

Questions or concerns about HIV? Contact:

- ❖ Your Tribal Clinic
- ❖ CDC National HIV/STD Hotline
1-800-CDC-INFO
- ❖ CDC National HIV/STD Clearinghouse -
1-800-458-5231
- ❖ National Prevention Information Network -
1-800-458-5231
- ❖ HIV/AIDS Treatment Information Service -
1-800-HIV-0440

Quick Quiz!

(answers below)

1. HIV/AIDS is caused by a:
a. Bacteria b. Virus c. Protozoa d. Fungus
2. True or False: HIV is the virus that causes AIDS.
3. True or False: HIV is curable.
4. True or False: Today, people with HIV are able to live longer, healthier lives thanks to improved treatments.
5. What is the only foolproof way to prevent HIV transmission?
6. True or False: Condoms can help protect you from HIV/AIDS.

ANSWERS: 1:B 2:T 3:F 4:T 5:Abstinence
6: T, if used consistently and correctly



PROJECT RED TALON

For more information contact:

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Sexually Transmitted Diseases

HIV/AIDS



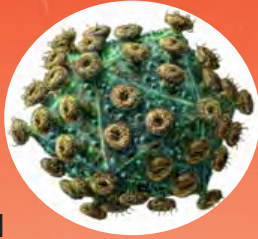
PROJECT RED TALON

"Respecting Our Bodies and Relationships"

**Northwest Portland Area
Indian Health Board**

What is HIV?

HIV (*Human Immunodeficiency Virus*) is the virus that attacks your body's immune system and causes AIDS. It destroys cells in your blood that are important for fighting off infection and disease.



Quick Fact:

HIV/AIDS rates have increased in recent years, becoming the eighth leading killer of Native people between the ages of 15-44.

What is AIDS?

AIDS (*Acquired Immune Deficiency Syndrome*)

is the diagnosis that is given when HIV destroys your body's immune system. When your immune system is weak, it's easy to get sick from illnesses that are normally fought off.

How Do I Get It?

HIV is transmitted when infected blood or body fluid enters the body.

You **CAN** get HIV from:

- Vaginal, anal, or oral sex.
- Sharing a needle or syringe (like for drugs, insulin, or steroids).
- Blood transfusions or blood clotting factor obtained before 1985.
- Being born to or breast-fed by an infected mother.

You **CANNOT** get HIV from: Sweat, spit, tears, clothes, drinking fountains, toilet seats, bug bites, utensils or closed-mouth kissing.

HIV Testing

- ❖ Confidential HIV testing can be ordered through the tribal clinic, a private physician, county STD testing sites, family planning clinics, or hospitals. Confidential testing will ensure that you and your health care provider know your results.
- ❖ You can buy a home collection kit at some pharmacies. "Home Access" offers an FDA-approved in-home antibody test that costs \$45 to \$70.
- ❖ Testing Sites: Call the National HIV/STD Hotline at 1-800-CDC-INFO (1-800-232-4696) to learn where to go for testing and counseling in your area.

Signs & Symptoms - Many people have HIV and still feel perfectly healthy. A healthy person can still spread the virus to others. The only way to know for sure whether you are infected is to get tested.

You're More Likely To Be Infected with HIV If You've...

- Shared injection drug needles or syringes.
- Had sex without a condom with someone who has HIV.
- Ever had another STD (like chlamydia, gonorrhea, herpes, HPV, etc.).
- Received a blood transfusion or blood clotting factor before 1985.
- Had sex with someone who has done any of the above.

Treatment

There is **NO CURE** for HIV/AIDS. Thanks to effective treatments, though, infected people are living longer, healthier lives. Antiretroviral (ARV) treatments can slow and even virtually stop the proliferation of HIV in the body.

Get the most out of Treatment

- Follow your doctor's instructions. Skipping medications can allow the virus to become drug-resistant.
- Make sure your doctor knows how to treat HIV, especially if you're pregnant or want to get pregnant.
- Get immunization shots to prevent infections like pneumonia and flu.
- Eat healthy foods.
- Exercise regularly.
- Get enough sleep.
- Don't smoke or use drugs.

Quick Fact:

In 2005, American Indians & Alaska Natives had the third highest HIV/AIDS rate in the US. In 2004, nearly 206 new cases of HIV were diagnosed among Natives.

Reduce your Risk

- ❖ Abstain from sex.
- ❖ Stick to one mutually-monogamous partner who has been tested and is uninfected.
- ❖ Use Latex condoms (consistently & correctly).
- ❖ Don't share needles, syringes, razors, or toothbrushes.