

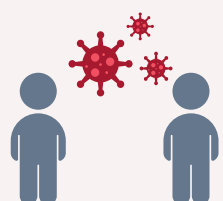
WHAT IS HIV?

(Human Immunodeficiency Virus)



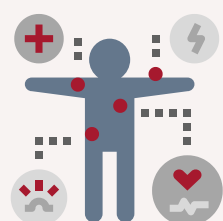
1 PREVENTION

- Get tested often.
- Don't share needles with others.
- Engage in safe-sex practices.
- Ask health provider about PrEP(pre-exposure prophylaxis) prescription.



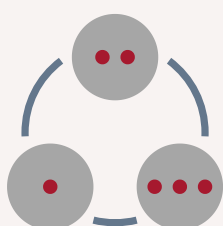
2 TRANSMISSION

- Sexual Contact
- Mother-to-baby
- Sharing needles



3 SYMPTOMS

- Flu-like symptoms begin within 2 to 4 weeks after infection which may include fever, chills, rash, night sweats, muscle aches, sore throat, fatigue, swollen lymph nodes, and mouth ulcers.
- Some may not experience any symptoms at all during this time period



4 STAGES

Stage 1: Acute HIV Infection

- Symptoms may appear here.
- Diagnosis is discovered through antigen/antibody testing

Stage 2: Chronic HIV Infection

- HIV reproduces at very low levels.
- May have no symptoms or get sick during this stage.
- Transmission of HIV is still possible
- Medication will slow the progression and make the viral load undetectable in the blood

Stage 3: AIDS (Acquired Immunodeficiency Syndrome)

- The most severe phase
- CD4 cell count drops below 200 cells/mm, or development of opportunistic infections
- high viral load and very infectious



5 TREATMENT

- There is no cure for HIV, but through ART (antiretroviral therapy) medication, people can live longer and healthy lives
- Treatment reduces the viral load of HIV(<200/mL) in the blood making it undetectable in a test
- Having an undetectable viral load, effectively leaves no risk of transmitting HIV to others
- Delaying treatment will allow HIV to harm your immune system, increase risk for developing AIDS and infections, and higher risk of transmitting HIV to others.



Source: <https://www.cdc.gov/hiv/basics/whatishiv.html>