



# ALL ABOUT HIV/AIDS



## WHAT IS HIV/AIDS?

**HIV STANDS FOR HUMAN IMMUNODEFICIENCY VIRUS.**

This virus can weaken our immune system by destroying the cells that fight disease and infection, leading to AIDS. AIDS stands for Acquired Immune Deficiency Syndrome; it refers to the late stage of HIV infection, when a person's immune system is severely damaged. People carrying the HIV virus are referred to as HIV-positive.

## HOW IS HIV/AIDS TRANSMITTED?

**HIV/AIDS** can be transmitted from a person carrying the HIV virus to another through contact with infected blood, pre-seminal fluid, semen, vaginal fluids, rectal (anal) mucous and breast milk.

**// THERE ARE NO HEALTH RISKS INVOLVED IN WORKING WITH A PERSON WHO IS HIV-POSITIVE //**

## METHODS OF HIV/AIDS TRANSMISSION

SHARING NEEDLES (drug injection, tattoo drawing, piercing)

UNPROTECTED SEX with an infected person.

SHARING RAZORS, NAIL CLIPPERS, AND TOOTHBRUSHES contaminated with blood.

RECEIVING BLOOD TRANSFUSIONS OR UNDERGOING DIALYSIS before 1992.

TRANSMISSION FROM INFECTED MOTHER TO HER FETUS (pregnancy, delivery, breastfeeding)

# HIV/AIDS IS NOT SPREAD THROUGH



SHARING AN OFFICE



KISSING



HANDSHAKES



MOSQUITO BITES



HUGGING



SHARING UTENSILS,  
FOOD & WATER



SHARING TOILETS



SNEEZING & COUGHING

## HOW CAN I PROTECT MYSELF ?

### HIV/AIDS TRANSMISSION CAN BE PREVENTED IF YOU

- **USE** latex condoms **CONSISTENTLY** and **CORRECTLY** for all types of sexual intercourse during the entire sexual encounter (oral, vaginal, anal).
  - other personal care articles that might have blood on them.
- **SAFELY DISPOSE** of syringes after one time use
- **MAINTAIN** sexual relationships with one faithful partner.
- **AVOID** contact with the fluids through which HIV/AIDS is transmitted such as blood and genital secretions.
- **AVOID** sharing needles and syringes, if you continue to inject drugs.
- **MAKE SURE** your tattoo or piercing shop uses sealed sterile needles and sterile ink equipment.
- **AVOID** sharing toothbrushes, dental appliances, razors, or

## HOW DO I KNOW I HAVE HIV?

HIV/AIDS IS NOT DETECTED BY THE STANDARD/GENERAL BLOOD TEST.

Only the HIV/AIDS test can screen for the virus.

If you test negative, then you **HAVE NOT** contracted HIV/AIDS.

If you test positive, then you **HAVE** contracted the disease.



## REMEMBER!

IF YOU THINK YOU OR YOUR PARTNER MAY HAVE

HIV TEST.

## HOW IS HIV TREATED?

TREATMENT OF HIV/AIDS CONSISTS OF ANTI-RETROVIRAL MEDICATION.

This treatment can limit or slow down the destruction of the immune system, which may reduce their ability to transmit HIV. In Lebanon, the Ministry of Health covers medication expenses.



## REMEMBER!

TREATMENT FOR HIV/AIDS IS FREE OF CHARGE

OF TREATMENT AND HOSPITALIZATION.

## WHAT ARE THE SIGNS AND SYMPTOMS OF HIV/AIDS?

WITHIN A FEW WEEKS OF BEING INFECTED WITH HIV, SOME PEOPLE DEVELOP FLU-LIKE SYMPTOMS SUCH AS:

- Fever • Chills • Rash • Night sweats • Muscle aches • Sore throat
- Fatigue • Swollen lymph nodes • Ulcers in the mouth

These symptoms may last for a week or two, but some people display no symptoms at all. When HIV infection progresses to AIDS, many people begin to suffer from fatigue, diarrhea, nausea, vomiting, fever, chills, night sweats, and even wasting syndrome at late stages.



### REMEMBER!

A PERSON INFECTED WITH HIV MAY HAVE NO SIGNS OR SYMPTOMS FOR MONTHS OR YEARS BUT MAY STILL CARRY AND PASS THE VIRUS TO OTHERS WITHOUT KNOWING.



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