

## **HIV 101**

**Satellite Conference and Live Webcast  
Tuesday, June 19, 2012  
2:00 - 4:00 p.m. Central Time**

**Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division**

## **Faculty**

**Shakina Wheeler-Cox, BA  
HIV Coordinator  
Certified HIV Instructor  
Public Health Area 3  
Alabama Department of Public Health**

### **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 don't have sex, share needles, or exchange any body fluids with an infected person, you greatly reduce your risk**

### **Key Points**

- **You cannot get HIV through casual contact**
- **You cannot get HIV from giving blood**
- **HIV has no cure but antiretroviral therapy is available for anyone wanting treatment**

### **Key Points**

- **Since HIV is not invisible let's 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: Common Occurrences**

- A person becomes 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**

- If HIV-infected, at first a person may not show any symptoms at all

### **HIV Infection**

- Later an HIV-infected person may have:
  - Fever
  - Fatigue
  - Diarrhea
  - Skin rashes
  - Night sweats

### **HIV Infection**

- Loss of appetite
- Lack of resistance to infection
- Furry white spots in the mouth
- Red or purplish spots on the body

### **HIV Infection**

- Having any of these signs or symptoms may indicate symptomatic HIV Infection or AIDS
  - Only a doctor can tell you what your 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 five body fluids from an infected person and they are:
  - Blood
  - Semen
  - Breast milk
  - Vaginal fluid (few cases reported)
  - Spinal fluid (few cases reported)

### **Transmission**

- 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:
  - By sharing blood with an infected person
  - By having sex with an infected person
  - By sharing needles and syringes with an infected person

### **Transmission**

- During pregnancy, birth, or breast feeding from an infected mother to child (few cases reported)

### **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

### **Prevention**

- Using new sterilized needles
- Scientists believe that it is unlikely

### **Prevention**

- Some examples of risky behaviors include:
  - Oral, anal, and vaginal sex
  - Sharing needles or using drugs
  - Accidental needle sticks
  - Body piercing and tattoos

### **Prevention**

- Universal precautions are highly recommended when coming in contact with bodily fluids
  - This means wearing gloves 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

### **Prevention**

- ABC's:
  - Abstain
  - Be faithful
  - Condom use

### **Personal Protective Equipment**

- Only if the case requires the item(s):
  - Gowns
    - To protect workers' clothing when performing tasks 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 tasks**
- **Goggles**
  - **To protect eyes from splatters**
- **Face shield**
  - **Broader area of protection than mask**

### **HIV Testing**

- **In order to know your status for HIV, get tested for HIV**
  - **Only a doctor can diagnose AIDS**
- **A negative antibody test means:**
  - **The person tested is not infected with HIV**

### **HIV Testing**

- **It is too soon in the infectious process to detect antibodies**
  - **A person could have recently been infected with HIV and can still infect others**

### **HIV Testing**

- **Consider being retested 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 being confirmed**
    - **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 more than 99% accurate and effective**

### **Three HIV Testing Options in Alabama**

- Alabama 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
- Blood tests are for persons ages 12 and up

### **Three HIV Testing Options in Alabama**

- Acute HIV testing tests 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
- Ora Sure Tests are for persons ages 18 and up

### **Three HIV Testing Options in Alabama**

- All three 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+

### **Anonymous vs. 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 vs. Confidential Testing**

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

### **Anonymous vs. Confidential Testing**

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

### **HIV Infection in Children vs. Adults**

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

### **HIV Infection in Children vs. Adults**

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

### **HIV Infection in Children vs. Adults**

- Like adults, children 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

### **AIDS**

- CD4 or T-cell count looks at the amount of helper or fighter cells within the immune system from a blood draw
- Opportunistic infections are illnesses that come 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

### **Symptoms of Opportunistic Infections**

- Severe and persistent diarrhea
- Vision loss
- Nausea, abdominal cramps, and vomiting
- Wasting
  - Weight loss of 10% or more without effort

### **Symptoms of Opportunistic Infections**

- 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
- Never ask client how the infection was acquired
- Do no judge
- Do not be “stand offish”
- Do not discriminate

### **Additional Resources and Statistics**

- [www.adph.org/aids](http://www.adph.org/aids)
  - Our web address will direct you to our HIV/AIDS Division homepage
  - Printable statistics for HIV and AIDS
  - Order free educational materials



### **Valuable Points to Consider**

- We now have 17,924 cumulative cases of HIV and AIDS reported in Alabama
- You can not look at someone nor trust what they say about their status for HIV
  - Treat others and yourself with respect, but don't forget to use universal precautions

### **Valuable Points to Consider**

- Only an HIV test will give you the right result
- Know your status for HIV
- Be positive that you are negative for HIV and other STDs
- STDs don't take a break for any season so we have to change our behavior and be wise with our decisions

### **Valuable Points to Consider**

- Don't be a victim or put yourself at risk for HIV if you can avoid it
- Remember
  - Every 9½ minutes someone is infected with HIV in the United States

*Respect yourself, protect yourself,  
because no one is exempt from HIV.  
Never forget to be kind and treat others,  
whether patients or partners,  
with respect*

