

World AIDS Day is December 1st!

World AIDS Day takes place on the first day of December each year. It's a chance for people all over the world to come together and show support for people living with HIV (Human Immunodeficiency Virus), and to honor those who have died from an AIDS (Acquired Immunodeficiency Syndrome)-related illnesses.

SHOW YOUR SUPPORT!

There are many ways to show your support to the 38 million people worldwide living with HIV (1.1 million in the U. S.).

Here are some easy ways to get started:

GET TESTED

EVERYONE should be tested at least once in their life, regardless of risk exposure. Not only is it good to know your status, it helps destigmatize HIV testing.

WEAR a RED Ribbon

Pick one up from your community testing center or make one from scrap materials at home! The red ribbon symbolizes support and awareness for individuals living with HIV.

Identify & Support Community Testing Centers

Identify places where HIV testing is offered for FREE! Hospitals, community clinics and wellness centers often offer testing FREE of charge. Participate in community events and fundraisers to keep these services free or at low cost to people who need them most.

Learn more about HIV/AIDS

In order to be a good ally and support, it is important to stay up to date with information impacting the HIV Community. HIV is a manageable, chronic illness that can be successfully treated with the right wellness plan and support! Check out the following page for a quick 1-2-3 on HIV!

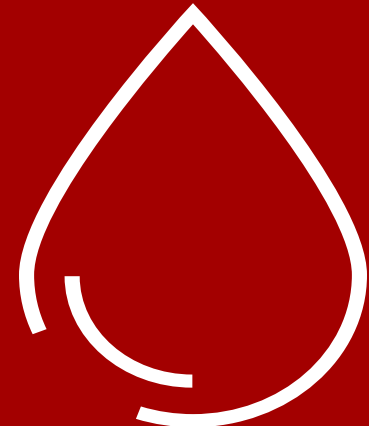
1-2-3 on HIV

Like any chronic health condition, there is a lot to learn about HIV and the different ways it affects people.

People who experience a mental health condition can be 70X as likely to be exposed to HIV compared to the general population. There are many reasons transmission rates are higher for this population but the main culprit is misinformation.

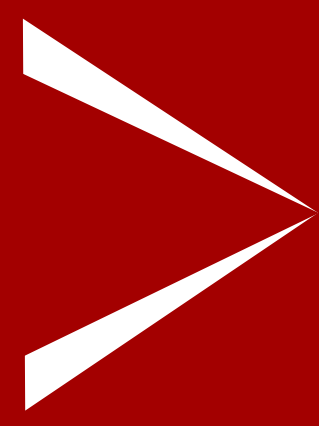
1 How is HIV TRANSMITTED?

Only certain body fluids from a person who has HIV can transmit HIV. This happens when the fluid comes in contact with a mucous membrane, damaged skin or directly injected into the bloodstream (from a needle or syringe).



- blood
- semen & pre-seminal fluid
- rectal fluids
- vaginal fluids
- breast milk

~fluid~



- Soft skin inside the...
- rectum
 - vagina
 - penis
 - mouth

~mucus membrane~



- Sharing needles
- Sex without a barrier

~entry point~

HIV doesn't survive outside of the body for very long so transmission is highly unlikely unless you have direct contact between fluid and a mucus membrane.

Abstaining from sex, limiting the number of sexual partners, using condoms the right way every time you have sex, and never sharing needles are the best ways to prevent transmission.

There are also newer HIV prevention medications such as pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP) which can also be helpful in a prevention plan.

2

How is someone TESTED for HIV?

Most clinic tests and home tests are antibody tests. HIV antibody tests look for antibodies to HIV in your blood or oral fluid. A rapid screening is often done with a small finger prick or oral swab and results are ready in 30 minutes or less.

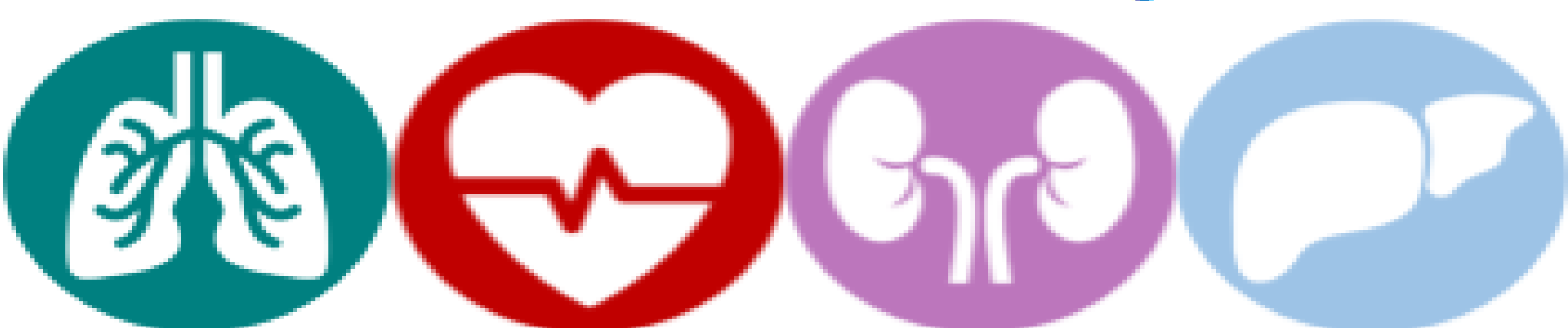
3

How is someone TREATED for HIV?

HIV treatment involves taking medication that slows the progression of the virus in the body. Although a cure for HIV does not yet exist, medication can keep people healthy for many years and it reduces the amount of virus (or viral load) in the blood/fluids.

Medication is recommended for all people with HIV, regardless of how long they've had the virus as it also reduces the chance of transmitting HIV to others if taken as prescribed.

Thresholds Health Literacy Center



Project funded by NIDILRR/ACL, #90DPHF0001

References/Citations:

"HIV Basics", CDC, Article Retrieved 22 November 2019: <https://www.cdc.gov/hiv/basics>

"HIV Transmission", CDC, Article Retrieved 22 November 2019: <https://www.cdc.gov/hiv/basics/transmission>

Senn, T.E. & Carey, M.P. (2009). HIV testing among individuals with a severe mental illness: review, suggestions for research, and clinical implications. *Psychological Medicine*. 39 (3), 355-369.