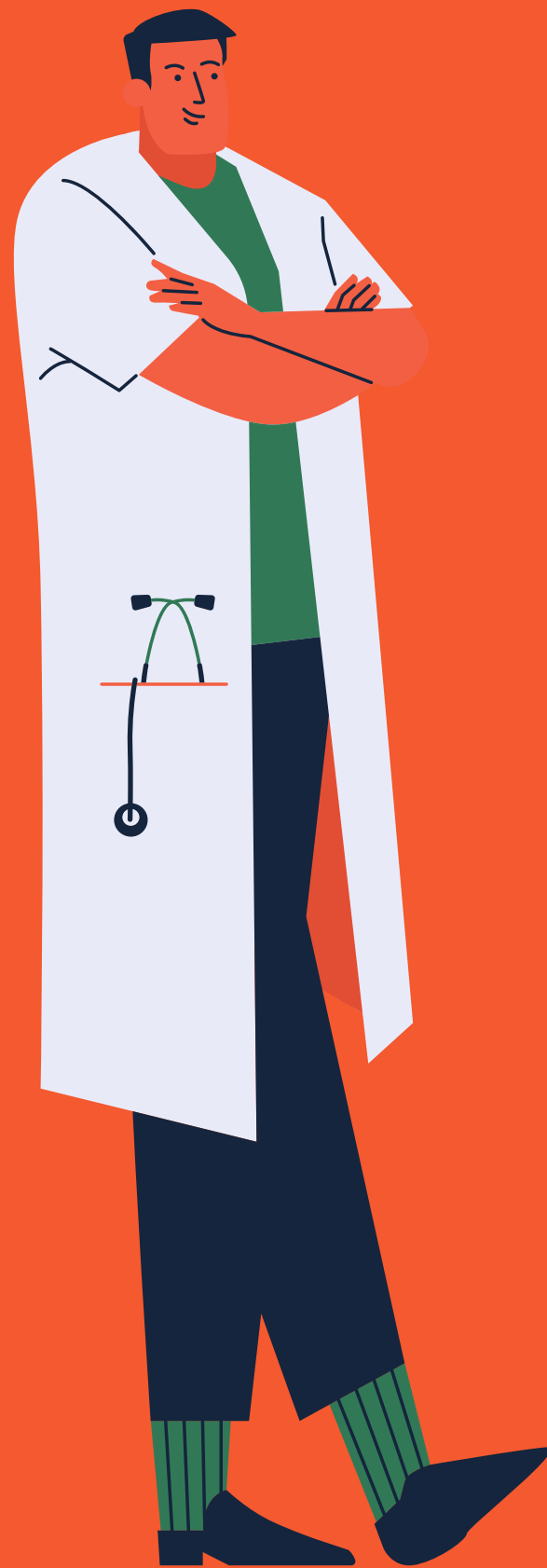


Human Immunodeficiency Virus

And Acquired Immunodeficiency Syndrome



PRESENTATION BY DUBINA AGLAIA



HIV/AIDS definitions

HIV (human immunodeficiency virus) is a virus that damages the cells in one's immune system and weakens one's ability to fight everyday infections and disease.

AIDS (acquired immune deficiency syndrome) is the name used to describe a number of potentially life-threatening infections and illnesses that happen when one's immune system has been severely damaged by the HIV virus.

HIV symptoms

Most people experience a short flu-like illness 2 to 6 weeks after HIV infection, which lasts for a week or 2.

After these symptoms disappear, HIV may not cause any symptoms for many years, although the virus continues to damage your immune system.

This means many people with HIV do not know they're infected.





High risk

- People with a current or previous partner with HIV,
- people who are from an area with high HIV rates,
- people who inject drugs and share equipment,
- people with a history of sexually transmitted infections, hepatitis B or hepatitis C,
- people who have had multiple sexual partners,
- people who have been raped,
- people who have received a blood transfusion, transplant or other risk-prone procedures in countries which do not have strong screening for HIV,
- healthcare workers who could accidentally prick themselves with an infected needle,
- babies with mothers who have untreated HIV – before or during birth or by breastfeeding



Causes of HIV Infection

HIV IS FOUND IN THE BODY FLUIDS OF AN INFECTED PERSON. THIS INCLUDES SEMEN, VAGINAL AND ANAL FLUIDS, BLOOD AND BREAST MILK.

However, HIV cannot be transmitted through sweat, urine or saliva. The most common way of getting HIV in the UK is through having sex without a condom.

SHARING NEEDLES, SYRINGES OR OTHER INJECTING EQUIPMENT

TRANSMISSION FROM MOTHER TO BABY DURING PREGNANCY, BIRTH OR BREASTFEEDING

But couples with one HIV positive person can have healthy children.

HIV diagnosis

THE ONLY WAY TO FIND OUT IF YOU HAVE HIV IS TO HAVE AN HIV TEST. THIS INVOLVES TESTING A SAMPLE OF YOUR BLOOD OR SALIVA FOR SIGNS OF THE INFECTION.

Both positive and negative HIV tests may need to be repeated 1 to 3 months after potential exposure to HIV infection (this is known as the window period)



HIV treatment

TABLETS NEED TO BE TAKEN EVERYDAY

Antiretroviral medicines are used to treat HIV. They work by stopping the virus replicating in the body, allowing the immune system to repair itself and preventing further damage.

COMBINATION OF DIFFERENT MEDICINES

HIV is able to develop resistance to a single HIV medicine very easily.

NOT DETECTED

Treatment is effective if the level of HIV virus in your body is low enough to not be detected by a test.

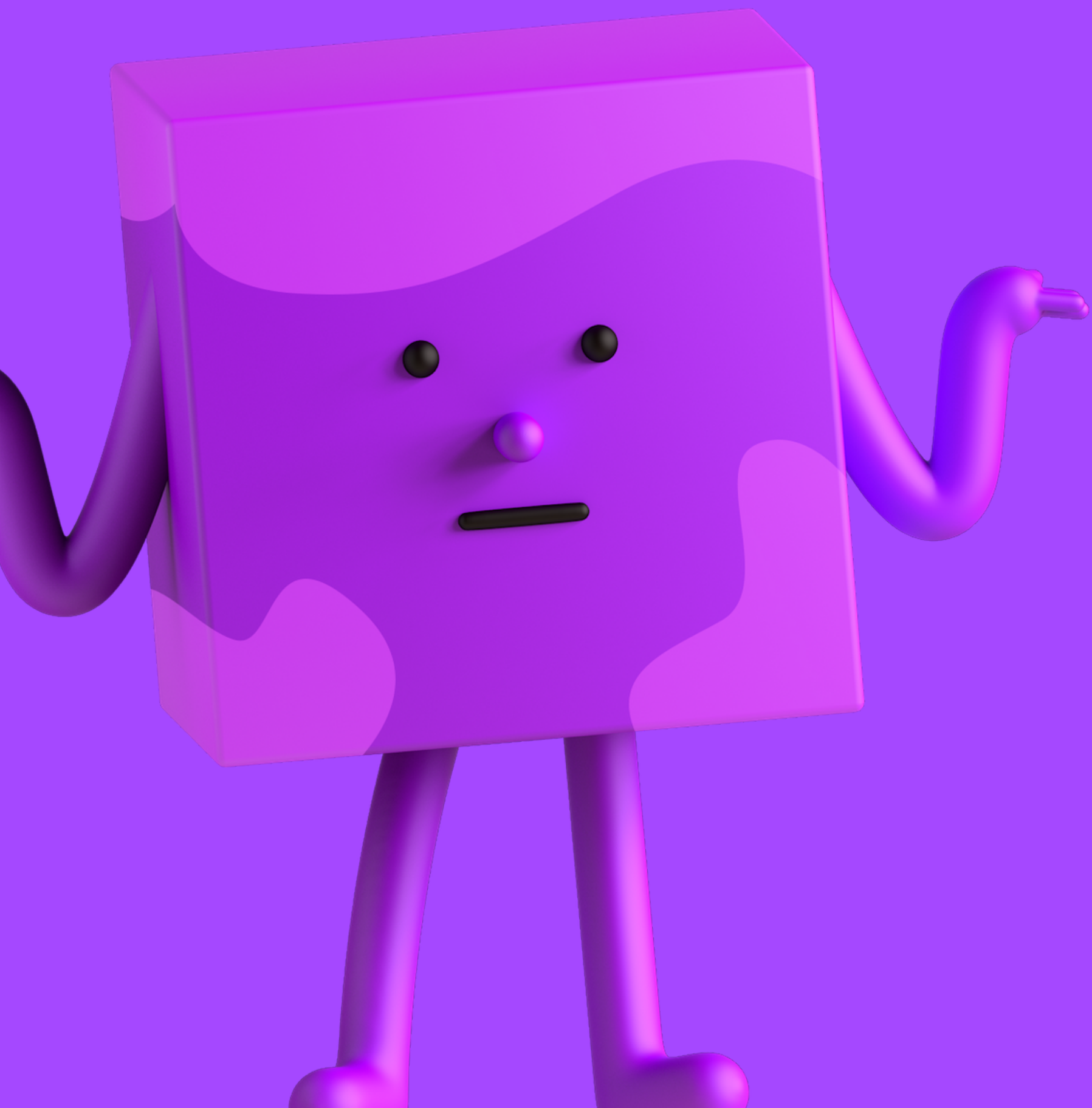
Living with HIV

If you're living with HIV, taking effective HIV treatment and being undetectable significantly reduces your risk of passing HIV on to others.

You'll also be encouraged to:

- take regular exercise
- eat a healthy diet
- stop smoking
- have yearly flu jabs to minimise the risk of getting serious illnesses





Preventing HIV



There are many effective ways to prevent or reduce the risk of HIV infection, including:

- using a condom for sex
- post-exposure prophylaxis (PEP)
- pre-exposure prophylaxis (PrEP)
- treatment for HIV to reduce the viral load to undetectable
- if you use drugs, never sharing needles or other injecting equipment, including syringes, spoons and swabs
- Speak to your local sexual health clinic or a GP for further advice about the best way to reduce your risk.



Statistics

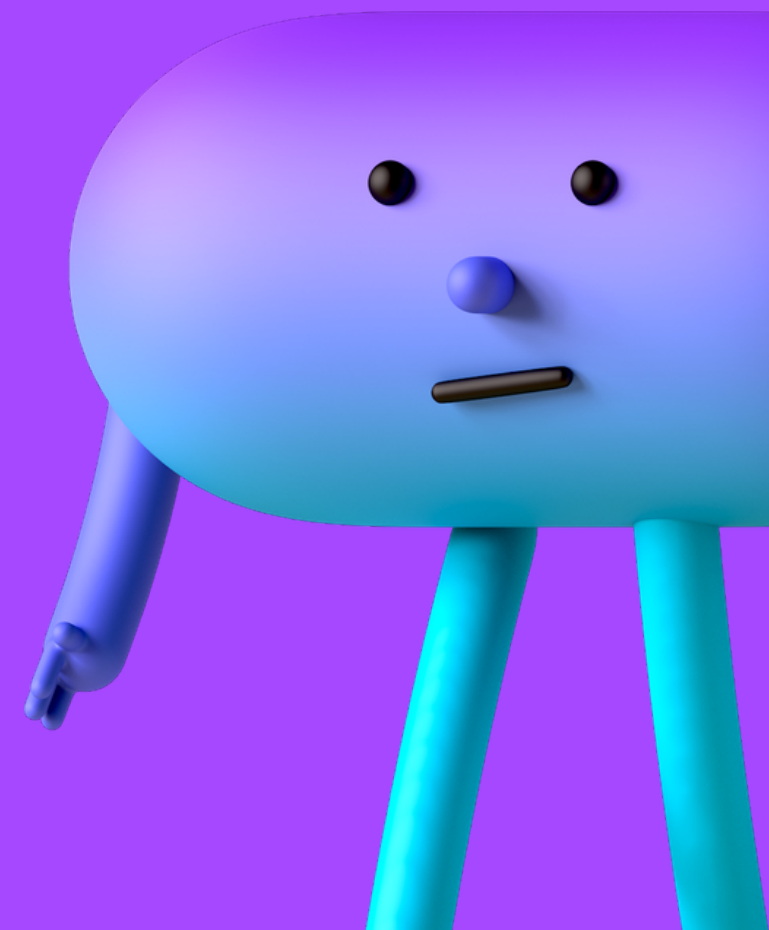


- 38,000,000 - estimated number of people living with HIV in 2019.
 - 1,700,000 people were newly infected with HIV in 2019.
 - 690,000 people died of HIV-related causes in 2019.
 - 68% of adults living with HIV received lifelong antiretroviral therapy (ART) in 2019.
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Facts about HIV/Aids

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Thank you for your attention

