

Travel health made simple

7 - HIV - AIDS



What is HIV/AIDS?

- HIV = Human Immunodeficiency Virus
- HIV is the virus that provokes the disease called AIDS
- AIDS = Acquired Immunodeficiency Syndrome
- AIDS is the final, fatal phase of the disease provoked by the HIV virus.
- There is no cure or vaccination for AIDS to date. But medication can slow the evolution of the disease and the appearance of complications.

How about a joint venture ?



AIDS

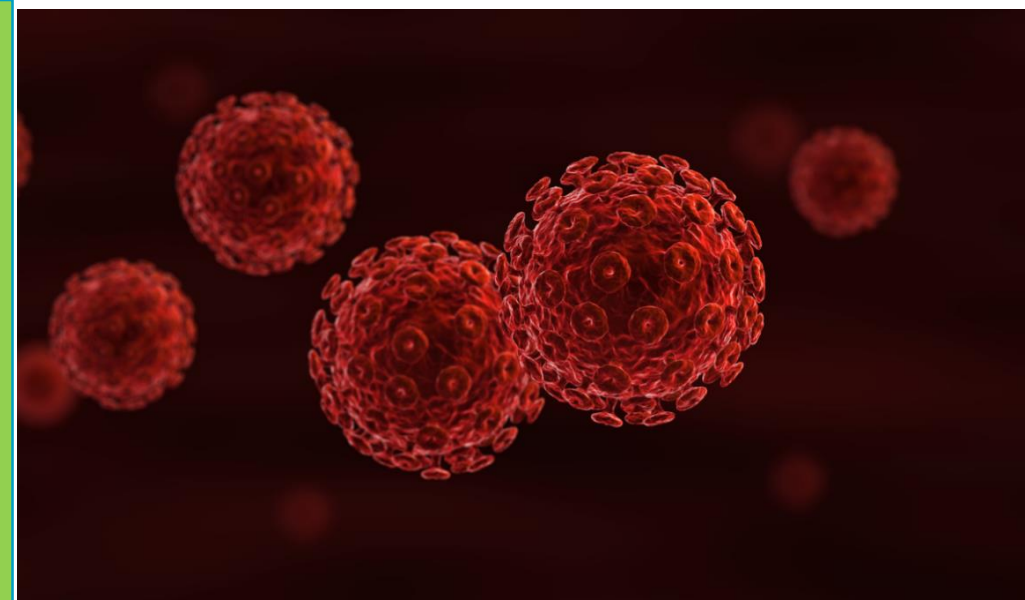


HIV



What is HIV/AIDS?

- AIDS was first identified in 1981.
- Over the last 20 years it has infected over 60 million people and killed 35 million around the world.
- Today, 36 million people are carriers of the HIV virus.
- Most of those infected live in sub-Saharan Africa.

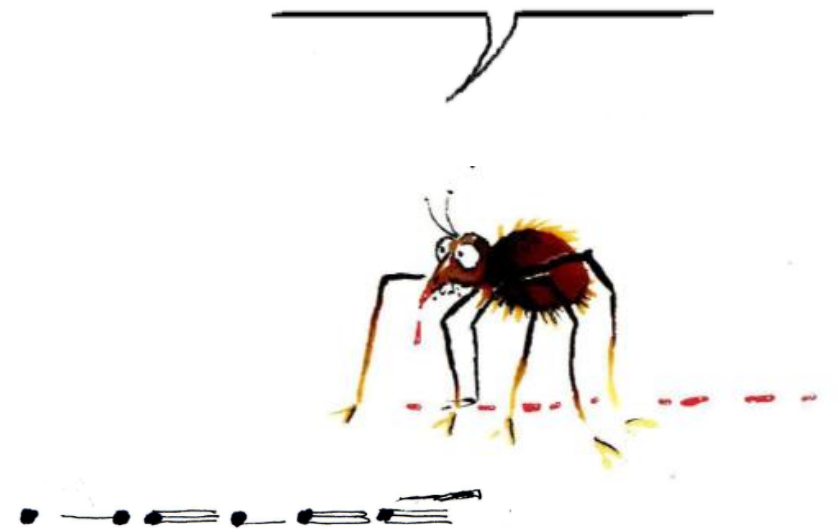


AIDS Transmission

- Sexual contact - Transmission can occur during unprotected sexual contact with a person who has HIV/AIDS whether:
 - heterosexual or homosexual
 - vaginal, anal sex
 - oral sex if blood to blood contact



Henry. I hate blood to blood contact!

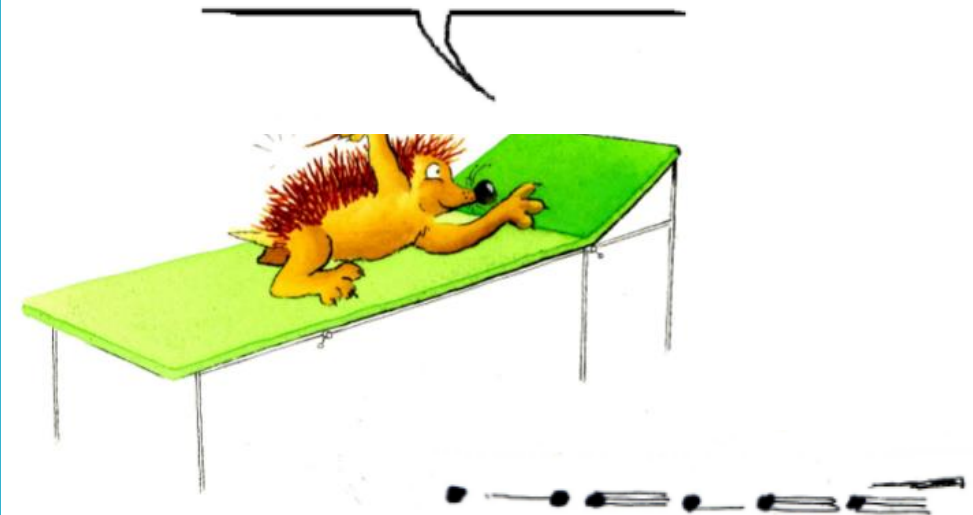


AIDS Transmission

- Blood – Transmission can take place through:
 - blood transfusions
 - transfusion of blood clotting factors (people with hemophilia)
 - sharing of needles (intravenous drug users)
 - accidental needle sticks (health care workers)
 - use of improperly or not sterilized needles and syringes
 - organ or tissue transplants



I always bring my own needles!

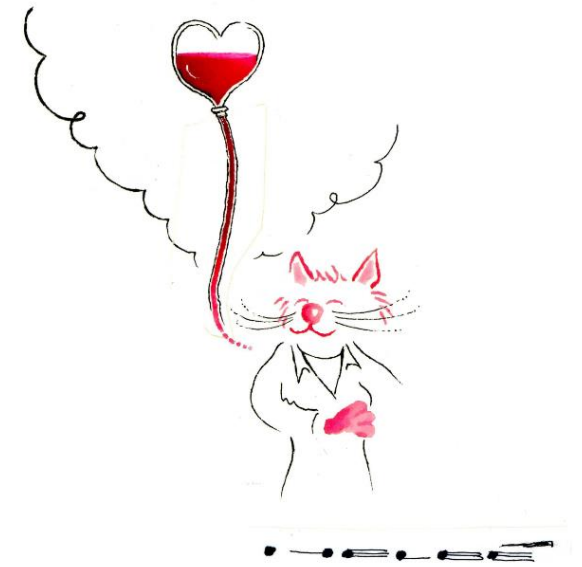


AIDS Transmission

- **Mother to child – An HIV+ mother can transmit the virus to her child during:**
 - pregnancy (in the uterus)
 - during delivery
 - after childbirth through breast feeding



Now transmitting!

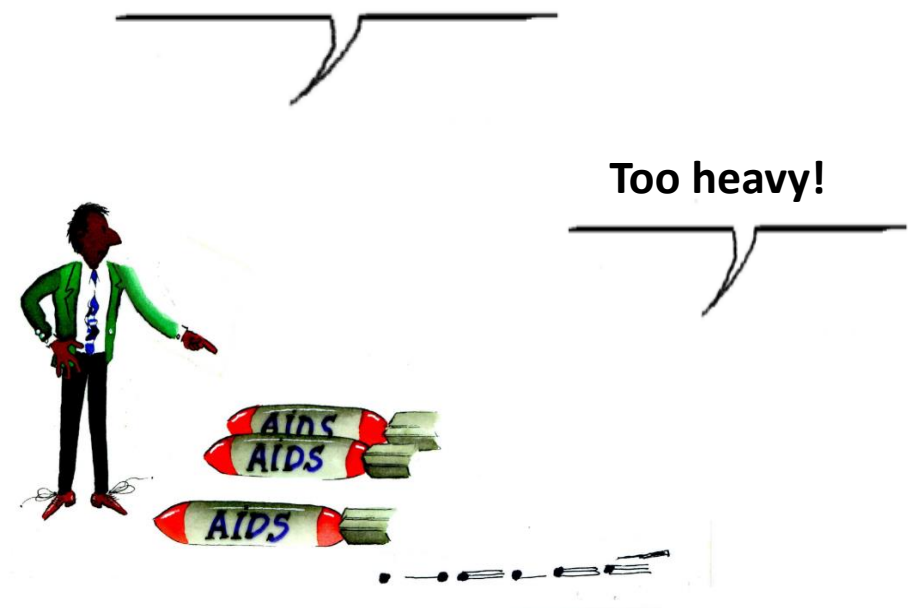


AIDS Transmission

- The following DO NOT transmit HIV/AIDS:
 - normal work-related activities
 - routine, everyday contact – shaking hands, using towels and bedding in hotels, using public toilets or public telephones, going to school
 - swimming in a public pool
 - being sneezed or coughed
 - touching the sweat of someone with HIV/AIDS
 - sharing cups, plates, silverware
 - casual contact through closed-mouth or social kissing
 - donating blood as long as the needle and syringe are sterile and have not been used previously
 - mosquitoes and bedbug bites



Mosquitoes can't transport AIDS



AIDS Transmission

- People at the highest risk are:
 - sexual partners (whether heterosexual or homosexual) of people with HIV/AIDS
 - professional sex workers
 - transfusion recipients in countries where blood is not systematically screened and preheated before being transfused
 - children born to women with HIV (the risk increases if they are breast fed)
 - occupationally exposed healthcare workers
 - intravenous drug users who share needles and syringes

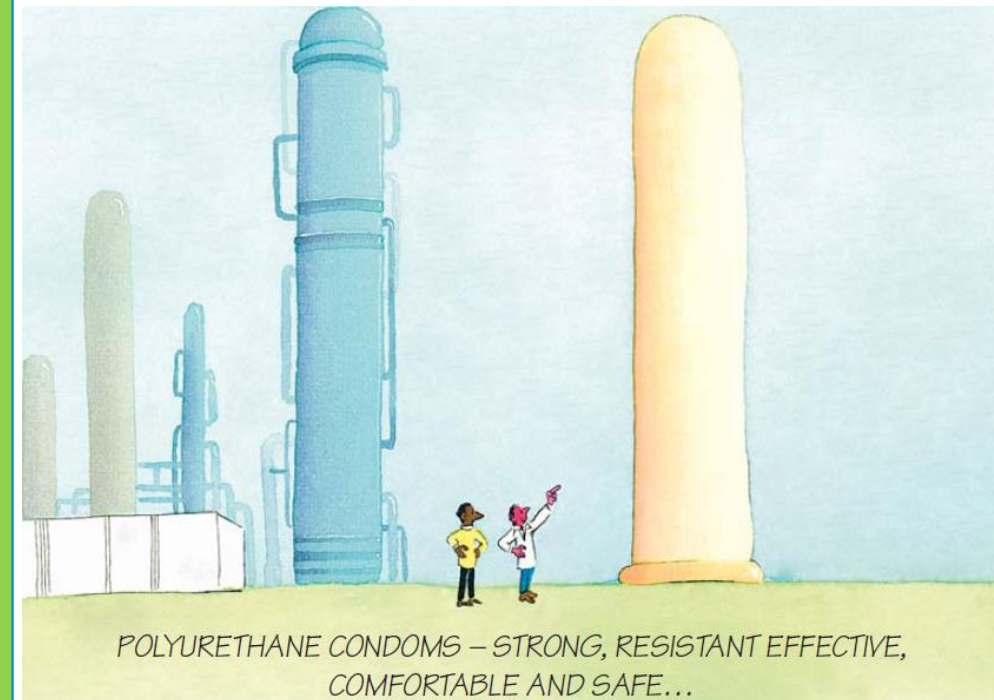


No, no! He is a SAX worker!!!!



AIDS Prevention

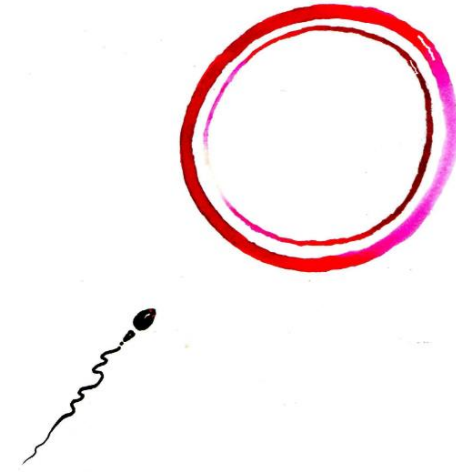
- Prevention of sexual transmission is based on the ABCs:
 - **A**bstinence: No sex = no risk
 - **B**eing Faithful: Fidelity is based on a relationship with only one person and neither partner is infected.
 - **C**ondoms and safer sex: The correct and consistent use of a condom during sexual intercourse is the last line of defense. However, condoms do not provide total protection!



POLYURETHANE CONDOMS – STRONG, RESISTANT EFFECTIVE,
COMFORTABLE AND SAFE...

AIDS Prevention

- Prevention of transmission by blood is based on:
 - Avoiding blood transfusions unless absolutely necessary
 - Avoiding injections if a medication can be taken orally
 - Use of only disposable needles and syringes
 - Avoiding any sharing of personal items – toothbrush, razor, etc.
 - Avoiding unnecessary invasive procedures in areas where equipment may not always be disposable or correctly sterilized.
 - acupuncture
 - dental care
 - tattooing or piercing



You're going the wrong way!!!!

