

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**

Key Points

- **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**
- **You cannot get HIV through any form of casual contact**
- **You cannot get HIV from giving blood**

Key Points

- **HIV has no cure but antiretroviral therapy is available for anyone wanting treatment**
- **Since HIV is not invisible learn how to make HIV preventable**

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 to 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

HIV Infection

- If HIV-infected, at first a person may not show any symptoms at all
- Later, a HIV-infected person may have:
 - Fever
 - Fatigue
 - Diarrhea

HIV Infection

- Skin rashes
- Night sweats
- 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**
 1. **Blood**
 2. **Semen**
 3. **Vaginal Fluid**
 4. **Breast Milk (few cases reported)**
 5. **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**

Transmission

- **By sharing needles and syringes with an infected person**
- **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
 - Using new sterilized needles

Prevention: Sexual Practices and Risk of HIV Infection

- Scientists believe it is unlikely that open-mouth kissing can transmit HIV

Prevention

- **Examples of 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 expiration date and use right type of condom correctly every time to reduce risk of HIV Infection**
 - Consider using latex or female condom unless you know partner does not have HIV
 - **Within a monogamous relationship**

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 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 tasks
- Goggles
 - Protect eyes from splatters

Personal Protective Equipment

- Face shield
 - Broader area of protection than mask

Four HIV Testing Options Available Statewide

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

Four HIV Testing Options Available Statewide

- Blood Tests are for persons ages 12 and up
- 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

Four HIV Testing Options 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

Four HIV Testing Options Available Statewide

- Referrals for treatment and social services are only offered when a person has tested HIV +

HIV Testing

- A negative antibody test means:
 - The person tested is not infected with HIV
 - 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 re-tested in 3 to 6 months because of the window period
 - Window period simply means it takes 25 to 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

HIV Testing

- The person can infect others but needs to be taught secondary prevention to reduce the spread of HIV
- Antibody tests for HIV are 99.9% accurate and effective

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

Confidential Testing

- Alabama Law only allows Confidential Testing
- Results are linked to your identity
- Results are recorded in your medical files
- State laws vary according to who can know your results and the conditions for revealing that information

HIV Infection in 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 in 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
 - Opportunistic infections

AIDS

- 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**

Symptoms of Opportunistic Infections

- **Severe and persistent diarrhea**
- **Vision loss**
- **Nausea, abdominal cramps, 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

- **Undetectable means a person is still HIV+ but they are improving their health**
 - **The viral load is < or equal to 48 and their CD4 count ranges between 500 to 1,600**
- **Antiretroviral medicines used for the treatment of HIV are greatly reduced**

Social Issues: Working with the HIV or AIDS Client

- Be sensitive in conversation and demeanor
- Carefully ask client to share their personal story
- Do not judge or discriminate
- Do not be “stand offish”
- Appropriate body language and facial expressions

Additional Resources and Stats

- www.adph.org/aids
 - Printable HIV / AIDS statistics
 - 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
- 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 (Montgomery): 334-280-3349
- Medical AIDS Outreach (Dothan): 334-673-0494
- West AL 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

- 18,218 cumulative cases of HIV and AIDS reported in Alabama
 - 1 out of 5 (20%) HIV+ cases have not been accounted for

Valuable Points to Consider

- You can not look at someone nor trust what they say about their HIV status
 - Treat others and yourself with respect, but don't forget to use universal precautions
- Only an HIV test can give you the right result: know your status!

Valuable Points to Consider

- Be positive that you are negative for HIV and other STDs
- Remember:
 - Every 9½ minutes someone is infected with HIV in the United States

Valuable Points to Consider

- STDs don't take a break for any season
 - Change behavior and make wise decisions to reduce risks
- I am my brother / sister's keeper
 - Join us in the fight against the spread of HIV / AIDS

Final Statements

*Respect yourself, protect yourself,
because no one is exempt from HIV!
Be kind and treat others, whether
patients, persons in the community,
or partners with respect.*