

Fast Facts

HIV/AIDS

- Human immunodeficiency virus (HIV) is transmitted through infected blood, semen or vaginal secretions
- Usually occurs via sexual contact, sharing contaminated needles or blood transfusions (this is uncommon in the US since blood is screened before it's cleared to be transfused)
- Can also be passed from mother to child during pregnancy, childbirth or breastfeeding
- Not spread through air/water, hugging, kissing, dancing, insect bites, or shaking hands
- Anyone is susceptible, it doesn't matter your age, race, sex or sexual orientation.
- You're especially at risk if you have unprotected sex, have multiple sexual partners, already have another sexually transmitted infection (STI), or use intravenous (IV) drugs
- Overtime, HIV transitions into acquired immunodeficiency syndrome (AIDS)
- Happens because the virus destroys CD4 T cells, which are a type of white blood cells that play a significant role in your immune system to protect you against diseases
- The fewer of these that your body has means that your immune system is weak, leaving you susceptible to infections
- Several different stages to the infection

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Primary (Acute) HIV:</i></p> <ul style="list-style-type: none"> -Fever -Headache -Muscle aches -Joint pain -Rash -Sore throat/mouth sores, -Swollen lymph nodes (especially in the neck) -Diarrhea -Weight loss -Cough -Night sweats 	<p><i>Antiretroviral therapy (ART)</i></p> <ul style="list-style-type: none"> -Involves taking a combination of three or more medications from several different classes of drugs -Often combined into a single pill taken daily <p><i>Five Classes:</i></p> <ul style="list-style-type: none"> -Non-nucleoside reverse transcriptase inhibitors (NNRTIs) -Nucleoside or nucleotide reverse transcriptase inhibitors (NRTIs) -Protease inhibitors (PIs) -Integrase inhibitors -Entry or fusion inhibitors 	<ul style="list-style-type: none"> -Use a new condom (male or female) or dental dam every time you have sex (check the expiration date, make sure the packaging isn't damaged and be careful when opening) -If you've been exposed or think you've been exposed to HIV, contact your doctor or go to the nearest emergency room immediately. You can receive post-exposure prophylaxis (PEP) within the first 72 hours, which will significantly decrease your chances of contracting the virus. You'll also need to take medication for the next 28 days. -If you're in a high-risk population, you should consider preexposure prophylaxis (PrEP). You can only receive the medication if you don't already have HIV, which means that you must be tested before you start taking it and every three months while on it. Keep in mind that
<p><i>Clinical Latent Infection (Chronic HIV):</i></p> <ul style="list-style-type: none"> -No Symptoms 		
<p><i>Symptomatic HIV Infection:</i></p> <p>Mild infections or chronic symptoms:</p> <ul style="list-style-type: none"> -Fever -Fatigue -Swollen lymph nodes -Diarrhea -Weight loss 		

<ul style="list-style-type: none"> -Thrush -Shingles -Pneumonia <p><i>AIDS:</i></p> <ul style="list-style-type: none"> -Sweats -Chills -Recurring fever -Chronic diarrhea -Swollen lymph nodes -Persistent white spots or unusual lesions on your tongue or in your mouth -Persistent/unexplained fatigue -Weakness -Weight loss -Skin bumps/rash 		<p>the medicine must be taken every day to be effective and it doesn't prevent other STIs.</p> <p>-If you have HIV, tell your current and past sexual partners. To avoid spreading the virus, you can use treatment as prevention (TasP). This means taking your medication exactly as prescribed and getting regular checkups to keep your viral load undetectable.</p> <p>-If you have HIV and become pregnant, you need to get medical care immediately. This will help to reduce the chances of spreading the infection to your baby.</p> <p>-If you use IV drugs, make it a habit to use a sterile needle and don't share with others. Often, there are needle-exchange programs that can assist with obtaining clean needles. If you desire, you can also get help to quit using</p>
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