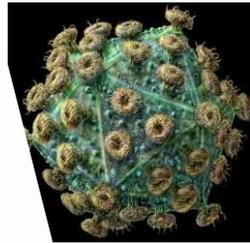
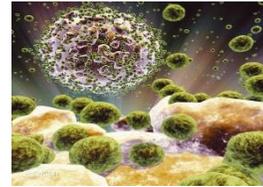


LOVE LIFE STOP AIDS

WORLD
AIDS
DAY
DECEMBER 1

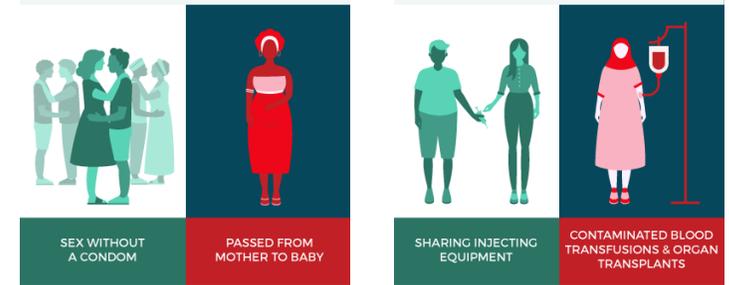
WHAT ARE HIV & AIDS

HIV(human immunodeficiency virus) is a virus that attacks a person's immune system cells, and without treatment will completely destroy their immune system and their ability to fight off infections.



AIDS(acquired immune deficiency syndrome) refers to a set of symptoms and illnesses that occur at the very final stage of HIV infection. It is diagnosed when a person's immune system is almost entirely destroyed, and too weak to fight off infections.

HOW DO YOU GET HIV



YOU CAN'T GET HIV FROM:

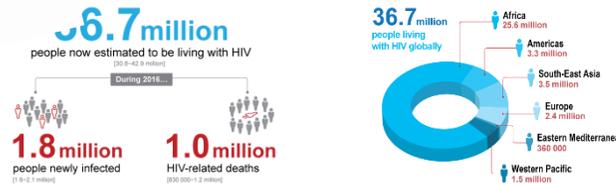


YOU CAN'T PREVENT OR CURE HIV BY:

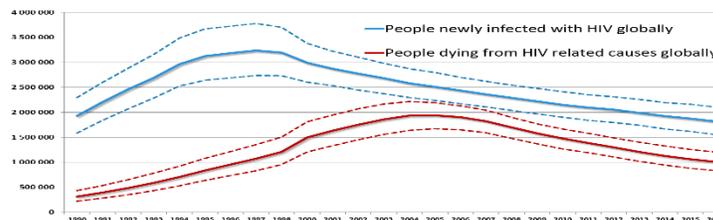


Sustain Your Health
For today & tomorrow

OVERVIEW IN 2016



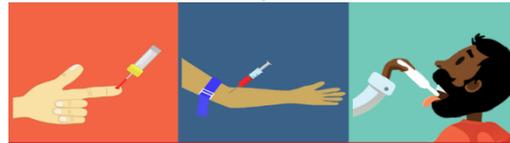
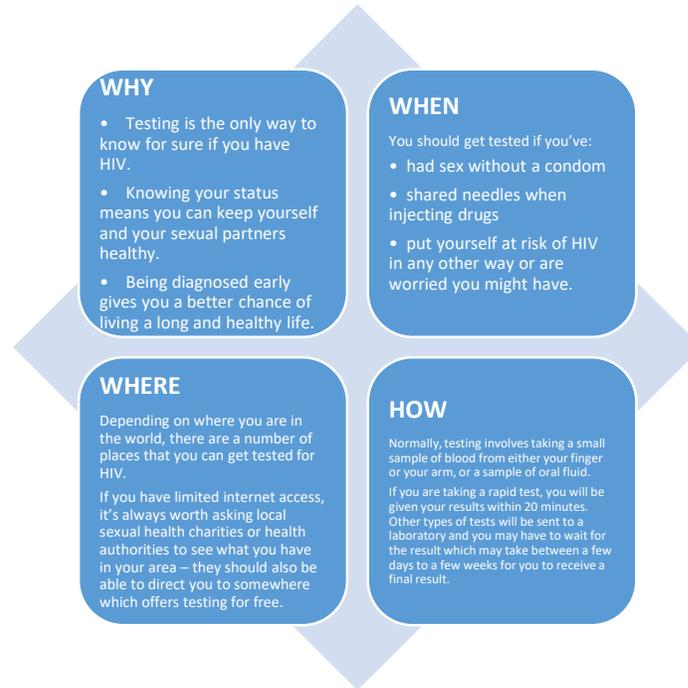
Globally, an estimated 36.7 million (30.8-42.9 million) people were living with HIV in 2016, and 2.1 million (1.7-2.6 million) of these were children. The vast majority of people living with HIV are in low and middle income countries. An estimated 1.8 million (1.6-2.1 million) people were newly infected with HIV in 2016. An estimated 35 million people have died from HIV-related causes so far, including 1.0 million (830,000-1.2 million) in 2016.



KEY WAYS TO PREVENT HIV TRANSMISSION

- Practice safe sexual behaviors such as using condoms.
- Get tested and treated for sexually transmitted infections, including HIV to prevent onward transmission.
- Avoid injecting drugs, or if you do, always use sterile needles and syringes.
- Ensure that any blood or blood products that you might need are tested for HIV.
- Access voluntary medical male circumcision if you live in one of the 14 countries where this intervention is promoted.
- If you have HIV start antiretroviral therapy as soon as possible for your own health and to prevent HIV transmission to your sexual or drug using partner or to your infant (if you are pregnant or breastfeeding).
- Use pre-exposure prophylaxis prior to engaging in high risk behavior; demand post-exposure prophylaxis if there is the risk that you have been exposed to HIV infection in both occupational and occupational settings.

HIV TESTING



An HIV test is done by taking blood from the finger or arm, or by an oral swab.

WHERE CAN I GET AN HIV TEST?

- Specialist HIV/sexual health services and voluntary counselling and testing (VCT) sites
- Youth drop-in centres
- Community testing sites in workplaces, schools or religious facilities
- Health clinics and hospitals
- Family planning or antenatal clinics
- Drug and alcohol services
- By mail order or online (in some countries!)

TYPE OF HIV TEST	WHAT DO THEY TEST FOR?	WHEN CAN HIV BE DETECTED?	HOW LONG DOES IT TAKE TO GET THE RESULTS?	RELIABILITY
3rd generation antibody tests	HIV antibodies	3 months after exposure	Between a few days and a few weeks	High
4th generation antibody/antigen tests	HIV antibodies and p24 viral proteins (antigens)	1 month after exposure	Between a few days and a few weeks	High
Rapid tests	HIV antibodies	3 months after exposure	Within 20 mins	Satisfactory for uncomplicated infection
Self-testing kits	HIV antibodies	3 months after exposure	Within 20 mins	Satisfactory but results must be followed up at a healthcare clinic

Antiretroviral treatment (ART)

❖ **Combination antiretroviral treatment (ART) prevents HIV from multiplying in the body** Effective ART results in a reduction in viral load, the amount of virus in the body, greatly reducing the risk of transmitting the virus to sexual partners.



❖ **As of mid-2016, 18.2 million people were receiving ART worldwide.**

It is recommended to provide lifelong ART to all children, adolescents and adults, including all pregnant and breastfeeding women living with HIV, regardless of CD4 cell count as soon as possible after diagnosis.

Current treatment for HIV is not a cure for HIV, but it can keep HIV under control.

You can continue to have relationships, to work or study, to make plans, to have a family – whatever you would have done before your HIV diagnosis.

DKU Campus Health Clinic
Contact Methods:36657228