

HIVAlliance

HIV 101 – Online for High School

“Supporting individuals living with HIV/AIDS and preventing new infections”

541-342-5088

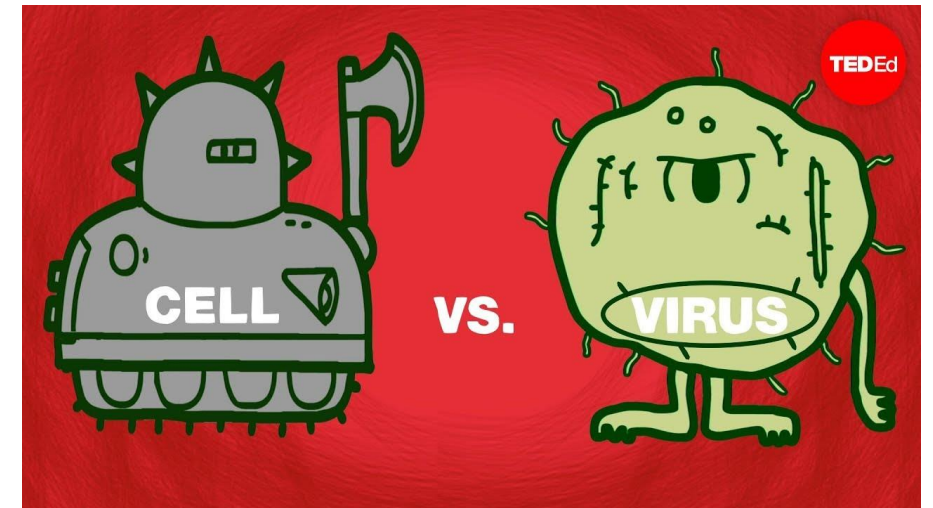
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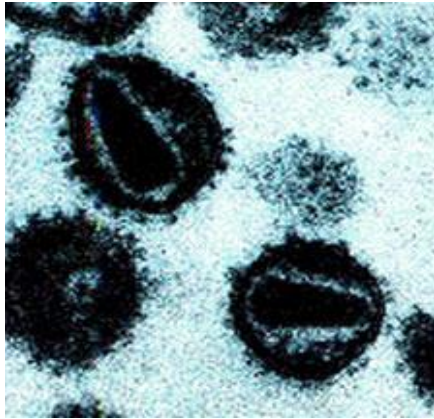
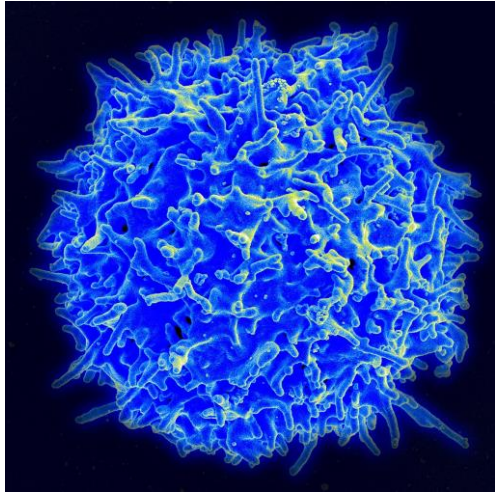
What is “HIV”?

HIV : *Human Immunodeficiency Virus*

- **HUMAN** - That's Us!
- **IMMUNO** - The Protection of Our Bodies
- **DEFICIENCY** - A Lack or Shortage
- **VIRUS** - An Infectious Agent



What is our Immune System?

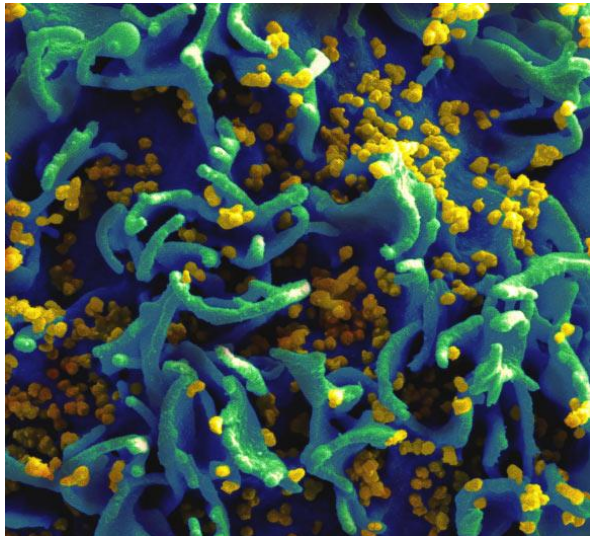


Our human immune system is mostly made up of **White Blood Cells**.

One of those **White Blood Cells** is called the **CD4/Helper-T Cell**.

HIV targets and infects the Helper-T cell, eventually killing it.

Without these **White Blood Cells**, our bodies aren't able to keep us healthy.



What is “AIDS”?

AIDS: *Acquired Immune Deficiency Syndrome*

- ACQUIRED - To Have
- IMMUNE - The Protection of Our Bodies
- DEFICIENCY - A Lack or Shortage
- SYNDROME - A Condition

What's the difference?

HIV is the virus

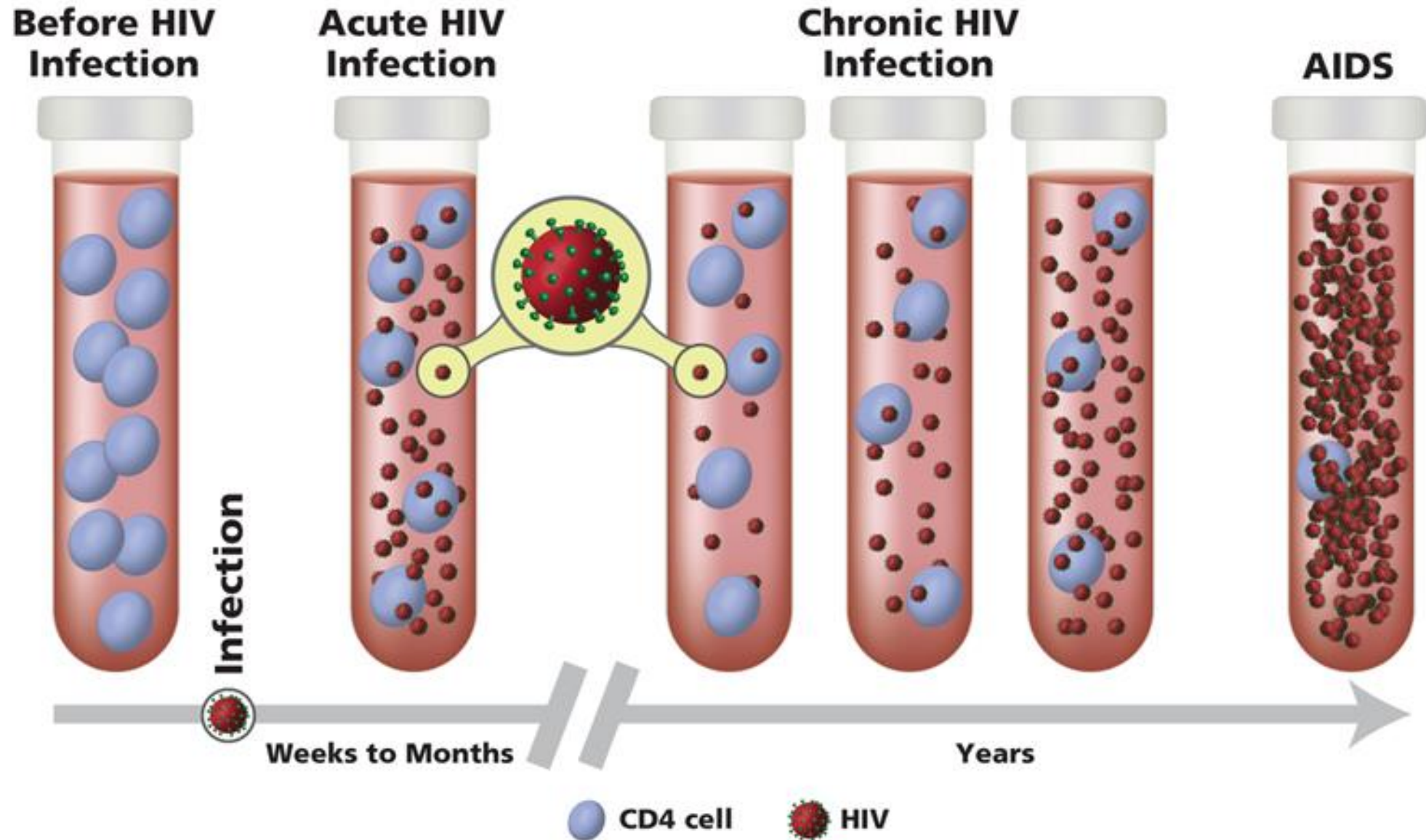
- HIV infects our healthy white blood cells then kills them off.
- It slowly kills those infected cells and spreads in the blood.
- Without medication, it can lead to AIDS after a long time.



AIDS is a condition

- After our Immune System becomes compromised...
- Having only a small count of those CD4/Helper T cells (200 or less per cubic millimeter)
- ...and being vulnerable to Opportunistic Infections.
- Third – and most severe – stage of having HIV.

HIV Progression



1

Acute Infection

Flu-like
symptoms that
occur within
first 2-4 weeks
of contracting
HIV infection

2

Clinical Latency

Chronic HIV
infection after
acute infection
stage, can last
up to 8-11 years,
or longer in rare
cases

3

AIDS

Occurs when T-
Cell (CD4) count
falls below 200
cells/mm³, and
vulnerable to
opportunistic
infections

Can you Name all of these people with HIV?





While there is no cure or vaccine for HIV yet, there is medication that a person can take to stop the growth of HIV.

A person living with HIV who takes their medication as prescribed and lower the amount of HIV cells int heir bloodstream to an “undetectable level! They are considered Undetectable.

A person who is HIV+ and **undetectable CANNOT transmit the virus** to another person either. They are also considered Untransmittable (or Untransmissible).

HIV Transmission

The 6 Infectious Fluids

- Blood
- Semen
- Pre-ejaculate (Cowper's fluid or pre-cum)
- Vaginal fluid
- Anal fluid
- Breast milk

The Ports of Entry

- Veins
- Anus
- Vagina
- Cuts and wounds
- Mucous membranes
 - Eyes, nose, mouth, urethra

HIV is not present in...

Saliva – cannot be spread simply by kissing or sharing food/drink.

Sweat – cannot be spread by touching someone else who may have HIV.
(its not on the skin!)

Urine – someone cannot spread HIV through urine, or using the bathroom.

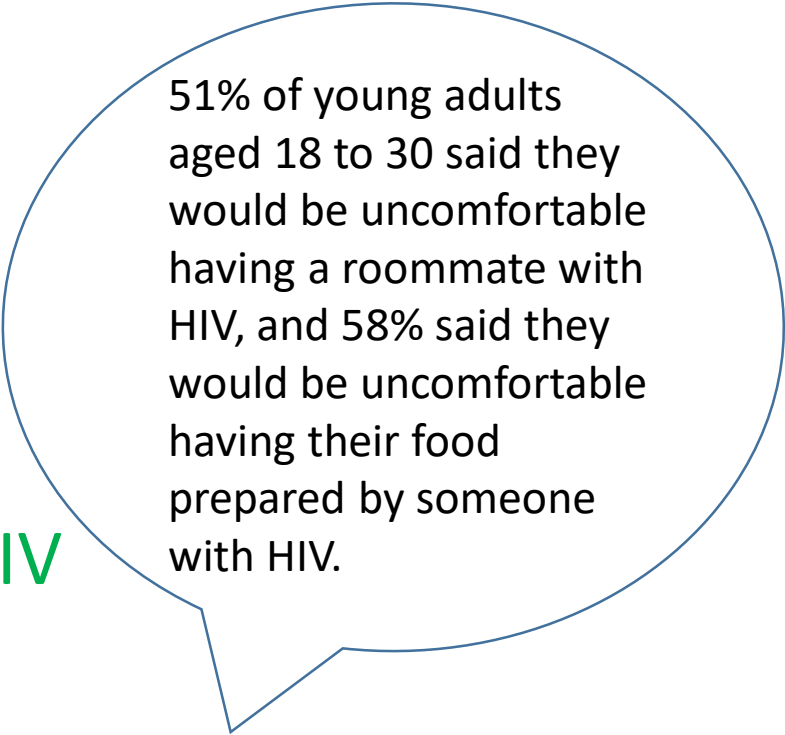
Mucus (snot/boogers) – HIV is not present in the mucus we make from having a cold or other sickness. However, if someone has a bloody nose – HIV can be present in that blood.

Common Misconceptions

There are many myths and misunderstandings surrounding HIV so let's clear them up

You **cannot** get HIV through:

- Kissing
- Sharing drinks
- Hugging/shaking hands
- Working or living with someone who has HIV
- Bug bites (mosquitos, ticks, fleas)
- Using a public restroom

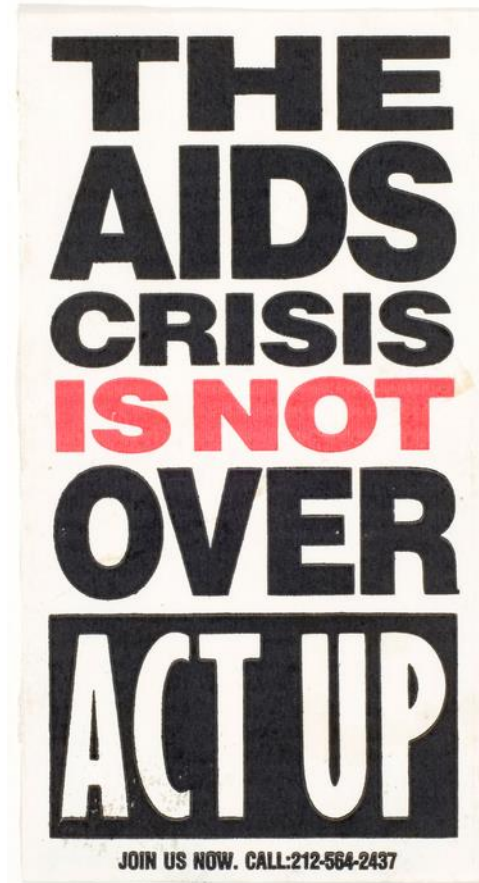


51% of young adults aged 18 to 30 said they would be uncomfortable having a roommate with HIV, and 58% said they would be uncomfortable having their food prepared by someone with HIV.

Historical Context*

'Brief' overview

- Pre 1980's – medical warning signs present
- 1981 – first recognized immune-deficiency
- 1982 – “GRIDS” and “AIDS” named by journals
- 1983 – HIV cells first identified (named in 1986)
- 1983 – All transmission routes identified
- 1983 – FDA bans MSM blood donations (*2015)
- 1984 – Ryan White diagnosed with HIV
- 1985 – First Blood test available
- 1987 – Pres. Reagan first speaks about AIDS
- 1987 – Medication starts first trials
- 1987 – First display of AIDS Quilt in Washington D.C.
- 1990 – booklet on women living with HIV/AIDS promoted
- 1990 – Ryan White dies -> CARE Act signed by Pres. Bush, Sr.
- 1991 – Freddy Mercury Dies of pneumonia
- 1991 – “Magic” Johnson announces he has HIV
- 1995 – Eazy-E diagnosed with AIDS and dies
- 2010 – PrEP trials begin, reduce infection by ~70%



Risk Spectrum Activity

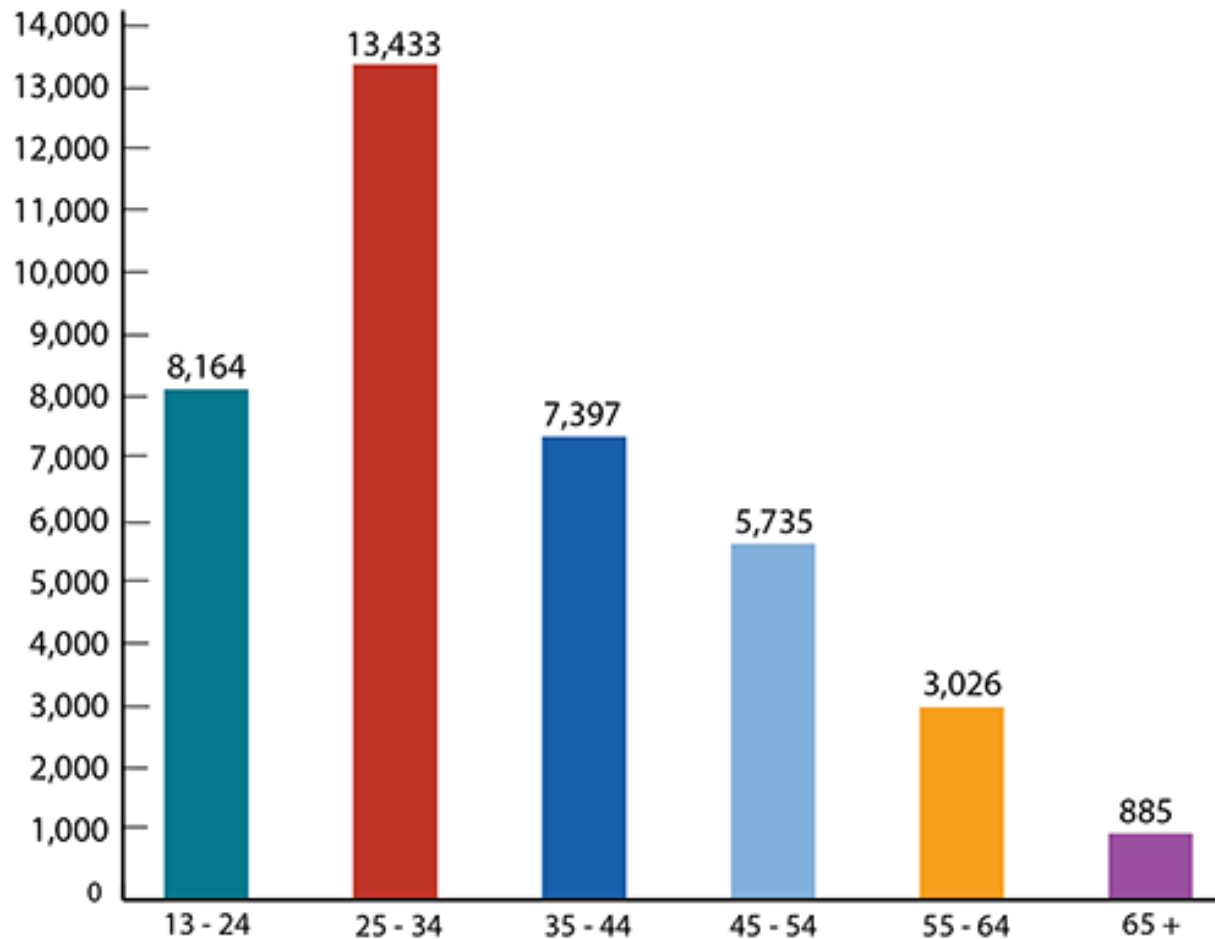


HOW RISKY IS THIS ACTIVITY?

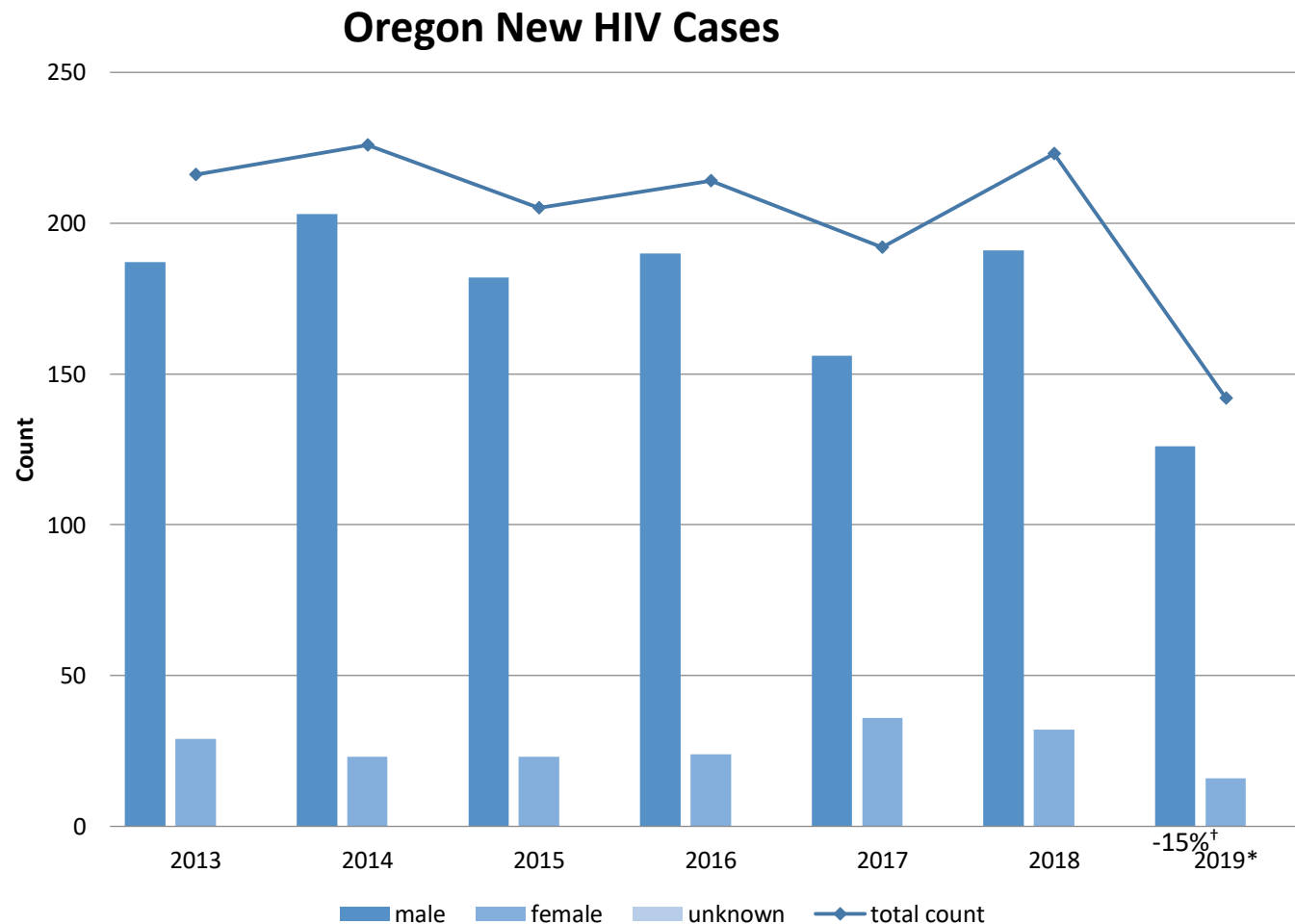
- Kissing
- Oral sex
- Getting a tattoo
- Drinking alcohol
- Unprotected anal or vaginal sex
- Sharing injection drug equipment

New HIV Diagnoses in the United States by Age, 2017

1 in 5 of all new HIV infections are in individuals ages 13-24



New HIV Diagnoses in Oregon

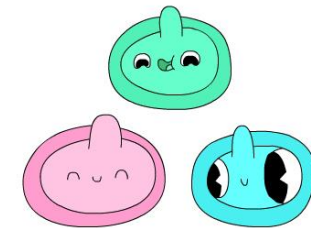


1 in 5 of all new HIV infections are in individuals ages 13-24

What do you see in this data?

How to Protect Yourself

- **Abstinence** - *100% effective in preventing pregnancy and STIs*
- Use **LATEX** or **SYNTHETIC** barriers/condoms/dental dams
 - No lambskin or “Naturalamb” or “Skyn” condoms
- Use **lubricant!**
 - Water or silicone-based, not oil-based as oil causes condoms to break
 - Lubricant makes using condoms more comfortable and reduce the risk of a condom breaking, especially during anal sex
- Reduce your number of sexual partners
- **Mutually monogamous** partnerships with **testing**



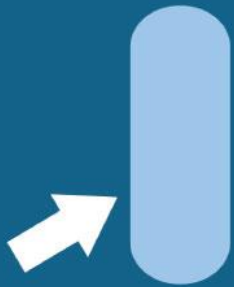
PROTECT YOURSELF



CDC Condom Finder

Pre-exposure Prophylaxis

PrEVENTION in a pill.



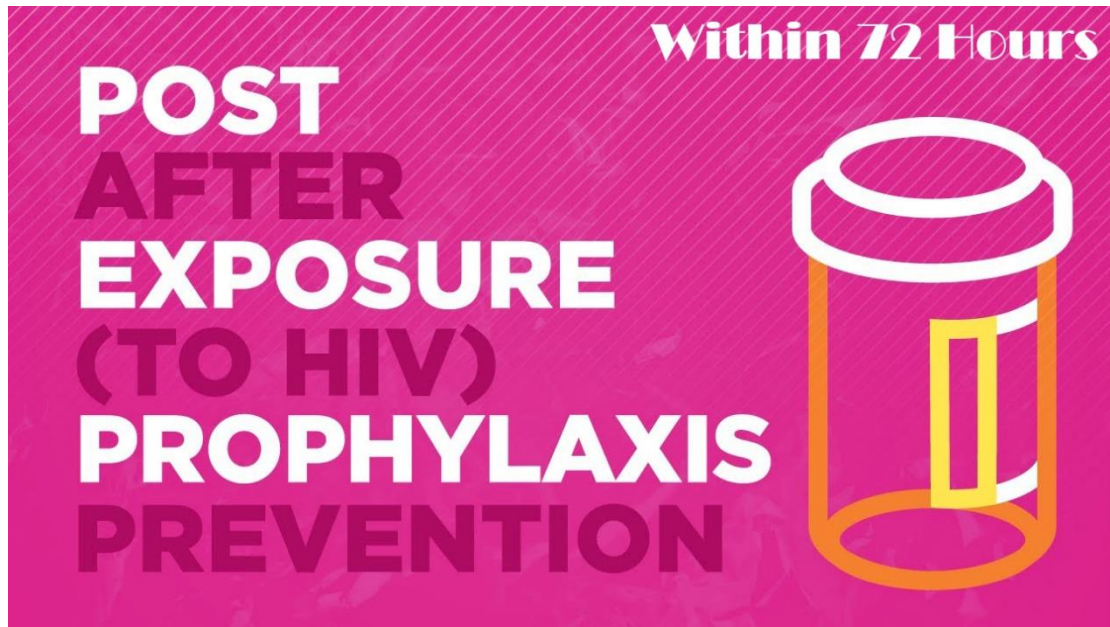
Taking a once-daily pill can
reduce your risk of contracting
HIV by more than 90%.

PrEP is a once per day pill that an HIV-person can take to prevent getting the virus from another.

It helps by blocking HIV virus cells from getting inside and attaching to White Blood Cells.

It must be taken each day regularly, as prescribed to remain effective.

Post-Exposure Prophylaxis

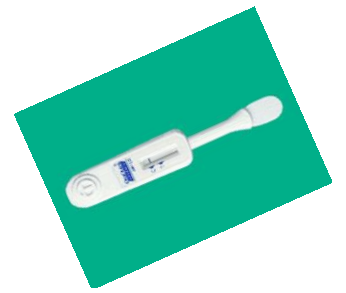


PEP is an emergency-style medication that can **only be accessed through an Emergency Room** (at this time).

If somebody is accidentally exposed (and not on PrEP) they may be able to get this medication to stop HIV from having an effect on them.

Medication **must be started** within 72 hours of the exposing moment.

Get Tested (Lane)



Know your status and the status of your sexual partner(s)
It's a quick oral swab and you get your results in 20 minutes

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Mon: 3:00-7:00pm
Thurs: 6:00-8:00pm

Tue: 5:00-7:00pm

Wed: No testing
Fri: 1:00-5:00pm



Mon: 9:30-6:00pm
Thurs: 10:30-6:00pm

Tue: 9:30-6:00pm

Wed: 9:30-6:00pm
Fri: 9:30-5:00pm



Just Checking Clinic- Tue: 1:00-4:00pm \$25 Walk-in clinic for all STIs

gettested.cdc.gov

Get Tested (Douglas)



Know your status and the status of your sexual partner(s)
It's a quick oral swab and you get your results in 20 minutes

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Mon: 11:00-4:00pm Tue: 11:00-4:00pm Wed: 11:00-4:00pm
Thurs: No testing Fri: 11:00-4:00pm

gettested.cdc.gov

Get Tested (Marion)



Know your status and the status of your sexual partner(s)

It's a quick oral swab and you get your results in 20 minutes

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Mon: 11:00am-1:00pm, 5:00pm-7:00pm

Thurs: 5:00pm-7:00pm



Mon: 9:00-4:30pm

Thurs: 10:00-4:30pm

Sat: 9:00-4:30

Tue: 11:00-6:30pm

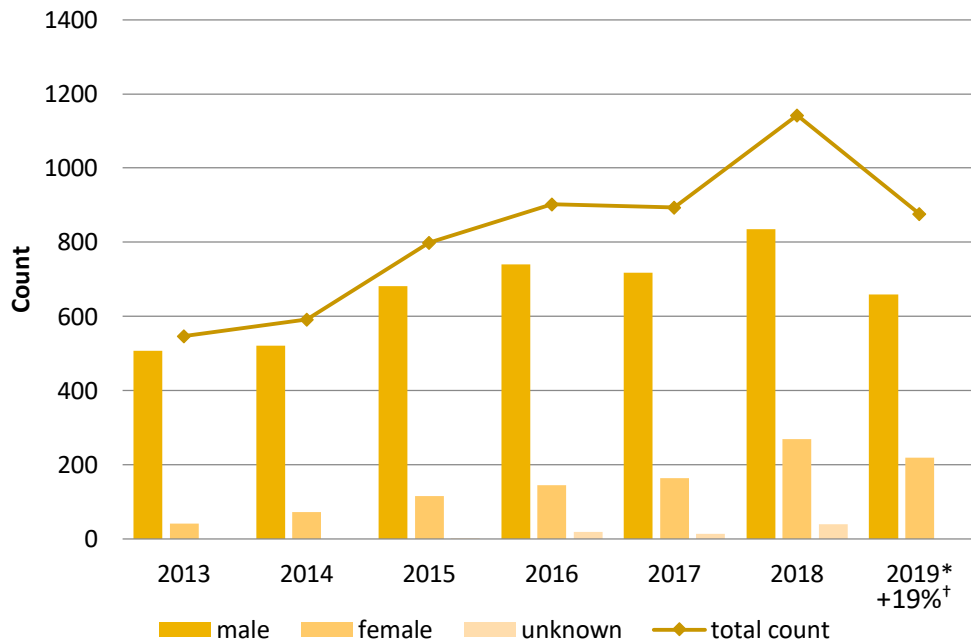
Wed: 11:00-6:30pm

Fri: 8:00-3:30pm

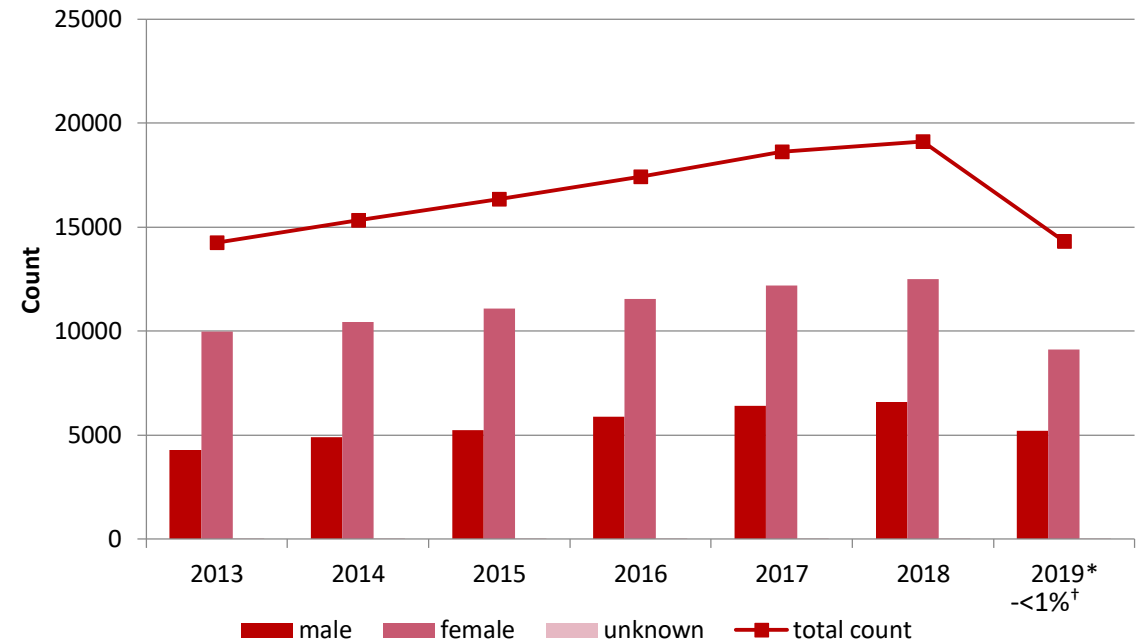
gettested.cdc.gov

STIs have been increasing in Oregon

Oregon Syphilis Cases



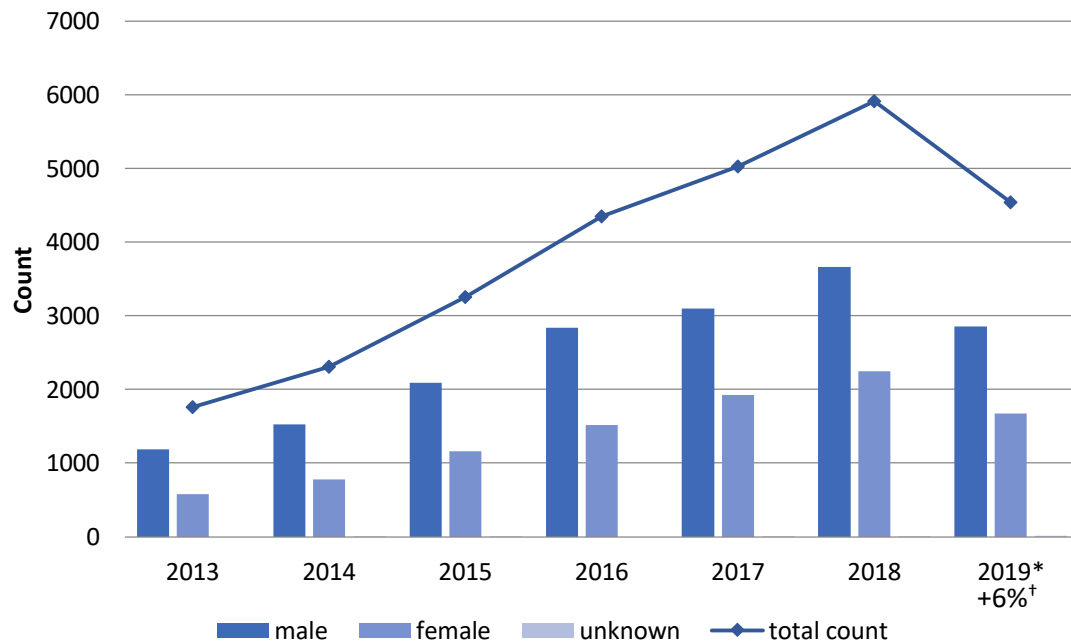
Oregon Chlamydia Cases



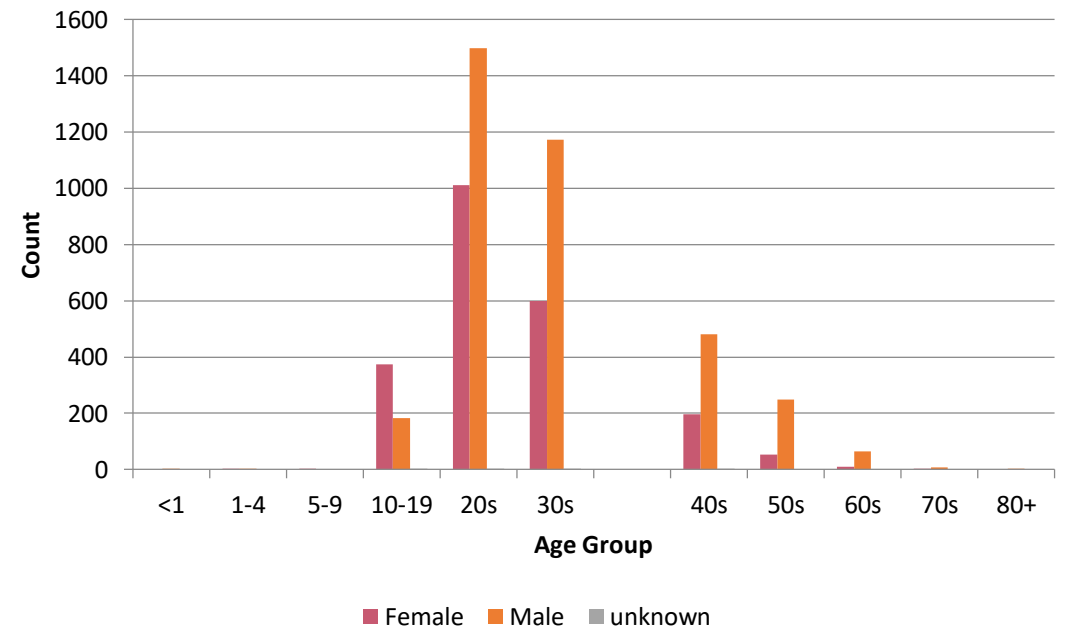
If you are HIV-negative but have an STI, you are about **3 times** as likely to get HIV if you have unprotected sex with someone who has HIV

STIs have been increasing in Oregon

Oregon Gonorrhea Cases

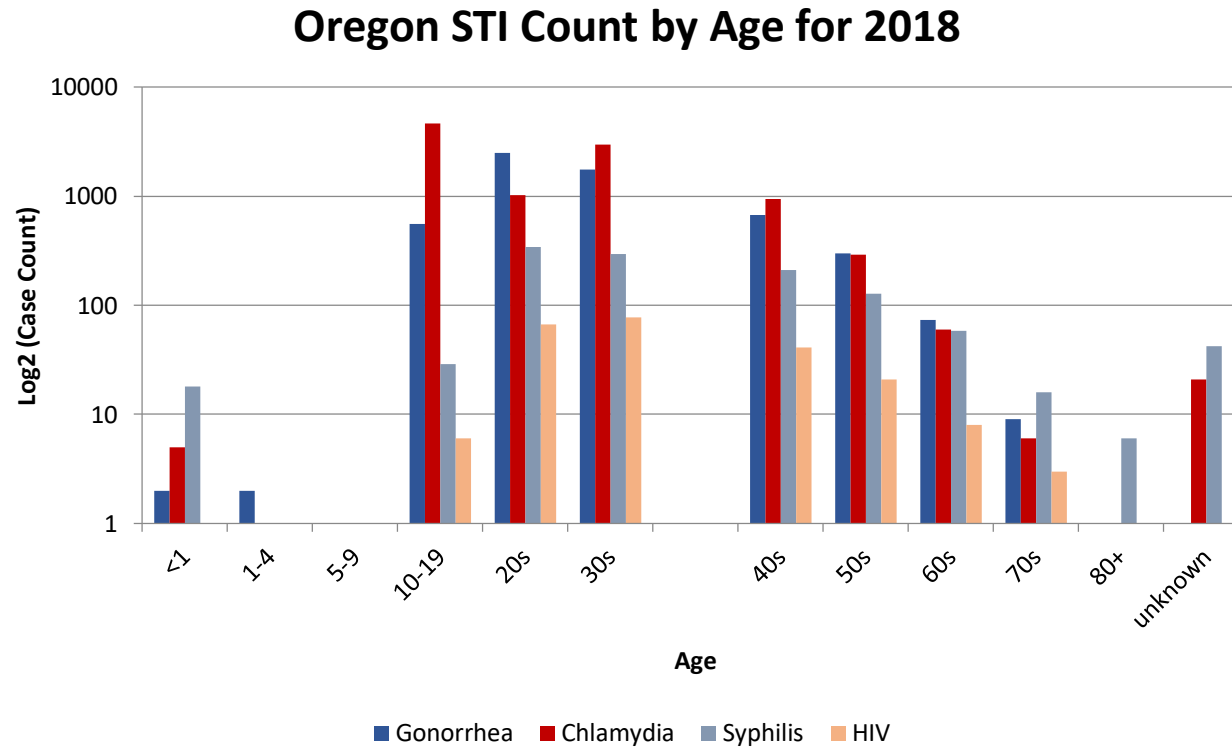


Oregon Gonorrhea by Age and Sex for 2018



If you are HIV-negative but have an STI, you are about **3 times** as likely to get HIV if you have unprotected sex with someone who has HIV

STIs have been increasing in Oregon



If you are HIV-negative but have an STI, you are about **3 times** as likely to get HIV if you have unprotected sex with someone who has HIV

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Thank you!

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