

Take home fact sheet - HIV/AIDS

1. How do you get infected with HIV?
2. Which body fluids contain HIV?
3. What does not infect you with HIV?
4. How does HIV progress to AIDS?
5. How does Anti-Retroviral Treatment (ART) work?

1. How do you get infected with HIV?



Sexual Contact



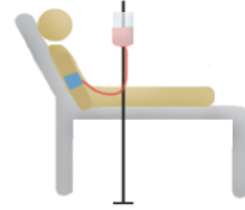
Pregnancy, Childbirth & Breast Feeding



Injection Drug Use



Occupational Exposure



and rarely,
Blood Transfusion/Organ Transplant

2. Which body fluids contain HIV?

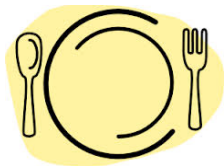
If one of these body fluids from someone infected with HIV can enter your bloodstream - in one of the ways above - there is a risk of infection



FLUIDS OF TRANSMISSION:

- + BLOOD
- + SEMEN (CUM)
- + PRE-SEMINAL FLUID (PRE-CUM)
- + VAGINAL FLUID
- + BREAST MILK

3. What does not infect you with HIV?



Hugging or shaking hands
Eating together
Kissing

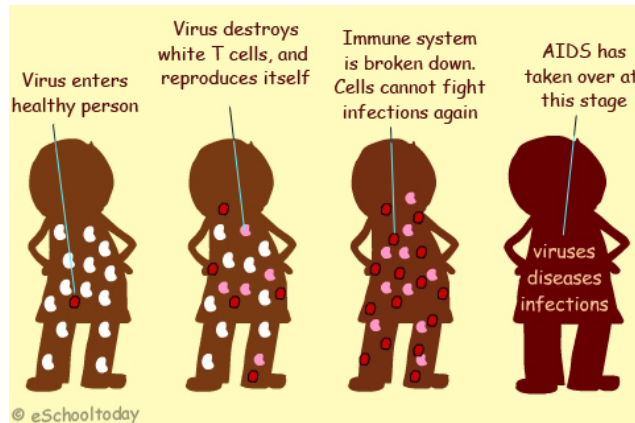
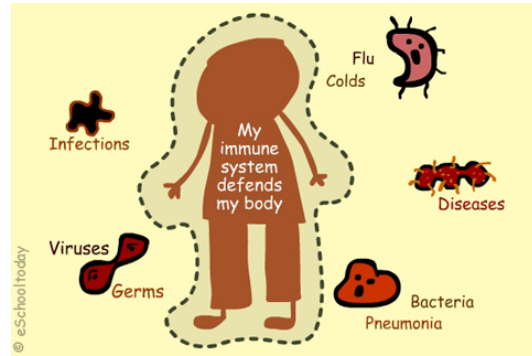
Living together and caring for each other
Going to school together
Mosquito bites
Coughs and sneezes
Playing together
Working together
Sharing facilities like toilets
Swimming in the same pool



4. How does HIV infection progress to AIDS?

To understand how HIV progresses to AIDS we need to know about the immune system. We all have our own body protection system - it is made up of good white blood cells called T-cell lymphocytes.

Everyday our good T-cells fight off infections and the things that cause diseases. These T-cells make up our immune system.



When a person is infected with HIV, the virus makes its way to the T-cells. It destroys them, using them to make more HIV.

The person living with HIV infection (or 'HIV-positive') may feel fine, the virus continues to attack the T-cells and damage the immune system.

Eventually the immune system is so damaged by HIV the person cannot fight off other infections, so they can become very ill.

When the immune system is this badly damaged the infected person has AIDS, because they are vulnerable to all the deadly diseases that define AIDS.

4. How does Anti-Retroviral Treatment - ART - work?

ART is a drug treatment for HIV. It stops the HIV reproducing itself. Eventually most of the HIV cells die and the T-cells recover. This restores the immune system.

But the HIV finds places to hide where the drugs can't reach it. That's why the drugs have to be taken everyday. If the person living with HIV stops the treatment, HIV can start to come out of hiding and will damage the immune system all over again.

The HIV that remained in the body will be immune to the effects of the drug treatment so the same ART won't work again.

But if people keep taking the treatment they can keep HIV under control and live on into old age. The same drugs can be used to prevent an infected mother transmitting the virus to her baby.

