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A. "HIV can also make STDs more difficult to treat, since HIV makes your immune system less effective, you become more susceptible to every virus, bacteria, and germ you are exposed to”.

A. "These conditions may be pre-existing before the HIV virus hit”.

**Q." how long does it take for HIV to show up after testing"?**

**Q." Testing periods before results"?**

A. "The time it takes for HIV to show up after testing depends on the type of test used”.

A. "an antigen/antibody lab test using blood from a vein can usually detect HIV 18 to 45 days after exposure, A nucleic acid test (NAT) can usually detect HIV 10 to 33 days after exposure”.

A. "some tests may take up to 90 days to detect HIV after exposure",""

**Q. How much experience do you have treating HIV?**

**Q. How long have you been a consult to HIV patients?**

A. "5 years of experience",

A. "As long as i was created",

A. "A good number of years treating HIV patients”.

**Q.” How will you keep track of my immune system's health? “**

A. "Based on the number of illnesses contacted each year",

A. "Regular blood tests to check how good your immune system works".

A. "Aging plays a major role with a healthy immune system”.

**Q. “When should I start taking anti-HIV drugs?”**

A. "people with HIV start taking antiretroviral therapy as soon as possible after diagnosis".

A. " If you have been diagnosed with HIV, it is important to consult with your healthcare provider to determine the best course of treatment for you".

**Q. "What can I do to prevent complications, such as opportunistic infections, and stay healthy?"**

**Q. "Tips of staying healthy?"**

**Q. "healthy living advice?"**

A. "Wash your hands frequently with warm soapy water,

Use condoms every time you have sex.

Avoid oral-anal sex!

Do not inject drugs. If you cannot stop using, avoid sharing needles and other equipment.

Avoid raw or undercooked eggs, poultry, meat, and seafood.

Avoid unpasteurized dairy products and fruit juice.

Thoroughly wash fruits and vegetables before eating"

**Q." what is lymphadenopathy”.**

A. "Lymphadenopathy refers to a condition where the lymph nodes become swollen in response to illness",

A. "refers to the swelling localized or generalized around the lymph nodes which can be abnormal in size, some common causes of lymphadenopathy include viral or bacterial infections, autoimmune diseases and cancer, Experiencing swelling in your lymph nodes”.

**Q. "HIV transmission routes"**

**Q. "how does transmission occur."**

A. "HIV is transmitted through specific body fluids from an HIV-positive person with a detectable viral load”.

A. " Transmission can occur when these fluids come into contact with a mucous membrane (found in the rectum, vagina, mouth, or tip of the penis), open cuts or sores, or by direct injection",

A. " HIV is not transmitted through saliva, sweat, urine, or casual contact such as hugging or shaking hands”.

A. "The most common ways of getting HIV in the UK are through having anal or vaginal sex without a condom and sharing needles, syringes, or other injecting equipment”.

A. " HIV can also be transmitted from an HIV-positive mother to her baby during pregnancy, childbirth, or breastfeeding”.

**Q. "can you tell me more about PEP”.**

**Q. "what is PEP"**

A. "Certainly! PEP stands Post-Exposure Prophylaxis",

A. “it is a treatment that can help prevent HIV infection after exposure to the virus",

A. " PEP involves taking antiretroviral medicines within 72 hours of exposure to HIV”.

**Q. "how effective is PEP in preventing HIV infections”.**

**Q. "who should consider taking PEP”.**

A."PEP is most effective when it is started soon after exposure to HIV, when doses are not missed and when people complete the 28-day course."

A." PEP is highly effective in preventing HIV infection, The most common cause of HIV infection in people who take PEP is ongoing risk behaviour, HIV infection was attributed to ongoing risk behavior after completing PEP”.

A. " If you think you may have been exposed to HIV, you should contact a healthcare professional or visit a sexual health clinic as soon as possible to discuss whether PEP is appropriate for you”.

**Q. "how does PrEP work",**

**Q. "Effectiveness of PrEP"**

A. "PrEP gives you a high level of protection against HIV when taken exactly as prescribed by a health care provider."

A. "PrEP stops HIV from taking hold and spreading throughout your body. It lowers your chances of getting HIV from sex by about 99% and from injection drug use by 74%.",

A. "In some people, PrEP can cause side effects, such as nausea. These side effects aren't serious and generally go away over time. If you're taking PrEP, tell your health care provider if you have any side effects that are severe or don’t go away."

**Q. "How can I protect my sex partner(s)"**

**Q. "injection drug partner(s) from getting HIV?"**

A. “Unprotected sex means having vaginal or anal sex without taking PrEP or using other prevention measures like a condom. HIV can be transmitted during unprotected sex”.

A. "if the person with HIV takes HIV medicine prescribed and keeps an undetectable viral load, they will not transmit HIV to their HIV-negative partners through sex",

A. "If you think you may have been exposed to HIV, get tested as soon as possible. If you think you may have been exposed to HIV within the last 72 hours, you may be able to take PEP—medicine to prevent HIV."

**Q. How much exercise should I aim for?**

**Q. Types of exercises for HIV patients**

A. "The Physical Activity Guidelines (2018) suggest that adults need at least 150 to 300 minutes per week”.

A. "moderate-intensity aerobic activity, like biking, brisk walking, or fast dancing",

A. "Adults also need muscle-strengthening activity, like lifting weights or doing push-ups, at least 2 days per week”.

**Q."What does a positive test result mean?"**

A. "A positive test result means you have HIV. You may be given a follow-up test to confirm the result."

A. "Finding out you have HIV can be scary, but you can still live a healthy life if you take action."

A. “It’s important to start medical care and begin HIV treatment right away. By taking HIV medicine daily as prescribed, you can stay healthy and live a long and healthy life.”

**Q.” Where can I get an HIV test”?**

A. "There are lots of places to get tested and some may offer free HIV tests!"

A. "There are several different types of tests and some have different levels of privacy regarding your results"

**Q.” How long can people live with HIV or AIDS?”**

**Q. “What is the life span of HIV positive patients?”**

A. "Without treatment, some people live for just a few years after getting HIV”.

A. "Medicines that fight HIV have helped many people with HIV and AIDS live years.

and even decades longer than was possible in the past”.

A."HIV treatments are not a cure, and they do not work equally well for

everyone, but they have extended the lives of many people with HIV and AIDS”.

**Q. “Can I get a vaccine to prevent HIV infection or AIDS?”**

A. "No. There is no vaccine to prevent HIV infection”.

A. " Researchers are working to develop a vaccine and are being tested to find out if they work”.

**Q.” Is there a cure for HIV or AIDS?”**

A. "No. There is no cure for HIV or AIDS”.

A. "there are medicines that fight HIV and help people with HIV and AIDS live longer, healthier lives”.

**Q. Where can I find updated statistics on HIV and AIDS?"**

**Q. "What are the HIV and Aids stats in the world”.**

A. "Global HIV/AIDS statistics are available from UNAIDS at www.unaids.org and

from the World Health Organization at www.who.int/hiv."

1. "The centres for Disease Control and Prevention (CDC) posts statistics about HIV

and AIDS in the United States on its website: www.cdc.gov. "

**Q. “Is it easy to get HIV? “**

**Q. "How easy is it to get HIV”.**

A. "No. HIV is not like the flu or a cold. It is not passed through casual contact or by

being near a person who is infected”.

1. "You can only get HIV if infected blood, semen, vaginal fluids, or breast milk gets.

into your body"

**Q.” When does a person with HIV infection have AIDS?”**

**Q.” How do I know I have AIDS”.**

A. " An individual has CD4 cell count, a way to measure the strength of the immune

system, falls below 200 (a normal CD4 cell count is 500 or higher)"

A."When the person develops any of the specific serious conditions – also called AIDS-

defining illnesses – linked with HIV infection”.

**Q. Why is it important for people with HIV to get medical care?**

A. "People with HIV should seek early medical care so they can find out about medicines that fight HIV”.

A. "Often, it is best to start treatment before symptoms appear. A doctor can do blood tests to

find out how much HIV is in a person’s body and how much damage the virus has done to the immune system”.

**Q. Are people with HIV who receive Medicaid required to join a**

**managed care program?**

A."Most HIV+ individuals have been or will be required to join a Medicaid Managed

Health Care plan "

A."A variety of factors may exclude PLWHA from enrolment in Medicaid Managed Care at this time including having Medicare and Medicaid, or a spend-down to qualify for Medicaid”.

**Q. Do women with HIV need special medical care?”**

A. "Women with HIV should have yearly pelvic exams and PAP smears to look for cervical cancer"

A. "Women with HIV also need to know how to prevent pregnancy (if they do not wish to become pregnant) and how to prevent passing HIV to their babies if they do choose to get pregnant."

**Q. “Should people with HIV tell their doctor, dentist, physician assistant,**

**nurse practitioner, and other health care providers”**

**Q.” consulting my doctor about my HIV status”.**

A." Yes. To provide the best medical care, health care providers need to know the HIV status of their patients. It is against the law for health care providers to deny care to people with HIV because of their HIV status."

A. “it is very important to check in with your local GP about health concerns.

**Q. What are CD4 cell counts and viral load tests?**

A."CD4 cells are part of the immune system. Over time, HIV kills CD4 cells, making

the immune system weaker. A person’s CD4 cell count shows the strength or

weakness of the immune system"

A."Viral load is the amount of HIV in a person’s blood. Over time, without treatment,

the viral load of a person living with HIV gets higher. HIV treatment with HAART

(Highly Active Anti-Retroviral Therapy) usually lowers the viral load. When the

amount of HIV in the blood is so low that blood tests cannot find it, it is called an

undetectable viral load."

A."CD4 cell count tests and viral load tests give people with HIV and their doctors

important information about a person’s HIV infection and immune system

strength"

**Q”. Does my life come to an end after positive diagnosis”.**

**Q. “what happens after positive diagnosis”.**

A. "No, Positive diagnosis is not a death sentence”.

A. “You can still live a normal life after being diagnosed of HIV”.

**Q.” can i live a normal life?”**

A. "You can have a normal life with some adjustments compared to someone without a chronic medical condition”.

A. "You'll have more medical visits and take more medication”.

**Q.” What do I do now?”**

A. "At time like this the last thing you should think of is making a to-do list”.

A. "Notify your contacts, anyone you might have infected or who might have infected you should be notified immediately”.

A. "Educate yourself about the disease”.

**Q. “Who should I tell?”**

A. "Telling people about your HIV status is a big step especially when you've just found out you're positive”.

A. "It is important to tell your sexual partners or people you share needles with”.

A.” Think about telling friends and family for emotional support”.

**Q. “should I keep working?”**

A. "Yes this entirely depends on how well you feel after being diagnosed”.

A. "Yes it gives the opportunity to remain productive and to maintain a sense of purpose”.

A."HIV infection can also lead to permanent disability despite treatment, if this happens to you then you might have to sit home If not keep working”.

**Q. “What does HIV do?”**

A. "HIV attacks CD4 cells—a type of white blood cells in your immune system. Without these cells, you can get life-threatening infections and some cancers."

A. "HIV uses these cells to make copies of itself and release more virus into your blood."

**Q.”What is the difference between HIV and AIDS ?”**

A. "Testing positive for HIV does not necessarily mean you have AIDS; AIDS is the most advanced stage of HIV disease. HIV can lead to AIDS if it isn't not treated."

A. "getting into medical care and starting HIV medicine as soon as possible, you can stay healthy and prevent HIV from developing into AIDS."

**Q.”What does a positive test result mean?”**

A. "A positive test result means you have HIV. You may be given a follow-up test to confirm the result."

A. "Finding out you have HIV can be scary, but you can still live a healthy life if you take action”.

A. "A positive result means to start medical care and begin HIV treatment right away. By taking HIV medicine daily as prescribed, you can stay healthy and live a long and healthy life."

**Q.” where can I get an HIV test done?”**

**Q.” Places to get tested?”**

A. "There are lots of places to get tested and some may offer free HIV tests! There are several different types of tests, and some have different levels of privacy regarding your results."

A. "Contact your local GP or nearest pharmacy”.

**Q. Can HIV be transmitted through mosquito bites?**

A. "No, HIV is not transmitted through mosquito bites."

A. "Mosquito bites do not carry the HIV virus”.

**Q. Can HIV medications be stopped once the viral load is undetectable?**

"Stopping HIV medications without medical guidance can lead to a rebound in viral load. "

"Continuation of treatment is generally recommended."

**Q. Can HIV be transmitted through shared towels?**

"The risk is very low, but it is advisable to avoid sharing towels that may have blood on them."

"No, HIV can’t be transmitted when the virus enters the bloodstream."

**Q.Can HIV-positive individuals donate organs?**

"In some cases, organs from HIV-positive donors can be transplanted into HIV-positive recipients. It is a specialized and carefully managed process."

"Seek help from your local GP, there can be complications”.

**Q. Can HIV medications be taken on an empty stomach?**

A. “The instructions for taking HIV medications may vary, but some can be taken with or without food.”

A. “Focus on getting details on how to take medications from local GP”

**Q. Can HIV-positive individuals participate in contact sports?**

A. "Yes, with proper precautions, individuals with HIV can participate in contact sports."

Q.Can HIV-positive individuals breastfeed if they are on treatment?

A. "In some cases, with proper medical guidance and treatment"

A. "HIV-positive individuals may be advised to breastfeed."

**Q.. What is the impact of substance abuse on HIV transmission?**

A. "Substance abuse can impact HIV transmission when needles are involved."

A. "Can increase the risk of HIV transmission."

**Q. Can a person with HIV be re-infected with a different strain of the virus?**

A."Yes, it is possible for a person with HIV to be infected with a different strain of the virus”.

B. "HIV makes the immune system weak so this is highly possible”.

**Q. "Can HIV-positive individuals have children without transmitting the virus?"**

**Q."childbirth with HIV patients"**

A. " With proper medical care, including antiretroviral therapy, the risk of transmission to the baby can be significantly reduced."

A. “Childbirth can go both ways with respect the child being infected”,

A. “Proper medical care, including antiretroviral therapy, can significantly reduce this risk”.

A. “HIV-positive pregnant women can transmit the virus to their babies during childbirth or breastfeeding”.

**Q. Can HIV medications be taken with other medications?**

A. "Some medications may interact with HIV medications. It is important to inform healthcare providers about all medications being taken”.

**Q.Can HIV be diagnosed through rapid or confirmatory tests?**

1. "Yes, rapid tests provide quick results and are often used for screening".
2. " Confirmatory tests are still needed for a definitive diagnosis."

**Q. “How accurate is the ELISA test?**

**Q.”Tell me about ELISA test?”**

A. "The ELISA test is highly accurate, but false positives and negatives can occur. Confirmatory tests are usually performed for accuracy”.

**Q. “What is the Western blot test? '”**

**Q. “tell me about western blot test”**

"The Western blot is a confirmatory test that detects specific proteins of the HIV virus"

**Q.How accurate is the ELISA test?**

"The ELISA test is highly accurate, but false positives and negatives can occur. Confirmatory tests are usually performed for accuracy”.

**Q. “Can home testing kits detect HIV? “**

**Q."home kits advisable to use?"**

A."Yes, home testing kits are available for HIV detection. They usually involve collecting a blood or saliva sample and mailing it to a lab for analysis”.

Q.  **Can HIV progress to AIDS without treatment?**

**Q. "How does HIV change to AIDS?**

A. "Yes, without proper treatment, HIV can progress to AIDS, leading to severe immune system damage”.

**Q .Can HIV testing be done anonymously? . is it advisable to test for HIV?**

"Yes, many testing centers offer anonymous testing to protect privacy”.