

HIV - AIDS

Human Immunodeficiency Viruses

WHAT IS THE DIFFERENCE BETWEEN HIV AND AIDS?

HIV (Human Immunodeficiency Viruses) is a virus that attacks cells which help the body fight infections, making a person more vulnerable to other infections and diseases.



AIDS (Acquired Immune Deficiency Syndrome) is the late stage of HIV infection that occurs when the body's immune system is badly damaged because of the virus.



How can I get infected?



Sexually transmitted infection → blood, semen, vaginal fluids, rectal mucous, breast milk



From mother to child during pregnancy, childbirth or breast-feeding



Virus does not spread in air or water, you cannot get it from touching or hugging



Hospital → blood transfusions, sharing needles

- Diarrhea
- Muscle pain
- Fever
- Headache
- Muscle aches and joint pain
- Rash
- Sore throat and painful mouth sores
- Swollen lymph glands, mainly on the neck



Aids attacks and weakens the immune system. People with Aids get serious infections and health problems. You can also die at the end of the disease.

How do I understand, that I have HIV?

How can I diagnose HIV?

- Antibody/Antigen combination test
- Antibody test
- Nucleic Acid RNA test

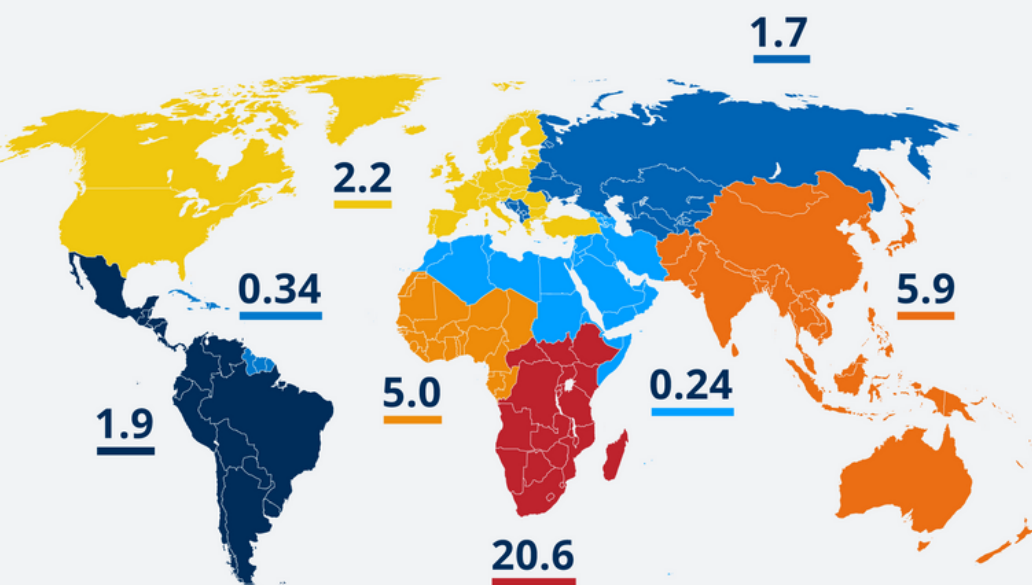
Can I fight HIV?

- Reduce the HIV virus in your body
- Keep your immune system as healthy as possible
- Decrease the complications you may develop

What can I do as prevention?

- Limit your number of sexual partners
- Use condoms
- For men: circumcision may lower their risk

Total: **37.9 million**



People estimated to be living with HIV in millions in the year 2018

- Worldwide
- Most live in Africa, sub-Sahara

