

HIV and AIDS Education

Health and Physical Education
Office of Curriculum and
Instruction



OKLAHOMA
Education





Produced through a collaborative effort between the Oklahoma State Department of Education (OSDE) and the Oklahoma State Department of Health (OSDH).

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What is HIV?

Human Immunodeficiency Virus

- A virus spread through **body fluids** that affects specific cells of the immune system, called CD4 cells or T cells.
- A virus that kills the body's CD4 cells (T cells) and damages the **immune system**.
- A virus that replicates inside the human body must **invade** a **healthy cell** in the body to **survive**.

What is AIDS?

Acquired Immuno Deficiency Syndrome

AIDS is a late stage of the **HIV** infection.

Once diagnosed, the body has a hard time fighting disease and certain cancers.

NO cure for **AIDS**, but there is treatment.

Positive **HIV** Test
+
Very low CD4 count (<200)
OR
presence of specific cancers
or opportunistic infections
= **AIDS**

Why is this important?

In the U.S (2018)

- 36,400 people diagnosed with **HIV**.
- 17,032 people diagnosed with **AIDS**.



True or False



Test your current knowledge of HIV.

- I can get HIV by being **around** HIV **positive** people.
- If I'm HIV positive, now my **life** is over.
- I would not be able to tell if I or my partner was **HIV** positive.
- I'm **sexually** active but don't **inject** drugs, so I can't get **HIV**.
- I can get HIV from **all** forms of **sex**.
- I can't get HIV from **mosquitoes**.
- My partner and I are **both** HIV **positive**, so there is no need to use a **condom**.

True or False

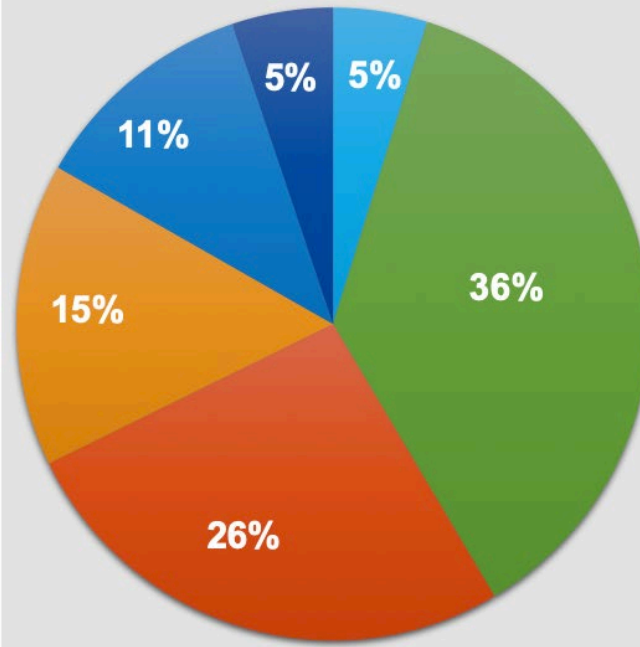


Check your current knowledge of HIV.

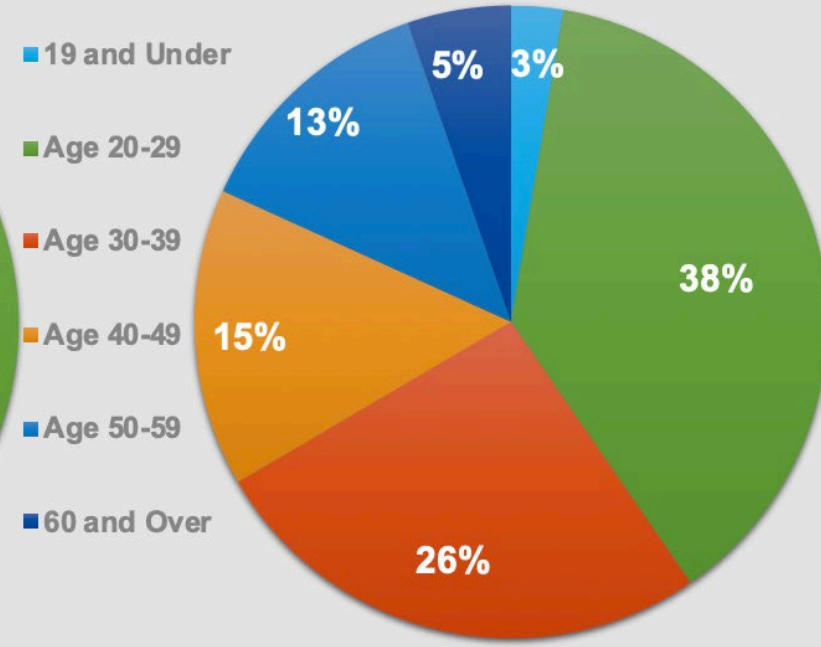
- I can get HIV by being **around** HIV **positive** people: **False**
- If I'm HIV positive, now my **life** is over: **False**
- I would not be able to tell if I or my partner was **HIV** positive: **True**
- I'm **sexually** active but don't **inject** drugs, so I can't get **HIV**: **False**
- I can get HIV from **all** forms of **sex**. **True**
- I can't get HIV from **mosquitoes**. **True**
- My partner and I are **both** HIV **positive**, so there is no need to use a **condom**. **False**

Diagnoses of HIV Cases, by Age

United States, 2018
N=37,968



Oklahoma, 2017
N=302



How Is HIV Spread?

HIV is passed from **person to person** through the **exchange of body fluids**.

3 Ways:

- Unprotected sex with an **HIV** positive person
- **Blood-to-blood** contact
- Exposure to **HIV** before or during **birth** or through **breastfeeding**

What Fluids Can Transmit HIV?

Blood
Semen
Vaginal fluids
Rectal fluids
Breast milk

How Does HIV Enter The Body?

Mouth

Vagina

Nose

Penis

Eyes

Anus

Ears

Open Skin

Symptoms of HIV

- Many people who are living with HIV have **no symptoms** for **10 years or more**.
- It is estimated that **162,500 people** in the United States have HIV but **do not know it**.
- Symptoms **vary** from person to person.
- Some people who have HIV report having **flu-like symptoms 2-4 weeks** after exposure.

Detecting HIV

Viral Load and CD4 (T4) Count

- **CD4 (T4) Count:**
Number of white blood cells in the blood
- **Viral Load:** Amount of HIV in the blood

Your CD4 count helps show how well your immune system is working.



**THE HIGHER YOUR CD4 COUNT, THE BETTER
ABLE YOU ARE TO FIGHT HIV AND OTHER
INFECTIONS.**

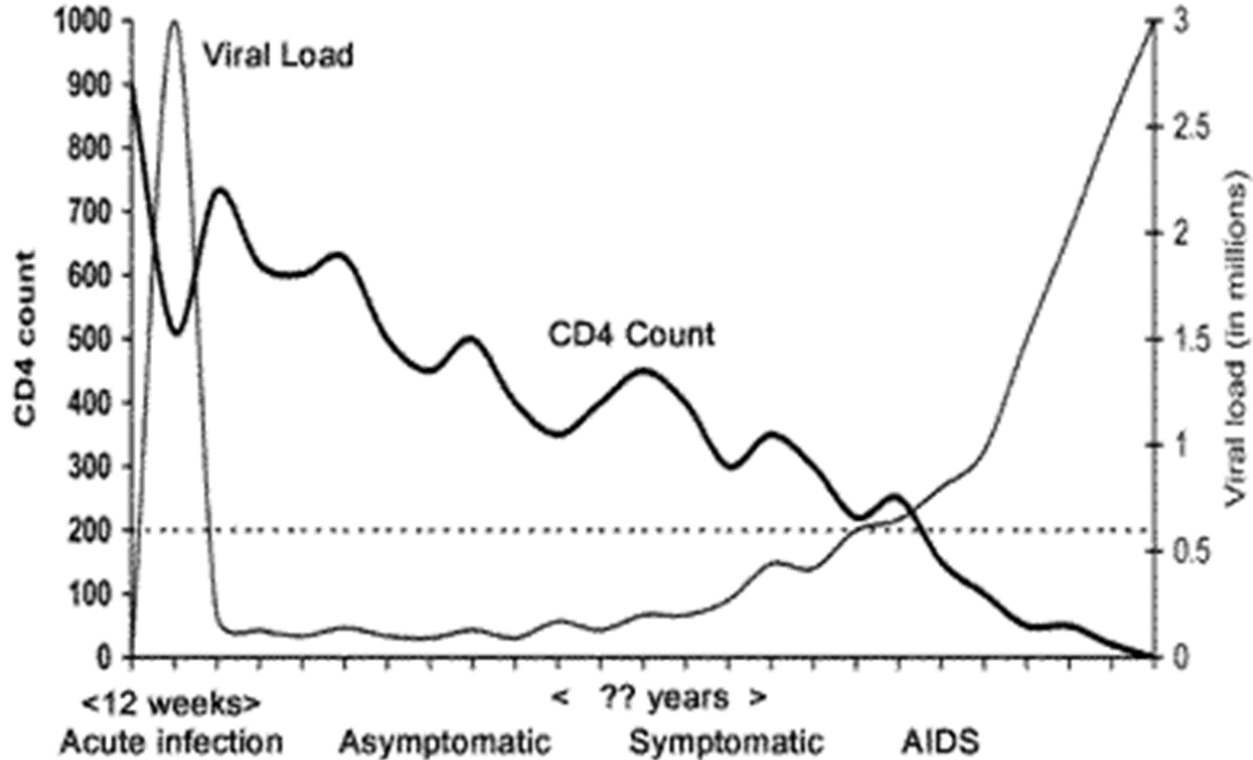
Window Period



The **period of time** after someone may have been **exposed to HIV**, but **before a test can detect it** (up to **3 months**).

IMMEDIATELY INFECTIOUS

Viral Load and CD4 Count Graph



What Does An HIV Test Mean?

Positive
+

- **HIV** antibody **found**.
- Have the **HIV** virus and can **pass to others**.
- Need to begin **treatment immediately**.

Negative
-

- No **HIV** antibody **found**.
- May **not** have the **HIV** virus (consider the window period).
- **Retest** in **three** months.

Opportunistic Infections (OIs)

People with healthy immune systems can be exposed to certain viruses and have no reaction.

HOWEVER...

People living with HIV (PLWH) can face serious threats from the same viruses.

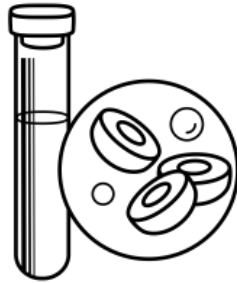
Opportunistic Infections (OIs) are infections that occur more frequently and are more severe in individuals with weakened immune systems including PLWH.

HIV Treatment

Newly Diagnosed?



START TREATMENT!



Treatment benefits
your own health
and the
health of others.

Because of **better treatments**, PLWH are now **living longer** and with a **better quality of life** than ever before.

Where To Get Tested?



Community-Based Organizations

<https://gettested.cdc.gov>

www.gytnow.org

www.stdcheck.com

Local Health Departments

www.health.ok.gov



Resources

Oklahoma HIV/AIDS Hotline: 1-800-535-2437

www.cdc.gov/

www.health.ok.gov

www.hiv.gov

www.stophiv.org

www.healthfinder.gov