

HIV Basics

What is HIV?

HIV stands for Human Immunodeficiency Virus. It's a virus that affects the immune system and requires life-long treatment. Left undiagnosed or untreated, it can lead to AIDS.

What is AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome. It's a condition that can develop when the body's immune system is weakened by HIV.

How is HIV Transmitted?



Sexual
Contact
(unprotected)



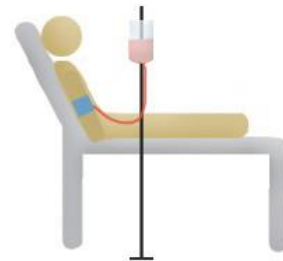
Injection
Drug Use
(shared gear)



Pregnancy,
Childbirth, &
Breast-Feeding



Occupational
Exposure



Blood Transfusion/
Organ Transplant
(very rare)

What Body Fluids Can Transmit HIV?

- Blood
- Semen, including Pre-Seminal Fluid
- Vaginal Fluids
- Rectal Fluids
- Breast Milk

These body fluids must come into contact with a mucous membrane or damaged tissue or be directly injected into the bloodstream for transmission to possibly occur. Mucous membranes are the soft, moist areas just inside the openings to your body. They can be found inside the mouth, nose, eyes, rectum, vagina, or the opening of the penis.

HIV is NOT Spread by...

- Air or Water
- Animals or Insects, including Mosquitos, Fleas, Ticks, or Bed Bugs
- Saliva, Tears, or Sweat
- Nasal Fluid, Vomit, Urine, or Feces (unless infected blood is present)
- Casual Contact, such as Shaking Hands, Hugging, or Sharing Dishes, Utensils, or Glasses
- Drinking Fountains
- Toilet Seats

How to Prevent HIV Infection:

Practice Safer Sex—

Always use condoms or other protective barriers during sex. Don't forget the lube!



Avoid Sharing Any Injection Drug Equipment—

Always use brand new syringes/needles and don't share cookers, cottons, or rinse water.



Consider PrEP—

Pre-Exposure Prophylaxis (aka PrEP) is preventive HIV medication for high-risk individuals.

For more information on PrEP, ask for a PrEP fact sheet or visit www.azhiv.org/prep



To arrange a PrEP eligibility consultation, contact Northland Cares at (928) 776-4612

Practice Universal Precautions—

Always use proper protective gear & disposal procedures when dealing with blood or body fluids.



What's Your HIV Status?

The only way to know is to get tested. Fast, FREE, confidential HIV screening is available at

Northland Cares, (928) 776-4612

Yavapai County Community Health Services, (928) 442-5563

Call for an appointment today! Walk-ins welcome.

Been Exposed to HIV?

Emergency treatment may be an option to prevent HIV infection if an exposure occurred within the past 72 hours. For recent HIV exposures, seek medical advice right away regarding Post-Exposure Prophylaxis (also known as PEP). And don't delay! This emergency treatment must be started within 72 hours to be effective.