HIV and AIDS Education

Health and Physical Education

Office of Curriculum and Instruction
HIV and AIDS Education

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#OKhealth #okPE

Link to Presentation: http://bit.ly/okHIVhealth
What is HIV?

_Human Immunodeficiency Virus..._

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

**Acquired Immuno Deficiency Syndrome**

- AIDS is a late stage of HIV.
- Once diagnosed, it is difficult for the body to fight the disease and certain cancers.
- There is 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

Oklahoma State Department of Education
Why is this Important?

In the United States (2017)...

- 38,739 people were diagnosed with HIV.
- 17,803 people were diagnosed with AIDS.
Myth or Fact?
Test your current knowledge of HIV.

- I can get HIV by being around HIV positive people.
- If I’m HIV positive, my life will end soon.
- By looking, I can tell if someone is 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.
Myth or Fact?
Check your current knowledge of HIV.

- I can get HIV by being around HIV positive people. - Myth
- If I’m HIV positive, my life will end soon. - Myth
- By looking, I can tell if someone is HIV positive. - Myth
- I'm sexually active but don't inject drugs, so I can’t get HIV. - Myth
- I can get HIV from all forms of sex. - Fact
- I can’t get HIV from mosquitoes. - Fact
- My partner and I are both HIV positive, so there is no need to use a condom. - Myth
Diagnosis of HIV Cases
Classified by Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Diagnosis %</th>
</tr>
</thead>
<tbody>
<tr>
<td>19 and under</td>
<td>5%</td>
</tr>
<tr>
<td>20-29</td>
<td>37%</td>
</tr>
<tr>
<td>30-39</td>
<td>24%</td>
</tr>
<tr>
<td>40-49</td>
<td>17%</td>
</tr>
<tr>
<td>50-59</td>
<td>12%</td>
</tr>
<tr>
<td>60 and over</td>
<td>5%</td>
</tr>
</tbody>
</table>

United States, 2015
N=39,513

Oklahoma, 2016
N=295

Charts and data provided by Oklahoma State Department of Health
How is HIV Spread?

HIV is passed from person to person through the exchange of body fluids in the following ways:

1. Unprotected sex with an HIV positive person
2. Blood-to-blood contact
3. Exposure to HIV before or during birth or through breastfeeding
How is HIV Spread?

Types of fluids that can transmit HIV include:

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

Body fluids must come in contact with a mucous membrane, open wound, or be directly injected into the bloodstream via:

- Mouth
- Nose
- Eyes
- Vagina
- Penis
- Anus
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
What is the Window Period?
The period after exposure to HIV but before a test can detect the virus (up to 3 months).

Even though a test may not detect the virus, someone who has been infected with HIV is immediately contagious.
What Does the HIV Test Mean?

Positive HIV Test

● HIV virus detected
● Contagious to others
● Treatment should begin as soon as possible.

Negative HIV Test

● No HIV virus detected
● **MAY NOT** have HIV (how would the window period affect this?)
● Retest in three months
Opportunistic Infections

What are they?

- **Opportunistic Infections** (OIs) are infections that occur more frequently and are more severe in individuals with weakened immune systems, including those with HIV.
- People with healthy immune systems can be exposed to certain viruses and have no reaction, but people living with HIV can face serious threats from the same viruses.
Treating HIV

- Treatment benefits your health and the health of others.
- Due to better options, people with HIV are now living longer and with a higher quality of life than ever before.
Getting Tested
Where can I get tested?

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

Local Health Departments
www.health.ok.gov
Resources

- HIV/AIDS Hotline: (800) 535-2437
- OSDH-HIV/STD Service: (405) 271-4636
- The Centers for Disease Control, [www.cdc.gov](http://www.cdc.gov)
- Oklahoma Department of Health, [www.health.ok.gov](http://www.health.ok.gov)
- Stop HIV, [www.stophiv.org](http://www.stophiv.org)