HIV/AIDS Awareness

WHAT ARE HIV AND AIDS?

Human Immunodeficiency Virus (HIV) is the virus that can lead to Acquired Immune Deficiency Syndrome (AIDS).

This condition progressively reduces the effectiveness of the immune system and leaves individuals susceptible to opportunistic infections and tumors.

While HIV and AIDS are preventable, diagnosable, and now somewhat manageable, they are not curable!

THE STATS

- It’s estimated that over 1 million people in the U.S. have HIV or AIDS
- An estimated 617,025 people in the U.S. have died from AIDS
- Many living with HIV/AIDS are unaware because the virus and symptoms can lie dormant for more than 10 Years!
- No one is safe from HIV/AIDS if you are in any way sexually active!

Stats—www.avert.org/aids-hiv-prevention

CAUSES

- Vaginal, anal, or oral sexual encounters with an infected person
- Blood transfusions or contact with blood of an infected person
- Sharing needles
- Mother to child prenatally

HIV destroys CD4 cells — a specific type of white blood cell that plays a large role in helping your body fight disease. Your immune system weakens as more CD4 cells are killed. You can have an HIV infection for years before it progresses to AIDS.

PREVENTION

- The best way to prevent the spread of HIV/AIDS is to abstain from sexual contact and be careful when handling blood or needles.
- If you choose to have sex always use protection, such as condoms or dental dams to reduce risk of spread.
- GET TESTED! HIV/AIDS can affect anyone! Be sure to get tested for STDs often as symptoms are not always noticeable and if caught early HIV/AIDS can be manageable.

Get Tested

HIV/AIDS Doesn’t Care Who You Are or What You Do...

For more information on HIV/AIDS, how to get tested for HIV/AIDS, or general concern about your health and wellness, contact Illinois College Health Services at 245-3038 or stop by the Chesley Health and Wellness Center on the third floor of the Bruner Fitness Center.