

HIV / AIDS Awareness Month

December 2010

HIV / AIDS in America

“Every nine-and-a-half minutes, another person in the United States becomes infected with HIV”
– Centers for Disease Control and Prevention

Fast Facts

More than one million people are living with HIV in the US.

By race, African Americans face the most severe HIV burden.

More than half of new cases (57%) were among those aged 25–44.

Among males, most diagnoses were for MSM (men who have sex with men).

High-risk heterosexual contact also accounts for a considerable proportion of new HIV diagnoses among men of minority races/ethnicities.

Among females, most diagnoses were for those exposed through high-risk heterosexual contact.

CDC website

There are more than one million people in the United States living with HIV, according to the Centers for Disease Control (CDC). Of those individuals living with HIV **one in five are unaware of their infection**. Despite increases in the total number of people living with HIV in the US in recent years, the annual number of new HIV infections has remained relatively stable. However, new infections continue at far too high a level, with an estimated 56,300 Americans becoming infected with HIV each year. More than 18,000 people with AIDS still die each year in the US. Gay, bisexual, and other men who have sex with men (MSM) are strongly affected and represent the majority of persons who have died.

AIDS is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By damaging your immune system, HIV interferes with your body's ability to fight the organisms that cause disease.

HIV is a sexually transmitted disease. It can also be spread by contact with infected blood, or from mother to child during pregnancy, childbirth or breast-feeding. It can take years before HIV weakens your immune system to the point that you have AIDS.

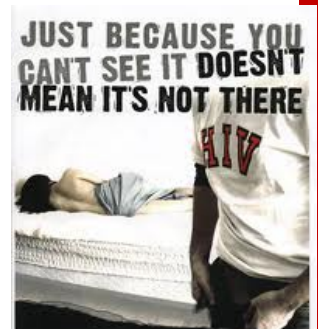
There's no cure for HIV/AIDS, but there are medications that can dramatically slow the progression of the disease.

How HIV is transmitted

To become infected with HIV, infected blood, semen or vaginal secretions must enter your body. You can't become infected through ordinary contact — hugging, kissing (if no blood enters body by open sores), dancing or shaking hands — with someone who has HIV or AIDS. HIV can't be transmitted through the air, water or via insect bites.

You can become infected with HIV in several ways, including:

- **During sex.** You may become infected if you have vaginal, anal or oral sex with an infected partner whose blood, semen or vaginal secretions enter your body. The virus can enter your body through mouth sores or small tears that sometimes develop in the rectum or vagina during sexual activity.
- **Blood transfusions.** In some cases, the virus may be transmitted through blood transfusions. American hospitals and blood banks now screen the blood supply for HIV antibodies, so this risk is very small.
- **Sharing needles.** HIV can be transmitted through needles and syringes contaminated with infected blood. Sharing intravenous drug paraphernalia puts you at high risk of HIV and other infectious diseases such as hepatitis.



Free HIV Testing

American Red Cross offers free HIV testing. To schedule your confidential pain-free HIV test, or for more information, please call:
(320) 251-7641

American Red Cross
1301 West St. Germain St.
St. Cloud, MN

Prevention

You can help prevent HIV infections by getting an HIV test. That's because knowing your HIV status can keep you from accidentally passing the virus to someone else. The Centers for Disease Control (CDC) encourages all sexually active people between 13 years and 64 years of age to get tested.

When Should I Be Tested?

After a possible HIV exposure:

An HIV test will not detect the presence of the HIV virus immediately after exposure. Statistics show that 96% (perhaps higher) of all infected individuals will test positive within 2 to 12 weeks. In some cases, this **may take up to six months.** Think about this: if you got a negative test at six weeks, would you believe it? Would it make you less anxious? To be certain, you will need to be tested again at six months.

Early treatment is another important part of prevention. If you test positive for HIV, you can get the medical care that will help keep you healthy.

What do HIV test results mean?

The HIV test looks for HIV antibodies in your body. The immune system produces antibodies in response to the presence of HIV infection. If the tests are negative, no antibodies to HIV were found. A negative test result might mean that the person does not have HIV infection, but it might also mean that they were tested too soon after infection to detect antibodies. It may take up to three months for people who have HIV to develop enough antibodies for the test to turn positive. In rare cases, it can take up to six months. This is called the "window period." If they were tested too soon after exposure they would have an inaccurate (false) negative test. So test results must always be interpreted in the context of a person's history of risk behaviors.

Reduce your risk of contracting HIV

- Talk with your partner about both of you receiving HIV / STD testing **before** you engage in sexual activity
- Being in a **mutually monogamous relationship** where both partners only engage in sexual activity with each other and no one else, who is HIV both negative and don't abuse injectable drugs.
- Correct and consistent use of the male latex condom can reduce the risk of STD transmission. However, no protective method is 100 percent effective, and condom use cannot guarantee absolute protection against any STD.

**STOP
AIDS**



Additional Resources:

CDC HIV and AIDS

www.cdc.gov/hiv Visit CDC's HIV and AIDS Web site.

CDC-INFO 1-800-CDC-INFO or 1-800 (232-4636) cdcinfo@cdc.gov

Get information about personal risk, prevention, and testing.

CDC National HIV Testing Resources

www.hivtest.org Text your ZIP code to KNOW IT or 566948 Locate an HIV testing site near you.

AIDS info 1-800-448-0440

www.aidsinfo.nih.gov Locate

Resources on HIV and AIDS treatment and clinical trials.

**SCSU Student Health Services
First floor of Hill Hall**

Condoms for \$2 a Dozen?

Student Health Promotions is located on the first floor of Hill Hall next to Student Health Services. Students can purchase condoms by the dozen for \$3.00.

Watch a seven-minute video to **become a member of the Condom Club and you can purchase a dozen for \$2.00!!!**

Save the Date in DECEMBER!

Monday 7 th	Tuesday 8 th	Wednesday 9 th	Thursday 10 th	Friday 11 th	Saturday 12 th
Monday Mile 12:00 pm Atwood	Free Yoga Session 4:45 - 6:00 pm	Nutrition Bingo 12:00 pm Atwood Little Theater	Snow Shoeing 4:00 pm Meet at Outdoor Endeavors	Free Fitness Friday Boot Camp 10:00 am Express Abs 12:00 pm– 12:30 pm Step 2:00 pm – 3:00 pm	Hit it Hard 1:00 pm BOSU

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