



HIV 101

UNDERSTANDING THE BASICS

**Celebrating National Women and Girls
HIV/AIDS Awareness Day**

Ava White

GROUP Ministries, Inc






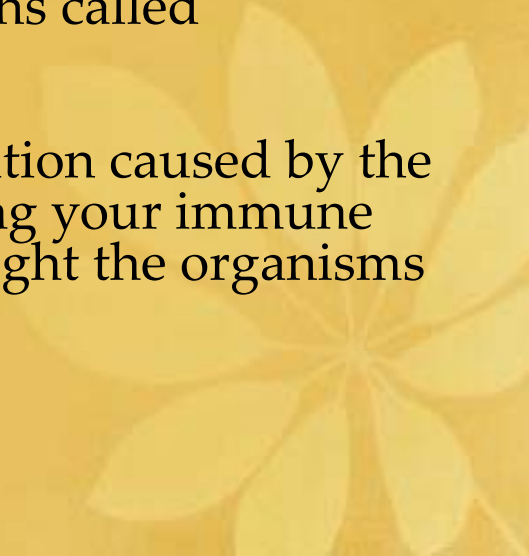
Buffalo, NY 14208

awhite@gmibuffalo.org






Basic Definitions

-  HIV [Human Immunodeficiency Virus].
 -  HIV is the virus which can lead to AIDS. HIV reduces your body's immunities so they have more difficulty fighting off diseases. The immune system can never fully get rid of HIV because the virus attacks the immune system itself--the very thing that would normally get rid of a virus.
 -  AIDS [Acquired Immune Deficiency Syndrome].
 -  AIDS is a syndrome, resulting from low immunity tolerance which is signified by the presence of specific health conditions called opportunistic infections.
 -  AIDS is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By damaging your immune system, HIV interferes with your body's ability to fight the organisms that cause disease.
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Basic Definitions

- An AIDS diagnosis is defined when an individual's T-cells fall below 200 and/or a person experience an opportunistic infection (OI).
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Basic Definitions

- HIV Disease
 - We tend to think of "disease" in simple terms: infection equals illness.
 - It's a little different with HIV since the virus can cause slow, damage to the immune system long before an infected person will feel ill. You can be infected for years and not even know it!
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How does HIV cause illnesses?

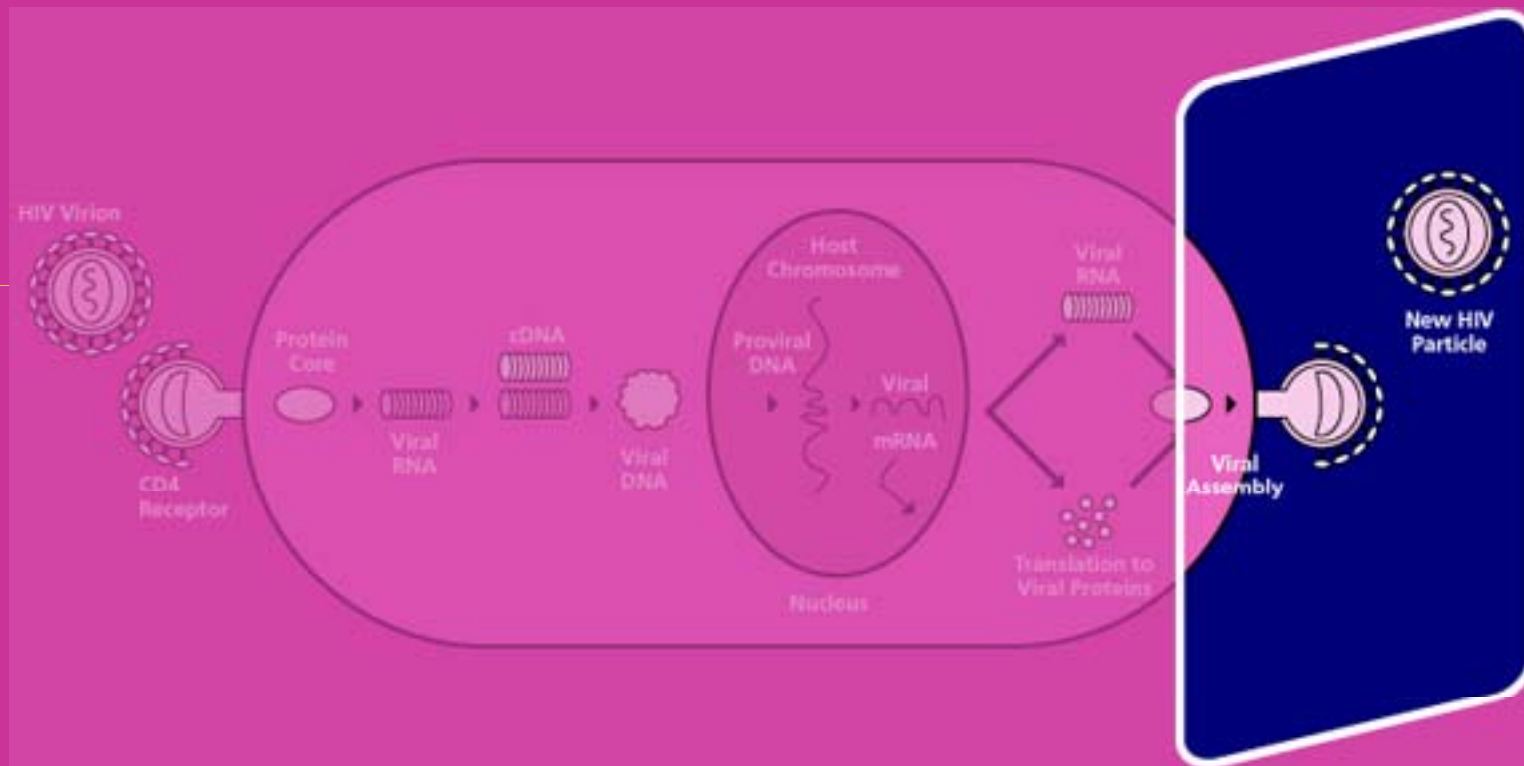
HIV reproduces continuously in the body from the first day of infection . T cells- are produced and destroyed.

Within the first few weeks...

When first infected with HIV, you may have no signs or symptoms at all, although you're still able to transmit the virus to others. Many people develop a brief flu-like illness two to four weeks after becoming infected.



HIV Lifecycle



Step 1:
Attach & Enter

Step 2:
HIV Talks
to the Cell


Step 3:
HIV Takes
Control of the Cell


Step 4:
Making Virus
Parts

Step 5:
Build & Release




Symptoms may include:

- Fever
 - Headache
 - Sore throat
 - Swollen lymph glands
 - Rash
- 



Where HIV is Found in the Body Infectious "Bodily Fluids"

There are four basic fluids that infect persons with HIV

- *Blood* contains the highest concentration of the virus
 - Followed closely (pre-cum) by *semen*
 - Then *vaginal* fluids.
 - *Breast milk* also contains HIV and may put infants at risk for HIV.
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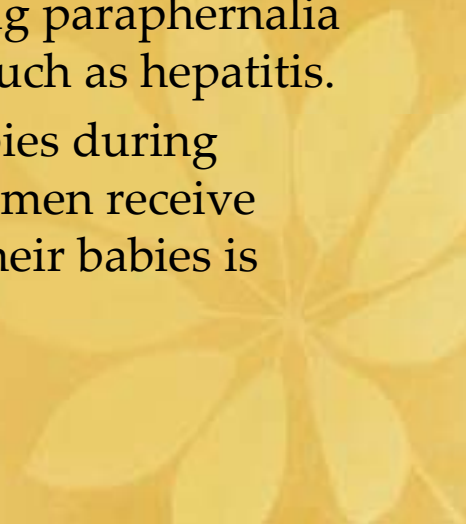
Conditions for HIV Transmission:


It is well established within the field of HIV epidemiology that certain conditions must exist for HIV transmission to occur.




There must be a host susceptible to infection

The virus is harmless until it finds a host or, more accurately, susceptible cells within the host's body. *Every human being is considered to be a host susceptible to infection.*

- **During sex.** You may become infected if you have vaginal, anal or oral sex with an infected partner whose blood, semen or vaginal secretions enter your body. The virus can enter your body through mouth sores or small tears that sometimes develop in the rectum or vagina during sexual activity.
 - **Blood transfusions.** In some cases, the virus may be transmitted through blood transfusions. American hospitals and blood banks now screen the blood supply for HIV antibodies, so this risk is very small.
 - **Sharing needles.** HIV can be transmitted through needles and syringes contaminated with infected blood. Sharing intravenous drug paraphernalia puts you at high risk of HIV and other infectious diseases such as hepatitis.
 - **From mother to child.** Infected mothers can infect their babies during pregnancy or delivery, or through breast-feeding. But if women receive treatment for HIV infection during pregnancy, the risk to their babies is significantly reduced.
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There must be a sufficient level of virus delivered to establish infection

- ✘ Although HIV has also been isolated in urine, saliva and tears, it is impossible that it will be present in sufficient concentrations for transmission to occur (even if all conditions were fulfilled).
 - ✘ HIV also does not thrive in exposed environments outside the body or inside the body where there are high concentrations of acid, such as in the stomach or the bladder.
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How does HIV become AIDS?

- HIV destroys CD4 cells — a specific type of white blood cell that plays a large role in helping your body fight disease. Your immune system weakens as more CD4 cells are killed. You can have an HIV infection for years before it progresses to AIDS.
- To be diagnosed with AIDS, you must have a CD4 count under 200 or experience an AIDS-defining complication.

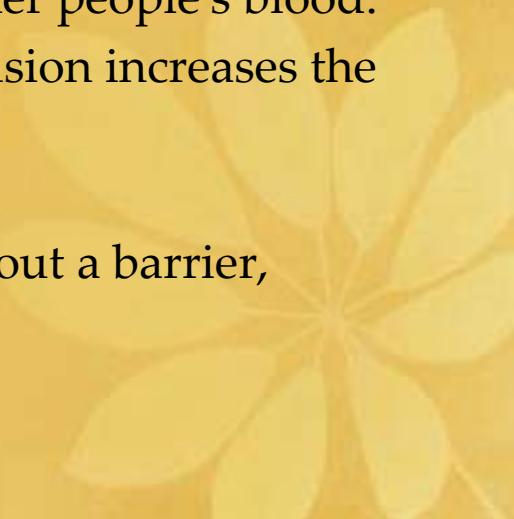


Assessing Risk

High risk

- **Have unprotected sex.** Unprotected sex means having sex without using a new latex or polyurethane condom every time. Anal sex is more risky than is vaginal sex. The risk increases if you have multiple sexual partners.
- **Have another STD.** Many sexually transmitted diseases (STDs) produce open sores on your genitals. These sores act as doorways for HIV to enter your body.
- **Use intravenous drugs.** People who use intravenous drugs often share needles and syringes. This exposes them to droplets of other people's blood.
- **Uncircumcised man.** Studies indicate that lack of circumcision increases the risk for heterosexual transmission of HIV.

Examples: penetrative intercourse (vaginal and anal) without a barrier, sharing needles or syringes, sharing sex toys.





Assessing Risk

Low Risk

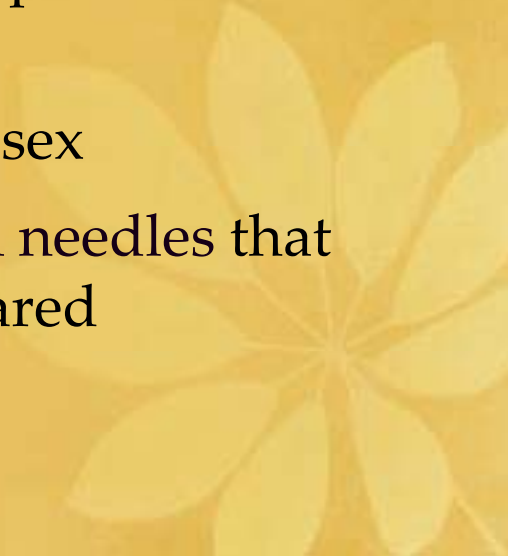
All the behaviors/practices assigned this risk level present a potential for HIV transmission because they involve an exchange of infected body fluids. There are also a few reports of infection attributed to these activities.

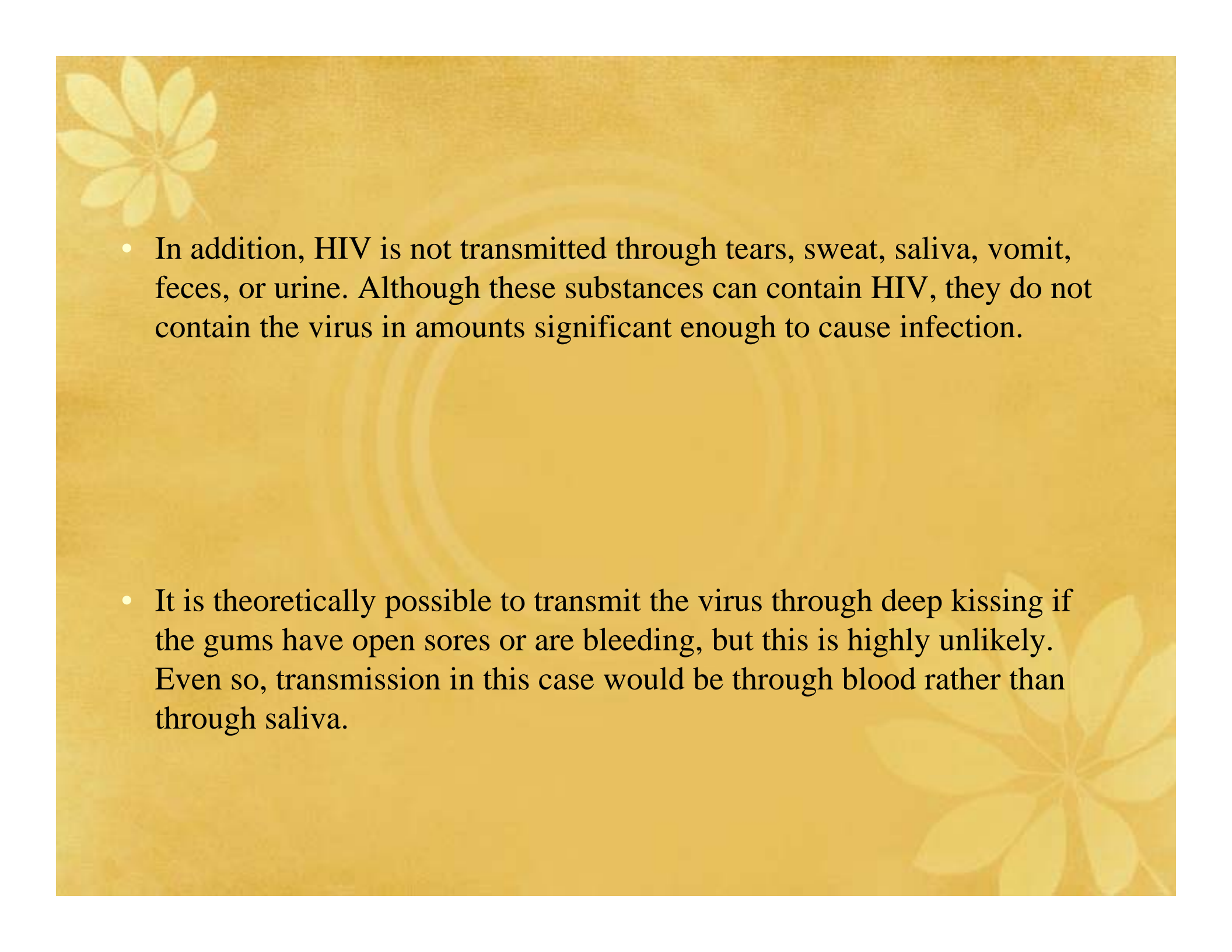
Examples: oral sex without a barrier, injection with a used cleaned needle etc.





HIV is NOT transmitted through:

- Ordinary social or casual contact
 - Donating blood
 - Shared clothing
 - Grabbing someone's ass
 - Touching
 - Shared food or dishes
 - Kissing
 - Shaking hands
 - Toilet seats
 - Massaging another person
 - Sharing a joint
 - Sexually stimulating a partner using your hand
 - Masturbation
 - Living with a person with HIV
 - Cyber/phone sex
 - Injecting with needles that have been shared
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- In addition, HIV is not transmitted through tears, sweat, saliva, vomit, feces, or urine. Although these substances can contain HIV, they do not contain the virus in amounts significant enough to cause infection.
 - It is theoretically possible to transmit the virus through deep kissing if the gums have open sores or are bleeding, but this is highly unlikely. Even so, transmission in this case would be through blood rather than through saliva.




ABC of HIV

- A-bstinence
- B-e Monogamous
- C-ondoms Use

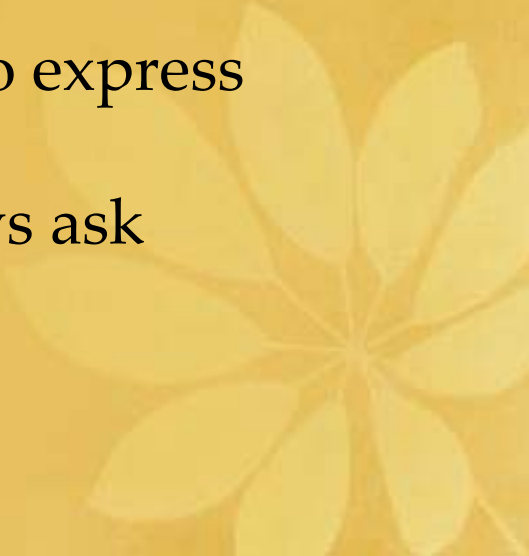
always...

E- Education! Know better you
will do better!






Helpful hints....

- Good self esteem
 - Know your HIV status
 - Know your partner's HIV status
 - Monogamy (same HIV status)
 - Celibacy
 - Know how to use safer sex products (latex or polyurethane, and female condoms).
 - Non-penetrative sex. Explore other ways to express intimacy that are not high risk.
 - Stay informed, know your body and always ask questions
- 




The HIV Test

- The HIV test looks for HIV antibodies in your body.
 - If you have HIV antibodies, your test results be positive. This means you have HIV.
 - If you don't have HIV antibodies, your test will be negative. This means one of two things:
 - You don't have HIV.
 - You have HIV, but your body hasn't made enough antibodies to detected yet.
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The Window Period


- It takes up to 3 months (but as early as 3-4 weeks) after infection for the body to make HIV antibodies.
 - In rare cases, it can take up to 6 months. This called the window period.
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CONDOM USE

- Used properly and consistently, condoms are an effective barrier to HIV infection
- Latex and polyurethane are very resilient and strong materials that do not allow HIV to pass through. When used properly, latex and polyurethane products offer the best possible barrier for HIV and other sexually transmitted diseases.

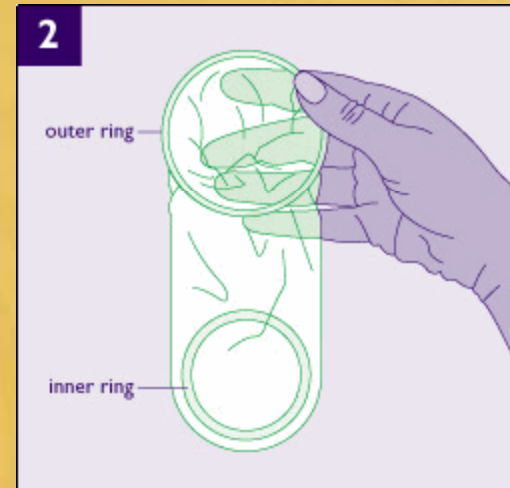
Condoms and Other Safer Sex Devices:

- Male condoms
 - Female condoms
 - Latex Dental Dams
 - Plastic Wrap
 - Latex Gloves
 - Finger Cots
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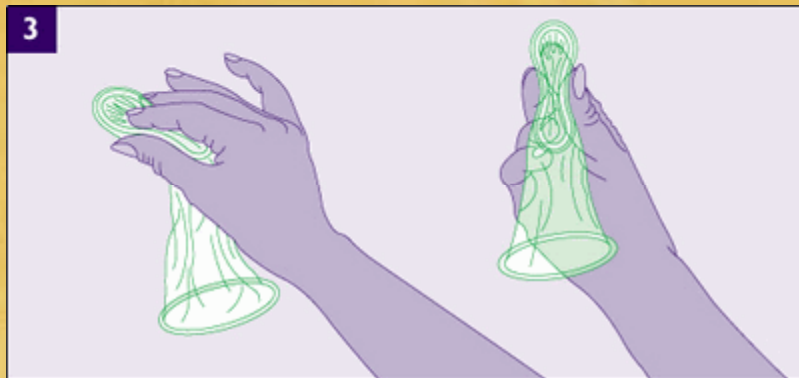
How to use Female Condoms



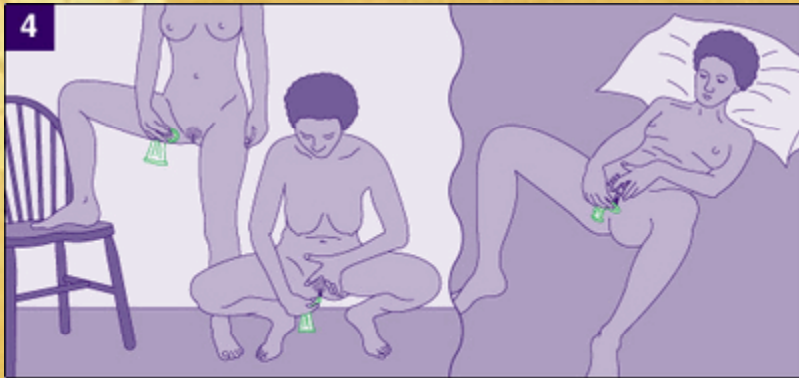
Open the Female Condom package carefully; tear at the notch on the top right of the package. Do not use scissors or a knife to open.



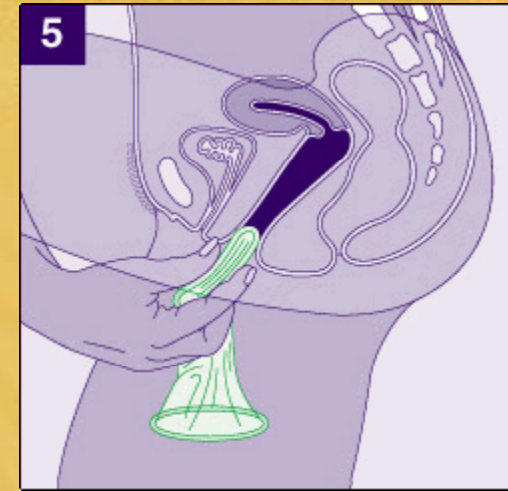
The outer ring covers the area around the opening of the vagina. The inner ring is used for insertion and to help hold the sheath in place during intercourse.



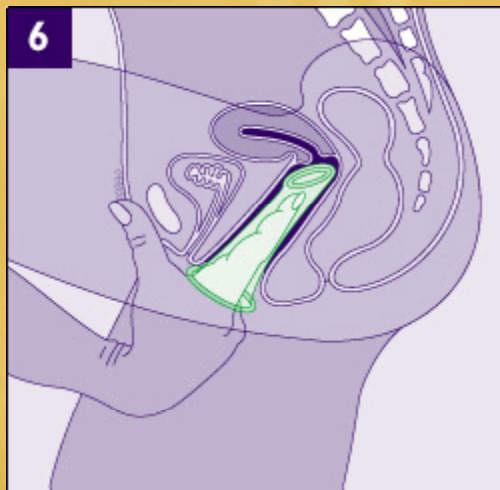
While holding the Female condom at the closed end, grasp the flexible inner ring and squeeze it with the thumb and second or middle finger so it becomes long and narrow.



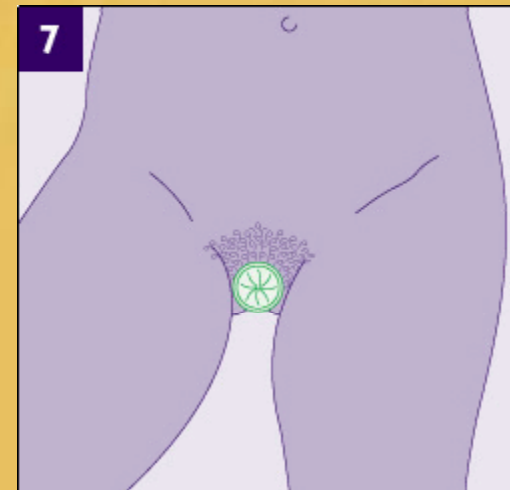
Choose a position that is comfortable for insertion – squat, raise one leg, sit or lie down.



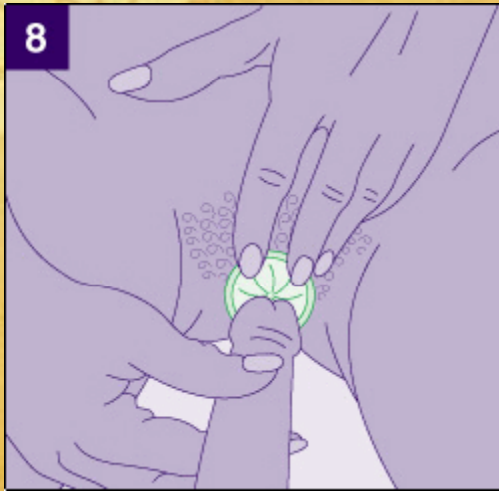
Gently insert the inner ring into the vagina. Feel the inner ring go up and move into place.



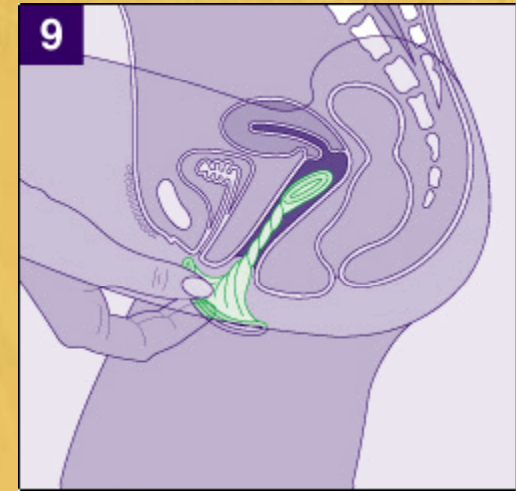
Place the index finger on the inside of the condom, and push the inner ring up as far as it will go. Be sure the sheath is not twisted. The outer ring should remain on the outside of the vagina.



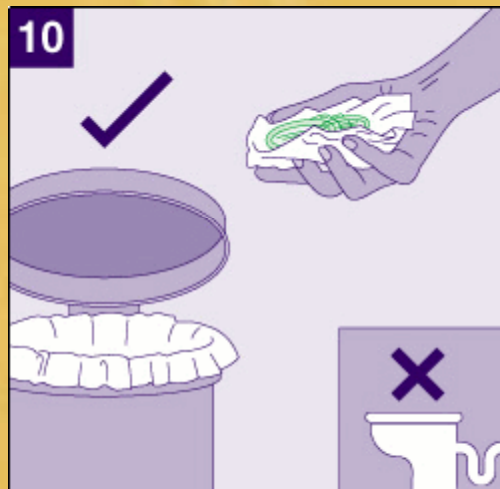
The female condom is now in place and ready for use with your partner.




When you are ready, gently guide your partner's penis into the condom's opening with your hand to make sure that it enters properly – be sure that the penis is not entering on the side, between the sheath and the vaginal wall.



To remove the female condom, twist the outer ring and gently pull out the condom



Wrap the condom in the package or in tissue, and throw it in the garbage. Do not put it in the toilet.




Reducing the Risk of Getting HIV From Injection Drug Use

What is the Risk?

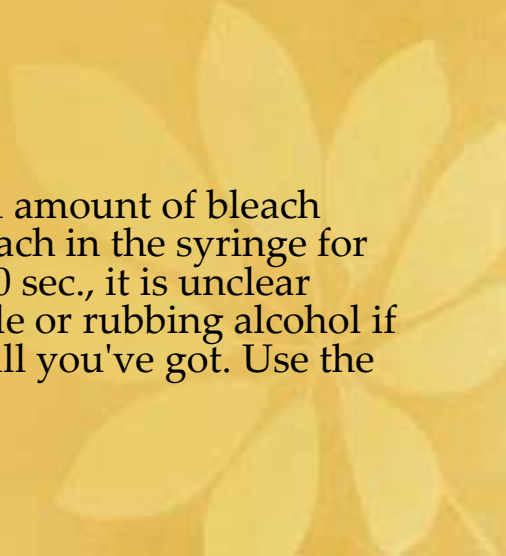
It is well documented that people who **share** syringes are at risk of being infected with HIV. Sharing syringes allows a direct exchange of blood from one person's body into the bloodstream of another.

An injection drug user who has never shared syringes will **not** get HIV from syringes regardless of his or her habit. It's the exchange of blood that causes transmission of HIV.





How Can Transmission Be Prevented?

- If possible, don't share syringes or any other safer injection supply (such as water or cotton) ...
 - If you do share syringes, keep in mind that bleach cleaning is not risk free, but is an important tool for risk reduction. For it to be effective you must be consistent and careful in following syringe cleaning procedures.
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 - if you do share, clean syringes immediately after and immediately before use
 - Before using bleach, flush the syringe with water to rinse fresh or dried blood that may remain in the barrel.
 - Fill the syringe all the way up with bleach and leave it in the syringe for a full two minutes.
 - Discard the bleach and repeat.
 - Rinse the syringe twice with water when you are finished.
 - Bleach should not be diluted.
While it is important to rinse the needle and barrel in clean water, a small amount of bleach entering the body is not likely to cause any harm. Be sure to leave the bleach in the syringe for two minutes in order to kill hepatitis B (bleach will kill HIV after about 30 sec., it is unclear whether bleach will kill hepatitis C) You can substitute hydrogen peroxide or rubbing alcohol if you do not have any bleach. Use hard alcohol, not beer or wine, if that's all you've got. Use the same two-minute guidelines as with bleach.
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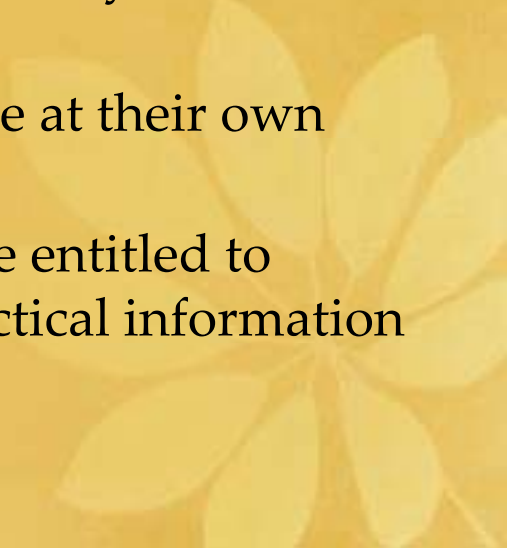


Harm Reduction

Harm reduction is a set of policy beliefs, essentially stating that people always have and always will perform activities, such as casual sex or drug use that may cause us harm.

Therefore, there is a moral imperative to reduce the harm caused by risky activities, rather than an ineffective blanket prohibition of the performance of harmful activities.

Harm Reduction recognizes:

- Risk is a natural and universal part of all our lives
 - People are coping the best they know how – individuals do what they do because at some level it "works" for them
 - Change is a "process" or journey marked by numerous stages
 - People change at their own pace
 - All people are entitled to accurate, practical information and support
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Psychosocial Aspects of HIV Transmission

If those of us supporting individuals at risk for HIV focus exclusively on Behavior without reference to social context, it will blind us to the complete picture of how people do, or don't do,

- Poverty
- Poor Health
- Lack of Power and Negotiation Skills
- Grief, Loss and Stigma
- Substance Use
- Relationships: good or bad ?
- Homeless, just to name a few!



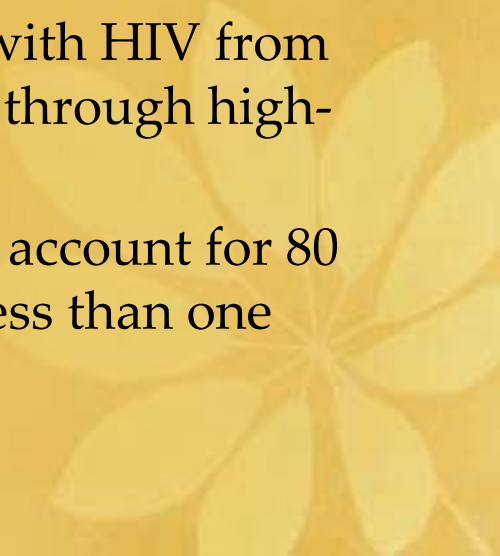


Statistics

Every 35 minutes, another woman tests positive for HIV in the United States, according to the U.S. Department of Health and Human Services.

About 250,000 American women are now infected with human immunodeficiency virus, about a quarter of the HIV-positive population. Perhaps 50,000 of them don't even know they're HIV-positive.

Women are twice as likely as men to become infected with HIV from vaginal sex . Most HIV-positive women are infected through high-risk heterosexual sex.

- In the USA, African American and Hispanic women account for 80 percent of AIDS cases, even though they represent less than one fourth of all women.^{18 19}
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Know your status...Get Tested!

For more information about testing
You can call 1-800-541-2437



IS THERE A CURE?

There is
NO
cure for
HIV/AIDS





Words for thought!

“When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.”

--Herophilus

Remember, B-R-R-E-E-A-T-H-H-E, DEEPLY and OFTEN today!

