Group Two

HIV AIDS

# **Introduction**

HIV (human immunodeficiency virus) is a virus that attacks the body’s immune system. If HIV is not treated, it can lead to AIDS (acquired immunodeficiency syndrome).

There is currently no effective cure. Once people get HIV, they have it for life.

But with proper medical care, HIV can be controlled. People with HIV who get [effective HIV treatment](https://www.cdc.gov/hiv/basics/livingwithhiv/treatment.html) can live long, healthy lives and protect their partners

## Where did HIV come from?

* HIV infection in humans came from a type of chimpanzee in Central Africa.
* The chimpanzee version of the virus (called simian immunodeficiency virus, or SIV) was probably passed to humans when humans hunted these chimpanzees for meat and came in contact with their infected blood.
* Studies show that HIV may have jumped from chimpanzees to humans as far back as the late 1800s.

Over decades, HIV slowly spread across Africa and later into other parts of the world. We know that the virus has existed in the United States since at least the mid to late 1970s.

## Symptoms

Some people have flu-like symptoms within 2 to 4 weeks after infection (called acute HIV infection). These symptoms may last for a few days or several weeks. Possible symptoms include

#### Fever,

#### Chills,

#### Rash,

#### Night sweats,

#### Muscle aches,

#### Sore throat,

#### Fatigue,

#### Swollen lymph nodes, and

#### Mouth ulcers.

But some people may not feel sick during acute HIV infection. These symptoms don’t mean you have HIV. Other illnesses can cause these same symptoms.

## Stages of HIV

What are the stages of HIV?

When people with HIV don’t get treatment, they typically progress through three stages. But [HIV medicine](https://www.cdc.gov/hiv/basics/livingwithhiv/treatment.html) can slow or prevent progression of the disease. With the advancements in treatment, progression to Stage 3 is less common today than in the early days of HIV.

* Stage 1: Acute HIV Infection
* People have a large amount of HIV in their blood. They are very contagious.
* Some people have flu-like symptoms. This is the body’s natural response to infection.
* But some people may not feel sick right away or at all.
* If you have flu-like symptoms and think you may have been exposed to HIV, seek medical care and ask for a test to diagnose acute infection.
* Only [antigen/antibody tests or nucleic acid tests (NATs)](https://www.cdc.gov/hiv/basics/hiv-testing/test-types.html) can diagnose acute infection.

Stage 2: Chronic HIV Infection

* This stage is also called asymptomatic HIV infection or clinical latency.
* HIV is still active but reproduces at very low levels.
* People may not have any symptoms or get sick during this phase.
* Without taking HIV medicine, this period may last a decade or longer, but some may progress faster.
* People can transmit HIV in this phase.
* At the end of this phase, the amount of HIV in the blood (called viral load) goes up and the CD4 cell count goes down. The person may have symptoms as the virus levels increase in the body, and the person moves into Stage 3.
* People who take HIV medicine as prescribed may never move into Stage 3.

Stage 3: Acquired Immunodeficiency Syndrome (AIDS)

* The most severe phase of HIV infection.
* People with AIDS have such badly damaged immune systems that they get an increasing number of severe illnesses, called [opportunistic infections](https://www.cdc.gov/hiv/basics/livingwithhiv/opportunisticinfections.html).
* People receive an AIDS diagnosis when their CD4 cell count drops below 200 cells/mm, or if they develop certain opportunistic infections.
* People with AIDS can have a high viral load and be very infectious.
* Without treatment, people with AIDS typically survive about three years.

# Transmission

Most people who get HIV get it through anal or vaginal sex, or sharing needles, syringes, or other drug injection equipment

## Ways by which HIV can be transmitted includes

#### Through sex

#### Mother to child(Through pregnancy, birth or breastfeeding )

#### By sharing needles, syringes and other drug equipment.

# Prevention

### Today, more tools than ever are available to prevent HIV. You can use strategies such as abstinence (not having sex), never sharing needles, and using condoms the right way every time you have sex. You may also be able to take advantage of HIV prevention medicines such as [pre-exposure prophylaxis](https://www.cdc.gov/hiv/basics/prep.html) (PrEP) and [post-exposure prophylaxis](https://www.cdc.gov/hiv/basics/pep.html) (PEP). If you have HIV, there are many actions you can take to prevent transmitting HIV to others.

### Choose Sexual Activities With Little to No Risk

* Choose sex that is less risky than anal or vaginal sex. There is little to no risk of getting HIV through oral sex.
* You can’t get HIV from sexual activities that don’t involve contact with body fluids (semen, vaginal fluid, or blood).
* Learn more about [how HIV is and is not transmitted](https://www.cdc.gov/hiv/basics/transmission.html).

### Use Condoms the Right Way Every Time You Have Sex

* Condoms are highly effective in preventing HIV and other sexually transmitted diseases (STDs), like gonorrhea and chlamydia.
* Use water-based or silicone-based lubricants to help prevent condoms from breaking or slipping during sex.
* Learn the right way to use an [external condom](https://www.cdc.gov/hiv/basics/hiv-prevention/condoms.html) (sometimes called a male condom) and an [internal condom](https://www.cdc.gov/hiv/basics/hiv-prevention/condoms.html) (sometimes called a female condom).

### Take PrEP

* PrEP (pre-exposure prophylaxis) is medicine people at risk for HIV take to prevent HIV.
* If taken as prescribed, PrEP is highly effective for preventing HIV from sex.
* PrEP is much less effective when it is not taken as prescribed.
* Find out [if PrEP is right for you](https://www.cdc.gov/hiv/basics/prep.html).

### Decide Not to Have Sex

* Not having sex (also known as being abstinent) is a 100% effective way to make sure you won’t get HIV through sex.
* You can be abstinent at different times in your life for different reasons that may change over time.
* Not having sex also prevents other STDs and pregnancy.

### Get Tested and Treated for Other STDs

* If you have another STD, you are more likely to get HIV. Getting tested and treated for other STDs can lower your chances of getting HIV.
* Many people with an STD may not know they have one because they don’t have symptoms.
* [Find a testing site near you](https://gettested.cdc.gov/).

### If Your Partner Has HIV, Encourage Your Partner to Get and Stay in Treatment

* This is the most important thing your partner can do to stay healthy.
* If your partner takes HIV medicine and gets and keeps an undetectable viral load, there is effectively no risk of you getting HIV from sex with