



HIV & AIDS

[HIV Education Training \(HET\) \(oklahoma.gov\)](http://oklahoma.gov)

OKLAHOMA
State Department of Health



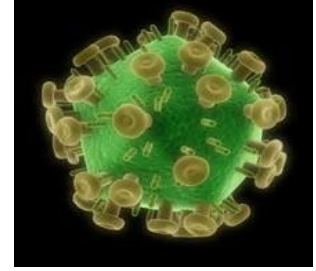


HIV: True or False?

1. I'm HIV-positive, now my life is **OVER**.
2. I **CAN** get HIV by being around people who are HIV-positive.
3. I would **NOT** be able to tell if my partner or I were HIV-positive.
4. I **CAN** get HIV from mosquitoes.
5. I'm straight and don't inject drugs, so I **CANNOT** get HIV.
6. I **CAN** get HIV from oral sex.
7. My partner and I are both HIV-positive, so there is **NO NEED** to use condoms.



What is HIV?



Human Immunodeficiency Virus

- A virus **spread through body fluids** and affects specific cells of the immune system, called **CD4 cells or T cells**.
- A virus that **kills** the **CD4 cells (T cells)** damaging the immune system.
- A virus that **replicates inside the human body**, so it must invade a **healthy cell** in the body to survive.

What is AIDS?



Positive **HIV** Test

+

Very low CD4 count (<200 cell/mm³)

OR

presence of specific cancers or
opportunistic infections

=

AIDS

- **AIDS** occurs in the **late stages** of the **HIV infection process**.
- Once **diagnosed**, the body has a **hard time fighting** diseases and certain cancers.
- **NO cure** for **AIDS**, but there is **treatment**.





People-First Language

UN AIDS

Terminology

Guidelines

https://www.unaids.org/sites/default/files/media_asset/2015_terminology_guidelines_en.pdf



Why is This Important?

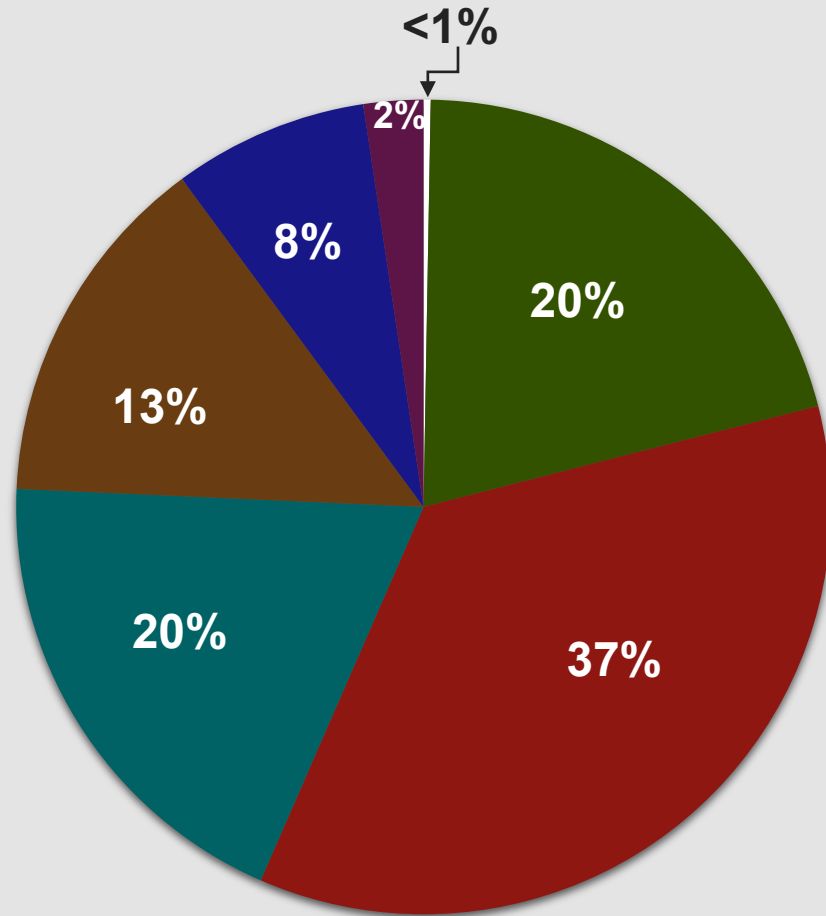
In the U.S.

- **30,635** people diagnosed with **HIV (2020)**.
- **17,032** people diagnosed with **AIDS (2018)**.

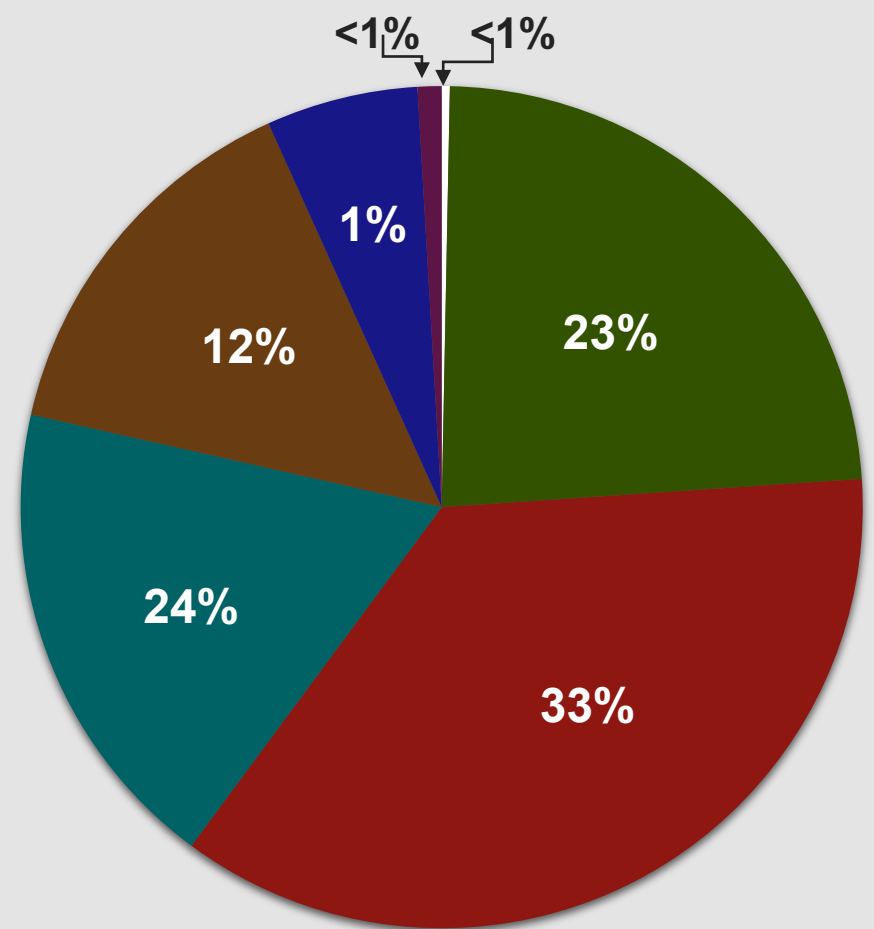


Diagnoses of HIV Cases, by Age

United States, 2020
N=30,635



Oklahoma, 2020
N=345

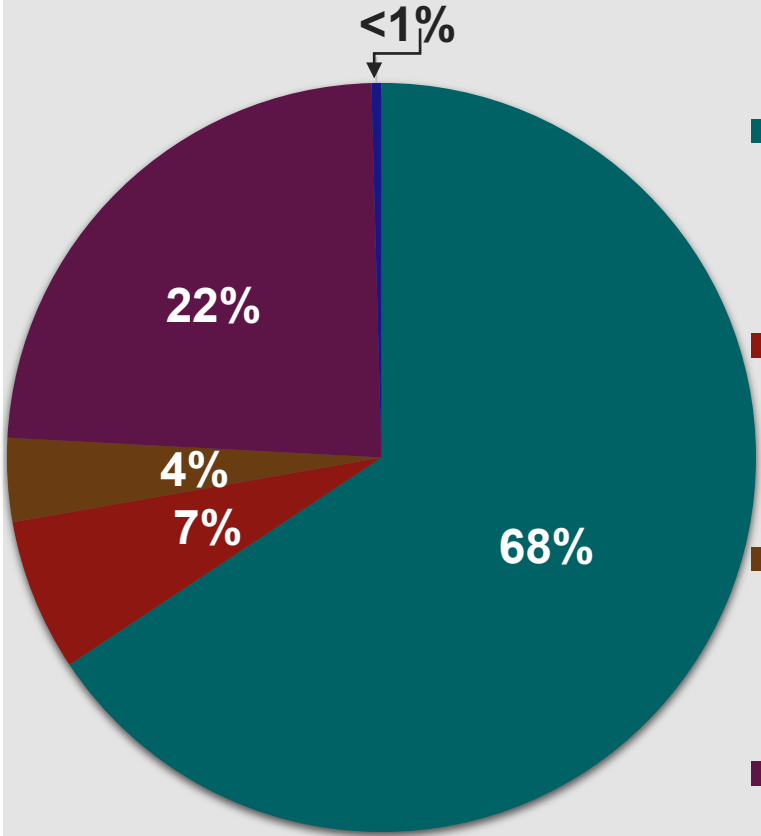


- Under 14
- Age 15-24
- Age 25-34
- Age 35-44
- Age 45-54
- Age 55-64
- Age 65 over



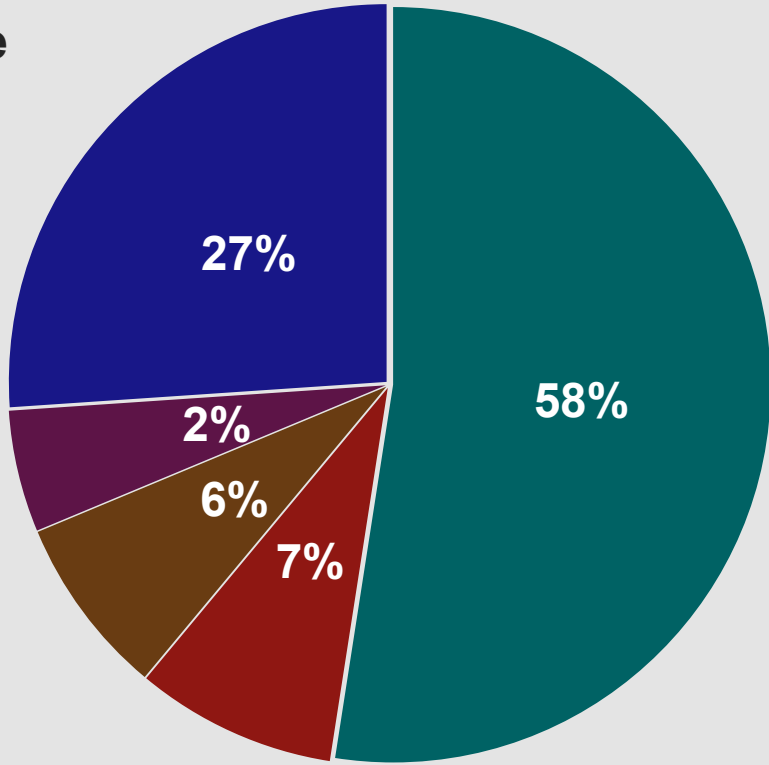
Diagnoses of HIV Cases, by Transmission

United States, 2020
N=30,635



Oklahoma, 2020
N=345

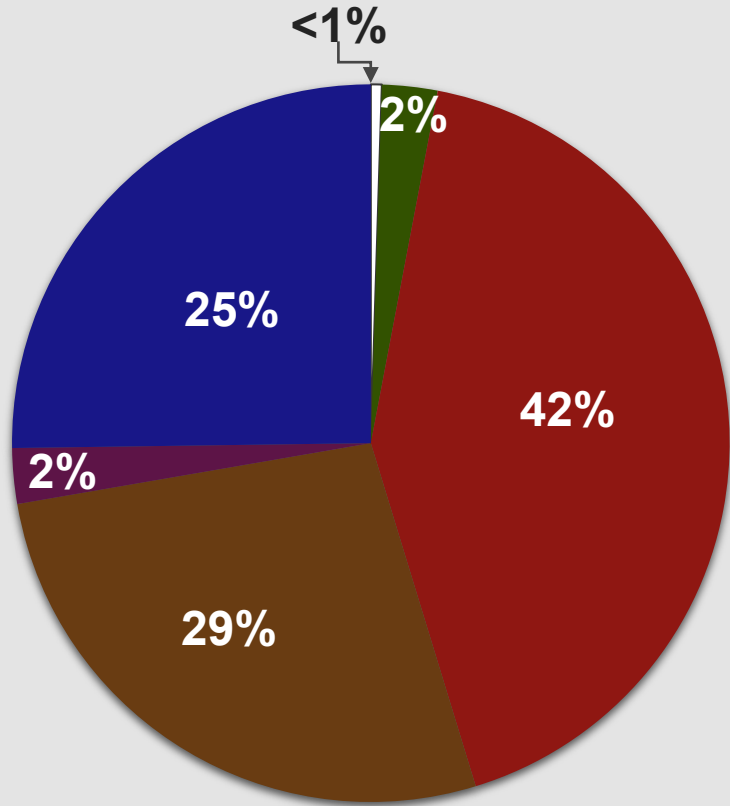
- Men who have sex with men (MSM)
- Injection drug use (IDU)
- MSM and IDU
- Heterosexual contact
- Other/Unknown





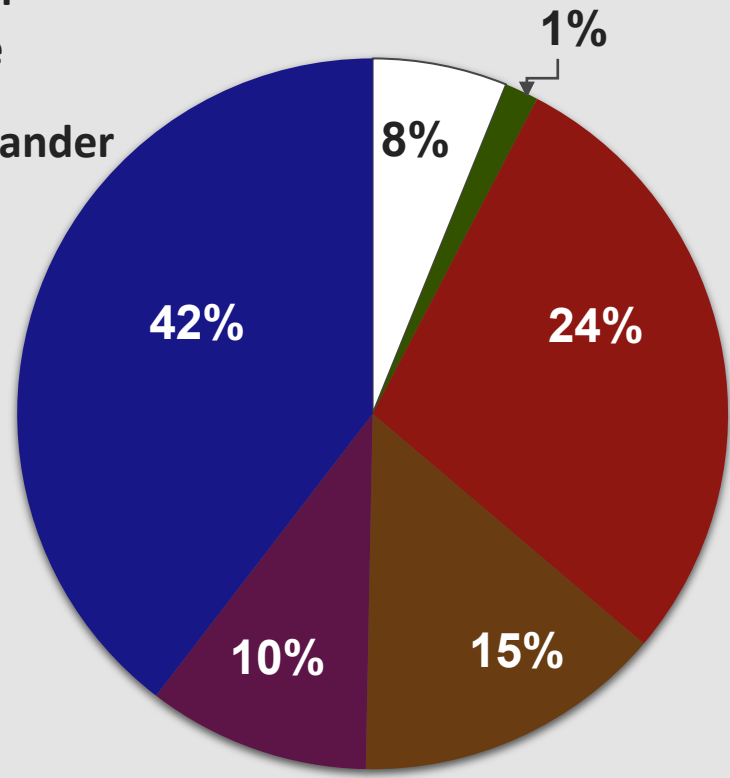
Diagnoses of HIV Cases, by Race/Ethnicity

United States, 2019
N=36,801



Oklahoma, 2020
N=345

- American Indian /Alaskan Native 9%, OK
- Asian/Pacific Islander 3%, OK
- Black 7%, OK
- Hispanic/Latino 11%, OK
- Multiple Races 6%, OK
- White 64%, OK

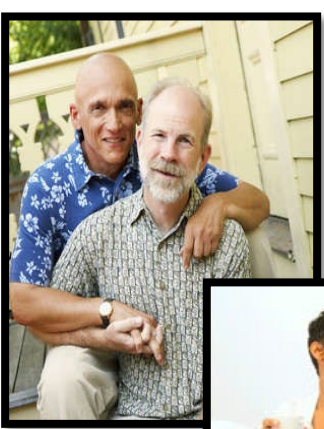


How is HIV Spread?

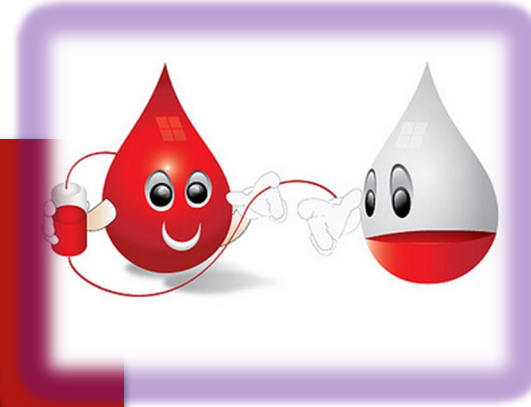
HIV is passed from **person to person** through the **exchange of body fluids**.

THREE Ways:

1. **Unprotected sex** (anal, vaginal, or oral) with People Living With HIV (PLWH)
2. **Blood to blood contact**
3. **Exposure to HIV before or during birth or through breastfeeding**



What Fluids Can Transmit HIV?



Blood
Rectal fluids
Semen
Vaginal fluids
Breast Milk



How does HIV Enter the Body?

Mouth

Nose

Eyes

Vagina

Penis

Anus

Open Skin





Symptoms of HIV

Many people who have HIV have **NO symptoms** at all for **10 years or more**.

It is estimated **158,500 (13%) people** in **U.S.** have HIV, but **do not know it**.

Symptoms vary from person to person. Some people who have HIV report having **flu-like** symptoms **2-4 weeks** after exposure.

Viral Load & CD4 Count

CD4 (T4) Count

Number of **white blood cells** in the blood

Viral Load

Amount of **HIV** in the blood

Your CD4 count helps show how well your immune system is working.



THE HIGHER YOUR CD4 COUNT, THE BETTER ABLE YOU ARE TO FIGHT HIV AND OTHER INFECTIONS.

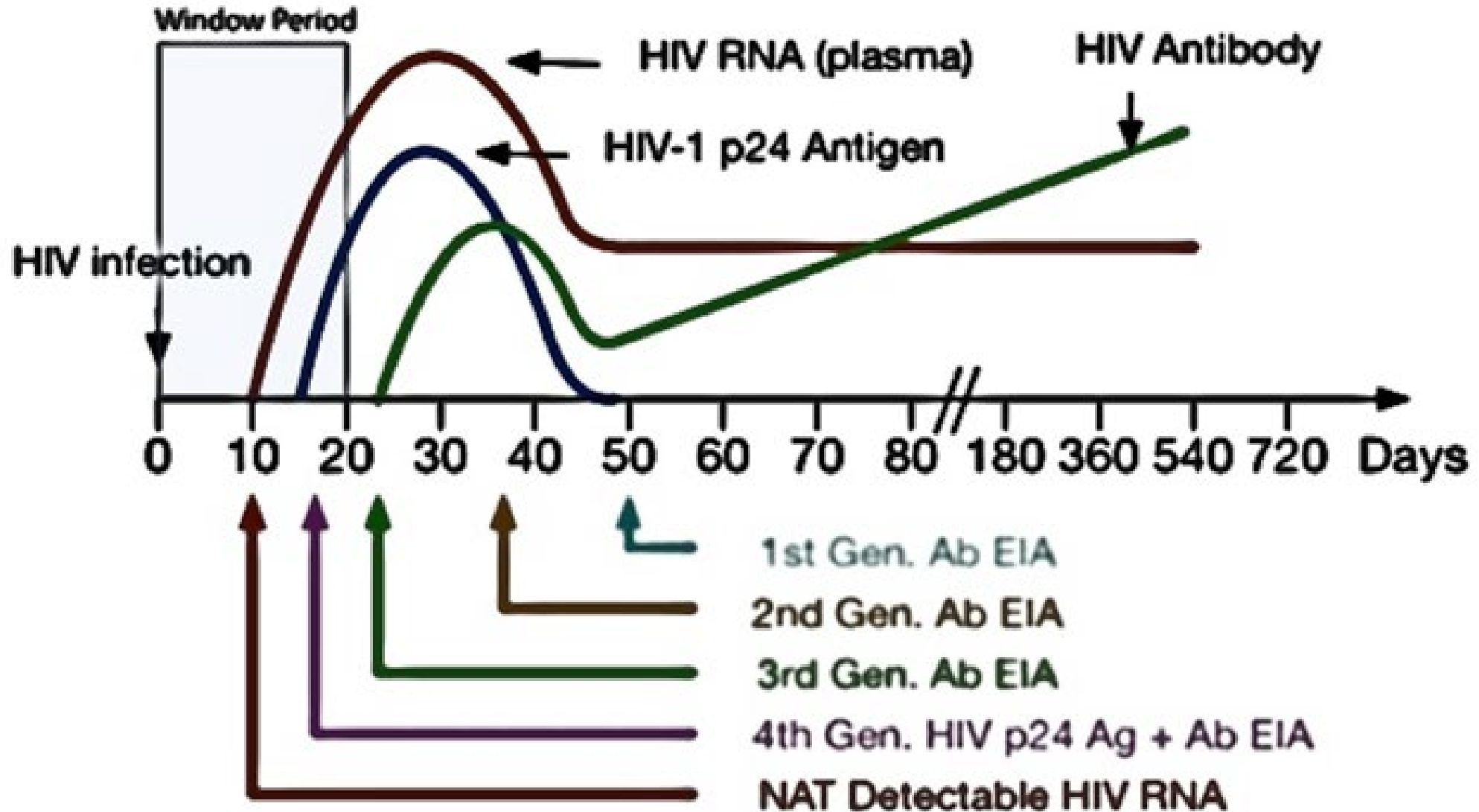
Window Period



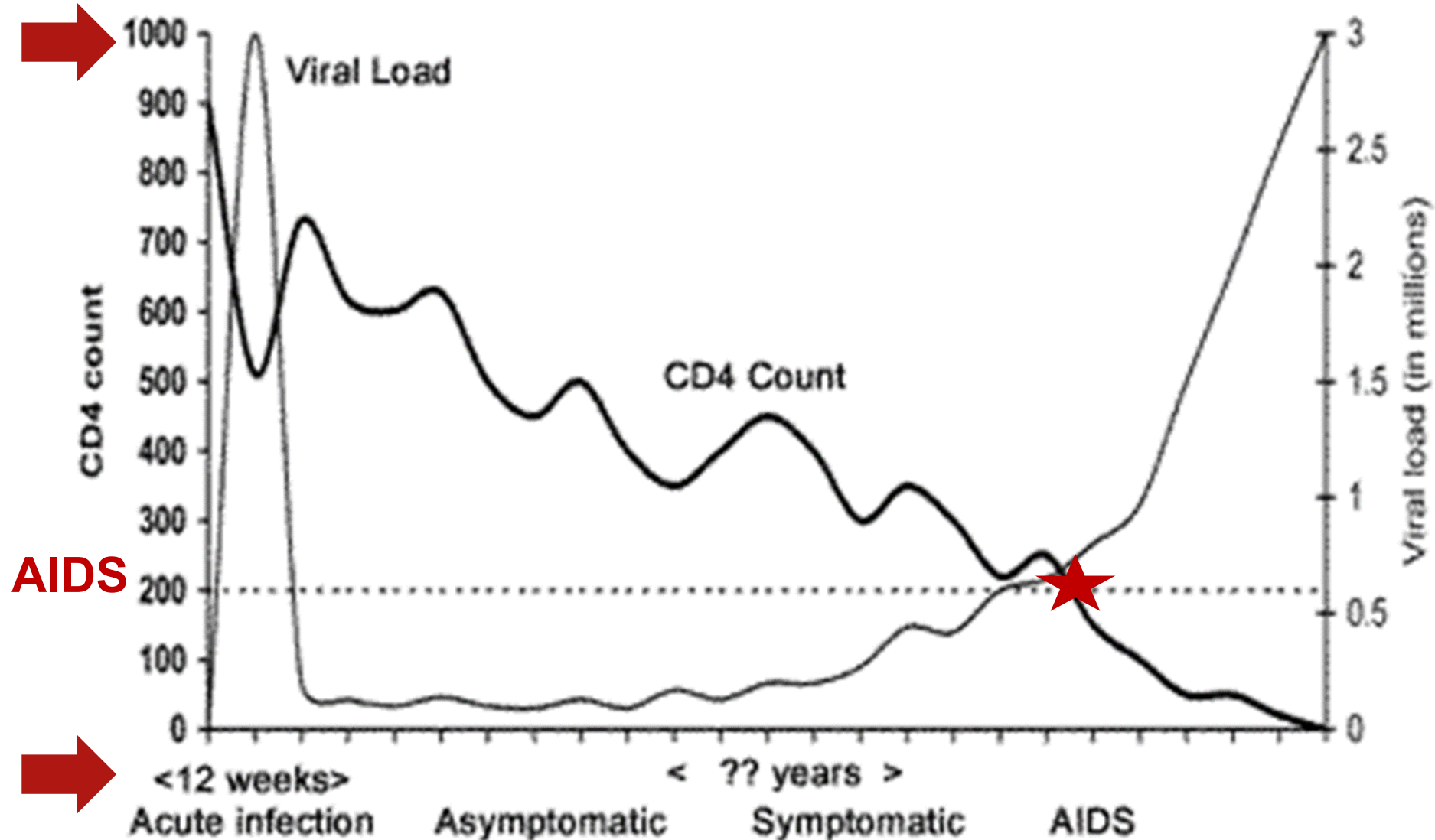
The period of time **after** someone may have been **exposed** to **HIV**, but **before** a **test** can **detect** it (up to **three months**).

IMMEDIATELY INFECTIOUS

What is the **Window Period** ?



Viral Load & CD4 Count Graph



What does a HIV Test Mean?

Positive

+

- **HIV antibody** found.
- Have the virus and **can pass to others**.
- **Need** to begin treatment immediately.

Negative

-

- **No HIV antibody** found.
- **May not have HIV** (consider the **window period**).
- **Retest** in three months.



Opportunistic Infections (OIs)

People with **healthy** immune systems can be **exposed** to certain viruses and have **no reaction**.

HOWEVER

PLWH can face **serious threats**
from the same viruses.

Opportunistic Infections (OIs) are **infections** that occur more **frequently** and are more **severe** in individuals with **weakened immune systems** including **people living with HIV**.



STIs & HIV



The presence of a **STI increases** the probability of **Acquiring HIV & Transmitting HIV.**

WHY?

- **Compromised** immune system
 - Additional **STIs**
- **Irritation/inflammation** of mucus membranes

HIV Treatment

Newly Diagnosed?  **START TREATMENT!**



**TREATMENT
BENEFITS**
your own health
and the
health of others

Because of **better treatments**, PLWH are now **living longer** and with a **better quality of life** than ever before.

Treatment as Prevention

*PLWH with an Undetectable viral load
Cannot Transmit HIV to others!*

However, **Medication CAN** be:

Expensive \$379,668 **Lifetime** (60% discount)
(\$597,300 undiscounted)

Complicated may take **multiple pills** at different times of the day

Toxic negative **side effects** may occur

Ineffective not all strains **respond** the same





U=U

UNDETECTABLE = UNTRANSMITTABLE

- Launched in 2016 by **PLWH**.
- Promotes control of **HIV** by **preventing HIV transmission** and reducing stigma towards **PLWH**.
- **PLWH** and taking **ART** are considered **undetectable when levels of virus in the body are too low to detect**, by lab tests.*
- As long as people stick to their **treatment** and are **consistently monitored**, **PLWH** are **unable to transmit** virus to others, after 6 months of viral suppression, through sex.

*The person still has HIV.



Reducing the Risk

NO RISK

Abstinence from Sex

Abstinence from Injection Drugs

Mutual Monogamy w/STI Negative Partner



REDUCED RISK

Protected Sex “Correctly and Consistently”

Fewer Sexual Partners

Never Sharing Needles or “Works”

Regular HIV/STI Testing



PrEP

Pre-Exposure Prophylaxis (PrEP): **daily medicine can prevent HIV** from **making copies of itself** in the body.

- PrEP is only **prescribed for people who are HIV-negative** and
- who are at **ongoing substantial risk** of getting HIV.
- **PrEP reduces the risk** of getting HIV when **taken consistently**:
 - ✓ by about **99%** through sex
 - ✓ at least **74%** among People Who Inject Drugs (PWID)



PEP

Post-Exposure Prophylaxis (PEP): a 28-day regimen of HIV medicine, started within **72 hours**, of **possible exposure** to **HIV** to prevent the virus from making copies of itself in the body.

- **PEP** is **only prescribed for HIV-negative individuals** who believe they were exposed to **HIV**, such as, **during sex, shared needles (works), or were sexually assaulted.**
- **PEP** is effective in preventing **HIV**, **but not 100%.**
 - ✓ **Every time** use condoms.
 - ✓ **Always** use **safe** injection practices.



External (Male) Condoms

More than **98%** effective when used
correctly and consistently



Latex: Most common and effective

Non-Latex: Polyurethane, Polyisoprene

Natural Membrane: Lambskin (NOT protect against HIV and STIs)

Incorrect External Condom Use 1

DO NOT:

- **Reuse** a condom.
- **Use expired** condoms.
- **Unroll** the condom **before** putting it on the penis.
- **Leave** condoms in **hot or extreme cold places** (wallet, car, etc.).



Incorrect External Condom Use 2

DO NOT:

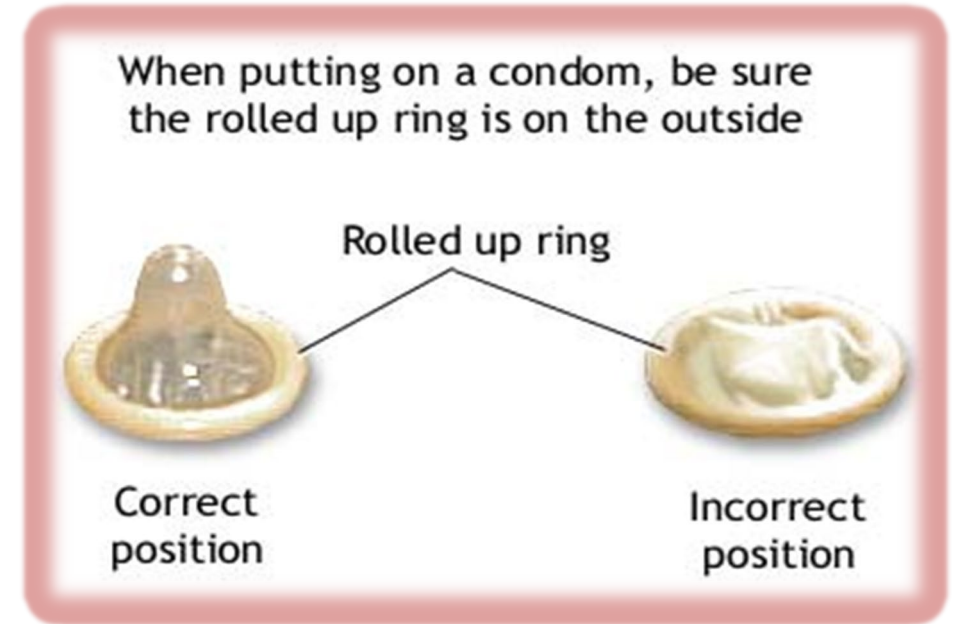
- **Use oil-based** products (oils, hand lotion or Vaseline) as lubricants with **latex** condoms.
- **Use** your **fingernails, scissors or teeth** to open the wrapper.
- **Use more than one condom at a time**, including an internal AND external condom (**‘double wrapping’**).



Correct External Condom Use

DO:

- **Keep** condoms in a **cool, dry place**.
- **Put condom on** an **erect/hard penis before** genital contact.
- **Hold** the condom **in place at the base** of the penis **before withdrawing** (pulling out) after sex.
- **Throw** the condom **away** after it has been **used in the trash**.
- **Use lubrication** of **Water-based** or **Silicone** and **apply** as often as needed to reduce potential **tears in the condom**.

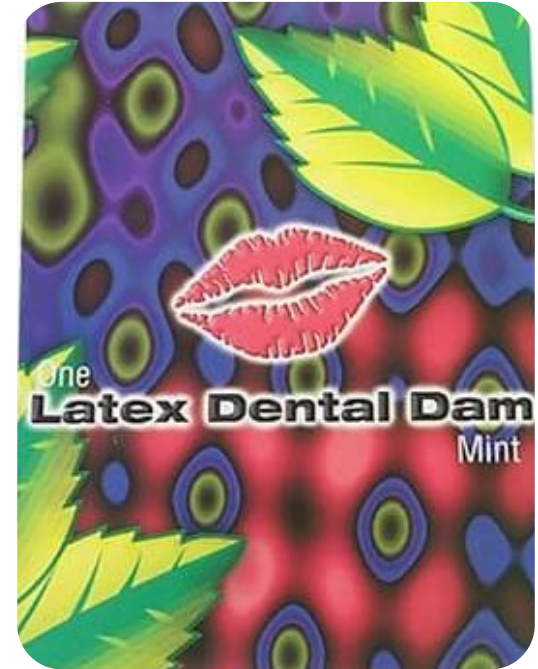


Internal (Female) Condom



- **Worn inside** the vagina or anus
- **Thicker**, more **tear-resistant**
- **Always latex-free**
- **Wider** opening **covers more** of the external area

Dental Dams



- Thin, square pieces of **latex**
- Used for oral sex (**NOT** on a penis)
- Could **make** your own dental dam (from a **condom**, **latex glove**, or **non-microwavable plastic wrap**)



Where to Get Tested?

<https://gettested.cdc.gov>
www.stdcheck.com



Community-Based Organizations

Local Health Departments
www.health.ok.gov





Resources

www.cdc.gov

www.plannedparenthood.org

www.hiv.gov

www.stophiv.org

www.healthfinder.gov

www.iwannaknow.org

**Oklahoma HIV/AIDS Hotline:
1-800-535-2437**



Questions?

