# WHAT IS HIV

## 1. HIV

**Human Immunodeficiency Virus**

- A small germ that you cannot see. It develops into a virus called AIDS.
- It attacks the immune system slowly.
- It takes 5-10 years to get sick.
- It kills the cells that help us fight infection and is fatal.

### white blood cells help us

### HIV kills white blood cells

## 2. HOW HIV IS SPREAD

Through bodily fluids:

- Blood – open wounds, unclean needles or transfusion
- Semen and vaginal fluids – unsafe intercourse (sex without a condom)
- Breast milk
- Pregnancy, delivery

## 3. HIV IS NOT SPREAD

Does not live outside of the body

You can not get HIV from:

- Sharing food
- Sharing a bed, towels, covers
- Insect bites
- Touching, kissing, hugging
- Sharing clothing
- Sharing toilets

![HIV spread diagram](image-url)
# Preventing HIV

## 4. Safe Sex
- Only have intercourse with one person
- Practice safe intercourse where semen, blood and vaginal fluids do not enter your body
- Do not sell or trade sex
- Use condoms
- Do not share razors
- Do not touch other people’s blood

## 5. Get Tested Regularly
- It can take up to 6 – 12 months for the virus to show up in your system.
- Get tested.

## 6. Deliver Baby at Hospital
- There is a greater chance for baby to live if delivery occurs at a hospital where c-section and medicines can be administered.
# LIVING WITH HIV

## 7. TAKE MEDICINES & STAY HEALTHY
- There is no cure for HIV, but antiretroviral medicines can help you live longer.
- It is important to take the suggested medicines exactly as you are told.
- Exercise and eat well to stay strong.

## 8. INFECTIONS
Common health issues with HIV positive patients include:
- Thrash in mouth
- TB
- Pneumonia
- Wounds and sores

## 9. FIND A SUPPORT GROUP
- Counseling provides hope and healing.
- They can help you stay healthy as long as possible.
- They can help you learn how to be sexual in a safe way.
POSTER:

**HIV IS SPREAD**

- Practice safe sex
- Take medicine

**HIV IS NOT SPREAD**

- Get tested
- Deliver baby in hospital
- Find support group
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<td>• Use poster and follow presentation</td>
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<td>• Show proper use of condoms and have them practice unpacking and unrolling them</td>
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BACKGROUND RESEARCH FOR PRESENTER:

http://www.cdc.gov/hiv/topics/basic/

http://aids.gov/hiv-aids-basics/

http://www.aidsinfo.nih.gov/hiv-aids-health-topics/353/basic-hiv-aids-information