HIV

What is it?
- Human Immunodeficiency Virus attacks the immune system
- With reduced protection, the person develops severe illnesses – they are then said to have AIDS (Acquired Immune Deficiency Syndrome)
- There is no cure or vaccination for HIV or AIDS

How can you tell if you have been infected?
- Many people have no symptoms for years
- Some get a flu-like illness within 2 months — fever, headache, fatigue, swollen glands in the neck and groin
- Even if there are no symptoms, the person can pass HIV onto another person

Treatment
- The only way to know if you have HIV is to get tested
- Antiretroviral treatment aims to keep the amount of HIV in the body at a low level
- It is not a cure, but it can stop people from becoming ill for many years
- Tablets need to be taken every day for life

How do you prevent getting it?
- Safer sex - use condoms
- Don’t share drugs
- Don’t let alcohol or drugs make you forget yourself

How do you get it?
- Sex
- Injecting
- Sharing crack pipes
- Body piercing and tattoos
- Pregnancy, childbirth and breastfeeding
- Blood transfusion
- Sharing toothbrushes and razors

Client name: ____________________________  Keyworker: ____________________________  Date: __ / __ / __________