

HIV/AIDS: A Growing Epidemic



The Centers for Disease Control and Prevention (CDC) and the American College Health Association estimate that 1 in 500 college students are infected with Human Immunodeficiency Virus (HIV). It may take 7-10 years before HIV develops into AIDS, damaging the immune system to the point that the body cannot fight off infections.

Basic Facts:

- Although HIV/AIDS is prevalent in Africa, it is a global epidemic affecting all nations.
- HIV/AIDS does not only affect men who have sex with men (MSM), IV drug users and sex workers. It can affect anyone regardless of age, sex, race, ethnicity, sexual preference, or social status.

It is estimated that half of all new HIV infections in the U.S. are among people under the age of 25.

Treatment:

There is no cure for HIV/AIDS, but there are treatments to slow the progression of the disease and to treat symptoms.

Continuous treatment with newly developed drugs allows millions of people to successfully live with HIV.

3 Easy Rules

1. Practice Safer Sex...know your partner, use a condom!
2. Be Proactive...get tested if you're uncertain.
3. Be Aware....know how the disease may affect you.

How you can protect yourself:

- Do Not Have Unprotected Sex. Avoid contact with infected blood and injecting drugs because these are high risk behaviors.
- Condom use for every sexual contact can protect against acquiring HIV from a sexual partner.
- Know your partner's HIV status.
- Limit your number of sexual partners.
- Get yourself tested - HIV testing is done as a blood sample or oral swab.
- Confidential HIV testing is available at the Student Health Center or the local Health Department.
- Anonymous testing is available in Roanoke or Charlottesville at the Health Department.