



December 1

World AIDS Day

Office of Health Education and Promotion
Health Services, University of New Hampshire
(603) 862-3823
www.unh.edu/health-services

About HIV/AIDS

How do I get HIV?

HIV is found in blood, semen, vaginal fluids, and breast milk. Unprotected vaginal, anal, or oral sex, sharing needles or syringes, or getting HIV-infected blood, semen, or vaginal secretions in open sores or wounds are all ways to get HIV.

How do I protect myself and my partner from HIV?

The surest way to do this is to abstain from any type of sexual activity with another person, and not share needles if you use steroids, hormones, or other drugs. If you do choose to be sexually active, use a condom for all vaginal, anal and oral sex. Vaginal and anal intercourse are the highest risk activities to engage in, so always use a condom for these activities.

Source: UNH Health Services Web Site



Get It On!

If you choose to be sexually active, wear a condom.

Free condoms available at Health Services.

How To Use a Condom

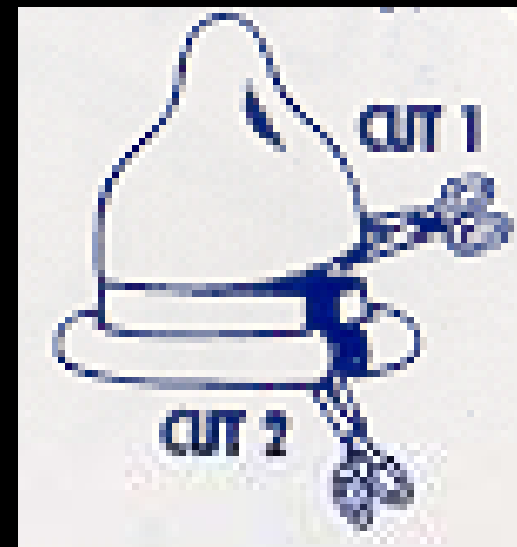
- Use a condom for vaginal, anal and oral sexual activity, once the penis is erect.
- Check expiration date on package. Do not use old condoms, lambskin condoms, or condoms that have been kept in a wallet or exposed to heat or cold.
- Carefully remove condom from packet.
- If desired, place some water-based lubricant in the tip of condom before putting it on. Oil-based lubricants will destroy latex, but are OK with polyurethane condoms.
- Squeeze tip of condom to create a space for semen. Condom may break if there is not a space.
- If penis is uncircumcised, roll foreskin down over head of penis before putting condom on.
- Hold condom from tip with one hand, and with the other hand, roll down condom over erect penis to base of penis.
- If desired, gently apply lubricant on outside of condom.
- After ejaculation, hold the base of the condom while withdrawing to prevent semen from leaking out.

Condom Into A Dental Dam

Dental dams are used for oral-genital contact or oral-anal contact to protect both sexual partners from contracting Sexually Transmitted Infections (STIs), including HIV from each other.

How to turn a condom into a dental dam

1. Remove condom from package
2. Partially unroll condom and cut horizontally across the top, removing the tip (Cut 1)
3. Then, cut vertically up the side and unroll (Cut 2).



HIV/AIDS Quiz

In the U.S., what percentage of new HIV infections each year occur in African Americans?

- A. 20 percent
- B. 50 percent
- C. 60 percent

Answer: B

African Americans account for 50% of the roughly 40,000 new HIV infections in the U.S. each year, even though they make up only 12% of the population.

Worldwide, 40 million people are estimated to be infected with HIV. How many don't know they are infected?

- A. 40 percent
- B. 50 percent
- C. 90 percent

Answer: C

Ninety percent of HIV-positive people worldwide don't know that they have HIV. (In the United States, an estimated 1 million people are infected with HIV and approximately 25% don't know it.)

HIV/AIDS Quiz

On average, what is the increased lifespan for a person with HIV if they are taking antiretroviral drugs?

- A. 8 years
- B. 15 years
- A. Indefinite

Answer: A

Since antiretroviral therapy began in 1996, on average life has been extended about eight years, though many patients are doing well 10 years into therapy.

How many times a day does HIV reproduce in the body?

- A. 50 to 100 times per day
- B. 10,000 to 100,000 times per day
- C. 10 billion to 1 trillion times per day

Answer: C

One of the reasons HIV is so dangerous is that once it enters the CD4 cell, it hijacks the cell's machinery to turn out an average of 10 billion but up to 1 trillion new virus particles per day.

HIV/AIDS Quiz

How long is HIV's so-called "dormancy period" -- when an infected person doesn't experience symptoms?

- A. Up to 6 months
- B. Up to 2 years
- C. Up to 10 years

Answer: C

In the first weeks after being infected with HIV, some people experience flu-like symptoms for a few days. But after that, on average, a person can go up to 10 years or more without experiencing any symptoms of AIDS. However the virus itself is not dormant -- during this period, HIV is at war with the body's immune system.

In a 2006 survey, how many Americans incorrectly believed that HIV can be transmitted through sharing a drinking glass with an HIV-positive person?

- A. 10 percent
- B. 23 percent
- C. 40 percent

Answer: B

Twenty-three percent of Americans believe HIV can be transmitted by sharing a drinking glass with an HIV-positive individual, according to a May 2006 Kaiser Family Foundation survey.

HIV/AIDS Quiz

Some people do have natural protection against HIV.

- A. True
- B. False

Answer: A - True

A specific gene mutation has been found to protect a small percentage of the human population from HIV infection.

What is the biggest HIV risk factor for women in many developing countries?

- A. Being married
- B. Earning less than \$1 per day
- C. Working as a prostitute

Answer: A

In many developing countries, a woman's biggest risk factor is marriage.

HIV/AIDS Quiz

Which country outlaws needle-exchange programs?

- A. Iran
- B. Brazil
- C. United States

Answer: C

In the U.S., federal funding for needle exchange is banned. A quarter of the nation's estimated 2 million plus injecting drug users are infected with HIV/AIDS.

When did HIV first cross the species barrier, evolving from a simian (chimpanzee) virus to a human virus?

- A. The 1930s
- B. The 1950s
- C. The 1970s

Answer: A

Scientists believe that HIV evolved from a chimpanzee virus into a human virus in the 1930s. The earliest known human infection was found in a blood sample taken in 1959 from a man living in the Congo.

HIV/AIDS Quiz

Bonus Question!

Where did the dominant strain of HIV, which has infected 90 percent of the world's human population, first emerge?

- A. Somewhere around Lake Victoria, in Central Africa
- B. Southeastern Cameroon
- C. We'll never know

Answer: B

In May 2006, Dr. Beatrice Hahn and her colleagues announced they had traced the strain of the virus responsible for the majority of HIV cases worldwide to a specific family of chimpanzees in southeastern Cameroon.

Myth vs. Reality

Myth:

HIV or AIDS can be cured.

Reality:

To date, there is no cure for HIV or AIDS and there are no vaccines to prevent HIV infection.

Myth:

HIV/AIDS is a gay disease.

Reality:

Anyone can be susceptible to HIV/AIDS, regardless of their sexual orientation. Everyone is at risk of getting HIV from blood-to-blood contact, sharing needles or unsafe sex. Worldwide, HIV is spread most often through heterosexual contact.

Source: American Association for World Health, last accessed November 5, 2008,
<http://www.thebody.com/content/whatis/art33051.html>

Myth vs. Reality

Myth:

You can get HIV from breathing the air around an HIV-infected person or from hugging or holding hands with an HIV-infected person.

Reality:

HIV cannot be transmitted through:

- Toilet seats or doorknob handles.
- Touching, hugging, holding hands, or cheek kissing with an HIV-infected person.
- Sharing eating utensils with an HIV-infected person.
- Mosquito bites.

HIV is transmitted through contact with an HIV-positive person's infected body fluids, such as semen, pre-ejaculate fluid, vaginal fluids, blood, or breast milk. HIV can also be transmitted through needles contaminated with HIV-infected blood, including needles used for injecting drugs, tattooing or body piercing.

Myth vs. Reality

Myth:

You can get HIV by sharing exercise equipment or playing sports with an HIV-positive person.

Reality:

Contact with sweat or tears has never been shown to result in transmission of HIV.

Myth:

You can get HIV by kissing an HIV-infected person.

Reality:

Casual contact through closed-mouth or "social" kissing is not a risk for transmission of HIV. Because of the theoretical potential for contact with blood during "French," or open-mouthed kissing, the CDC recommends against engaging in this activity with an infected person. However, no cases of AIDS have been attributed to any kind of kissing.

Myth vs. Reality

Myth:

You cannot get HIV if you are using birth control methods like diaphragms, cervical caps, sponges, spermicides, DepoProvera, Norplant, or the Pill.

Reality:

These birth control methods do not prevent the transmission of sexually transmitted infections (STIs) such as HIV. They only aim to prevent pregnancy. The surest way to prevent both pregnancy and an STD infection is through abstinence. One way people who are sexually active may prevent pregnancy and STD infection is to use a condom *in combination with* another form of birth control, such as a diaphragm, cervical cap, sponge, spermicide, DepoProvera, Norplant, or the Pill. Birth control products containing the spermicide nonoxynol-9 (found in most contraceptive creams, gels, suppositories, foams, films and sponges) help to prevent pregnancy but may increase the risk of HIV.

Myth vs. Reality

Myth:

I can't have more than one sexually transmitted infection (STI) at a time.

Reality:

A person can be infected with more than one STI. A person with an untreated STD may also be 6-10 times more likely to pass on or acquire HIV during sex. Risk for infection increases 10 to 300-fold in the presence of a genital ulcer, such as occurs in syphilis or genital herpes.

Myth:

There is no such thing as safer sex.

Reality:

Safer sex is sexual activity without penetration, or sex with a latex condom or a latex barrier (in the case of oral sex). Although safer sex can substantially reduce the sexual transmission of an STI like HIV, sexual abstinence is the surest way to prevent the sexual transmission of an STI, including HIV.

Myth vs. Reality

Myth:

Since I only have oral sex, I'm not at risk for HIV/AIDS.

Reality: You can get HIV by having oral sex with a man or a woman.

That is why it is important to use a latex barrier during oral, vaginal, or anal sex.

Myth:

I would know if a loved one or I had HIV.

Reality:

A person with HIV may not show any symptoms for up to 10 years.

Since HIV affects each person differently, many people with HIV can look and feel healthy for years. The only sure way to know is to get tested.

Source: American Association for World Health, last accessed November 5, 2008,
<http://www.thebody.com/content/whatis/art33051.html>

Myth vs. Reality

Myth:

When you're on HIV therapy you can't transmit the virus to anyone else.

Reality:

Antiretroviral drugs don't keep you from passing the virus to others. Therapy can keep the viral load down to undetectable levels, but HIV is still present in the body and can still be transmitted to others.

Myth:

Getting tested for HIV is pointless.

Reality:

Knowing if you are HIV-positive will allow you to seek early treatment that can help you stay healthy longer and enable you not to pass on the virus to someone else. Regardless of your HIV status, you can learn how to prevent future infection from HIV or other sexually transmitted infections (STIs) through counseling offered at many HIV testing centers, **including Health Services.**

Source: UNH Health Services Web Site Source: American Association for World Health, last accessed November 5, 2008, <http://www.thebody.com/content/whatis/art33051.html>

History of World AIDS Day

World AIDS Day has a special place in the history of the AIDS pandemic. Since 1988 the 1st of December has been a day bringing messages of compassion, hope, solidarity and understanding about AIDS to every country in the world. What prompted this extraordinary response? World AIDS Day emerged from the call by the World Summit of Ministers of Health on Programs for AIDS Prevention in January 1988 to open channels of communication, strengthen the exchange of information and experience, and forge a spirit of social tolerance.

Since then, World AIDS Day has received the support of the World Health Assembly, the United Nations system, government, communities and individuals around the world. Each year, it is the only international day of coordinated action against AIDS.

World AIDS Day Timeline

This interactive web-based timeline is an ongoing reference tool for many of the political, scientific, cultural, and community events that have occurred over the global history of the epidemic.

www.kff.org/hivaids/timeline/hivtimeline.cfm

Source: Kaiser Family Foundation

The Red Ribbon

The Red Ribbon is an international symbol of AIDS awareness that is worn by people all year round and particularly around world AIDS day to demonstrate care and concern about HIV and AIDS, and to remind others of the need for their support and commitment. The red ribbon started as a "grass roots" effort, and as a result there is no official red ribbon, and many people make their own.

Make Your Own Ribbon!

To make your own ribbons, get some ordinary red ribbon, about 1.5 cmtrs. wide and cut it into strips about 15 cmtrs. long. Then fold at the top into an inverted "V" shape and put a safety pin through the centre which you use to attach the ribbon to your clothing.

Wear The Red Ribbon

- If it's the only thing you do for World AIDS Day, wear the Red Ribbon on December 1st.
- It's the international symbol of HIV and AIDS awareness.
- By wearing it, you're showing support for over 36.1 million people across the world who are living with a disease for which there's still no cure.



What Can You Do?

■ Get Tested

Health Services offers confidential HIV testing/counseling to UNH students.

Call (603) 862-3823 for more information.

HIV COUNSELING/TESTING WALK-IN CLINIC at UNH Health Services

Thursdays 11:00 A.M. - 2:00 P.M.

GET RESULTS IN 20 MINUTES WITH Oraquick Advance Rapid HIV Testing!

- Oraquick Advance is an oral specimen collection device.
- Oraquick Advance has a greater than 99% accuracy rate.
- Oraquick Advance is noninvasive (no needles required), easy to use, and extremely reliable.

**A preliminary positive test result, using Oraquick Advance, will need to be confirmed by another HIV testing method before any results are provided.*

\$20 per test
(cash, check, visa, mastercard and cats cache accepted)
No appointment necessary
Open to the UNH Community

Who Should Get Tested?

- Those who consider themselves at risk for HIV infection
- Persons who have had multiple partners or have had unprotected anal, oral or vaginal sex
- Pregnant women and women who plan to become pregnant
- Partners of injection drug users (either spouses, sex partners, or needle sharing partners)
- People who have sexually transmitted infections or who have been sexually abused
- Tuberculosis and hepatitis B and C patients
- Patients who received transfusions of blood or blood components between the early 1978 and mid 1985

The United States has mandated testing for:
Immigrants entering the US and inmates of Federal prisons.

What Can You Do?

■ UNH for One

The mission of UNH for ONE is to bring the ideals of The ONE Campaign to UNH. UNH for ONE is run by students who want to raise awareness about global AIDS and world poverty.

Find them on Facebook!

ONE THE CAMPAIGN
TO MAKE
POVERTY HISTORY



What Can You Do?

- **Learn More**

Every year UNH sponsors events that educate the community about AIDS/HIV. Check out the **Campus Calendar** for this year's events.



What Can You Do?

■ Get Involved

AIDS Response Seacoast, located in Portsmouth, is a nonprofit, community based organization founded in 1987 to help improve the quality of life of those infected and affected by the disease and to prevent the spread of HIV/AIDS.

They are always seeking volunteers to assist with prevention education and client services.

www.aidsresponse.org



HIV/AIDS Resources

- **UNH Health Services**
(603) 862-3823 | www.unh.edu/health-services
Provides counseling, testing and education on HIV/AIDS, sexually transmitted infections (STIs) and sexual health to UNH students.
- **The Body** - www.thebody.com/index.html
- **World AIDS Day Organization** - www.worldaidsday.org
- **World AIDS Day Organization** - www.worldaidsday.org
- **World AIDS Campaign** - <http://www.worldaidscampaign.org>
- **The One Campaign** - <http://www.one.org>
- **AIDS Memorial Quilt** - <http://www.aidsquilt.org>

Create change.

*What are you going to do this
World AIDS Day?*



Focus on Living:

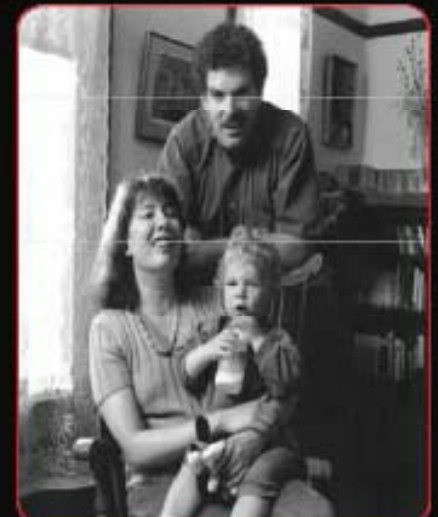
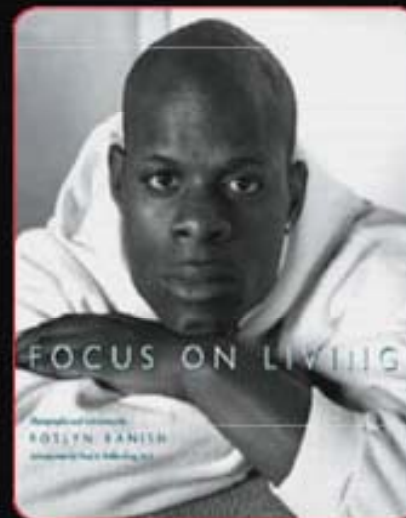
Portraits of Americans with HIV and AIDS

A national touring photo and text exhibit, will be on display at the University of New Hampshire to commemorate World AIDS Day (December 1st).

Monday, November 30th 12:00 p.m. - 3:00 p.m.

Tuesday, December 1st 11:00 a.m. - 2:00 p.m.

Strafford Room, MUB (Memorial Union Building)



World AIDS Day 2009

Co-Sponsored by Health Services and the Kidder Fund. For more information visit www.unh.edu/health-services or call (603) 862-3823.