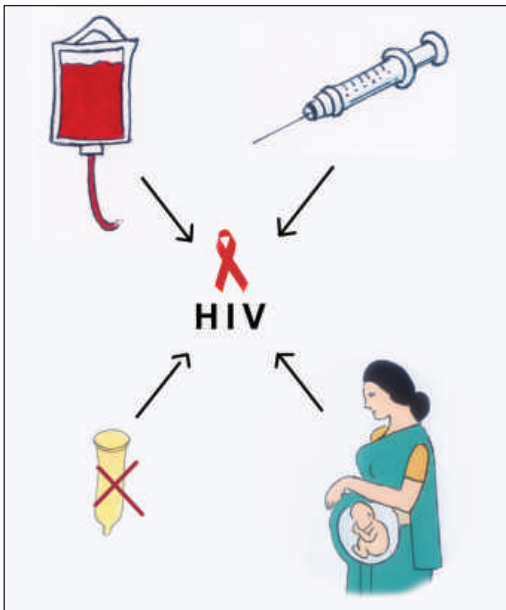




HIV/AIDS

NACO

# TRANSMISSION



# TRANSMISSION

HIV spreads through the following routes:

- i. Through infected blood.
- ii. Through infected needles.
- iii. Through body fluids during unprotected sex.
- iv. From infected mother to child at the time of pregnancy, delivery, or breast feeding.

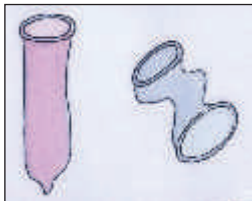
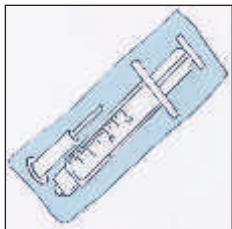
# TRANSMISSION



# TRANSMISSION

HIV **doesn't** spread by several other actions, such as eating with positive people, shaking hands, sneezing, sharing clothes, utensils etc. with them.

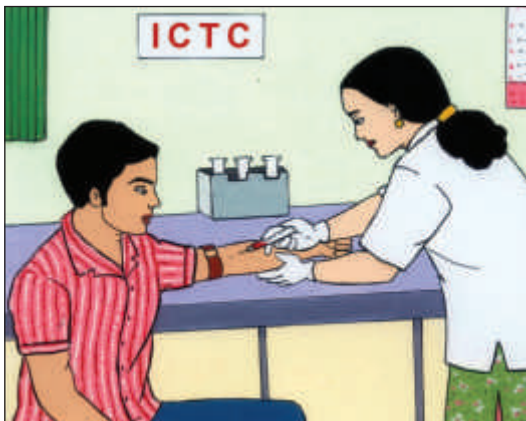
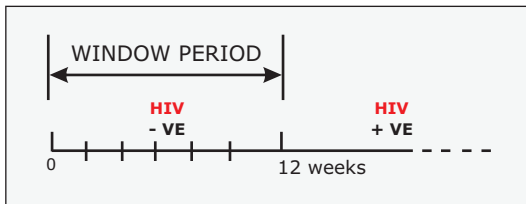
# PREVENTION



# PREVENTION

- i. By using disposable or sterilized needles.
- ii. By taking precautions during delivery to prevent the child from being HIV positive.
- iii. By using condoms correctly and consistently at all times.

# TESTING

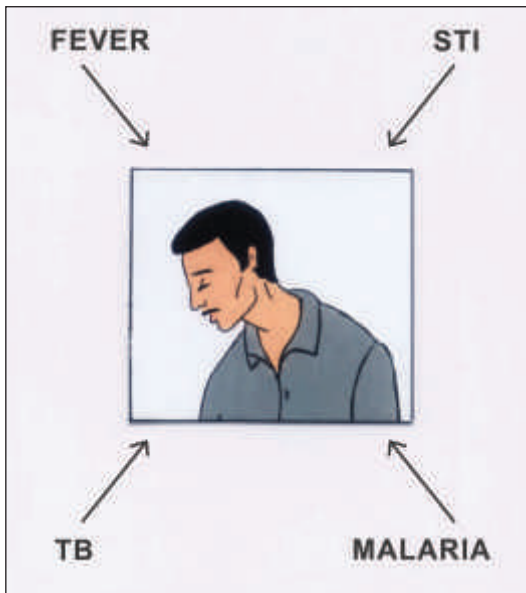




# TESTING

- i. Our body makes antibodies as a reaction to the HIV virus which enters the body.
- ii. HIV tests check whether antibodies are there in the blood.
- iii. At the ICTC, tests are done in a confidential environment.
- iv. It takes 12 weeks to make antibodies. This is called the '**window period**'. One may repeat the test, even if it is negative the first time, as one may be in the 'window period' at the time of first testing.

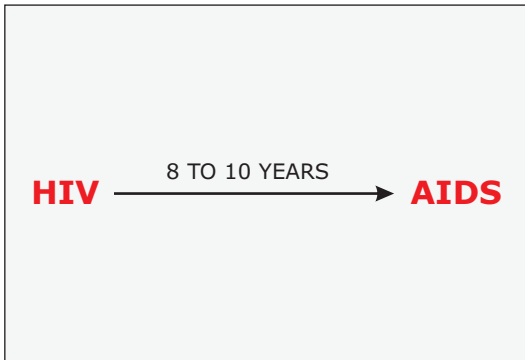
# COMPLICATIONS



# COMPLICATIONS

- i. Opportunistic Infections or OIs
  - Many times when a person is HIV positive, the immunity of the white blood cells, which are the protective cells of our body, goes down.
  - OIs are infections that occur due to low immunity in the body.

# COMPLICATIONS



# COMPLICATIONS

## ii. AIDS

- When the body's immunity reduces significantly, and the body is unable to fight infections, then that situation is called AIDS.
- It generally takes 8-10 years from getting infected to reaching the stage of AIDS, but this period varies from person to person.

# ART



# ART

- i. ART is Anti Retroviral Therapy.
- ii. This is a treatment given to HIV positive people to control the spread of infection.
- iii. These medicines are not a cure for HIV but help prevent the replication of virus in the body.
- iv. ART is to be taken regularly by the patient and as per the doctor's advice.
- v. Once the medicines are started, a person has to take it lifelong.
- vi. In government hospitals ART is available free of cost.

# REFERRAL





# REFERRAL

The project also helps PLHIV to access care and support services provided by voluntary organizations.



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