

Part 1

# HIV/AIDS 101

## Overview and History



# What is HIV?

HIV stands for Human Immunodeficiency Virus.

- HIV infects a specific type of white blood cell, called CD4 or T-cells. The virus enters a cell, makes copies of itself, kills the cell, and spreads, repeating the cycle among other CD4 cells.
- Symptoms of HIV can include swollen lymph nodes, fatigue, chills, muscle aches, rash, fever, night sweats, and mouth ulcers.

# What is AIDS?

AIDS stands for Acquired Immuno-Deficiency Syndrome.

## Acute HIV Infection

Flu-like symptoms that occur within first 2-4 weeks of contracting HIV infection

## Chronic HIV infection

Can last for decades. Many people do not experience symptoms during this stage

## AIDS

Occurs when CD4 cell count falls below 200 cells/mm<sup>3</sup>, and vulnerable to opportunistic infections

## **How is HIV transmitted between people?**

6 body fluids - blood, semen, pre-ejaculate fluid, anal fluid, vaginal fluid, breast milk

5 ports of entry - veins, anus, vagina, cuts & wounds, mucous membranes (eyes, nose, mouth, urethra)

## **How it is NOT transmitted:**

Insect bites, toilet seats, kissing, sharing cutlery, touching

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**1930s**

Believed to be the origin of HIV in humans

**1985**

President Reagan first speaks about the epidemic

**1990**

Ryan White Comprehensive Emergency (CARE) Act signed, created the largest federal program exclusively on providing care services to people with HIV

**1981**

First case in USA confirmed, was wrongfully identified as “GRID”, or Gay-Related Immune Deficiency

**1987**

Azidothymidine (AZT), an antiviral drug, begins trials

**1995**

Antiretroviral therapy (ART) replaces AZT

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**2002**

HIV antibody rapid  
test is approved by  
FDA and is made  
available to the public

...ral  
...RT)  
...ZT

**1996**

Natural  
resistance  
observed in  
CCR5 gene

**2002**

Post-exposure  
prophylaxis  
(PEP) is  
approved by  
FDA

**2012**

Pre-exposure  
prophylaxis  
(PrEP) is  
approved by  
FDA

## **Local Resources:**

**Flourish Point** offers mental health services, education, food, and other community connections

**Eastern Idaho Public Health Department** and the **Rexburg Free Clinic** offer testing resources and health information.

## **More Information:**

<https://www.cdc.gov/endliv>  
<https://ryanwhite.hrsa.gov>

[hiv.gov](http://hiv.gov)  
[hivcare.org](http://hivcare.org)