

BUREAU OF HIV/AIDS

Bureau Objectives:

Through voluntary counseling and testing, increase from the current estimated 75% to 95%, the proportion of HIV-infected people in Florida who know they are infected.

Increase from the current estimated 50% to 80%, the proportion of HIV-infected people in Florida who are linked to appropriate prevention, care and treatment services.

Reduce the number of new HIV infections in Florida from an estimated 4,000 per year to 2,000 per year with particular focus on the elimination of racial and ethnic disparities in new HIV infections.

What is HIV?

HIV: Human Immunodeficiency Virus

H - Human - virus can only infect human beings

I - Immuno-deficiency - failure of the bodies immune system to work properly

V - Virus - one of its characteristics is that it is incapable of reproducing by itself. It reproduces by taking over the machinery of the human cell.

What is AIDS?

AIDS: Acquired Immune Deficiency Syndrome

AIDS is the most serious stage of HIV infection. It results from the destruction of the infected person's immune system.

A- Acquired: passed from one person to another

I- Immune: the body's defense system against disease

D- Deficiency: lack/shortage of or breakdown

S- Syndrome: a combination of symptoms and diseases

What causes AIDS?

AIDS is caused by the human immunodeficiency virus (HIV). That is, HIV is the **VIRUS** that causes AIDS.

HIV attacks and weakens the body's immune system by destroying the body's T-helper white blood cells; white blood cells are those cells in your body that fight infections

Why Talk About AIDS?

The **fastest growing group** of new HIV/AIDS cases (In the U.S.) is among African American and Hispanic women.

In 2004, HIV was the **fourth** leading cause of death for Floridians between the ages of 25 and 44.*

Among African Americans in this age group, HIV infection is the **leading cause** of death.

Many of these young adults likely were infected in their teens and twenties. *

Source: http://www.nmanet.org/National_Programs_HIVAids.htm

*CDC, <http://www.cdc.gov/hiv/pubs/facts/youth.htm>

HIV and AIDS Facts

A person infected with HIV may not show symptoms for **five to ten years**. People who look completely healthy can still have HIV.

HIV can **ALWAYS** be passed to others, even if they have **no symptoms** of AIDS.

Once HIV begins to destroy the body's immune system, the affected person progresses through different phases of AIDS until they die.

Who is at risk for HIV/AIDS?

EVERYONE who practices **unsafe sex**, has a pre-existing **STD**, or uses **IV drugs** is at **HIGH RISK** for contracting HIV/AIDS.

Worldwide, more than **90%** of all adolescent and adult HIV infections have resulted from **heterosexual** intercourse*.

Females are at as much risk as **Males**.

*<http://www.niaid.nih.gov/factsheets/womenhiv.htm>

How is HIV/AIDS Contracted?

The BIG FOUR : Exchange of Bodily Fluids

1. **Sexual Contact** (vaginal, oral, anal); does not include casual kissing (unless open mouth sores are present)
2. **Sharing Hypodermic Needles** through IV drug use
3. Mother to infant transmission: **In utero** exchange, **during birth**, or through **breast-feeding** after birth
4. Less commonly (and now very rarely in countries where blood is screened for HIV antibodies), through **transfusions** of infected blood or blood clotting factors

You can't get HIV by:

1. Sitting next to someone
2. Shaking hands, giving a hug or dry kissing*
3. Using restrooms, water coolers or telephone
4. Eating in a restaurant or cafeteria
5. Swimming in a pool or using hot tubs
6. Being bitten by an insect
7. Donating blood

- * Kissing can spread other STD's (sexually transmitted diseases), such as herpes.

How can you protect yourself?

ABSTINENCE

ABSTINENCE is the **only certain** way to protect yourself against contracting HIV sexually as well as contracting other STDs.

MUTUAL monogamy in your relationships after you have both been tested.

SAFE sex- *Nobody has a body to die for.*

1. If you have sex, LATEX CONDOMS are the most effective protection against HIV and other sexually transmitted diseases (STD's) .
2. Natural membranes have small microscopic holes that can let STD's through.
3. Novelty condoms (like ones that glow in the dark) should not be used.
4. Don't use oil based lubrication because it will cause the condom to tear.

AVOID drug use

Routine Testing **Routine one-time testing of everyone would cut new infections each year by just over 20%**

Every HIV-infected patient identified would gain an average of 1 ½ years of life.

So, what did you learn?

AIDS is a *FAILURE* of your body's immune system (your body's ability to FIGHT INFECTION)

ANYONE who is practicing unsafe sex or drunk is at **HIGH RISK** for contracting HIV, AIDS or another STD.

ABSTINENCE is the best protection against HIV, AIDS and other STD's, followed by CONDOMS.

TEACH women how to advocate for themselves

Finally, BE SMART...PROTECT yourself and others