (such as through air, water, or insects), the pattern of reported AIDS cases would be much different from what has been observed.

◆ For example, if mosquitoes could transmit HIV infection, many more young children and preadolescents would have been diagnosed



◆ Additionally, HIV is unable to reproduce outside its living host (unlike many bacteria or fungi, which may do so under suitable conditions), except under laboratory conditions, therefore, It does not spread or maintain infectiousness outside its host.





HOW CAN I LIMIT MY RISK OF HIV TRANSMISSION THROUGH SEX

- ♥ Use male or female condoms correctly each time you have sex
- ♥ Practice only non-penetrative sex.
- ♥ Remain faithful in a relationship with an uninfected equally faithful partner with no other risk behavior
- ♥ Abstain from sex.

HOW EFFECTIVE ARE CONDOMS IN PREVENTING HIV?

♥ Quality-assured male and female condoms are the only products currently available to protect against sexually transmitted infections (STIs), including HIV

. ♥ When used properly during every sexual intercourse, condoms are a proven means of preventing HIV infection in women and men.

♥ However, apart from abstinence, **NO PROTECTIVE METHOD IS 100% EFFECTIVE!**

HOW QUICKLY DOES A PERSON INFECTED WITH HIV DEVELOP AIDS?

The length of time can vary widely between individuals.

Left untreated, the majority of people infected with HIV will develop signs of HIV-related illness within 5-10 years.

However, the time between HIV infection and an AIDS diagnosis can be 10–15 years, sometimes longer.

Antiretroviral therapy (ART) can slow the disease progression by decreasing an infected



WHAT IS THE MOST COMMON LIFE-THREATENING OPPORTUNISTIC INFECTION AFFECTING PEOPLE LIVING WITH HIV/AIDS?

Tuberculosis (TB) kills nearly a quarter of a million people living with HIV each year. It is the number one cause of death among HIV-infected people in Africa, and a leading cause of death in this population worldwide.

HOW MANY PEOPLE ARE LIVING WITH HIV?

According to estimates by WHO and UNAIDS, 33 million people were living with HIV at the end of 2007.

That same year, some 2.7 million people became newly infected, and 2.0 million died of AIDS, including 270 000 children. two thirds of HIV infections are in sub-Saharan Africa.





IS THERE A CURE FOR HIV?

No, there is no cure for HIV. But with good and continued adherence to Antiretroviral Treatment, the progression of HIV in the body can be slowed to a near halt. Increasingly, people living with HIV are kept well and productive for extended periods of time, even in low-income countries.

WHAT ARE ANTIRETROVIRAL DRUGS?

Antiretroviral drugs are used in the treatment and prevention of HIV infection. They fight HIV by stopping or interfering with the reproduction of the virus in the body.

Antiretroviral therapy (ART) can slow the disease progression by decreasing an infected person's viral load.

WHAT OTHER KINDS OF CARE DO PEOPLE LIVING WITH HIV NEED?

In addition to antiretroviral treatment, people with HIV often need counseling and psychosocial support.

Access to good nutrition, safe water and basic hygiene can also help an HIV-infected person maintain a high quality of life

WHAT IS THE BENEFIT OF AN HIV TEST?

Knowing your HIV status can have two important benefits:

If you learn that you are HIV positive, you can take the necessary steps before symptoms appear to access treatment, care and support, thereby potentially prolonging your life for many years.

If you know that you are infected, you can take precautions to prevent the spread of HIV to others.

Know your status today..



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PROTECT YOUR SELF AGAINST THE HIV VIRUS.

