Produced through a collaborative effort between the Oklahoma State Department of Education (OSDE) and the Oklahoma State Department of Health (OSDH).
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What is HIV?

Human Immunodeficiency Virus

• A virus spread through body fluids that affects specific cells of the immune system, called CD4 cells or T cells.
• A virus that kills the body’s CD4 cells (T cells) and damages the immune system.
• A virus that replicates inside the human body must invade a healthy cell in the body to survive.
What is AIDS?

Acquired Immuno Deficiency Syndrome

AIDS is a late stage of the HIV infection.

Once diagnosed, the body has a hard time fighting disease and certain cancers.

NO cure for AIDS, but there is treatment.

Positive HIV Test +

Very low CD4 count (<200) OR presence of specific cancers or opportunistic infections = AIDS
Why is this important?

In the U.S (2018)

• 36,400 people diagnosed with HIV.
• 17,032 people diagnosed with AIDS.
True or False

Test your current knowledge of HIV.

- I can get HIV by being around HIV positive people.
- If I’m HIV positive, now my life is over.
- I would not be able to tell if I or my partner was HIV positive.
- I'm sexually active but don't inject drugs, so I can’t get HIV.
- I can get HIV from all forms of sex.
- I can’t get HIV from mosquitoes.
- My partner and I are both HIV positive, so there is no need to use a condom.
True or False

-check your current knowledge of HIV.

- I can get HIV by being around HIV positive people: False
- If I’m HIV positive, now my life is over: False
- I would not be able to tell if I or my partner was HIV positive: True
- I'm sexually active but don't inject drugs, so I can’t get HIV: False
- I can get HIV from all forms of sex. True
- I can’t get HIV from mosquitoes. True
- My partner and I are both HIV positive, so there is no need to use a condom. False
Diagnoses of HIV Cases, by Age

**United States, 2018**
- 19 and Under: 36%
- Age 20-29: 26%
- Age 30-39: 15%
- Age 40-49: 15%
- Age 50-59: 5%
- 60 and Over: 5%
- Total: 37,968

**Oklahoma, 2017**
- 19 and Under: 38%
- Age 20-29: 26%
- Age 30-39: 13%
- Age 40-49: 15%
- Age 50-59: 5%
- 60 and Over: 3%
- Total: 302
How Is HIV Spread?

HIV is passed from person to person through the exchange of body fluids.

3 Ways:
• Unprotected sex with an HIV positive person
• Blood-to-blood contact
• Exposure to HIV before or during birth or through breastfeeding
What Fluids Can Transmit HIV?

- Blood
- Semen
- Vaginal fluids
- Rectal fluids
- Breast milk
How Does HIV Enter The Body?

- Mouth
- Nose
- Eyes
- Ears
- Vagina
- Penis
- Anus
- Open Skin
Symptoms of HIV

• Many people who are living with HIV have **no symptoms** for **10 years or more**.

• It is estimated that **162,500 people** in the United States have HIV but **do not know it**.

• Symptoms **vary** from person to person.

• Some people who have HIV report having **flu-like symptoms 2-4 weeks** after exposure.
Detecting HIV

Viral Load and CD4 (T4) Count

- **CD4 (T4) Count**: Number of white blood cells in the blood
- **Viral Load**: Amount of HIV in the blood
Window Period

The period of time after someone may have been exposed to HIV, but before a test can detect it (up to 3 months).

IMMEDIATELY INFECTIOUS
Viral Load and CD4 Count Graph
What Does An HIV Test Mean?

Positive +

• HIV antibody found.
• Have the HIV virus and can pass to others.
• Need to begin treatment immediately.

Negative -

• No HIV antibody found.
• May not have the HIV virus (consider the window period).
• Retest in three months.
Opportunistic Infections (OIs)

People with healthy immune systems can be exposed to certain viruses and have no reaction. 

HOWEVER…

People living with HIV (PLWH) can face serious threats from the same viruses.

Opportunistic Infections (OIs) are infections that occur more frequently and are more severe in individuals with weakened immune systems including PLWH.
HIV Treatment

Newly Diagnosed?  \(\rightarrow\) START TREATMENT!

Because of **better treatments**, PLWH are now **living longer** and with a **better quality of life** than ever before.

Treatment benefits your own health and the health of others.
Where To Get Tested?

Community-Based Organizations
https://gettested.cdc.gov
www.gytnow.org
www.stdcheck.com

Local Health Departments
www.health.ok.gov
Resources

Oklahoma HIV/AIDS Hotline: 1-800-535-2437

www.cdc.gov/
www.health.ok.gov
www.hiv.gov
www.stophiv.org
www.healthfinder.gov