

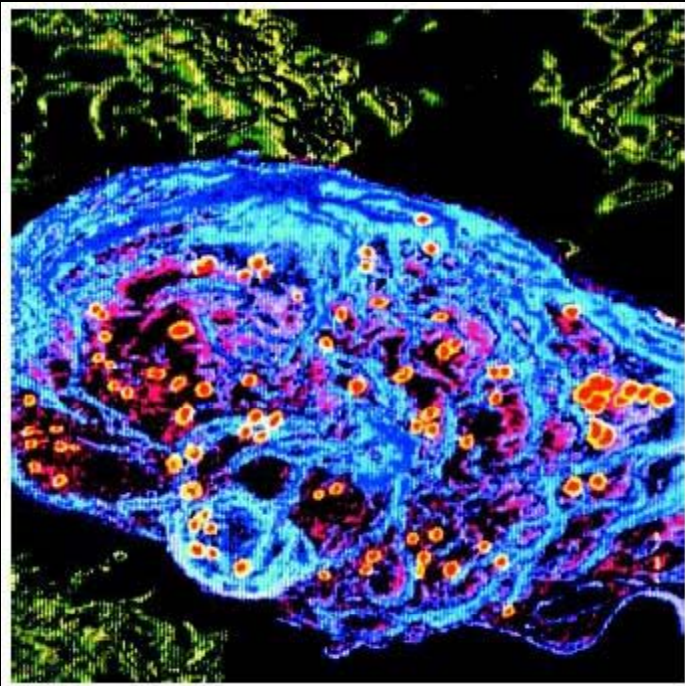
What is AIDS?

- AIDS stands for Immunodeficiency Syndrome.
- It is a condition where your immune system is almost destroyed because you have HIV (Human Immunodeficiency Virus) and you have an illness. This illness is very serious because your immune system is too weak to fight it.
- You will most likely get AIDS eventually if you have HIV unless you get certain medications.



Both the mother and her child in the picture above have AIDS.

What is HIV?

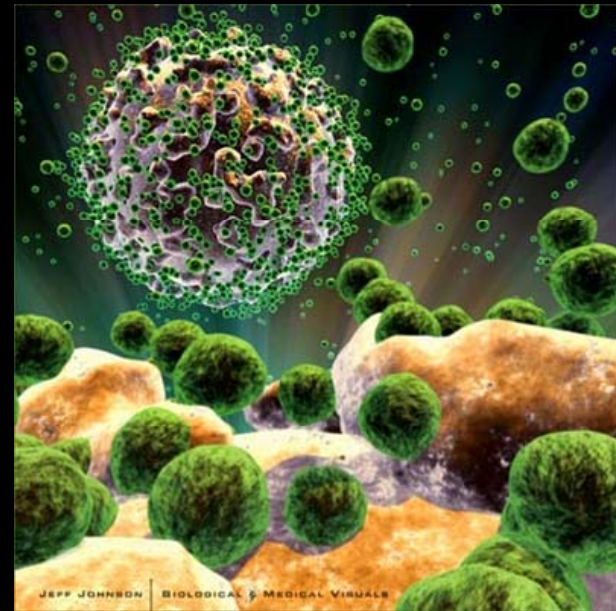


HIV cells attack a lymphocyte.

- HIV destroys your immune system by attacking white blood cells called CD4 helper lymphocytes or helper T cells which usually destroy diseases . HIV uses those cells to reproduce itself.
- This goes on for many years because the body continues to make CD4 helper lymphocytes and the HIV continues to use these cells to reproduce more HIV cells.

What is HIV?

- As time goes on the person infected with HIV loses CD4 helper lymphocytes. When the person has fewer than 200 CD4 helper lymphocytes, a normally insignificant disease can become very serious.
- HIV usually kills the infected person in one to ten years.



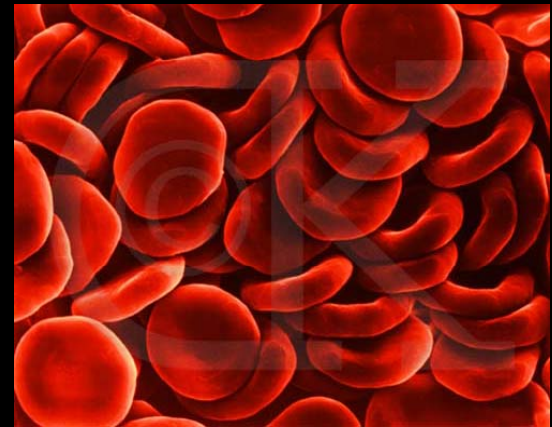
This is a computer-generated picture of HIV cells (small, green cells) attacking the CD4 helper lymphocytes (big, orange cells)

How do you get HIV?

•The only way to get HIV is by coming in contact with one of four body fluids of an HIV-infected person. The four body fluids that can transfer HIV are:

- Blood
- Semen
- Vaginal fluid
- Breast milk

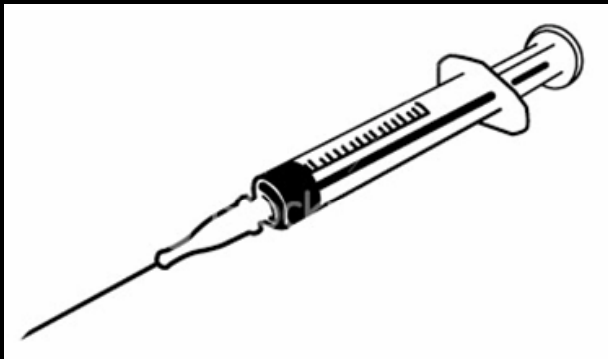
•The most likely way to get HIV is to get it from some type of unprotected sex- either oral, anal, or genital.



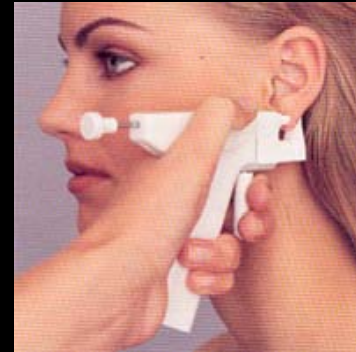
Blood cells

How do you get HIV?

- Another common way of getting HIV is from sharing infected needles. The needles that are least likely to be sterilized and therefore potentially dangerous are needles used for drugs and tattoos.
- You can also get HIV from any kind of body piercing if the equipment is infected.



Needle



Ear piercing

How do you get AIDS?

- No one knows the exact point at which you get AIDS.
- Doctors agree that if both of the following conditions are true then that person has AIDS:
 - The person's immune system is shutting down and they have 200 or fewer CD4 helper lymphocytes.
 - The person has cancer or a serious infection because his or her immune system is so weak. It can't prevent the infection like a healthy immune system. These infections are called opportunistic infections.



A woman cares for her husband who has AIDS in a Tanzanian hospital.

Symptoms of HIV

- Most people don't get symptoms during the first phase of HIV. Some live with HIV for up to nine years without noticing they have it.
- Some people get a flu-like illness but usually think they just have the flu or a cold, not HIV.
- During the second phase of the illness, people usually get some of the following symptoms:
 - Swollen lymph glands
 - Diarrhea
 - Weight loss



A woman who has HIV

Symptoms of HIV

- Fever
- Cough
- Shortness of breath
- During the last phase of AIDS, people usually get more serious symptoms like:
 - Continual fatigue
 - Night sweats
 - Very high fever or chills for a number of weeks
 - Swollen lymph glands that last for months

Symptoms of HIV

- Diarrhea
- Headaches
- Some other possible symptoms are:
 - Thrush
 - Shingles



A shingles rash

Symptoms of AIDS



Lydia Wanjiru is a 32-year-old mother with full-blown AIDS

- There really are no symptoms of AIDS besides the fact that your immune system is almost shut down.
- The only real symptoms a person with AIDS gets is the symptoms of the opportunistic diseases they have.

Are HIV and AIDS dangerous?

- HIV and AIDS are very dangerous.
- HIV destroys your immune system, leaving you open to any disease. These diseases, even ones that are normally insignificant, can become very serious and can cause death when your immune system is too weak to fight them. This is the point at which it is said that you have AIDS.

How common are HIV and AIDS?



Kesia is a 7-year-old orphan with HIV.

- Nobody knows exactly how many people have HIV or AIDS, but one group estimates that by the end of 2006, there were 39.5 million people in the world living with HIV.
- It is not known how many of those people also have AIDS.
- The number of people with HIV continues to increase.

How do you get rid of HIV/AIDS?

- There is currently no way to cure HIV.
- All HIV-infected people can do is take medicine to slow down the progression from HIV to AIDS.
 - For some people, this medicine stops working after a number of years.
- Medicine can also help some AIDS-infected people recover from AIDS and live with only HIV for many years.



A young girl named Svet who has AIDS.