

Fact or Crap game

1. *You can get HIV from kissing or sharing food.* – **CRAP**
 - a. The evidence shows that HIV is not spread through touch, tears, sweat, or saliva.
 - b. *You can* get it from infected blood, semen, vaginal fluid, or mother's milk.
2. *If I am receiving HIV treatment I can't infect others.* – **CRAP**
 - a. When HIV treatments work well, they can reduce the amount of virus in your blood to a level so low that it doesn't show up in blood tests. Research shows, however, that the virus is still "hiding" in other areas of the body. It is still essential to practice safe sex so you won't make someone else become HIV-positive.
3. *My Partner and I are both HIV positive, there's no reason for us to practice safe sex.* – **CRAP**
 - a. Practicing safer sex -- wearing condoms or using dental dams (during oral sex) can protect you both from becoming exposed to other (potentially drug resistant) strains of HIV.
4. *You can't get from oral sex.* – **CRAP**
 - a. It's true that oral sex is less risky than some other types of sex. But you can get HIV by having oral sex with either a man or a woman who is HIV-positive. Always use a latex barrier during oral sex
5. *I can tell if my partner is HIV positive.* – **CRAP**
 - a. You can be HIV-positive and not have any symptoms for years. The only way for you or your partner to know if you're HIV-positive is to get tested
6. *I can get HIV from being around people who are HIV positive.* – **CRAP**
 - a. You *cannot* catch HIV by:
 - a. Breathing the same air as someone who is HIV-positive
 - b. Touching a toilet seat or doorknob handle after an HIV-positive person
 - c. Drinking from a water fountain
 - d. Hugging, kissing, or shaking hands with someone who is HIV-positive
 - e. Sharing eating utensils with an HIV-positive person
 - f. Using exercise equipment at a gym
7. *When you first contract HIV you can have flu-symptoms for the first two weeks.* – **FACT**
 - a. It's possible to either have flu-symptoms or no symptoms at all after you are infected and your body is fighting the virus
8. *The best method to prevent HIV/AIDS during sexual interactions is to use a condom.* – **FACT**
 - a. Use condoms correctly and consistently - use latex or polyurethane condom
9. *HIV is the same as AIDS.* – **CRAP**
 - a. HIV = Human Immunodeficiency Virus
 - b. AIDS = Acquired Immune Deficiency Syndrome
 - c. AIDS is a group of symptoms that are a result of the virus
10. *You should get tested 6 months after exposure, even if your test was negative the first time.* – **FACT**
 - a. Catching it early means better outcomes and more treatment options
11. Public health estimated that nearly 20% of HIV-infected persons living in King County were unaware of their HIV status. (2009)- **FACT**

Definition

1. What is HIV? What is AIDS? What do you know about HIV?
 - a. HIV = Human Immunodeficiency Virus
 - b. A Virus is an infectious agent that requires living cells to replicate & grow.
2. How is HIV transmitted?
 - a. HIV is transmitted mainly by two mechanisms:
 - i. Injection Drug Use - needle sharing
 - ii. Unprotected Sexual Activity
 - b. HIV is transmitted through bodily fluids
 - i. Blood
 - ii. Body fluids from penis, vagina, anus. (and breast milk)
 - iii. Less risk from urine, saliva, sweat and tears as usually these don't contain blood (open sores would increase risk)

Difference between HIV and AIDS

1. What is the difference between HIV and AIDS? (referring back to the T/F question)
 - Yes, the difference is that HIV is a virus and it leads to AIDS, which means that the person no longer has an immune system. AIDS-defining illnesses are diseases or conditions that are uncommon in people with a healthy immune system, but can develop in people with a severely weakened immune system (as a result of AIDS).
2. How long does it take for HIV to progress into AIDS?
 - If HIV is not treated, the virus will cause progressive weakening of the immune system, a process which occurs at different rates in different people, which typically takes at least several years.
3. How does each affect the body/immune system?
 - The virus kills the cells in our bodies that are extremely important for our immune system. Once significant damage to the immune system has occurred, patients with HIV can become infected with other organisms that usually don't cause illness in people with normal immunity. These "opportunistic infections" can cause serious disease in patients with advanced HIV infection. Depending on the opportunistic infection, symptoms may include shortness of breath, blurred vision, fevers, and weight loss.

- Source: http://www.uptodate.com/contents/symptoms-of-hiv-infection-beyond-the-basics?source=search_result&search=HIV&selectedTitle=2~62

Prevention and Resources

1. What are ways that we can protect ourselves from getting HIV?
 - a. If we are with our partner, what would you do to protect each other from getting infected?
 - i. Get tested - *Knowledge is power*: can have some control over effects of HIV if get treatment & prevent opportunistic infections early after infection
 - b. CDC recommends that everyone from age 16-64 should get tested at least once a year

- i. Getting a test shouldn't be something you're ashamed of or afraid of doing - it's just a regular part of your health maintenance
 - ii. intoxication increases likelihood of risky behaviors (sexual) several fold.
 - iii. encourage use of condoms and new needles (cleaning needles does not help!!)
 - c. If you see a friend using needles or sharing needles, what would advice would you give that friend?
 - i. Don't share needles. Once needles have been used, they are dirty. They cannot be cleaned.
 - ii. Use condoms. Even if you aren't using IV drugs, your sexual partner might, which puts you at risk.
- 2. What are some available resources that you know of?
 - a. All testing centers & doctors' offices that do testing have training to support you and talk to you about how you're feeling about the result and what the next steps are
 - b. Continue to get tested regularly
 - i. Whenever you suspect exposure
 - ii. Annually if you:
 1. Inject drugs or steroids or share equipment (needles, syringes)
 2. Have had unprotected vaginal, anal or oral sex with multiple or anonymous partners
 3. Exchanged sex for drugs or money
 4. Have been diagnosed with or treated for hepatitis, TB, or a STD
 5. Have had unprotected sex with someone who might have been exposed

Other Questions

- 3. Do you know anybody with HIV or AIDS? How did it affect them?
- 4. Can you live with HIV or AIDS? -
- 5. Living with HIV
 - a. Once you test positive, what to expect when you see a healthcare provider:
 - b. 1st appointment: provider will ask you questions, examine you, take a blood sample & do other tests, like a skin test for TB & give you some immunizations
 - i. Tell the provider about any health problems you are having
 - ii. Ask the provider any questions you have about HIV
 1. Creating a healthier diet
 2. How to minimize the risk of spreading HIV to your partners
 - a. What to do if your medicine makes you sick
- 3. Your blood sample is used for many tests, including CD4 cell count & viral load
 - iii. Keep follow-up appointments with the doctor so you can review test results & start medications

How to prevent spread of HIV if you are HIV+:

1. Abstain from sex
2. Use condoms correctly and consistently - use latex or polyurethane condoms

3. Use condom or dental dam during oral sex & don't reuse them
4. Tell others that you have HIV (past sexual partners, people you are planning on having sex with)

Don't: share sex toys, drug needles; don't donate blood, don't share razors or toothbrushes

Additional Resource:

Robert Clewis Center

[2124 4th Ave](#) (4th & Blanchard in Belltown)

Mon-Fri, 1:00-5:00 pm

Walk-ins welcome!

- Abscess treatment and care
- HIV/hepatitis testing and counseling
- Hepatitis A & B vaccinations
- Colds and upper respiratory infections
- TB screening