

HIV & AIDS

Presented by
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Who cares?



Should **you**? Why? Why not?

Myth or Fact?

HIV/AIDS only affects gay men.



Myth or Fact?

HIV/AIDS only affects gay men.

Myth....

Anyone who engages in unprotected sex or shares injection drug “works” (needles, syringes, etc.) can be infected with HIV, regardless of age, sex, gender, race, or sexual orientation.

Myth or Fact?
HIV/AIDS is curable.



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Myth.....

There is NO CURE for HIV infection at this time. However, there are many medications, called antiretroviral (ART), available for people living with HIV to help manage the infection.

Myth or Fact?

HIV is no big deal. You can take a pill once a day and be fine.



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Myth.....

HIV treatment and care is a life-long commitment with social, emotional, and physical ramifications.

What is HIV?

Human Immunodeficiency Virus

- Virus your body **cannot get rid of**
- Weakens your body's immune system
- Replicates very quickly if left untreated
- HIV has no gender, race, or sexual preference



What is AIDS?

Acquired Immune Deficiency Syndrome


- Medical Diagnosis
- Advanced HIV infection
- Severely damaged immune system
- May require medical intervention
- Not everyone with HIV will advance to AIDS





Who is affected?



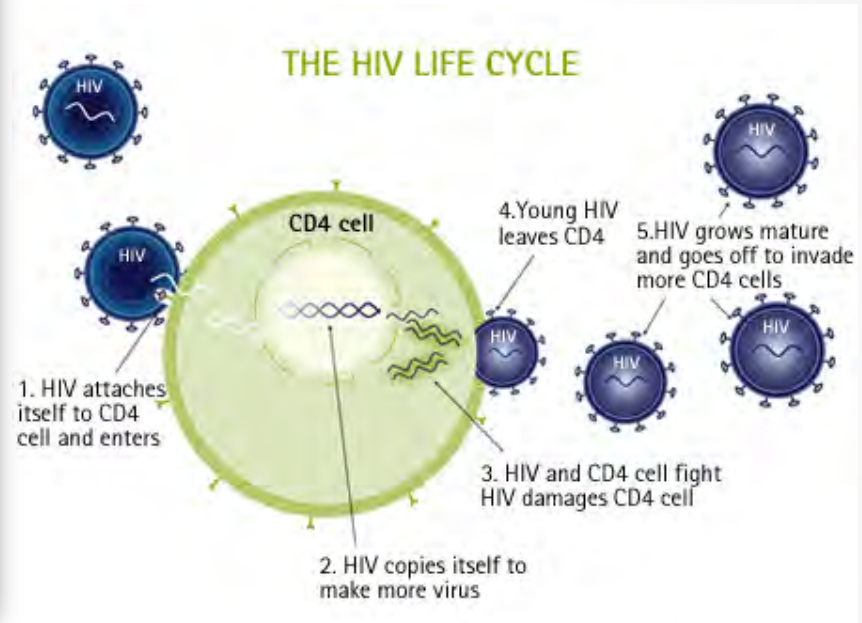
- **50,000** new cases of HIV each year in the US
- Over **300** new cases each year in Orange County
- As of December 31, 2015 there were **7,088** individuals living with HIV in Orange County
- In  there are **800** people right now with HIV who do not know they have it



Global Statistics

- **36.7** million people are living with HIV/AIDS
- Of these, only about **60%** know they are infected
- More than **35 million** have died of AIDS worldwide since the first cases were reported in 1981
- **1.1 million** died in 2015 alone.
- **2.1 million** new cases of HIV in 2015

How does HIV work?



HIV attacks and destroys CD4 Cells (T Cells) that help fight off infection, weakening your body's immune system.

How is HIV spread?

- Contact with infected body fluids:
 - Blood
 - Semen
 - Pre-seminal fluid
 - Vaginal fluid
 - Breast milk
- Unprotected oral, vaginal, or anal sex
- Sharing injection drug equipment
- From mother to child during pregnancy, birth, or breastfeeding



HIV IS **NOT** TRANSMITTED BY...



Insect bites



Toilet seats



Kissing



Sharing cutlery



Touching



HIV Symptoms

Stage	Time Frame	Symptoms
Early	2 – 6 weeks after infection	Flu-like symptoms
Latent	8-10 years after infection	No symptoms, but virus is active and easy to pass on to others
Late	10 + years after infection	Active AIDS, rapid decline in health, prone to multiple infections or cancers

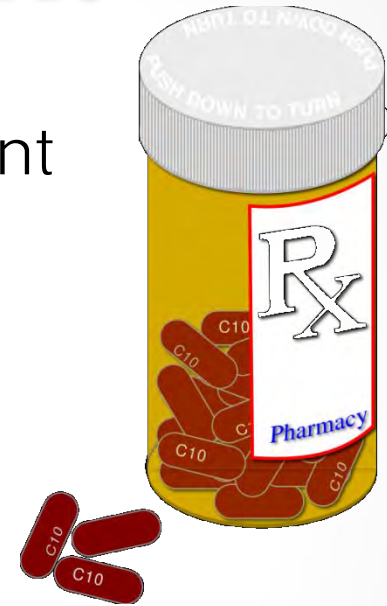
Symptoms vary from person to person and some people do not show any initial symptoms.



- 1 out of 8 people with HIV **do not know they have it**
- Testing is **anonymous** and **free** at many sites
- Results within 20 minutes
- Two kinds of tests: blood and saliva
- Getting tested is the **only way** to know if you are infected

HIV Treatment

- ART – **A**n**r**etroviral **T**reatment
- Medicines have advanced greatly since 1980's
- Treatment is a life-long commitment
- Treatment as Prevention
 - HIV + people who are on ART therapy can achieve undetectable amounts of HIV Virus in their blood
 - 96% or better chance that they will NOT transmit it to others if they remain on treatment



HIV and STDs

- Treatment for HIV does NOT prevent STD's
- STDs are much more common than we think
- Some STD's have no signs or symptoms, esp for men
- Having an STD does not mean you have HIV/AIDS
- Frequent testing for STD's is very important, even if you are on ART therapy!



Sexually Transmitted Infections



Estimated New cases in the US

Viral

- HIV **50,000**
- Herpes Simplex 2 **300,000 +**
- Hepatitis A **2,800**
- Hepatitis B **47,000**
- Hepatitis C **104,000**
- HPV **6.2 million**

Bacterial

- Chlamydia **1.4 million**
- Gonorrhea **350,062**
- Syphilis **19,999**

**YOU CAN'T ALWAYS
TELL IF YOU HAVE AN STD
GET TESTED!**



*What does a
person with
HIV look
like?*



Stigma.....

I AM NOT...

DIRTY AN ADDICT
DYING HELPLESS
BEING PUNISHED
A VICTIM
ALONE **SICK**
A STEREOTYPE
A WHORE **GUILTY**

I AM HIV POSITIVE

THE STIGMA PROJECT / LIVE HIV NEUTRAL

Stigma can lead to....



- Isolation
- Violence
- Fear
 - Getting tested
 - Getting medical treatment
 - Telling friends, family, partners
 - Negotiating safe sex
- Lack of Medical Care
- Discrimination
- Increased spread of HIV



HIV & STD Prevention

**GET
TESTED!**



- **Know your status** and **know your partner's status**
- Have **Safe Sex** - Use Condoms/Barriers
- Do not share injection drug works - participate in needle exchange programs
- Think smart if considering tattoos
- "Open sores are open doors" for HIV to enter/exit the body
- Get tested regularly – talk to your health care provider
- Consider **PrEP** if you are at risk
- Knowledge is power

Knowledge
+ Action

= Power



Let's Talk
Healthy
Relationships

HIV Prevention and PrEP

(Pre-Exposure Prophylaxis)

- New drug therapy for people at high risk of HIV infection
 - HIV negative partner of HIV positive person
 - IDU who shares needles or syringes
 - MSM or multiple sex partners
 - Sex Trade Workers
- Daily pill = daily commitment
- Does not prevent STD's
- Talk to your doctor about it



**YOU CAN BE PART OF THE HIV
SOLUTION!**



BE YOUR OWN ADVOCATE!

Free Testing Sites in “the OC”



Resources

www.aids.gov

www.thebody.com

www.cdc.gov

www.ochealthinfo.com

www.publichealth.org

Thank You!

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