

## 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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[www.npaihb.org](http://www.npaihb.org)  
[www.StoptheSilence.org](http://www.StoptheSilence.org)

**Sexually Transmitted Diseases**

# HIV/AIDS



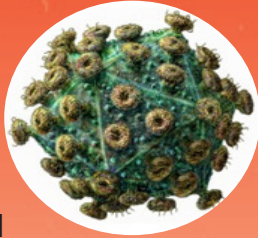
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*"Respecting Our Bodies and Relationships"*

**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.