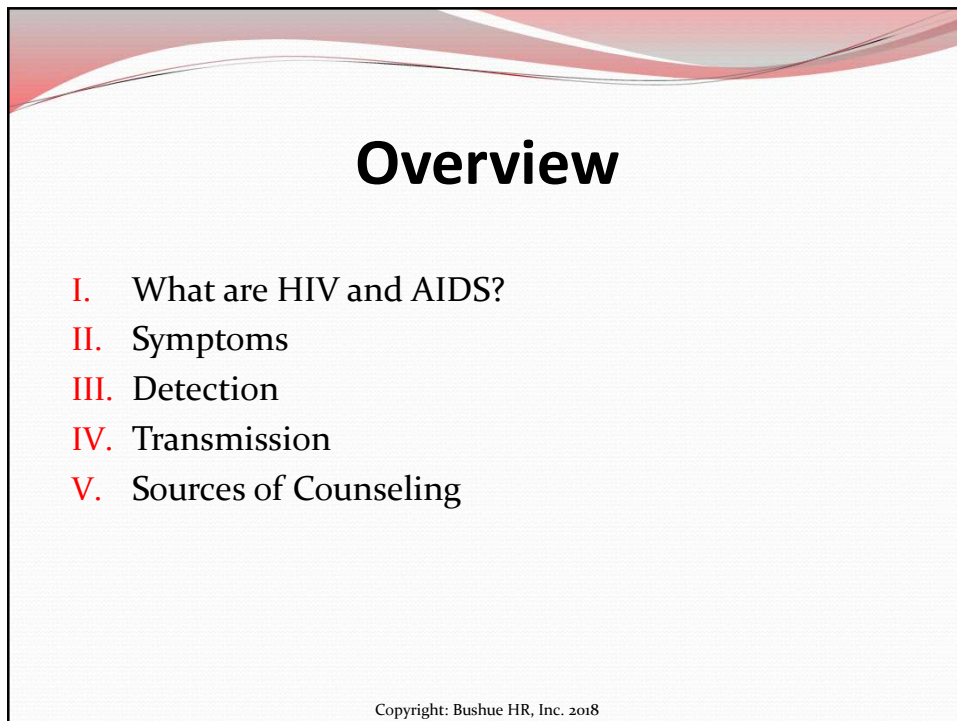


Acquired Immunodeficiency Syndrome
AIDS Training

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1



Overview

- I.** What are HIV and AIDS?
- II.** Symptoms
- III.** Detection
- IV.** Transmission
- V.** Sources of Counseling

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HIV

- What is HIV? – *human immunodeficiency virus*
- HIV attacks the body's immune system. A person infected with HIV is more likely to become ill from infections and diseases that a healthy individual can easily fight off.

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AIDS

- What is AIDS? – *acquired immunodeficiency syndrome*
- AIDS is not a virus but a set of symptoms (or syndrome) caused by the HIV virus. Not everyone with HIV develops AIDS.
- AIDS is the most severe stage of HIV infection. People with AIDS have such poorly damaged immune systems that they get an increasing number of severe illnesses.

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Symptoms

- People with HIV can develop signs of infection anywhere from months to years after being infected.
- About half HIV infected individuals develop AIDS within 10 years, but the time between infection with HIV and the onset of AIDS can vary significantly.

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Symptoms of HIV

- Some of those effected with HIV will not show any symptoms and not realize they are carrying the infection.
- Those who do show symptoms may have the following:
 - Fever
 - Chills
 - Rash
 - Night sweats
 - Muscle aches
 - Sore throat
 - Fatigue
 - Swollen lymph nodes
 - Mouth ulcers

*Remember, these symptoms are common in other illnesses as well. If these symptoms don't go away, you should see a doctor.

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Symptoms of AIDS

Once HIV has reached the severe stage of AIDS, some symptoms may include:

- Blurred vision
- Diarrhea, which is usually persistent or chronic
- Dry cough
- Fever of above 100 °F (37 °C) lasting for weeks
- Night sweats
- Permanent tiredness
- Shortness of breath (dyspnea)
- Swollen glands lasting for weeks
- Unintentional weight loss
- White spots on the tongue or mouth

*Each of these symptoms can also be related to other illnesses. So the only way to know for sure if you have HIV is to get tested.

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Detection

- The only way to tell if you've been infected with HIV is to get tested.
- An HIV test can be done using either a blood or an oral specimen.
- Anonymous and confidential testing is available.
- Testing may be done at a doctor's office, a public health department, a community agency or an outreach testing site.

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Transmission

- HIV is found in the blood, semen and vaginal secretions of infected people and can be spread in the following ways:
 - **Blood transmission** - the risk of transmitting HIV through blood transfusion is *extremely low* in developed countries, thanks to meticulous screening and precautions. However, among injection or IV drug users, sharing and reusing syringes contaminated with HIV-infected blood is extremely hazardous.
 - **Sexual transmission** - it can happen when there is contact with infected sexual fluids (rectal, genital, or oral mucous membranes). This can happen while having unprotected sex, including vaginal, oral, and anal sex.
 - **Perinatal transmission** - a mother can pass the infection on to her child during childbirth, pregnancy, and also through breastfeeding.

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Transmission

HIV can NOT be spread by:

- | | |
|---|---|
| • Giving blood | • Shaking hands |
| • Toilet seats | • Sweat or tears |
| • Hot tubs | • Mosquitoes |
| • Working with or being around someone with HIV | • Casual kissing |
| • Hugging | • Eating food prepared or handled by an HIV-infected person |
| • Coughs or sneezes | |

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Sources of Counseling

- If you are infected with HIV, the virus slowly weakens your ability to fight illness.
- There is no cure for AIDS, and once you have HIV, you are infected for life.
- Even though there is no current cure for AIDS and HIV, there are treatments and medicines that can help your body resist the effects of the virus

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Sources of Counseling

- Talk with your doctor or local health department.
- You also can call the Illinois Department of Public Health's toll-free HIV/AIDS & STD Hotline at 1-800-243-2437 or TTY (hearing impaired use only) 1-800-782-0423.
- Trained counselors are available seven days a week (9 a.m. to 9 p.m. on weekdays and 10 a.m. to 6 p.m. on weekends) to answer your questions and provide information.

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12

Resources

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13

THE END!

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14