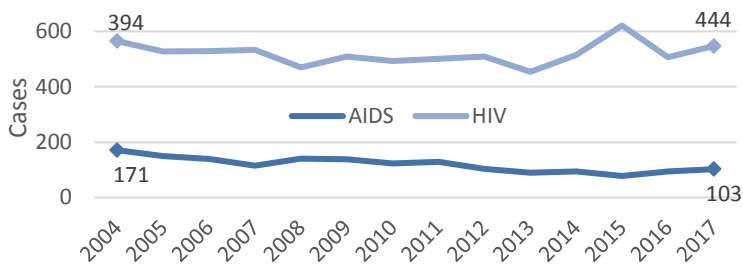




What is HIV/AIDS?

HIV stands for human immunodeficiency virus and is the virus that can lead to acquired immunodeficiency syndrome (AIDS).¹ Unlike other viruses, a person's body cannot get rid of HIV completely, even with treatment.¹ HIV attacks the body's immune system, such as CD4 cells (T cells), leaving the body susceptible to other infections.¹ At the end of 2015, approximately **1.1 million people were living with HIV in the United States.**² In 2015, an estimated **39,720 people were diagnosed with HIV** in the United States.² In 2017, the number of persons **diagnosed with HIV/AIDS in Indiana was 547.**³

Figure 1. Newly Reported Indiana HIV and AIDS Cases, Reported 2004-2017

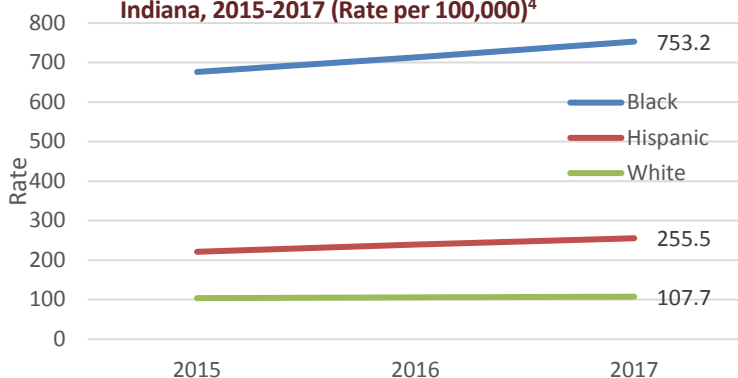


Health disparity: race

HIV infection rates are different among race/ethnicity groups in the U.S. population. In 2015, African Americans accounted for 45% of new HIV diagnoses while making up only 12% of the U.S. population.²

In Indiana by the end of 2017, a total of 12,635 people were living with HIV/AIDS.⁴ Of those, 38% were African American and 48.4% were white.⁴ Due to the smaller number of African Americans in Indiana's general population, HIV/AIDS continues to disproportionately affect African American males more than their white counterparts.⁴ [Figure 2]

Figure 2. HIV/AIDS Prevalence Rate by Race/Ethnicity, Indiana, 2015-2017 (Rate per 100,000)⁴



Transmission

HIV is most commonly transmitted through sexual behaviors and needle or syringe use. **Only** blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids and breast milk can transmit HIV.⁵

Main ways HIV is spread:

- Anal or vaginal sex⁵
- Sharing needles or syringes, rinse water or other injection equipment⁵

Less common ways HIV is spread:

- From mother to baby during pregnancy, birth or breastfeeding⁵
- Being stuck with an HIV-contaminated needle⁵

HIV is **NOT** transmitted by:

- Air or water⁵
- Saliva, sweat, tears or closed-mouth kissing⁵
- Insects or pets⁵
- Sharing toilets, food or drink⁵

Transmission by category

HIV is categorized into four modes of transmission: male-to-male sexual contact (MSM), heterosexual contact, persons who inject drugs (PWID) and MSM+PWID.⁴ In 2017, the majority of newly diagnosed HIV cases were from MSM, with a high proportion being African American men (43.8%).⁴ Young people, aged 13 – 24 years, are especially affected by HIV,⁴ with all gay and bisexual men accounting for 47.9% of all new HIV cases in 2017.

HIV/AIDS and co-infection

If you have an STD, you are more likely to get or transmit HIV to others:⁵

- If you are HIV-negative but have an STD, you are three times as likely to get HIV if you have unprotected sex with someone who has HIV.⁵
- If you are HIV-positive and have an STD, you are three times as likely to spread HIV through sexual contact.⁵
- Indiana has a lower number of 2016 co-infections than the national average, with 9.3% of those with HIV being co-infected with HCV (n=1,137). However during the Scott County Outbreak, 231 individuals had tested positive for HIV, and of those 215 (93.1%) were co-infected with HCV.



Testing

In the United States, approximately 156,300 people are living with HIV and don't know they are infected with the virus.⁵ Each year, about 45,000 people are diagnosed with HIV, and 30% of those new HIV infections are transmitted by people who didn't know they were HIV-positive.⁵

Recommended testing:

- The CDC recommends testing *everyone* between the ages of 13 and 64 years old for HIV at least once a year as part of their routine health care.⁶
- Sexually active gay and bisexual men may benefit from more frequent HIV tests, every 3 to 6 months.⁶

HIV tests for screening and diagnosis:

HIV tests are very accurate, but no test can detect the virus immediately after infection.⁶ It can take anywhere from 7 days to 12 weeks for a test to detect the presence of HIV in a person's body. This all depends on the type of test being conducted:⁶

- Antibody tests: Take 3 – 7 weeks to detect HIV⁶
- 4th generation tests: Take 2 – 6 weeks to detect HIV⁶
- NATs: Take between 7 to 28 days to detect HIV⁶

Treatment

Once you have HIV, you will have it for life.¹ There is no effective *cure* for this disease currently; however, medication to help keep HIV controlled is available.¹

| |
|-------------------------------------|
| Preferred treatment |
| Antiretroviral therapy (ART) |

Taking ART the right way every day can reduce an HIV-positive person's chance of transmitting the virus by as much as 96%.⁶

Protect yourself!

There are more ways today than ever before to help prevent HIV infection. In addition to abstinence, you can do several other things to remain HIV-negative.

To stay HIV-negative, you should:

- Limit the number of your sexual partners⁵
- Never share syringes, needles or works⁵
- Use condoms the correct way every time you have sex⁵
- Take advantage of new medications such as PrEP and PEP⁶

To keep from passing HIV to others, you should:

- Take ARTs the right way and every day⁵

Pre-Exposure Prophylaxis (PrEP) is used when people are at very high risk for developing HIV through risk behaviors.⁸ PrEP can stop HIV from spreading throughout the body and is highly effective if used as prescribed.⁸

PrEP vs. PEP

Post-Exposure Prophylaxis (PEP) means taking an ART after being potentially exposed to HIV to prevent becoming infected.⁹ PEP should be used only in an emergency and must be started within 72 hours after a possible exposure.⁹

Fast facts

- HIV is a virus that a person's body cannot get rid of, even with treatment.¹
- HIV can be transmitted only through an HIV-positive person's blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids or breast milk.⁵
- Young people, aged 13 – 24 years, are especially affected by HIV,⁴ with all gay and bisexual men accounting for 47.9% of all new HIV cases in 2017.
- If you have an STD, you are more likely to get or transmit HIV.⁵
- **Everyone** between the ages of 13 and 64 should be tested at least annually for HIV. Some populations should be tested more often depending on their risk behaviors.

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