What is AIDS?

Acquired Immune Deficiency Syndrome

BOK /AA4/ 10-04 / (E) HIV-EDU
HIV attacks CD4 cells of white blood cells and replicates enormously.
Transmission Routes

HIV will be transmitted through:
- blood
- semen
- vaginal discharge
Sexual Contact

Vaginal sex
Anal sex
Oral sex
Blood Transmission

Sharing injection apparatus with other people

Received transfusion of contaminated blood or blood products
Mother-to-infant Transmission

Pregnancy

Intrapartum

Breast feeding

The risk of perinatal HIV infection various from 15-40%
You may have higher chance of HIV infection if you have:

1) multiple sex partners

2) exchange of body fluids during sexual activities

3) genital ulcer or venereal diseases
You can’t get HIV through social contact

Sharing food  Coughing or sneezing  Working together

Toilet seat  Insect bite  Shake hands

Water fountain  Swimming in swimming pool
HIV Antibody test

Window period: 3 months

It usually takes 3 weeks to 3 months for HIV antibody formation.

Therefore, HIV antibody test should be done 3 months after a suspected incidence.
HIV Antibody Test

- Free of charge
- Strictly confidential
- Anonymous
- Takes 10 working days
If HIV Antibody Test is Negative

- You are not infected by HIV.

- However, if the test is done within the window period, you need to recheck again after window period.

- You should take precaution to avoid HIV infection before recheck.
If HIV Antibody Test is Positive

- You have contracted HIV.
- Most of the people have no significant symptom.
- You are a HIV carrier and you will transmit HIV to others through high risk behaviors.
- HIV antibody had no protection against HIV.
- If you did not receive any proper drug treatment, 50% HIV carrier will become AIDS patients within 10 years.
What should I do if I am HIV +ve?

Be brave, learn to face reality!
Remember, you are not alone!
DOs

Seek medical advice

Keep a normal life

Maintain healthy life style
DON’Ts

Donate blood or organs

Practice high risk sexual behaviour
(Proper use condom for safer sex)

Share needle, tooth brush or razor
Wound care

1) Put on plaster for minor cuts and injury

2) Wear gloves for blood and body-fluid contact.