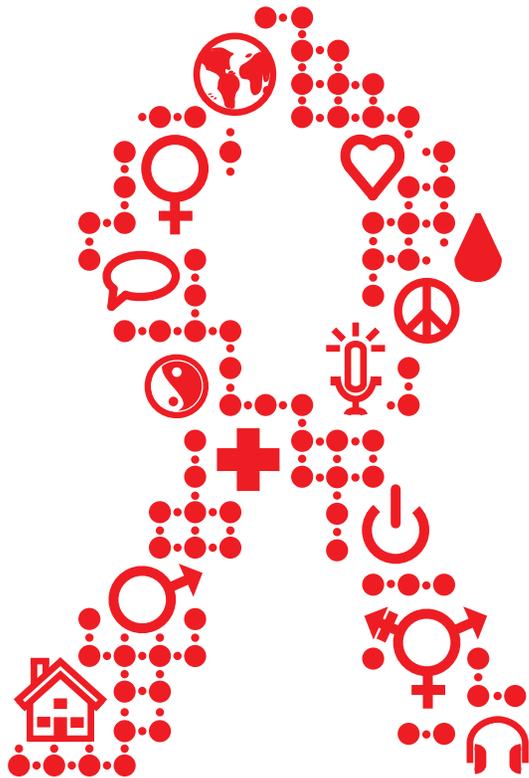


HIV

WHAT IS IT AND HOW
CAN I PROTECT MYSELF?



BROUGHT TO YOU BY:

Community Health

*a Division of
Wardenburg Health Center*

WHAT IS HIV?

HIV [Human Immunodeficiency Virus]:

- affects the human body by attacking the immune system
- can lead to AIDS [Acquired Immunodeficiency Syndrome]
- is transmitted between individuals and is not hereditary

WHAT IS AIDS?

AIDS [Acquired Immunodeficiency Syndrome]:

- is a diagnosis that is made when an HIV positive person's T-cell count is below a certain level, making their immune system extremely compromised [it is possible to have HIV and never be diagnosed with AIDS]
- can be treated by advanced drug therapy but cannot be cured

HOW HIV CAN GET IN THE BODY

To become infected with HIV, the virus must get into a person's bloodstream, which can happen through:

1. Entry of any of the four fluids into a **microtear** in the vaginal wall, anal wall, or urethra
2. Entry of any of the four fluids into a cut, sore, or lesion
3. Direct injection through a shared needle

microtear (n):
a small tear
in a mucous
membrane that
allows access to
the bloodstream.
Microtears may
be caused by
the friction of sex
and do not bleed

HOW HIV IS SPREAD

Infection can occur when these **four fluids** gets into to the bloodstream through sexual contact and/or direct injection.

HIV transmission can happen before symptoms arise and HIV can sometimes be present for years without recognizable symptoms.

THE FOUR FLUIDS

1. Blood
2. Semen
3. Vaginal Fluid
4. Breast Milk

HIV CANNOT BE SPREAD BY CASUAL CONTACT LIKE KISSING, TOUCHING, OR SHARING DRINKS

Stop the fluid exchange to prevent HIV transmission:

Use a **latex barrier** [like a condom]

PROTECT YOUR PARTNERS AND YOURSELF

Know your status and get tested regularly [every 3-6 months]

Talk to your partners about HIV status and getting tested for HIV and other STIs

LIVING WITH HIV/AIDS

PEOPLE CAN BE HIV
POSITIVE AND NEVER BE
DIAGNOSED WITH AIDS

ADVANCEMENTS
IN MEDICINE
HAVE MADE
HIV/AIDS A
MANAGEABLE,
CHRONIC
DISEASE

Boulder County AIDS
Project [BCAP] offers all
interested HIV positive
Boulder residents a
case manager to provide
support and information
about access to care and
resources.

WHERE TO GET TESTED LOCALLY

Community Health offers
free and **confidential** HIV
testing for all CU students

Mondays and Tuesdays

5:00 - 6:30 pm

UMC 411

303-492-8704

Walk-in

First come, first served

Other testing sites

Boulder County AIDS Project

2118 14th St

303-444-6121

Sliding scale pricing

Denver Public Health

605 Bannock St. Room 161

303-602-3540

Free for Denver residents, \$65
for non-residents