

# HIVAlliance

## *HIV 101 – Online for Middle School*

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

541-342-5088

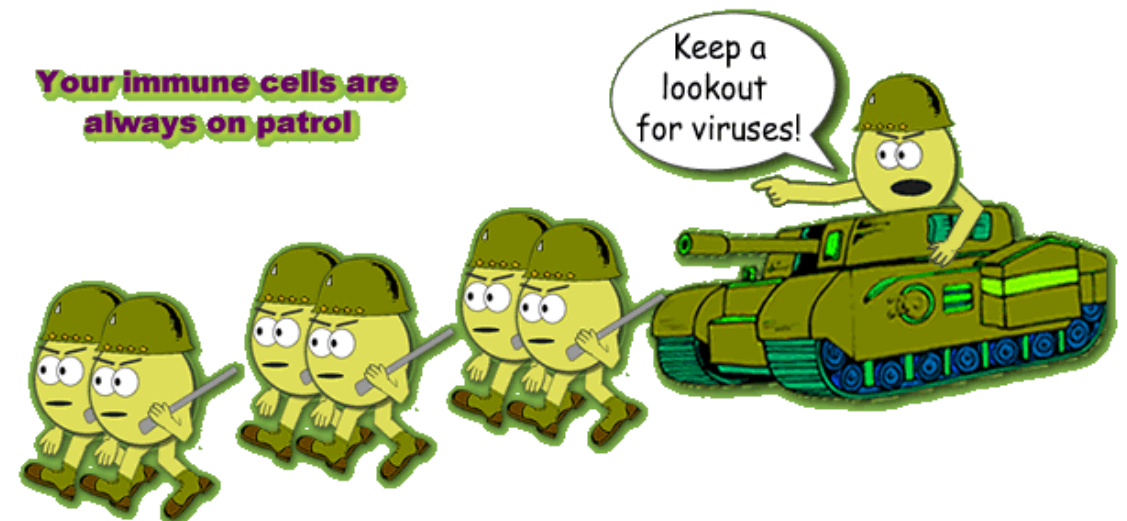
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[www.hivalliance.org](http://www.hivalliance.org)

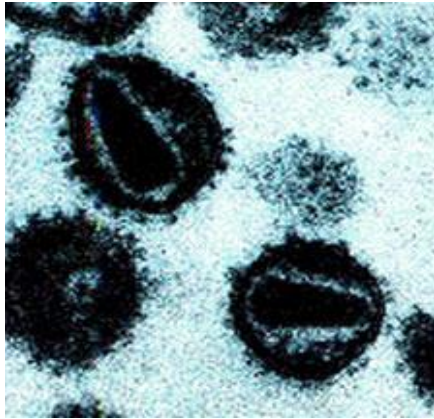
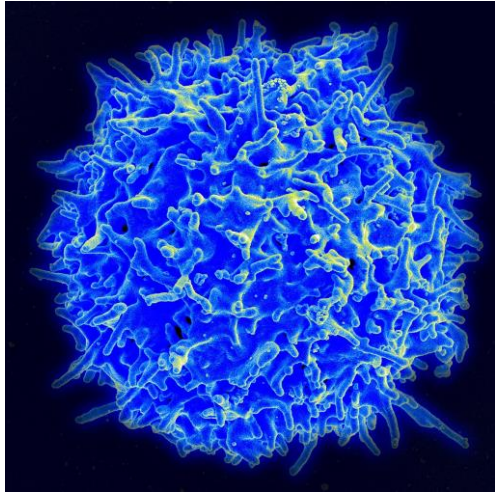
# What is “HIV”?

**HIV** : *Human Immunodeficiency Virus*

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



# What is our Immune System?

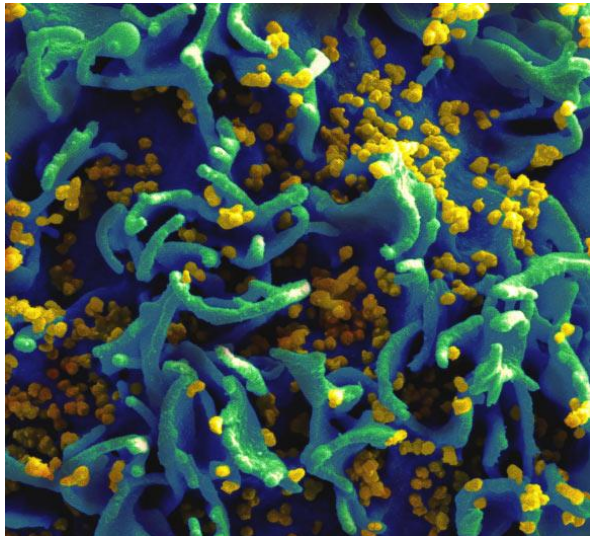


Our human immune system is mostly made up of **White Blood Cells**.

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”?

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**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?

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## HIV is the virus

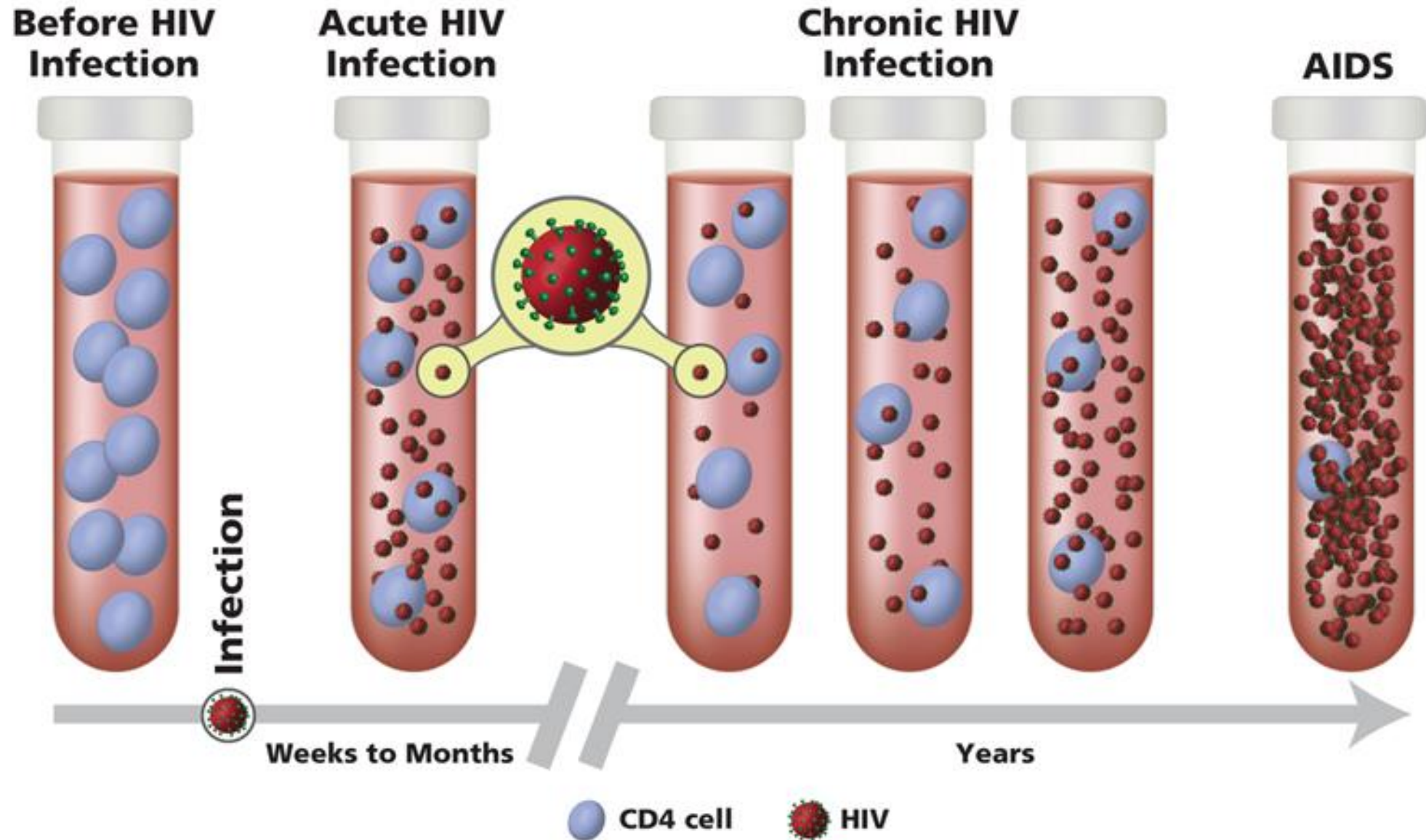
- HIV infects our healthy white blood cells then kills them off.
- It slowly kills those infected cells and spreads in the blood.
- Without medication, it can lead to AIDS after a long time.



## 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/mm<sup>3</sup>, 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*

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## 6 Fluids

- **Blood**
- **Semen**
- **Pre-ejaculate**
- **Vaginal Fluid**
- **Anal Fluid**
- **Breast Milk**

## Ports of Entry

- **Veins**
- **Anus**
- **Vagina**
- **Cuts, Wounds**
- **Mucus membranes (eyes, nose, mouth, urethra)**

# HIV is not present in...

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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.

# Activities That WON'T Transmit HIV

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- **Kissing and Hugging**
- **Sharing food or drink**
- **Using Public Restrooms**
- **Living with someone who is HIV +**
- **Bug bites (like Mosquitos, 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****

# Risk Spectrum Activity

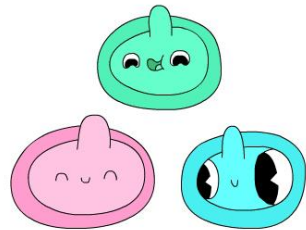


## HOW RISKY IS THIS ACTIVITY?

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

# How to Protect Yourself

- **Abstinence** - *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



PROTECT YOURSELF

@FOXKID



# 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*

**HIVAlliance**

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](https://gettested.cdc.gov)**



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***Thank you!***

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