



Public Health
Prevent. Promote. Protect.

Montgomery County
Public Health District

Mark Escott, MD
Health Authority

HIV

LET'S TALK ABOUT HIV:

According to the Centers for Disease Control and Prevention:

- An estimated 1.2 million people are living with HIV in the U.S
- Young people aged 13-24 accounted for 26% of all new HIV infections in 2010
- One in seven people in U.S. has HIV and does not know they are infected.

What is HIV? HIV stands for human immunodeficiency virus. It is the virus that can lead to acquired immunodeficiency syndrome, or AIDS. Unlike some other viruses, the human body cannot get rid of HIV. That means that once you have HIV, you have it for life. HIV affects specific cells of the immune system, called CD4 cells, or T cells. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. When this happens, HIV infection leads to AIDS.

How is it transmitted?

- HIV can be transmitted during vaginal, anal or oral sex. HIV is transmitted by body fluids including blood, ejaculate, pre-ejaculate, female genital fluids (both vaginal and cervical fluid), breastmilk and anal mucous.
- HIV can also be transmitted by sharing needles, syringes, rinse water, or other equipment (works) used to prepare injection drugs with someone who has HIV

Who's at risk?

It is important to know risk factors are the same for everyone; however, HIV exposure is greater in those who have multiple sexual partners, have unprotected sex, substance abuse, and men who have sex with men.

WAYS TO PREVENT HIV:



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- Do NOT have unprotected sex with strangers and always use a condom
 - Use a condom before any penetrative sexual activities, during vaginal, anal, and oral sex.
 - Use a condom every time you have sex or share sex toys.
 - Put a new condom on for each partner.
 - More information at: <http://www.avert.org/fact-sheet-condoms-lubricants.htm>
- Avoid having many sexual partners. If you have multiple sexual partners, get tested frequently
- Do NOT share needles, razors, or toothbrushes
- If you suspect you have been exposed to HIV contact a health care professional or go see your primary care provider

For more information on HIV visit the CDC website by following the link <http://www.cdc.gov/hiv/default.html/>. There are also several great educational sources available on the internet.

The Montgomery County Public Health District offers HIV, STI testing and a variety of other services in our local clinic year round. We are located at 1300 S. Loop 336 West, Conroe, Texas 77304.

Please call 936-523-5020 today to set up your appointment.

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