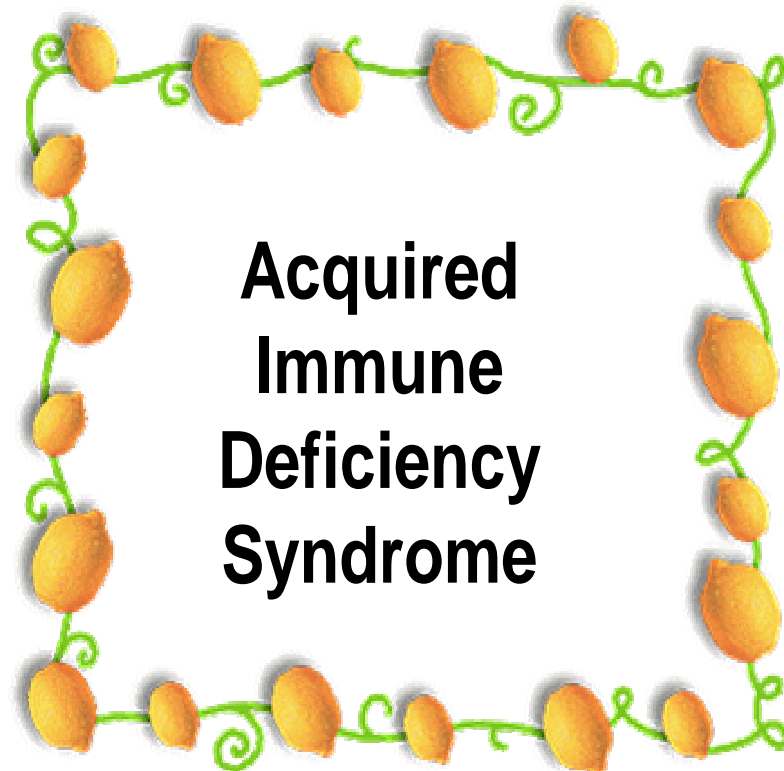


# What is AIDS?



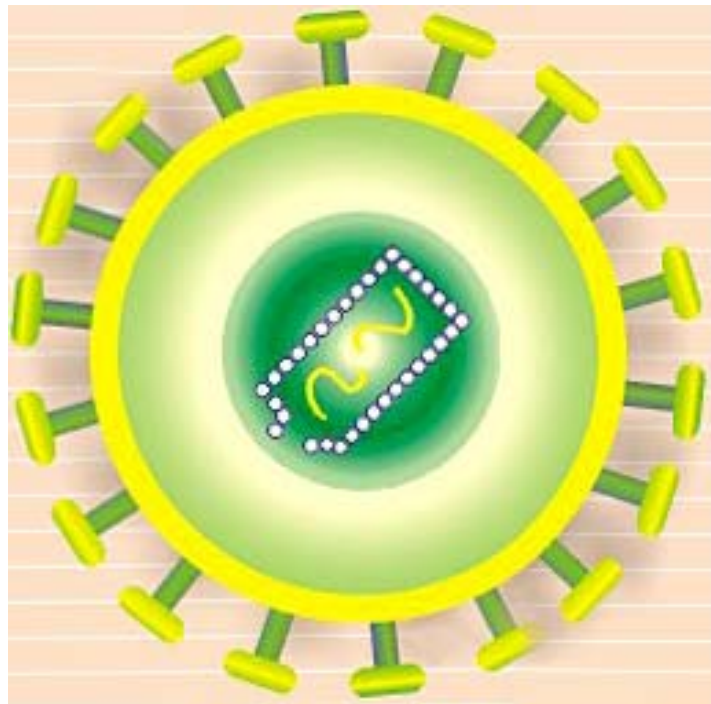
**BOK /AA4/ 10-04 / (E) HIV-EDU**

# HIV

## Human

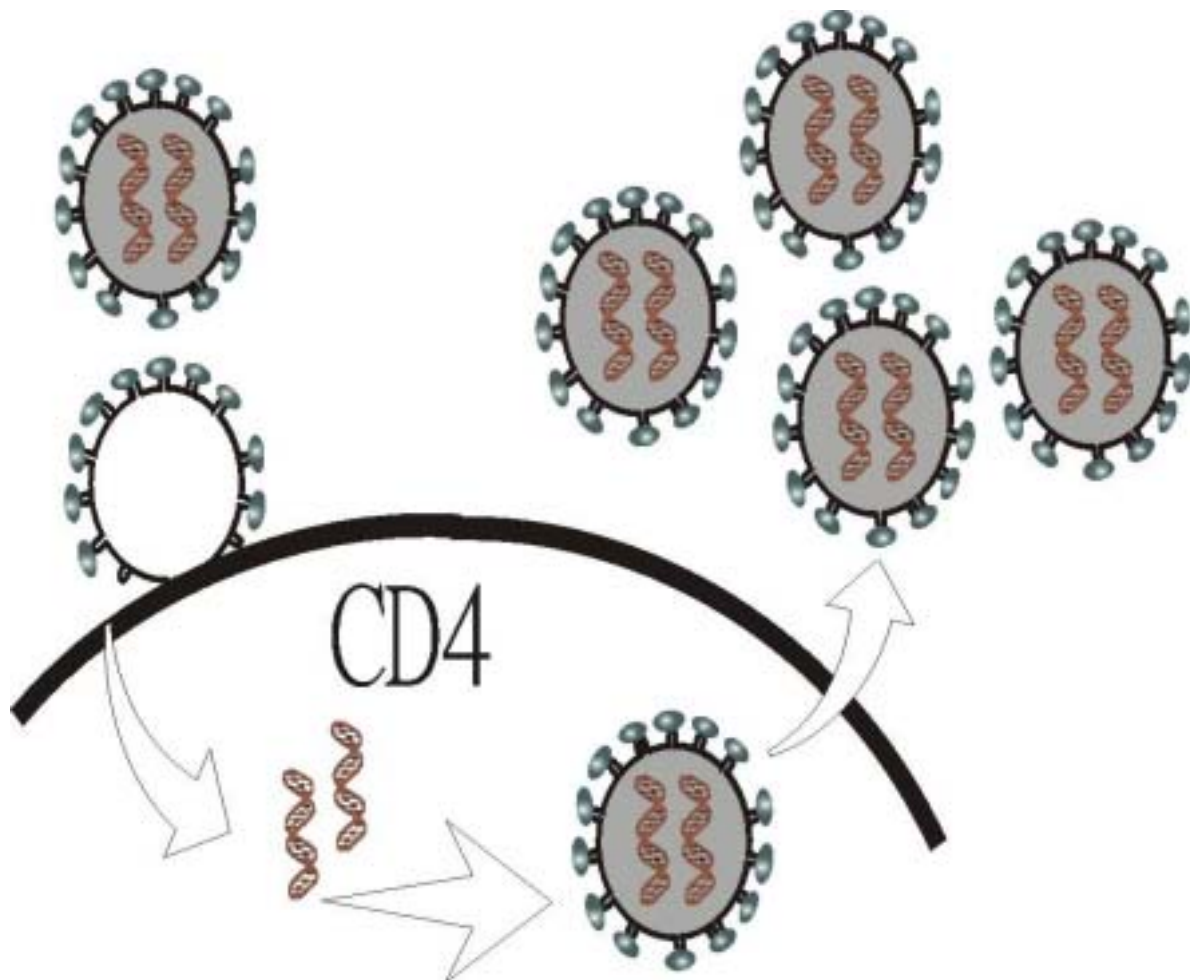
## Immunodeficiency

## Virus

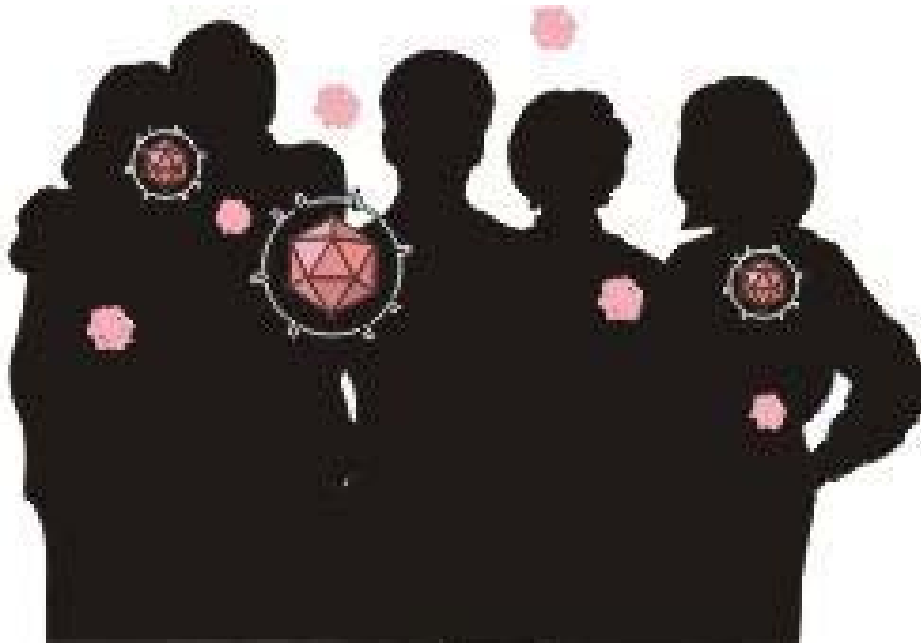


**HIV** attacks **CD4** cells of  
white blood cells and  
replicates enormously

HIV



# 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**



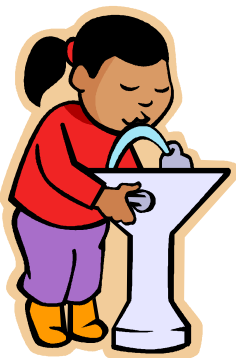
**Insect bite**



**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.**

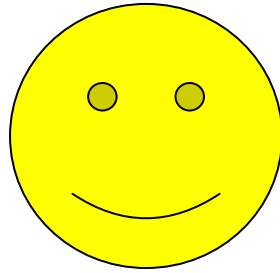
**Therefore, HIV antibody test should be done 3 months after a suspected incidence.**

# 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.



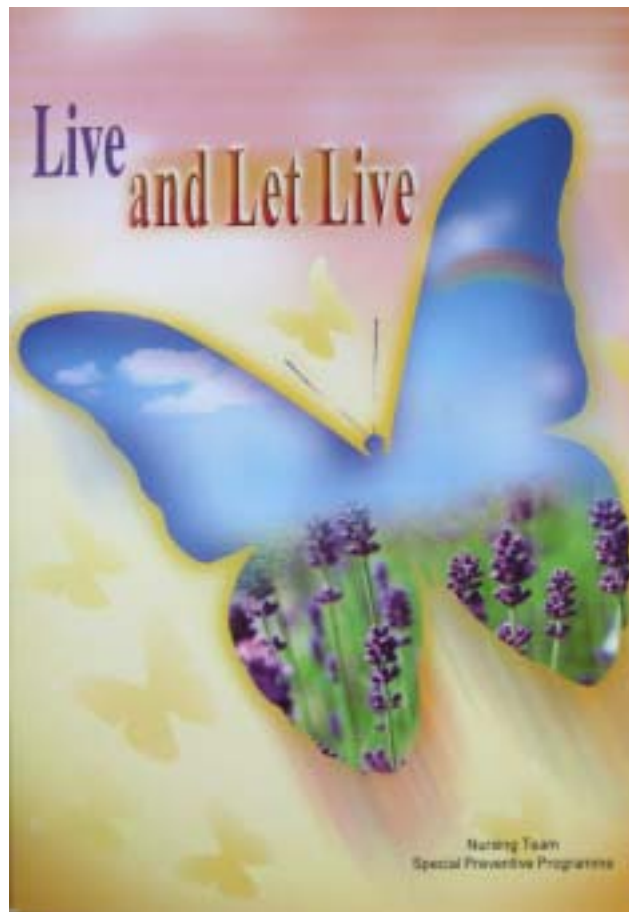
- However, if the test is done within the window period, you need to recheck again after window period.
- You should take precaution to avoid HIV infection before recheck.

## **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.

