

For more information:

Project SAFE

Link Center MU 301
Info, Referrals, Safer Sex Supplies
415.452.5070
www.ccsf.edu/hiv

San Francisco Dept of Health – HIV Prevention
www.sfhiv.org

San Francisco AIDS Foundation
415.487.3000
www.sfaf.org

Project Inform
Info & resources for those living with HIV
1.800.822.7422
www.projectinform.org

San Francisco HIV Testing Sites
www.sfhiv.org
www.sfaf.org/client-services/

San Francisco Syringe Exchange Sites
www.sfhiv.org
www.sfaf.org/client-services/

San Francisco Sex Information
415.989.7374
www.sfsi.org

California AIDS Hotline
1.800.367.2437
www.californiaaids hotline.gov

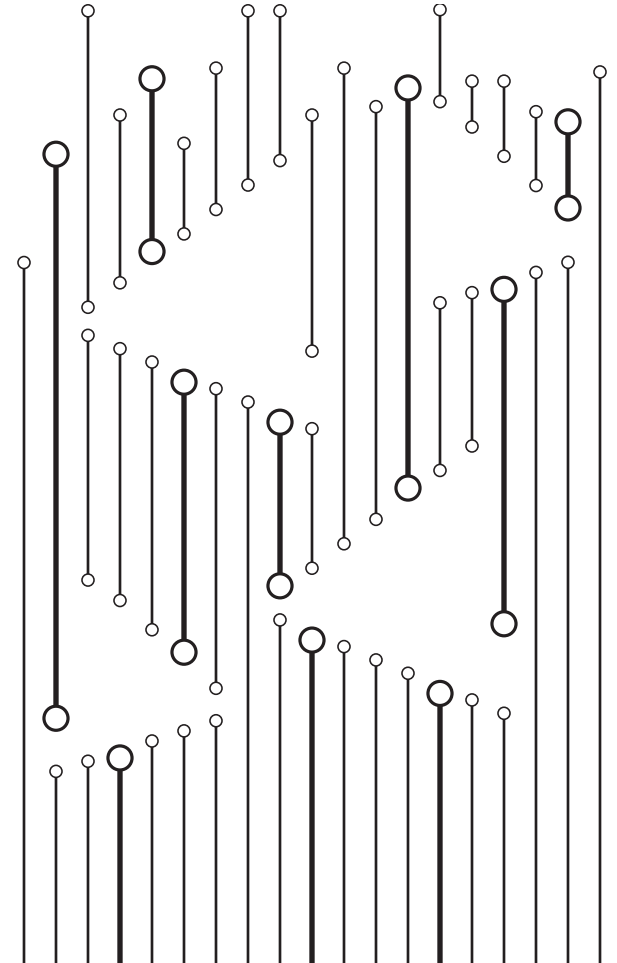
Center for Disease Control & Prevention (CDC)
HIV & STI info 1.800.232.4636 or 1.800.cdcinfo
www.cdc.gov/hiv



HIV/STI Prevention Studies
City College of San Francisco
50 Phelan Avenue · MU353
San Francisco, CA 94112
415.452.5202

HIV
Human
Immunodeficiency
Virus

HIV Treatment = HIV Prevention



What is HIV?

HIV Stands for:

Human Immunodeficiency Virus

Infection with the HIV virus causes chronic inflammation and weakens the body's immune system. Over time this inflammation affects many systems in the body and makes it increasingly difficult for the body to fight off infection. People with HIV infection may have no symptoms, a few symptoms or experience very serious symptoms. They may not even know they have the infection and be able to pass it on to others. There is no cure. New treatment is less toxic than the virus and suppresses viral load (amount of HIV virus in the body) which decreases transmission to others, and allows people to live longer fuller lives by managing HIV as a chronic disease.

What is AIDS?

AIDS Stands for:

Acquired Immune Deficiency Syndrome

AIDS is the final stage of HIV infection as the body's immune system becomes so damaged it cannot fight off certain infections, diseases and cancers. As with HIV, people with an AIDS diagnosis can experience a range of symptoms, health and vigor. Treatment may allow people to live longer fuller lives by managing AIDS as a chronic disease—although it is important to remember that there is no cure at this time.

Transmission of HIV

HIV can be transmitted through these (and only these) body fluids: blood, semen (pre-cum), vaginal/cervical fluid, and breast milk.

There are three basic modes of HIV transmission:

- Sexual contact through anal and vaginal sex
- Blood exposure through sharing needles
- Perinatal during pregnancy, birth, or breastfeeding

Prevention of HIV

Know your HIV status

Get tested for HIV—when people know they have HIV, they have the power to decrease risky behaviors and limit passing HIV onto others. If you test positive for HIV consider starting treatment to suppress viral load—treatment can reduce the risk of HIV transmission by 96% (NIH study 2011). This will improve your long term health outcomes too.

HIV testing is safe, accurate, and results are available immediately. For info about where to get tested, visit the Link Center MUB 301 for a list of testing sites or visit www.sfhiv.org.

Do not share needles or injection equipment—use syringe exchange and disposal sites

Practice safer sex—by preventing or limiting exchange of body fluids during sexual activity

Alcohol and drug use—can increase HIV risk significantly through impairing judgment and decision making and other biological factors that physically increase transmission risk, particularly with use of crack-cocaine, methamphetamine, poppers and heavy alcohol use.

STI's—can increase the risk of HIV because the sores or inflammation caused by sexually transmitted infections can facilitate HIV transmission through direct exposure to infected body fluids.

Current HIV prevention messages

- Know your HIV status—GET TESTED for HIV
- The virus is more toxic than the treatment
- Many people are getting treatment early and suppressing viral load
- Suppressing viral load decreases HIV transmission risk
- What is good for the individual is good for the community!
- Social Justice & Health Equity is HIV Prevention!!

Health disparities and HIV

Good health is not distributed equally in the U.S.

Some communities are more impacted by chronic diseases including HIV. Although it is behavior that puts an individual at risk for HIV, certain communities experience a larger amount of HIV than would be expected based on their population size.

In the U.S., gay men (particularly gay men of color), African Americans, transgender women, and people in low income communities experience greater amounts of HIV. Many social co-factors play a role in individual and community risk for HIV. Co-factors are conditions that can increase risk of HIV and include poverty, homelessness, incarceration, immigration and language issues, lack of access to health & social services, and mental health issues such as trauma.

Working for health equity by advocating for structural change to address the co-factors for HIV transmission are an important part of HIV prevention efforts.

Structural change can include:

- Universal health care
- Substance use and mental health treatment on demand
- Access to clean syringes in pharmacies
- Stable income, housing and food security for all
- Working to end racism, sexism, homophobia, transphobia and all forms of discrimination and oppression