

HIV/AIDS AWARENESS



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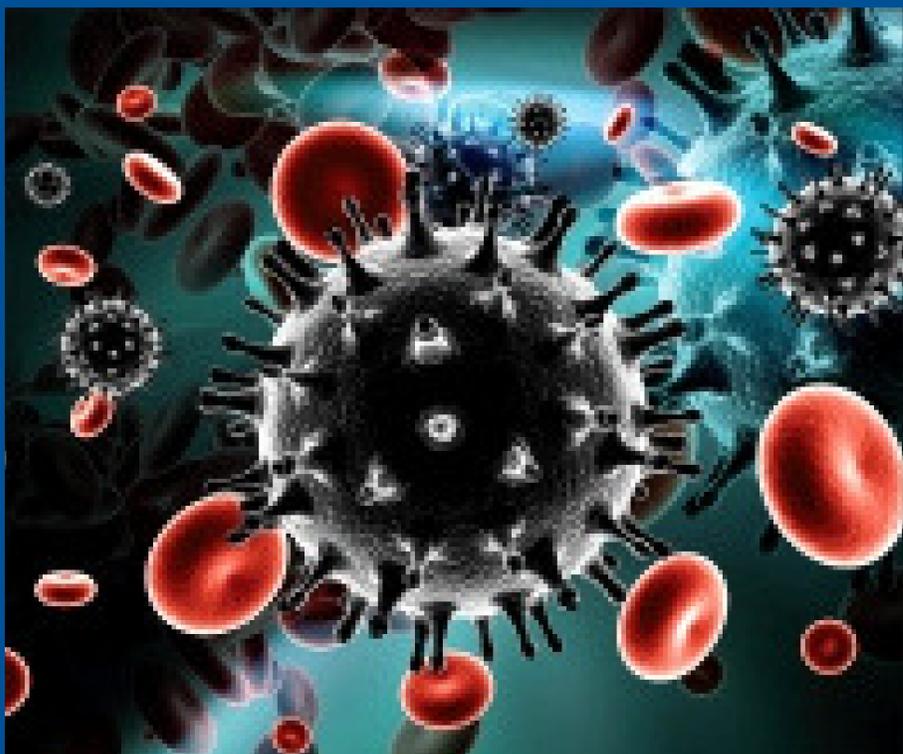
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STATS ABOUT HIV/AIDS:

- More than 1.1 million people in the U.S. are living with HIV today, and 1 in 7 of them do not know it.
- African Americans represented 12% of the U.S. population, but accounted for 44% (17,528) of HIV diagnoses. African Americans have the highest rate of HIV diagnoses compared to other races and ethnicities.
- In 2016, 39,782 people were diagnosed with HIV in the U.S.
- Young people are the most likely to be unaware of their infection. In 2015, among people aged 13-24 who were living with HIV, an estimated 51% didn't know.

WHAT IS HIV/AIDS?



HIV is a virus spread through certain body fluids that attacks the body's immune system. The virus destroys the cells that make up the immune system, specifically T cells. This damage to the immune system makes it harder for the body to fight off infections and some other diseases. AIDS is the most severe phase of the HIV infection. People with AIDS have such badly damaged immune systems that they often get an increasing number of severe illnesses, called opportunistic infections.

Symptoms:

Early symptoms of HIV:

Fever

Chills

Rash

Swollen lymph nodes

Muscle aches

Progression to AIDS:

Rapid weight loss

Recurring fever

Profuse night sweats

Pneumonia

Extreme and unexplained tiredness



HOW IS HIV/AIDS SPREAD?

Ways it CAN spread:

1. Unprotected sex
2. Working in healthcare
3. Sharing needles to inject drugs
4. Blood transfusions/organ/tissue transplants
5. Pregnancy/childbirth/breastfeeding

Ways it CANNOT spread:

1. Touching
2. Sharing cutlery
3. Kissing (no open cuts)
4. Insect bites
5. Toilet seats



What **YOU** can do to reduce the risk:

- Get tested and know your partner's status
- Have less risky sex
- Use condoms
- Limit your number of sexual partners
- Get tested and treated for STDs
- Talk to your doctor about pre-exposure prophylaxis (PrEP)
- Do not use dirty needles / inject drugs

Management

There is no cure for HIV/AIDS, but many different drugs are available to control the virus. Such treatments are called antiretroviral therapy (ART). Each class of drug blocks the virus in different ways

ART reduces the amount of virus in your blood and body fluids. ART is recommended for all people with HIV, regardless of how long they have had the virus or how healthy they are. ART reduces your chance of transmitting HIV to others if taken as prescribed

ART is usually taken as a combination of 3 or more drugs to have the greatest chance of lowering the amount of HIV in your body



Resources / Support

FOR HIV / AIDS

- Community Support for HIV patients - <http://www.ihl.org/resources/Pages/Changes/CommunitySupportHIV.aspx>
- HIV Community Link: Prevention, Support, Advocacy - <http://hivcl.org>
- HIV Peer Support - <http://hivpeersupport.com/#why-peer-support>
- HIV Treatment, CDC - <https://www.cdc.gov/hiv/basics/livingwithhiv/treatment.html>
- AVERT - <https://www.avert.org/living-with-hiv/newly-diagnosed>

