

HIV TRANSMISSION,
PREVALENCE, TREATMENT
AND LIVING WITH THE
ILLNESS

The Global HIV/AIDS Epidemic

According to UNAIDS :

- ▣ **Number of People with HIV** – There were approximately 37.9 million people across the globe with HIV/AIDS in 2018.
- ▣ **New HIV Infections** – An estimated 1.7 million individuals worldwide became newly infected with HIV in 2018.
- ▣ 1.6 million infections were among people ages 15 and older
- ▣ 160,000 infections were among children ages 0-14

WHAT IS HIV?

How Do You Get or Transmit HIV?

You can only get HIV by coming into direct contact with certain body fluids from a person with HIV who has a detectable viral load. These fluids are:

- ▣ Blood
- ▣ Semen and pre-seminal fluid
- ▣ Rectal fluids
- ▣ Vaginal fluids
- ▣ Breast milk

How Do You Get or Transmit HIV?

- ▣ For transmission to occur, the HIV in these fluids must get into the bloodstream of an HIV-negative person through a mucous membrane (found in the rectum, vagina, mouth, or tip of the penis); open cuts or sores; or by direct injection.
- ▣ People with HIV who take HIV medicine daily as prescribed and get and keep an undetectable viral load have effectively no risk of sexually transmitting HIV to their HIV-negative partners.

How Is HIV Spread from Person to Person?

- ▣ HIV can only be spread through specific activities.
- ▣ **Having sex with someone who has HIV without using a condom or taking medicines to prevent or treat HIV.**
- ▣ **Sharing injection drug equipment such as needles, with someone who has HIV.**

How Is HIV Spread from Person to Person?

Less common ways are:

- ▣ **From mother to child during pregnancy, birth, or breastfeeding.** However, the use of HIV medicines and other strategies have helped lower the risk of mother-to-child transmission of HIV to 1%
- ▣ **Getting stuck with an HIV-contaminated needle or other sharp object.** This is a risk mainly for health care workers. The risk is very low.

HIV TREATMENT

LIVING WITH HIV