HIV 101 – Online for Middle School

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

541-342-5088

calmasie@allianceor.org

www.hivalliance.org
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
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
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.
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?
Undetectable = Untransmittable
## How Do People Get HIV?

*When an Infectious Fluid Has Access to a Port of Entry*

<table>
<thead>
<tr>
<th><strong>6 Fluids</strong></th>
<th><strong>Ports of Entry</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Blood</td>
<td>• Veins</td>
</tr>
<tr>
<td>• semen</td>
<td>• Anus</td>
</tr>
<tr>
<td>• Pre-ejaculate</td>
<td>• Vagina</td>
</tr>
<tr>
<td>• Vaginal Fluid</td>
<td>• Cuts, Wounds</td>
</tr>
<tr>
<td>• Anal Fluid</td>
<td>• Mucus membranes <em>(eyes, nose, mouth, urethra)</em></td>
</tr>
<tr>
<td>• Breast Milk</td>
<td></td>
</tr>
</tbody>
</table>
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. (it’s 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.
Activities That WON’T Transmit HIV

• Kissing and Hugging
• Sharing food or drink
• Using Public Restrooms
• Living with someone who is HIV +
• Bug bites (like Mosquitoes, Ticks, or Fleas)
HIV TRANSMISSION

Who Can Get It?

ANYONE

a VIRUS does not discriminate!

In the USA, approximately 1 in 5 of all new HIV infections are in youth ages 13-24
HOW RISKY IS THIS ACTIVITY?

- Kissing
- Oral sex
- Getting a tattoo
- Drinking alcohol
- Unprotected sex
- Sharing injection drug equipment
How to Protect Yourself

• **Ablstinence** - 100% effective in preventing pregnancy and STIs
• Use **CONDOMS** if you have sex
• Use **lubricant**!
  • Lubricant makes using condoms more comfortable and reduce the risk of a condom breaking
• Get **tested** with your sexual partner
Get Tested

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

Mon: 3:00-7:00pm  Tue: 5:00-7:00pm  Wed: No testing
Thurs: 6:00-8:00pm  Fri: 1:00-5:00pm 

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

gettested.cdc.gov
Thank you!

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

541-342-5088

www.hivalliance.org