

HIV 101

**Satellite Conference and Live Webcast
Wednesday, September 12, 2012
2:00 - 4:00 p.m. Central Time**

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

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 don't 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

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 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 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 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
 - 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 handling bodily 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

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 Options Available in Alabama

- 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
- Blood tests are for persons ages 12 and up

HIV Testing Options Available in Alabama

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

HIV Testing Options Available in Alabama

- 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 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

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 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

AIDS

- CD4 or T-cell counts look at the amount of helper or fighter cells within the immune system from a blood draw
- 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

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 not judge
- Do not be “stand offish”
- Do not discriminate

Additional Resources and Statistics

- 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

Resources and Referral Organizations

- AIDS Alabama (Birmingham): 205 – 324 – 9822
- Birmingham AIDS Outreach: 205 – 322 – 4197
- 1917 Clinic (UAB): 205 – 934 – 1917
- Cooper Green (Saint George Clinic) (Birmingham): 205 – 930 – 3284 or 205 – 930 – 3662
- 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
- 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 18,120 cumulative cases of HIV and AIDS reported in Alabama
 - There are now 1 out of 5 that are HIV+ that have not been accounted for

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 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 to greatly reduce risks

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.***

