

# HIV AND AIDS



## HUMAN IMMUNODEFICIENCY VIRUS (HIV)

### Human

it affects humans

### Immunodeficiency

it has to do with the immune system

it causes deficiencies (or weakens) the immune system

### Virus

it is a virus

### The Immune System

The immune system is made up of cells that are triggered into attacking when they find an infectious bug (virus, bacteria, allergen) that isn't supposed to be in the body. It is a body-wide system that uses the blood to get around.

### HIV and the Immune System

HIV attacks the cells in this system that attack other infections (CD4 cells). Someone with HIV is not able to get better after they get sick because their immune system doesn't work properly.

## TRANSMISSION

### Fluid



Blood, breastmilk, and sexual fluids (semen, vaginal fluid and rectal fluid) may contain HIV

### Route



Some areas of the body have thinner skin where tears can more easily happen.

### Activity



Activities like injection drug use and sex are high risk activities for spreading HIV.

Can Transmit HIV

Cannot Transmit HIV

Injection drug use, piercings/tattoos, unprotected sex, open wounds, breastfeeding

Anything not listed above!

## PREVENTING HIV



### USE A CONDOM

Condoms and other latex barriers are the best way to prevent sexually transmitted HIV



### DON'T SHARE

Any needles that go through the skin (used for drugs, tattoos and piercings) should never be used by more than one person



### GET TESTED

Get tested for HIV so that you don't pass it to others (including a baby) or ask your partner to be tested



### MEDICATIONS

**Antiretrovirals** are the treatment for HIV and can make it so that the virus is untransmittable  
**PrEP and PEP** can be taken near HIV exposure to reduce your risk of infection



### HARM REDUCTION

Access harm reduction services! They are there to help you and their goal is to reduce your risk of getting HIV.

## MEDICATIONS



**Antiretrovirals** or a combination of antivirals is used to treat HIV. They attack the virus at different points to give the best possible chance of killing the virus



**PrEP** (pre-exposure prophylaxis) is a pill that can be taken before exposure to HIV that reduce the risk of infection by 74% – 99%

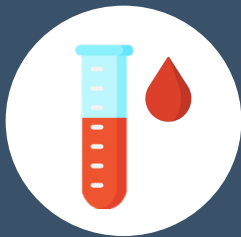


**PEP** (post-exposure prophylaxis) is a pill you can take after exposure to HIV to reduce the risk of infection by about 80%

## AIDS

- Untreated HIV leads to AIDS (acquired immunodeficiency syndrome)
- Untreated HIV infections can turn into AIDS in (on average) 10 years, give or take about 5 years
- AIDS means a weak immune system where you catch and can't fight off other infections
- HIV doesn't kill people. AIDS (a weak immune system) leads to infections which can be deadly.
- TB, pneumonia, meningitis and cancer are often linked to AIDS
- AIDS can be reversed using antiretroviral treatment

## TESTING PROS AND CONS



### BLOOD DRAW

- ✓ Can detect HIV earlier than other testing options (as early as 18 – 45 days)
- ✓ Does not require a confirmation test
- ✗ Requires more blood and equipment than the other testing options
- ✗ Results take 1 – 2 weeks to get back to you



### RAPID/SELF-TEST

- ✓ Requires just a finger-poke and drop of blood for testing
- ✓ Can be done by yourself
- ✓ Results are ready in 5 minutes
- ✗ Requires a confirmation test if there's a positive result
- ✗ You need to wait 3 months after exposure to use this test
- ✗ Not yet approved in SK



### DRIED BLOOD SPOT

- ✓ Requires just a finger poke and couple drops of blood for testing
- ✓ Does not require a confirmation test
- ✗ You need to wait 3 months after exposure to use this test
- ✗ Results take 1 – 2 weeks to get back to you

## HIV TESTING: WHAT TO EXPECT

### GETTING TO THE TEST

Testing options generally include local community clinic testing, testing at a larger/specialized clinic and emergency room testing (last resort only).

Local medical taxi services can get you to testing locations. Call the specialized clinics to ask how they can get the test to you.

### OPTIONS

A nurse or healthcare worker will likely talk with you about what option of HIV testing you'd prefer. They can make recommendations as well.

Self-testing and mailed self-test kits will likely be available in the near future

### TIMELINE

You should wait 3 months after possible exposure to HIV to test.

Test results can be immediate with certain types of testing, but generally take 1 - 2 weeks.

Testing itself only takes about a half hour.

### COUNSELLING

Pre-test counselling is done by the nurse or healthcare worker testing you. This is done to ensure that, in the event of a positive result, you have the proper supports.

Post-test counselling is done for those who have a positive result. An HIV diagnosis can be challenging- mental health supports are available.

# AAAW Kiddie Colouring Contest



Submit pictures of the finished product to [chiegler@sktc.sk.ca](mailto:chiegler@sktc.sk.ca) or text it to 306-381-4529 to be entered in a draw for one of three \$20 gift cards. Contest closing Monday December 14<sup>th</sup>.

# GUESS THE MOVIE



## ANSWERS

- |                         |                       |
|-------------------------|-----------------------|
| 1) Beauty and the Beast | 4) Thor               |
| 2) Holes                | 3) The Breakfast Club |
| 3) E.T.                 | 7) Planet of the Apes |
| 5) Ghostbusters         | 8) Titanic            |

# DO YOU WANT TO BUILD A SNOWMAN?

## MAKE IT OUT OF SNOW



Wait for a warm day when the snow is sticky. Roll three different sized balls of snow and stack them, largest on bottom. Decorate with sticks, rocks, carrots, scarves, hats, anything you want!

## MAKE IT OUT OF MARSHMALLOWS

Use a toothpick or skewer to connect two or three marshmallows together. Colour with edible food markers, or icing or with candies such as pull and peels, pretzels, chocolates, sprinkles, etc.



## MAKE IT OUT OF SOCKS



Take a white sock and stuff it with rice/dry beans/cotton and use an elastic band to section off a head. Wrap some material around its neck to make a scarf (and hide the elastic band). Use buttons, felt, pompoms, etc to add features. Take a patterned sock to make a toque.

## COMPETITION TIME!

Have everyone in your family make a snowman! Then, vote for your favourite (no voting for yourself!) Or take pictures and upload them to social media and have your Facebook friends vote for the best snowman!

## FOLLOW US!

For regular contests, great resources and fun education!



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## TWO-MINUTE JOURNALING

Journaling is a great way to get thoughts/fears/anxieties out of your head and on to paper. Journaling helps us cope with stressors, increase productivity and improves our mood. Try to answer one of these questions per day.

- 1) Something I am grateful for is: \_\_\_\_\_
- 2) What I did well today: \_\_\_\_\_
- 3) The best thing that happened today was: \_\_\_\_\_
- 4) Today I will let go of: \_\_\_\_\_
- 5) Today I will focus on: \_\_\_\_\_