



What is HIV/AIDS?

- Human immunodeficiency virus (HIV) damages cells in the immune system that helps protect us by fighting off infections and diseases. Early treatment can prevent AIDS.
- Acquired Immunodeficiency Syndrome (AIDS) is the last stage of HIV infection. AIDS is a group of symptoms that occur when a person's immune system cannot fight off infection, in this case caused by HIV. A diagnosis of HIV does not mean a person has AIDS

What are symptoms that could occur?

- Most do not feel ill for an average of 8-10 years after infection
- Constant tiredness
- Persistent fever
- Swollen glands
- Dry, nagging cough
- Shortness of breath
- Large weight loss without dieting
- Diarrhea that won't go away
- Chronic yeast infections
- Night sweats
- Changes in memory or vision
- Unusual or persistent infections

How is it spread?

- Unprotected anal, oral or vaginal sex
- Getting infected blood, semen, or vaginal fluids into your body
- Pregnant women can spread the virus to her baby during pregnancy, delivery, or breastfeeding
- CANNOT get virus from tears/saliva, mosquito bites, donating blood, casual contact with infected

How is it diagnosed and treated?

- Primary care provider evaluation and laboratory testing
- Early detection offers more options for treatment and care
- Treated with anti-viral medication to slow down rate HIV weakens the immune system
- Symptoms of different diseases treated with appropriate medication as necessary

Who is at risk? Who should be tested?

- People who share needles for injecting drugs or had sex without a condom with someone who uses shared needles
- Know /suspect your sex partner(s) have had multiple partners, used injected drugs, or had sex with prostitutes
- Have a STD or have had sex without a condom with someone who has a STD
- Have hemophilia or have had sex without a condom with a person with hemophilia
- Had a needle stick or exposure to blood
- Had anal, vaginal, or oral sex without a condom
- Received a blood transfusion between January 1978 and June 1985
- Had sex with a prostitute or if you have more than one sexual partner
- Are pregnant (best to get tested before pregnancy if at risk for anything mentioned above)

What is an HIV test?

- Simple test that takes blood or fluid from cells in the mouth

What is the difference between anonymous and confidential testing?

- Anonymous – name is not used and is not on test results. You are given a code number to receive results
- Confidential – your name is used on test results

- In Michigan, you have a right to request an anonymous test

Who will know the results of my test?

- In Michigan, all HIV test information is confidential, by law. But healthcare workers involved in your care may see your test results
- Health insurance companies who are paying for your health care costs
- Michigan law requires that your doctor or someone from the local health department (LHD) notify all of your known sexual partners and/or needle-sharing partners that they may have been exposed to HIV (they do this without using your name or sharing information)
- Michigan law requires that you tell any current or future sexual partners that you have HIV before having any kind of sex with them (your doctor or LHD will discuss this with you)

How can it be prevented?

- Use a new latex condom with a water-based lubricant every time you have sex. Remember: condoms don't offer 100% protection, but they do offer the best protection currently available
- Know your partner's history of sexually transmitted diseases (STD) and drug use
- Have regular STD exams and HIV tests if you are sexually active
- DO NOT share needles, toothbrushes, eating utensils or razors that could be contaminated with blood or bodily fluids
- When getting a tattoo or body piercing, ensure tools are cleaned properly and artist wears new gloves
- Ask to be tested if you are at risk

Should the sick individual be isolated?

- No

Should facilities do special cleaning?

- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended

If I have any other questions, whom can I contact?

- Call the Genesee County Health Department at 257-1017
- Call Michigan Statewide HIV/AIDS Information Hotline:
 - English 1-800-872-AIDS
 - Español 1-800-862-SIDA
- Visit the CDC website: <http://www.cdc.gov/hiv/>