



LENAWEE COUNTY  
HEALTH DEPARTMENT

# Human Immunodeficiency Virus (HIV)

1040 S. Winter St. Suite 2328

Adrian, MI 49221

Phone: (517) 264-5226

Fax: (517) 264-0790

[www.lenawehealthdepartment.org](http://www.lenawehealthdepartment.org)

## What is HIV?

HIV (human immunodeficiency virus) is a virus that attacks the body's immune system. Without treatment, it can lead to AIDS (acquired immunodeficiency syndrome). There is currently no effective cure. Once people get HIV, they have it for life. But proper medical care can control the virus. People with HIV who get on and stay on effective HIV treatment can live long, healthy lives and protect their partners. It can be tested through a blood draw from the arm, or using rapid finger-poke method where you receive results in 20 minutes at the Lenawee County Health Department.

## How is HIV Spread?

- Vaginal, anal and oral sex
- Pregnant women can give HIV to their unborn babies
- Breastfeed babies
- Having other STIs
- Healthcare workers
- Injection drug use
- Cuts or sores on the penis
- Foreskin on the penis
- Opening at the tip of the penis

HIV is not transmitted through shaking hands, kissing, playing sports, or using the same toilet, sheets, towels, eating utensils, or drinking from the same glass.

## How it Progresses

### Acute HIV infection

- People have a large amount of HIV in their blood and are very contagious
- Many people have flu-like symptoms

### Stage 2: Chronic HIV Infection

- HIV is still active and continues to reproduce in the body
- People may not have any symptoms or get sick during this phase but can still transmit HIV
- People who take HIV treatment as prescribed may never move into Stage 3 (AIDS)

### Stage 3: acquired immunodeficiency syndrome (AIDS)

- The most severe stage of HIV infection
- People with AIDS can have a high viral load and may easily transmit HIV to others
- People with AIDS have damaged immune systems
- Higher risk of getting other serious illnesses

\*Symptoms might include extreme weight loss, chills and fever, night sweats, fatigue and weakness, sores of the mouth and genitals, diarrhea, and swollen glands. In addition, there are other infections that tend to occur that indicate AIDS.

## Reducing the Risk

- Using condoms, the right way every time you have sex
- Never share needles, syringes, or other drug injection equipment
- Using PrEP (pre-exposure prophylaxis) and PEP (post-exposure prophylaxis)

## Treating HIV

Pills are recommended for people just starting HIV treatment. There are many FDA-approved single pill and combination medicines available. HIV treatment shots are long-acting injections given once a month or once every other month, depending on your treatment plan.

*This FACT SHEET is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information call your health care provider or call the Lenawee County Health Department at (517) 264-5226*