

HIV/AIDS AWARENESS



National HIV/AIDS and Aging Awareness Day is on September 18, 2018. The purpose of this day is to spread awareness about testing, prevention and treatment to the older population. About 45% of Americans are 50 years and older currently living with HIV. People 50 years and older with HIV have the same risk factors as younger people with HIV. It is important to be aware of the risk factors of getting HIV no matter what age. HIV can be contracted at any age especially if you are at high risk. There are many steps that can be taken to prevent HIV including lifestyle changes, testing, and drug therapy.

Lifestyle Changes

Making lifestyle changes are key in preventing HIV. One lifestyle change would be to practice safe sex including use of male or female condoms (latex or polyurethane) or a dental dam for oral sex. Getting periodic testing for HIV is recommended for those at high risk. People from the ages of 13-68 should get tested at least once in their life. More frequent testing is recommended for patient with high risk behavior. Testing is recommended every 3-6 months. Sharing of needles or syringes should always be avoided as this can spread the virus. Lastly, patients taking medication for HIV should take the medications as prescribed and avoid missing doses.

Over the Counter Testing

There are two HIV tests that can be purchased without a prescription. One of the tests, Home Access HIV-1 Test is a home collection kit that takes about 24 hours to get results. This kit requires a blood sample which includes a finger prick. Once the sample is collected it is sent to a licensed laboratory pharmacy and results can be obtained by calling the pharmacy the next business day. If the results are positive contact your doctor.



The second test is The OraQuick In-Home Test. This test provides quick at home results. It involves getting an oral fluid sample by swabbing the mouth area. It takes about 20 minutes for the results to appear. If the results show 2 lines on the test stick then the results are positive. If results are positive contact your doctor for further testing.

These at home tests should not be the only testing that is conducted. It is important to have regular doctor visits where test-

Risk Factors

- Unprotected sex
- Oral sex with open mouth sores
- Multiple sex partners
- Sharing needles/syringes
- IV drug users



There are **many places you can get an HIV test**, including a **clinic**, a **doctor's office**, or a **mobile testing van**. Or you can take a **home HIV test**.



Medication

PrEP

PrEP stands for Pre-Exposure Prophylaxis. This means that the medication is given when no HIV exposure is present and can be given in order to prevent the transmission of the HIV infection. This regimen consists of a medication called Truvada (emtricitabine/tenofovir disoproxil fumarate) that is taken by mouth once a day to prevent HIV infection for people that are at risk. You must speak to your doctor first before taking this medication.

PEP

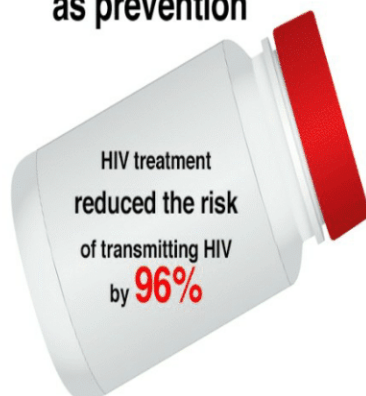
PEP stands for Post Exposure Prophylaxis. This regimen is used for patients that were exposed to the HIV infection and start taking this regimen to prevent transmission. This regimen is used for emergency use only after exposure. The medications used in this regimen is Truvada (emtricitabine/tenofovir disoproxil fumarate) plus raltegravir (Isentress) or dolutegravir (Tivicay). You must speak to your doctor before taking these medications.

Treatment

Once getting diagnosed with HIV it is important to practice safe sex, take your medications every day, maintain a healthy lifestyle, follow-up with doctor appointments and call the pharmacy or doctors office before taking any new over the counter medications. Taking your prescribed medications everyday will help your immune system and reduces the HIV viral count.

Talk to your doctor about any questions or concerns regarding HIV/AIDS treatment and prevention medications.

Treatment as prevention



PrEP

**ONE PILL.
ONCE A DAY.**
Protect against HIV.



PEP Post-Exposure Prophylaxis

PEP treatment can be accessed through your doctor, emergency room, urgent care clinic, or HIV clinic.

Start PEP treatment within 72 hrs of being exposed.

Follow prescribed treatment for 28-days.

Check back with your doctor after treatment and get tested regularly.

PrEP vs. PEP

PrEP and PEP are methods for preventing HIV infection that involve taking HIV medicines. When you take steps to protect yourself against a disease, like HIV, it's called prophylaxis.

PrEP and PEP are for people who don't have HIV, but are at risk of getting it.

PrEP stands for pre-exposure prophylaxis.

What's it called?

PEP stands for post-exposure prophylaxis.

Before HIV exposure.

PrEP is taken every day, before possible exposure.

When is it taken?

After HIV exposure.

In emergency situations, PEP is taken within 72 hours (3 days) after possible exposure.

PrEP is for people who don't have HIV and:

- have a sex partner with HIV
- have sex with people whose HIV status is unknown
- share injection drug equipment

Who's it for?

PEP is for people who don't have HIV but may have been exposed:

- during sex
- at work through a needlestick or other injury
- by sharing injection drug equipment
- during a sexual assault

PrEP can reduce the risk of getting HIV from sex by more than 90% and from injection drug use by more than 70%.

How effective is it?

PEP can prevent HIV infection when taken correctly, but it is not always effective.

Start PEP as soon as possible to give it the best chance of working.

Talk to your health care provider about whether a prescription for PrEP or PEP is right for you.

AIDSinfo