

HIV VS AIDS



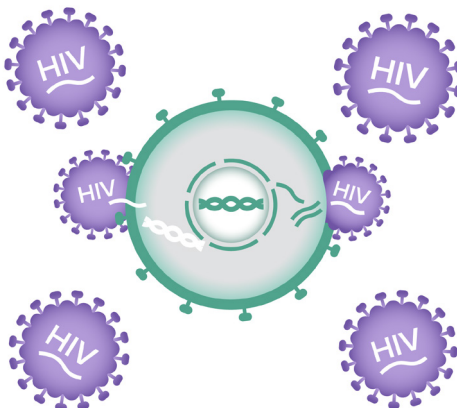
Human Immunodeficiency Virus (HIV)

- Virus that attacks the body's immune system
- Spreads through certain body fluids
- Makes person more vulnerable to infections and diseases
- Today, viewed as a chronic illness requiring lifelong treatment

U=U

Undetectable = untransmittable

Clients who achieve, and maintain, undetectable HIV viral loads through treatment are unable to transmit HIV to others.



In the US, most HIV infections do not progress to AIDS due to adequate treatment with antiretroviral therapy (ART).

Acquired Immunodeficiency Syndrome (AIDS)

- Advanced stage of HIV infection
- Immune system is unable to fight off opportunistic infections.
- Symptoms and illnesses occur.

Diagnostic criteria for AIDS:

CD4 T cell count < 200
(normal range 500–1500)

OR

Presence of 1 or more opportunistic infections, regardless of CD4 T cell count

Without treatment, average life expectancy for a client with AIDS is 3 years. Treatment can still be lifesaving in this stage.

Risk Factors for HIV Infection

Most common routes of transmission:



Unprotected intercourse (highest risk: men, or transgender women, who have sex with men)



Needle-sharing during drug use

Low rates of transmission in the US:



Transmission via blood products



Maternal–fetal transmission



Occupational needle sticks

No risk: HIV cannot be transmitted through



Air or water



Saliva, sweat, tears, or closed-mouth kissing



Sharing toilets, food, or drinks



Insects or pets

Prevention of HIV Transmission



Safer sex practices, including condom use during vaginal and anal sex



No sharing of drug equipment



Pre-exposure prophylaxis (PrEP) medications: for clients at high risk of acquiring HIV



Adequate treatment of all clients w/ HIV: Undetectable virus levels mean HIV cannot be transmitted to others.



Accessible HIV testing



Regular testing & treatment of all STIs



Post-exposure prophylaxis medications (PEP): for clients acutely exposed to HIV (or unknown HIV status after high risk contact)



Use of standard precautions in healthcare settings

NOTES

