



Human immunodeficiency virus (**HIV**) is a virus that attacks cells that help the body fight infection. Left untreated, HIV can lead to acquired immunodeficiency syndrome (**AIDS**).

Stages

- 1 Acute HIV Infection (large amount of HIV in blood / very contagious / flu-like symptoms)
- 2 Chronic HIV Infection (active but reproduces at very low levels / transmission can occur)
- 3 Acquired Immunodeficiency Syndrome (AIDS) (most severe phase of HIV infection)

Transmission

Most commonly during unprotected sex or through sharing injection drug equipment. Only certain body fluids (i.e., blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids, & breast milk) from a person who has HIV can transmit HIV.

Infections by Race

American Indian/Alaska Native	--	186	
Asian	--	875	
Black/African American	--	16,002	→ 42% of All New Cases
Hispanic/Latino	--	10,246	
Native Hawaiian/Other Pacific Islander	--	68	
White	--	9,560	
Multiple Races	--	944	

Of the **37,968** New HIV Diagnoses Among Adults and Adolescents in the U.S. and Dependent Areas by Race/Ethnicity (2018)

<https://www.cdc.gov/hiv/group/raciaethnic/africanamericans/index.html>

HIV to AIDS

Progression to AIDS:

- CD4 cell count falls below 200 cells/mm³ (CD4 counts are 500-1,600 cells/mm³ in a healthy immune system)
- Development of one or more opportunistic infections regardless of CD4 count.

***In the U.S., most people with HIV do not develop AIDS if they are compliant with treatment regimen.**

Preventing Infection & Spread

- **Avoid unprotected sex; use condoms**
- **Know your status; get tested**
- **Use PrEP** (pre-exposure prophylaxis); it can greatly reduce risk
- **Seek treatment if infected and as soon as status becomes known**



<https://www.hiv.gov/hiv-basics/overview/about-hiv-and-aids/what-are-hiv-and-aids>
<https://www.cdc.gov/stophivtogether/hiv-prevention/index.html>

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