

TREATMENT

There is currently no cure for HIV or AIDS. However, there are antiretroviral drugs that can slow down the progress of HIV by helping the immune system recover, delay the development of AIDS, and help some AIDS patients live longer. Some of these include:

- Reverse transcriptase inhibitors interrupt the virus from replicating. Examples are:
 - ▶ AZT (zidovudine [Retrovir®])
 - ▶ ddC (zalcitabine [Hivid®], dideoxyinosine)
 - ▶ d4T (stavudine [Zerit®])
 - ▶ 3TC (lamivudine [Epiriv®])
- Nonnucleoside reverse transcriptase inhibitors (NNRTIS) are used in combination with other drugs to help prevent the virus from multiplying. Examples are:
 - ▶ delavirdine (Rescriptor®)
 - ▶ nevirapine (Viramune®)
- Protease inhibitors interrupt viral replication at a later stage of the viral life cycle. Examples are:
 - ▶ ritonavir (Norvir®)
 - ▶ ritonavir & lopinavir combination (Kaletra®)
 - ▶ saquinavir (Invirase®)
 - ▶ indinavir sulphate (Crixivan®)
 - ▶ amprenavir (Agenerase®)
 - ▶ nelfinavir (Viracept®)



Using a combination of these classes of drugs reduces the chance of the virus developing resistance.

- Other forms of treatment include getting T-cell blood levels checked regularly, maintaining a strong immune system, and treating any secondary infections.

RESOURCES

The Centers for Disease Control and Prevention

1600 Clifton Road
Atlanta, GA 30333
800.311.3435 (Public Inquiries)
404.639.3311 (Telephone)

<http://www.cdc.gov/hiv/general.htm>

AIDS Services Foundation Orange County

17982 Sky Park Circle, Suite J
Irvine, CA 92614-6408
949.809.5700 (Telephone)
949.809.5779 (Facsimile)

<http://www.ocasf.org/index/index.htm>

Planned Parenthood Federation of America, Inc.

810 Seventh Ave
New York, NY 10019
212.541.7800 (Telephone)
212.245.1845 (Facsimile)

<http://www.plannedparenthood.org/index.html>

eMedicine

Sharma, S. "HIV/AIDS." *eMedicine Consumer Journal*.
Volume 2. Number 12. December 13, 2001.

<http://www.emedicine.com/aaem/topic252.htm>

Occupational Safety & Health Administration

200 Constitution Avenue, NW
Washington, DC 20210
800.321.OSHA (Toll Free)

<http://www.osha.gov/>



UNIVERSITY of NEW HAMPSHIRE

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HIV & AIDS Safety Pamphlet

The University of New Hampshire's Office of Environmental Health and Safety has produced this pamphlet on HIV & AIDS to increase awareness and prevention. This document is a guide and should not replace the expertise of your health care provider.




BACKGROUND

- Human immunodeficiency virus (HIV), isolated in 1983, is the agent that causes the disease, acquired immunodeficiency syndrome (AIDS), which scientists named in 1982.
- The origin of HIV is not known. The earliest known case is from a man in Africa in 1959.
- It is now known that HIV has existed in the United States since the mid- to late 1970s.
- AIDS is considered to have become the most devastating disease humankind has ever faced.
- Over 60 million people have been infected with HIV worldwide.
- HIV/AIDS is the fourth leading killer worldwide. In 2001, a global estimate shows that AIDS led to 3 million deaths.
- At the end of 2001, there was an estimated 40 million people living with HIV globally.
- The total number of U.S. AIDS cases reported to the CDC as of June 2001 is 793,026.
- The total number of deaths from AIDS reported to the CDC as of June 2001 is 457,667 nationally.



TRANSMISSION

- It has been documented that HIV is only known to be transmitted through four body fluids: blood, semen, vaginal secretions, and breast milk.
- Studies have shown that HIV exists in small amounts in an infected patient's saliva and tears, but it has never been shown that contact with these fluids results in transmission of the virus.
- HIV has not been shown to exist in an infected patient's sweat; therefore contact with sweat has never resulted in transmission of the virus.
- The most common ways to transmit HIV include:
 - ▶ Sexual contact with an HIV-infected person.
 - ▶ Sharing needles or syringes with an HIV-infected person. 
 - ▶ Babies born to HIV-infected mothers.
 - ▶ Babies breast-fed by HIV-infected mothers.
- There is a potential risk for infection anytime HIV-infected fluids come in contact with open wounds, sores, or mucous membranes.
- It is less common, but possible, for health care workers to become infected by having direct contact with HIV-infected fluids or by accidental needle sticks.
- It is possible, although extremely rare, to become infected with HIV via a blood transfusion or organ transplant. All blood is tested for HIV and has been since 1985.
- HIV is NOT transmitted through casual or social contact such as touching, hugging, holding hands, or dry kissing. 
- HIV is not an airborne virus, nor is it transmitted through food, water, or blood-sucking insects.

PREVENTION

- According to the CDC, the rate of new infections per year in the U.S. has slowed from 150,000 in the 1980s to 40,000 today, thanks to HIV prevention efforts.
- There is currently no vaccine for HIV.
- It is possible to reduce your risk of contracting HIV. The following examples offer ways to do so.
 - ▶ Abstain from sex. Not having sex is the only definite way to prevent the sexual transmission of HIV.
 - ▶ If you decide to have sex, your risk can be reduced by limiting your number of partners, using protection every time, and avoiding contact with body fluids.
 - ▶ Never share needles, syringes, or other drug paraphernalia. 
 - ▶ Avoid sharing personal care items that may have blood on them, such as toothbrushes and razors.
 - ▶ Health care and public safety workers should always practice universal precautions such as wearing gloves, gowns, goggles, and face masks as appropriate when coming into contact with body fluids. 
 - ▶ In a health care setting, sharps, such as needles, should be disposed of in appropriate sharps containers and extreme caution should be exercised when handling. 
 - ▶ If you are at risk for contracting HIV, or think you've been exposed, get tested immediately. If you continue to be at risk, get tested often.
- The best prevention against HIV is knowledge and awareness. Please refer to the resources on the back of this pamphlet or see your health care provider for more information on HIV and AIDS.

SYMPTOMS

- The only way to determine if you have been infected with HIV is to get tested. Many people who are infected with HIV do not have any symptoms for years. 
- HIV diagnosis is done through a simple blood test. A negative result does not necessarily mean there is no infection with HIV. It takes most people about three months to develop noticeable viral antibodies (it can take up to six months).
- A positive test result for HIV does not also indicate the presence of AIDS. AIDS is diagnosed by a physician based on specific clinical criteria, such as AIDS-indicator illnesses.
- Some of the warning signs of HIV infection **may** include:
 - ✓ Rapid weight loss.
 - ✓ Dry cough.
 - ✓ Recurring fever.
 - ✓ Profuse night sweats.
 - ✓ Swollen lymph glands in the armpit, groin, or neck. 
 - ✓ Diarrhea lasting for more than a week.
 - ✓ White spots or blemishes on the tongue, in the mouth, or in the throat.
 - ✓ Pneumonia.
 - ✓ Red, brown, pink, or purplish blotches on or under the skin, or inside the mouth, nose, or eyelids.
 - ✓ Memory loss, depression, and other neurological disorders.
- Presence of any one of these symptoms may not warrant concern of infection with HIV since many of these symptoms can be related to other illnesses.