

HIV / AIDS Notes

Human Immunodeficiency Virus (HIV) - this is the **virus** that causes AIDS. HIV attacks the immune system, which fights all infections, making it unable to fend off other illnesses.

Acquired Immune Deficiency Syndrome (AIDS) - is a **deadly** disease that interferes with the body's natural ability to fight infection.

STEPS OF DISEASE:

- 1. HIV:** from infected person. May not show signs and if they do it will be flu-like (night sweats, weight loss). Unless tested, person probably will not know they are HIV positive. You can still infect another person.
- 2. AIDS:** T-cell (fighter cells) have a count of 200 or less so immune system cannot fight off infections so now you can get an one and die from it.
- 3. Death:** due to opportunistic infections (pneumonia)

TESTS FOR HIV:

1. Elisa Test
2. Western Blot

CURE FOR HIV / AIDS:

****** There is NOT a cure for this disease. Once a person has HIV, they will have it FOREVER.******

HOW HIV IS SPREAD:

- Can be passed from one person to another **ONLY** by fluids.
- HIV cannot survive outside the human body.

- Fluids that pass HIV include:
 - **Blood** (using the same drug needle as infected person, transfusions from infected person)
 - **Sexual Fluids** (Semen and Vaginal Secretions from sexual relations with an infected person).
 - **Breast Milk** (Mother with HIV breastfeeding her child)
 - **Prenatally** (Mother to Fetus during Pregnancy at times can pass disease).

HOW HIV IS NOT SPREAD:

1. HIV is not spread through air.
2. HIV is not spread by kissing.
3. HIV is not spread through casual contact (hugging)
4. HIV is not spread by mosquitoes.
5. HIV is not spread by sharing eating utensils.
6. HIV is not spread by donating blood.

HOW CAN YOU PREVENT HIV FROM SPREADING:

1. Avoid all sexual contact!!! ABSTINENCE!
2. Avoid illegal drugs (especially those that need needles)
3. Universal Precautions (gloves when touching blood)