

What is the difference between HIV and AIDS?

HIV stands for the Human Immunodeficiency Virus. If you are infected with HIV, there is a strong likelihood that you will eventually develop AIDS. Once HIV infects your body, your immune system attempts to fight the virus, but it is unable to destroy it. Because of the way HIV attacks your immune system, it becomes less effective in fighting off other infections which your body is exposed to or carrying. Gradually your immune system becomes weaker and weaker. Symptoms that may occur once a person is infected with HIV include:

- night sweats
- nausea
- chronic diarrhea
- prolonged fever and/or flu-like symptoms
- significant weight loss

With no intervention/treatment by a medical provider, much more serious infections can occur and an AIDS diagnosis may be made on average from 3-15 years after infection.

AIDS stands for Acquired Immune Deficiency Syndrome. A physician will diagnose a person with AIDS if they are HIV infected and have a T-Cell count below 200 or an opportunistic infection.

Many people infected with HIV develop a compromised immune system and acquire infections which healthy individuals do not normally acquire or may take longer to clear common infections. There are medications used to help fight infections that occur because of the HIV infection as well as medications used to help prevent the development of AIDS after becoming HIV infected.

For more information:

Student Health & Wellness Center.....707-654-1170
Visit Our Website at <http://www.csum.edu/web/campus-life/student-center/student-health-center>
24-hr Nurse Advice Line (Med Call).....800-877-0027
National STD Hotline.....800-227-8922

Special Thanks to San Diego State University

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Student Health & Wellness Center
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HIV/AIDS Facts



California Maritime Academy

A campus of the California State University



Health Watch Education Brochure

HIV/AIDS Facts

Why should I be concerned about HIV?

Although HIV is a life-threatening disease, it is easily prevented. Despite this, cases of HIV infection and AIDS diagnoses are rapidly growing in the United States and globally. (Note: HIV is not a reportable infection in the state of CA so rates are extrapolated from AIDS cases.)

United States:

- By 2003, more than 380,000 Americans were living with AIDS
- The estimated number of AIDS cases for college aged individuals was nearly 10,000 in that same year
- Over 100,000 AIDS cases have been reported for the state of California
- Women comprise approximately 30% of all cases of AIDS in this country

Globally:

- The AIDS epidemic has claimed more than 3 million
- Fifty percent of new HIV infections are in people under 25 years old
- Number of people estimated to be living with HIV/AIDS in 2004 was 40 million
- 90% of all cases of AIDS in the world are the result of heterosexual transmission and cases of AIDS among women are growing faster than in any other group

Despite these statistics, many people still do not understand how the virus is transmitted, refuse to protect themselves despite understanding how to do so, or simply do not believe they are at risk.

How is HIV transmitted and how do I protect myself?

HIV is transmitted when blood, semen, vaginal fluids or breast milk are exchanged from one person to another. Anytime these fluids are exchanged, you have put yourself at risk for HIV.

The following activities are considered SAFE/NON RISK:

- Abstinence
- Casual Contact
- Touching
- Hugging
- Lip kissing
- Breathing the same air
- Eating together
- Eating food prepared by someone who is HIV infected
- Mutual masturbation (with no exchange of body fluids)

The following activities are considered FAIRLY SAFE/SOME RISK (take caution):

- Vaginal or anal intercourse WITH correct use of condom.
- French (deep) kissing with no cuts, sores or lesions in the mouth or on the lips
- Oral sex—fellatio (mouth/penis contact) with NO ejaculation into the mouth
- Oral sex—cunnilingus (mouth/vagina contact) when NO menstrual blood or inflammation are present.

The following activities are considered UNSAFE/HIGH RISK:

- Unprotected (without a condom) vaginal/anal intercourse with ejaculation near or within the vagina or anus. Pulling-out before ejaculation IS NOT SAFE since the pre-ejaculated fluid has already come in contact with the body.
- Oral sex—fellatio (mouth/penis contact) with ejaculation into the mouth
- Oral sex—cunnilingus (mouth/vagina contact) with a woman who is menstruating
- Sharing non-sterile needles for drugs, steroids, tattooing, ear piercing or any skin breaking activity
- Having sex under the influence of alcohol and/or psychoactive (mood altering) substances since someone's judgment of what may be safe can be clouded

Using a Condom

Although condoms are 100% effective in preventing HIV transmission, pregnancy, or sexually transmitted diseases (STDs), they offer excellent protection when used properly. To use a condom correctly:

1. Use a new, unopened, non-expired latex condom for every new sexual act. For the best protection against breakage and decreasing the risk of STD transmission use condoms lubricated with nonoxynol-9 spermicide.
2. As soon as the penis is erect, open the condom and make sure it is going to roll on the right direction. If condom is placed on penis inside out, discard and begin with a new condom.
3. Squeeze the tip of the condom and while holding the tip, roll the condom down the erect penis all the way to the base. Make sure there is no air in the tip of the condom at the head of the penis.
4. The penis can than be inserted into the body and intercourse can occur.
5. Immediately following ejaculation, one of the partners should hold the base of the condom onto the penis and pull the penis out.
6. The man should then move away from his partner and roll the condom off the penis.
7. The condom should be thrown away in the trash, do not flush it down the toilet.

Remember

Never use Vaseline, hand lotion, massage oil or any other oil-based lubricant with condoms. The oil disintegrates the latex and breakage will occur. For added lubrication, use a water-based lubricant like KY Jelly or Astroglide.

Never use animal skin (i.e. sheep or lamb skin) condoms as they have tiny pores than can allow bacteria and viruses to pass through the condom

Never store your condoms in a warm or directly lit place. Strong light or heat will weaken the latex.

