

What Is HIV?

- ▶ HIV (human immunodeficiency virus) is a virus that attacks cells that help the body fight infection, making a person more vulnerable to other infections and diseases. It is spread by contact with certain bodily fluids of a person with HIV, most commonly during unprotected sex (sex without a condom or HIV medicine to prevent or treat HIV), or through sharing injection drug equipment.
- ▶ If left untreated, HIV can lead to the disease AIDS (acquired immunodeficiency syndrome).
- ▶ The human body can't get rid of HIV and no effective HIV cure exists. So, once you have HIV, you have it for life.
- ▶ However, by taking HIV medicine (called antiretroviral therapy or ART), people with HIV can live long and healthy lives and prevent transmitting HIV to their sexual partners. In addition, there are effective methods to prevent getting HIV through sex or drug use, including pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP).
- ▶ First identified in 1981, HIV is the cause of one of humanity's deadliest and most persistent epidemics.

How Do I Know If I Have HIV?

- ▶ **The only way to know for sure if you have HIV is to get tested.** Testing is relatively simple. You can ask your health care provider for an HIV test. Many medical clinics, substance abuse programs, community health centers, and hospitals offer them too. You can also buy a home testing kit at a pharmacy or online.
- ▶ To find an HIV testing location near you, use the [HIV Services Locator](#).
- ▶ [HIV self-testing](#) is also an option. Self-testing allows people to take an HIV test and find out their result in their own home or other private location. You can buy a self-test kit at a pharmacy or online. Some health departments or community-based organizations also provide self-test kits for free.
- ▶ Read the U.S. Food and Drug Administration's (FDA) fact sheet on the [OraQuick In-Home HIV Test](#), the only FDA-approved in-home HIV test.

Ways to prevent getting hiv/aids

- ▶ Practice safe sex, limit sexual partners, and get tested for HIV before starting a new sexual relationship. Use a condom every time and opt for water- or silicone based-lubricants. Never share needles and avoid risky behaviors like alcohol or drug abuse. You can also take preventive medication if you are at high risk. Get treatment and avoid breastfeeding during pregnancy to prevent transmission from an infected mother to her baby.
- ▶ 1. Practice Safe Sex e.g: Use Condoms, Use A Water- Or Silicone-Based Lubricant e.t.c
- ▶ 2. Don't Share Needles
- ▶ 3. Take Preventive Medication
- ▶ 4. Avoid Risky Behaviors
- ▶ 5. Screen And Treat For HIV During Pregnancy

Symptoms of HIV/AIDS

SIGNS AND SYMPTOMS OF HIV THAT YOU MUST KNOW

The most common ways the **HIV virus** may enter your body are through high-risk sexual behavior and exposure through injection or infusion.

HIV EXPOSURE THROUGH SEXUAL BEHAVIOR



HIV EXPOSURE THROUGH INJECTION OR INFUSION



According to the Center for Disease Control & Prevention, more than



1.2 million people are currently HIV-infected in the U.S., and as many as 12.8 percent (1 in 8 people) remain unaware of their infection.

SYMPTOMS MAY START APPEARING 2 TO 6 WEEKS AFTER CONTRACTING THE INFECTION



FEVER



NIGHT SWEATS



SORE THROAT



MUSCLE PAIN & JOINT PAIN



RASH



FATIGUE/ TIREDNESS

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Symptoms of HIV/AIDS

People with AIDS have had their immune system damaged by HIV and are very susceptible to these **opportunistic infections**. Common symptoms are:

- Chills
- Fever
- Rash
- Sweats (particularly at night)
- Swollen lymph glands
- Weakness
- Weight loss



REFERENCES

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[.symptoms of hiv/aids - Bing](#)