

# **HIV Transmission Prevention Programme**

**RINJ**

**Fighting for the safety of women and children.**

# WHAT DO YOU REALLY KNOW ABOUT HIV TRANSMISSION ?

Test your knowledge



# WHAT IS HIV ?

- A disease
- A virus
- An institution fighting against Sexually Transmitted Infections

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An institution fighting against Sexually Transmitted Infections

# WHAT IS HIV ?

HIV stands for *Human Immunodeficiency Virus*.

HIV is a **virus** that can lead to *Acquired Immunodeficiency Syndrome (AIDS)* if not treated. HIV attacks the body **immune system**. Specially the T cells (CD4 cells which help the immune system fight off infections). Untreated, HIV **destroys these cells** which can lead to other **diseases or infections**.

 AIDS is the most severe phase of HIV infection.

# HOW IS HIV SPREAD ?

**HIV is a virus spread by a person infected (HIV positive) to a person non-infected. But, how is HIV spread ?**

- By a penile-anal or penile-vaginal intercourse
- By kissing
- By tatooing
- By receiving or performing fellatio/cunnilingus
- By shared sextoys
- By contact with faces or urine
- By sharing toothbrushes
- By sharing razors
- By injected with needle
- By breast-milk

# HOW IS HIV SPREAD ?

**Potentially, all of them !**

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# HOW IS HIV SPREAD ?

It is not spread in the same proportion... Let's specify the assessment of HIV's risk

## Negligible risk:

Involve an exchange of body fluids (semen, blood, vaginal fluids and breast milk). However, the amounts, conditions and media of exchange are such that the efficiency of HIV transmission appears to be greatly diminished.

- Receiving fellatio or cunnilingus
- Sharing toothbrushes and razors
- Taking breast milk into the mouth
- Contact with feces or urine on broken skin



# HOW IS HIV SPREAD ?

It is not spread in the same proportion... Let's specify the assessment of HIV's risk

## Low risk:

Involve an exchange of body fluids (semen, blood, vaginal fluids and breast milk). There are a **few reports of infection** attributed to these activities.

- Kissing with exchange of blood
- Performing fellatio or cunnilingus without barrier
- Intercourse (penile anal or penile vaginal) with barrier
- Injecting with cleaned needles
- Tattooing with non professional equipment
- Taking blood into the mouth

# HOW IS HIV SPREAD ?

It is not spread in the same proportion... Let's specify the assessment of HIV's risk

## High risk:

Involve an exchange of body fluids (semen, blood, vaginal fluids and breast milk). Lot of **scientific studies have repeatedly associated those activities with HIV infection.**

- Penile- anal or penile- vaginal intercourse without condoms
- Receiving shared sex toys
- Injecting with shared needles



# HOW IS HIV NOT SPREAD..?

- By mosquitoes, ticks or other blood sucking insects
- Through the air
- By sitting on a toilet seat, even if it is not really clean
- By kissing with no blood
- By tattooing/ piercing/ injecting with sterilized and new equipment
- **By shaking hands/ hugging/ talking and interact with HIV positive people**

# WHAT ARE THE EARLY SYMPTOMS OF HIV ?

- Fever
- Coughs up blood
- Hair loss
- Chills
- Teeth loss
- Rash
- Night sweats
- Appearance of lumps all over the body
- Muscle aches
- Sore Throat
- Fatigue
- Mouth ulcer
- None of them

# WHAT ARE THE EARLY SYMPTOMS OF HIV ?

*Actually, it is just flu- like symptoms*

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- ❑ Coughs up blood
- ❑ Hair loss
- ✓ **Chills**
- ❑ Teeth loss
- ✓ **Rash**
- ✓ **Night sweats**
- ❑ Appearance of lumps all over the body
- ✓ **Muscle aches**
- ✓ **Sore Throat**
- ✓ **Fatigue**
- ✓ **Mouth ulcer**
- ✓ **None of them**

# WHAT ARE THE EARLY SYMPTOMS OF HIV ?

About 40% to 90% of people have **flu-like symptoms** within 2- 4 weeks after HIV infection. Other people do not feel sick at all during this early stage. Those flu-like symptoms can last from a few days to several weeks.

During this early stage, HIV infection may not be detectable in some types of HIV tests but people who have it are **highly infectious** and can spread the infection to others.

# WHAT ARE THE ADVANCED SYMPTOMS ?

On this advanced stage, the virus is **developing in the body** without detectable symptoms. During this stage, HIV continue to progress at very low level.

As the disease progress, eventually your viral level will begin to increase and **your T cells will begin to decline.**

# CAN HIV BE CURED ?

- Yes, if it is detected on time
- Yes, if there was no penetration
- Yes, but only if I'm young/healthy
- No.



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# CAN HIV BE CURED ?

No effective cure currently exists for HIV. But with proper medical care, **HIV can be controlled.**

Treatment for HIV is called *antiretroviral therapy* or **ART**.

If taken the right way everyday, **ART can dramatically prolong the lives** of many people infected with HIV, keep them **healthy**, and greatly **lower their chance of infecting others.**

# CAN HIV BE CURED ?

*Did you know?*

Before the introduction of ART in the mid 1990's, people with HIV could progress to AIDS (the last stage of HIV infection) in a few years.

Today, someone diagnosed with HIV and treated before the disease is far advanced **can live nearly as long as someone who does not have HIV.**

# HOW CAN I AVOID HIV TRANSMISSION ?

- By abstinence
- By avoiding some sexual practices
- By **using condom** during penile-anal or penile-vaginal intercourse
- By **using condom or latex protection** when performing fellatio or cunnilingus
- By **not sharing sextoys** (or clean it, or change latex protection before sharing)
- By using **cleaned, new and sterilized equipment** (tattooing, piercing, injecting...)
- By **avoiding interferences with blood**

## *Did you know ?*

Almost **40 million of people** around the world are **HIV positive**. However, only half of them are under ART treatment.

Philippines is one of the seven countries where **the number of new HIV cases has increased** by over 25% from 2001 to 2009. According to UNAIDS Report, the epidemic states point to new HIV cases among Filipinos has **growing more than double** : from 4,300 in 2010 to **10,500 in 2016**.

Infections are now occurring at a younger age: 20–29. Philippines has one of the **highest proportion of adolescents living with 10% rate living with HIV**.

# HOW CAN I KNOW IF I AM HIV POSITIVE ?

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- I bleed easily, feeling weak / tired
- Pass a test

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# HOW CAN I KNOW IF I AM HIV POSITIVE ?

The symptoms of HIV vary, depending on the individual and what stage of the disease you are in. Some people who have HIV, do not show any symptoms at all for 10 years or more.

The only way to know for sure if you have HIV is to get tested. **Knowing your status is important because it helps you make healthy decisions to prevent getting or transmitting HIV.**

SO... 



**GET TESTED**