HIV & AIDS

It’s not WHO we are, it’s WHAT we do
Ground Rules

- Be respectful
- Give your attention to the speaker, please put your cell phones away
- If you have a question, make sure it is appropriate.
Why is this important?

- 1.8 million new cases of HIV in 2016.
- People in the United States living with HIV/AIDS:
  - 1.1 Million
  - Almost 1 in 7 are unaware of their infection.
- People in Oklahoma living with HIV/AIDS:
  - 5,954
- One out of four teens in the United States have a sexually transmitted disease.
Why is this important to YOU?

- Half of all new HIV infections are occurring in people UNDER THE AGE OF 25
So...what is HIV?

<table>
<thead>
<tr>
<th>H</th>
<th>human</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>immunodeficiency</td>
</tr>
<tr>
<td>V</td>
<td>virus</td>
</tr>
</tbody>
</table>
Then what is AIDS?

<table>
<thead>
<tr>
<th>A</th>
<th>acquired</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>immune</td>
</tr>
<tr>
<td>D</td>
<td>deficiency</td>
</tr>
<tr>
<td>S</td>
<td>syndrome</td>
</tr>
</tbody>
</table>
How do people get HIV?

- Does one get it from.....

HIV is NOT spread through casual contact!
Most common ways HIV is spread

- Sexual Activity
  - 84%-88% of new infections

- Sharing Needles
  - 12%-16% of new infections

- Mother to Child
  - Less than 1% of new infections

- Blood Transfusion
  - Less than 1% of new infections
But HOW?

- HIV can live in 4 body fluids
  - Blood
  - Semen
  - Vaginal Fluid
  - Breast milk
Add a point of entry

Diagram showing points of entry:
- Eyes
- Ears
- Nose
- Mouth
- Vagina
- Penis
- Anus
- Cut in skin
Transmission of HIV

HIV+ body fluid + Point of entry = Possible infection of HIV
Scenarios of HIV transmission:

- **Unprotected Sex**
  - Oral
  - Anal
  - Vaginal

- **Sharing of Needles**
  - Drugs
  - Tattoos
  - Piercings

- **Mother to Baby**
  - Pregnancy
  - Childbirth
  - Breast milk
How can you tell?

- **YOU CAN’T!**
  - Getting tested is the only way to know
  - Not all STD’s have obvious symptoms
  - A person with HIV can feel perfectly healthy and show no symptoms for 7-10 years.
If there is medicine, so what?

- EXPENSIVE
  - $10,000-$70,000 a year
- Side effects
  - Constant diarrhea, nausea, migraine
  - Heart Disease
  - Many, many, many, many, many more!
- Drug resistance
- They don’t know!
  - 10 years before any signs/symptoms
Absolute, 100%, foolproof way...

ABSTAIN

aka

sexual risk avoidance
Next best choice...

- Condoms

- Are not 100% effective, but will GREATLY reduce risk if used correctly and consistently!

  THE WHOLE TIME, EVERYTIME!
Other things to consider...

- Drugs
- Alcohol
Where to get tested

- County Health Department (free)
- Planned Parenthood
- RAIN Oklahoma (free)
- Guiding Right
Types of Testing

Confidential

Anonymous
Blood/Tissue Testing

2 to 12 weeks for a person’s body to make enough antibodies for an antibody test to detect HIV infection.

If the initial test result is negative and the test was done during the window period, re-testing should be done 3 months after the possible exposure to HIV.

Why is this Important?
To learn more

- 211
- www.cdc.gov
- www.aids.gov
- www.plannedparenthood.org
- www.sexetc.org
- www.think.mtv.com
- www.okc.redcross.org
We now know:

- The definitions of HIV & AIDS
- How HIV is transmitted
- How to protect ourselves

It’s not WHO we are, but WHAT we do that puts us at risk!