

HIV 101

Satellite Conference and Live Webcast
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Produced by the Alabama Department of Public Health
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Faculty

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Key Points

- HIV infection includes more than AIDS and does not have to be a death sentence
- You can protect yourself
 - HIV is 100% preventable
- If you do not have sex, share needles or exchange any of the 5 main body fluids with an infected person, you greatly reduce your risk

Key Points

- You cannot get HIV through any form of casual contact
- You cannot get HIV from giving blood
- HIV has no cure but antiretroviral therapy is available for anyone wanting treatment
- Since HIV is not invisible let us learn how to make HIV preventable

HIV vs AIDS

- HIV - Human Immunodeficiency Virus
 - HIV directly attacks white blood cells
- AIDS - Acquired Immunodeficiency Syndrome
 - A result of HIV Infection

HIV Infection

- Common occurrences
 - Flu-like symptoms
 - HIV antibodies develop, usually 6-12 weeks later
 - Antibodies are plasma proteins made of B - cells that check the status of our immune system

HIV Infection

- A person will become infectious within 1 - 2 days of contracting HIV
- Infected persons may not feel sick, sometimes for 5 - 10 years
- Infected persons may develop other symptoms caused by HIV infection

HIV Infection

- Unmanaged infection may lead to the development of AIDS and / or other opportunistic infections
- If HIV-infected, at first a person may not show any symptoms at all

HIV Infection

- Later, HIV-infected individual may have:
 - Fever
 - Fatigue
 - Diarrhea
 - Skin rashes
 - Night sweats
 - Loss of appetite

HIV Infection

- Lack of resistance to infection
- Furry white spots in the mouth
- Red or purplish spots on the body
- Having any of these signs or symptoms may indicate symptomatic HIV infection or AIDS
- Only a doctor can tell what a person's signs or symptoms mean

Transmission

- You cannot get HIV from just being around someone with HIV
- HIV is not spread through casual contact

Transmission

- There are documented cases of HIV being transmitted by only 5 body fluids from an infected person and they are:
 - Blood
 - Semen (which includes pre - cum)
 - Vaginal fluid
 - Breast milk (few cases reported)

Transmission

- Spinal fluid (few cases reported)
- Although other body fluids are important, they must contain a significant amount of blood, breast milk, semen, spinal fluid or vaginal fluid from an infected person to put anyone at risk for HIV

Transmission

- HIV is usually transmitted in the following ways but is not limited to this list of risks:
 - By sharing blood with an infected person
 - By having sex with an infected person

Transmission

- By sharing needles and syringes with an infected person
- During pregnancy, birth, or breast feeding (few cases reported), from an infected mother to child

Prevention

- Sexual practices and risk of HIV infection
- No - risk activities include:
 - No sex
 - Sex only with an uninfected monogamous partner who does not share needles and syringes
 - Using new sterilized needles

Prevention

- Scientist believe that it is unlikely that open - mouth kissing can transmit HIV
- Examples of some risky behaviors:
 - Oral, anal, and vaginal sex
 - Sharing needles or using drugs
 - Accidental needle sticks
 - Body piercing and tattoos

Prevention

- Universal precautions are highly recommended when handling body fluids
 - This means wearing gloves, clothing, shields, etc. or using barriers to protect yourself at all times

Prevention

- If you have sex, check the expiration date and use the right type of condom correctly every time to greatly reduce your risk of HIV infection
- Consider using a latex or female condom every time, from start to finish unless you know your partner does not have HIV
 - Within a monogamous relationship

Prevention

- ABC's
 - Abstain (from sharing body fluids that can transmit HIV)
 - Be faithful
 - Condom use

Personal Protective Equipment

- Only if the case requires the item(s):
 - Gowns
 - To protect workers' clothing when performing task if there is a possibility of soilage
 - Mask
 - To protect the mouth and nose

Personal Protective Equipment

- Gloves
 - When working with open lesions and certain task
- Goggles
 - To protect the eyes from splatters
- Face shield
 - Broader area of protection than mask

4 HIV Testing Options That Are Available Statewide

- In order to know your HIV status, you must get tested for HIV
 - Only a doctor can diagnose AIDS
- Alabama State law allows anyone age 12 and up to be tested for HIV with their written consent
 - All tests detect antibodies except for the Acute HIV test

4 HIV Testing Options That Are Available Statewide

- Blood tests are for persons ages 12 and up
- Acute HIV blood tests check the blood for the actual virus within a week (7 - 10 days) to a few months of exposure
- Ora Quick Advance (Rapid Tests) are for persons ages 13 and up

4 HIV Testing Options That Are Available Statewide

- Ora Sure Tests are for persons ages 18 and up
- All testing options are 99.9% accurate and effective
- Each test should be given confidentially
- Referrals for treatment and social services are only offered when a person has tested HIV +

HIV Testing

- In order to know your HIV status, you must get tested for HIV
 - Only a doctor can diagnose AIDS
- A negative antibody test means:
 - The person tested is not infected with HIV
 - It is too soon in the infectious process to detect antibodies

HIV Testing

- A person could have recently been infected with HIV and can still infect others
- Consider being re - tested in 3 - 6 months because of the window period
 - Window period simply means it takes 25 - 90 days for HIV antibodies to show that a person is infected

HIV Testing

- A positive antibody test means:
 - The person tested is infected with HIV after having a confirmatory test
 - Other blood work will be needed
 - The person will always have HIV
 - The person can infect others but needs to be taught secondary prevention to reduce spread of HIV

HIV Testing

- Antibody tests for HIV are 99.9% accurate and effective

Anonymous versus Confidential Testing

- Anonymous Testing
 - Neither your name nor any identifying information is recorded
 - Results are not entered in your medical files
 - Only you can find out your test results

Anonymous versus Confidential Testing

- **Confidential Testing**
 - Alabama law only allows confidential testing
 - Results are linked to your identity
 - Results are recorded in your medical files

Anonymous versus Confidential Testing

- State laws vary according to who can know your results and the conditions for revealing that information

HIV Infection Children versus Adults

- Unlike adults, children are more likely to:
 - Develop AIDS in a shorter period of time
 - Become anemic
 - Develop bacterial infections
 - Have damaged nervous systems

HIV Infection Children versus Adults

- Suffer from malnutrition and “failure to thrive” pneumonia not caused by *p. carinii*
- Suffer from heart, liver, kidney, or skin disorders

HIV Infection in Children versus Adults

- Like adults, children also suffer from:
 - Significant weight loss
 - Persistent diarrhea
 - Swollen lymph glands
 - Severe thrush
 - Oral fungus infection
 - *Pneumocystis carinii* pneumonia

AIDS

- AIDS is diagnosed if a person has a CD4 count of 200 or below, a high viral load and opportunistic infections
- Viral load measures the amount of the virus in the body from a blood draw
- CD4 or T - cell counts look at the amount of helper or fighter cells within the immune system from a blood draw

AIDS

- **Opportunistic infections are illnesses that occur as a result of over activity of HIV infection**

Symptoms of Opportunistic Infections

- **Extreme fatigue**
- **Coughing and shortness of breath**
- **Seizures and lack of coordination**
- **Difficult or painful swallowing**
- **Mental symptoms such as confusion and forgetfulness**
- **Fever**

Additional Symptoms of Opportunistic Infections

- **Severe and persistent diarrhea**
- **Vision loss**
- **Nausea, abdominal cramps, vomiting**
- **Wasting (weight loss of 10% or more without effort)**
- **Severe headaches**
- **Coma**

Undetectable

- **Everyone with HIV does not become diagnosed with AIDS**
- **Most importantly some HIV infected persons become “undetectable”**
- **Undetectable means a person is still HIV + but they are improving their health**

Undetectable

- **The Viral Load is < or equal to 48 and their CD4 Count ranges between 500 - 1,600**
- **Antiretroviral medicines used for the treatment of HIV are greatly reduced**

Social Issues

- **Working with the HIV or AIDS client:**
 - **Remember to be sensitive in conversation and demeanor**
 - **Be careful of how you ask client to share their personal story**
 - **Do not judge or discriminate**
 - **Do not be “stand offish”**
 - **Be selective with body language and facial expressions**

Additional Resources and Stats

- Please refer to our state website:
www.adph.org/aids
- Our web address will direct you to our HIV / AIDS Division homepage
- We have statistics for HIV and AIDS that can be printed and ways to order free educational materials

Resources and Referral Organizations

- AIDS Alabama (Birmingham)
205-324-9822
- Birmingham AIDS Outreach
205-322-4197
- UAB 1917 Clinic (Birmingham)
205-934-1917
- UAB Family Clinic (Birmingham)
205-939-9400

Resources and Referral Organizations

- AIDS Action Coalition (Huntsville)
256-536-4700
- Health Service Center (Anniston)
256-832-0100
- South Alabama Cares (Mobile)
251-471-5277
- Franklin Primary Care (Mobile)
251-432-4117

Resources and Referral Organizations

- Selma Air (Selma)
334-872-6795
- Unity Wellness (Auburn)
334-887-5244
- Medical AIDS Outreach (MAO) (Montgomery) 334-280-3349
- Medical AIDS Outreach (Dothan)
334-673-0494

Resources and Referral Organizations

- West Alabama AIDS Outreach (Tuscaloosa) 205-759-8470
- Whatley Health Services – Hope Clinic (Tuscaloosa) 205-614-6125
- The Focus Program (Student Led Program) –
www.thefocusprogram.com

Valuable Points To Consider

- We now have 18,416 cumulative cases of HIV and AIDS reported in Alabama as of December 31, 2013
- However, there are now 1 out of 5 (20%) that are HIV+ that have not be accounted for
 - Confirmed cases range in order from ages: 25-44, 13-24, 50 and older, and infants to 12

Valuable Points To Consider

- You can not look at someone nor trust what they say about their status for HIV
- Treat others and yourself with respect, but do not forget to use universal precautions
 - Only an HIV test will give you the right result

Valuable Points To Consider

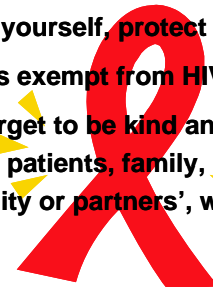
- Know your status for HIV by testing
- Remember every 9 and ½ minutes someone is infected with HIV in the United States
- Be positive that you are negative for HIV and other STDs

Valuable Points To Consider

- STDs do not take a break for any season so we have to change our behavior and be wise with our decisions to greatly reduce risks
- I am my brother / sister's keeper: Join us in the fight against the spread of HIV / AIDS
- Wake up! HIV is not a thing of the past (until.org)

Final Statements

- Respect yourself, protect yourself
- No one is exempt from HIV!
- Never forget to be kind and treat others, whether patients, family, persons in the community or partners', with respect



awareness