Prevention of HIV/AIDS
You can make a difference in Sri Lanka
HIV/AIDS

HIV - Human Immunodeficiency Virus

AIDS - Acquired Immunodeficiency Syndromes
HIV/AIDS

- HIV POSITIVE: A person is infected when the HIV virus enters the body

- HIV destroys cells of the *immune system*.
- *Therefore* body can’t fight off infection

- Once virus enters the body, symptoms can take 8-10 years to appear

- HIV infected person as well as a person with AIDS can infect a healthy person

- Person become AIDS after appearing of sings and symptoms
Can you recognize an HIV infected person by looking at his/her face?

NO

How are you going to identify an HIV infected person?
HIV infected lady
Young HIV infected children
Magic Johnson - basketball player
Dr. Kamalika Abeyrathna

Hon Justice Edwin Cameron
HIV is present in the human body fluids

High Concentration Fluids
- Blood
- Semen
- Cervical and virginal Secretions
- Breast Milk

Can transmit the disease

Low concentration fluids
- Tears
- urine
- Stool
- Saliva
- sweat Can not transmit the disease

NSACP
HIV Facts

• HIV virus live only in human cells. HIV can be destroyed after exposing to the sun light.
• Low concentrated fluids can not give rise the disease.
• HIV can pierce the body through a mucus membrane.
  Eg- vagina, bulbar penis, anal canal, Oral cavity.
• It can not pierce the normal skin.
HIV/AIDS can be transmitted through ...

1. Unprotected sexual contact with an HIV/AIDS person

2. Infected mother to child transmission (15%-45%)

3. Through infected blood & blood products
More than 90% of HIV/AIDS infections are due to unprotected sex.

- This could be – Vaginal sex / Anal sex / Oral sex
  or
  homosexual, heterosexual or bi sexual

- Un protected sex means when there is fluid exchange during sex

- Protected sex means when there is no fluid exchange during sex
Through infected blood & blood products

Using of contaminated syringes/needles (sharing needles, IV drugs) or injury from contaminated needles or other sharp objects
Shaving blades should not be shared.

- Sharing shaving blades has less chance to get HIV infection
- There are no reported cases from sharing blades
- But sharing shaving blades can lead to transmission of Hepatitis B and Hepatitis C
From infected Mother-to-child transmission

When the HIV infected mother is pregnant, virus can be transmitted to the baby

1. Pregnancy
2. Labour Delivery
3. Breast feeding
   [Risk- 25 – 45%]
HIV is not transmitted through

1. Touching of a HIV infected
2. Bathing in a pool or a river with an infected person
3. Sharing cups, plates, clothes with a HIV infected person
4. Social contact
5. Cough/ sneezing
6. Mosquitoes, /flies//insects
7. Social kissing
Window period

- Once the HIV enters into the body, the body will react and antibodies are developed.

- HIV test detects the HIV antibody in the blood.

- It takes 2 weeks to 3 months; this period is called the window period.

- During the window period, HIV test is negative and can give the infection.
HIV Infection and Window period

HIV Infection

HIV Antibody

Identify HIV antibodies from a blood test

Window period

2 weeks

3 Months

Time
HIV/AIDS

• Drugs for AIDS can improve the quality of life and prolong the life span of a person. Drugs can destroy the HIV virus, but not fully.

• No Vaccine

• Main mode of transmission is unprotected sex. Sexual life is part of the human life.
**HIV/AIDS**

- HIV/AIDS infection mainly affect the sexually active age group. They belong to the productive age group.

- Once the parents die from HIV/AIDS, children become orphans.
Prevention of HIV/AIDS

- Safe sexual practices - activities that prevent of getting STIs including HIV while enjoying sex.

- Safe sexual practices - No fluid exchange
Safe sexual practices

• Abstinence- Delay sexual activities till marriage
• Limit your sexual relationship to one mutually faithful partner
• Always use a condom if you are having sex with a person other than your permanent partner
• Avoid sex during vulnerable situations and casual sex
Advantages of using condoms

1. prevention of sexual transmitted diseases including HIV infection

2. prevention of unwanted pregnancies

Use a condom if you are having sex with a person other than your permanent partner.

Need to wear the Condom properly.
Rushing into sex is rushing into AIDS.
Barriers to wear condoms:

- Trust
- Reject by the partner
- Pleasure
Strong Family bond

- Responsibility
- Mutual trust
- Mutual understanding
• Hugging, Kissing, Intra crural sex are safe sexual methods

• Each one should take responsibility of their own life and responsible behaviour can lead to happiness of life
Vulnerable sexual behaviors

1. Frequent changing of sexual partner
2. Engaging Sex work
3. Sex with sex workers
4. Having sex with persons who visit sex workers

If you have had at least one unprotected sexual intercourse, you have a risk of developing Sexually Transmitted Diseases
Prevention - Through infected blood & blood products

1. Use only sterilized needles, syringes and other body piercing equipments

2. Those who engage in high risk behaviours should refrain from donating blood

3. Minimize blood transfusion. Prevent accidents
Prevention from infected Mother-to-child transmission

• Prevention of ladies getting infected with HIV

• Before getting pregnant, can test for HIV and can plan for a pregnancy after medical advise

• HIV infected pregnant mothers should take immediate medical attention

• During pregnancy, should take anti retro viral therapy and medical advise

Drugs will be supplied by the government free of charge
Planned Pregnancy

- Anti retro viral therapy
- Caesarian section
- Breast milk ????
Condoms are considered as a medical device and not a tool to prove prostitution. Therefore, possession of a condom does not illustrate in commission of any offence.
My only aim is to prevent another person getting infected with HIV

“I LOVED AND LIVED WITH ONE MAN, NOW I LIVE WITH HIV”
Princy Mangalika
President - Positive Women’s Network – Sri Lanka
The Changing Views: Patient Prognosis

2001, CD4 30, TB

2003, CD4 330

2005, CD4 670

with permission
### HIV/AIDS situation of Sri Lanka

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<th>Estimated number of HIV infected people (year 2011)</th>
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<td>Adult HIV prevalence (&gt; 15 years)</td>
<td>&lt;0.1%</td>
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<td>children &lt; 15 years)</td>
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<td>Male to Female ratio</td>
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Trend of newly Reported HIV cases

Total HIV reported = 1955

No. of HIV cases

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Source: SIMU/NSACP
New HIV Cases by Sex as of end 2013 (N=1845)

Prepared by SIM Unit, National STD/AIDS Control Programme, Sri Lanka, 2013
Age and Sex of HIV Cases Reported during 1987-2013

- Male
- Female

Age Group:
- 0-14 Yrs.
- 15-24 Yrs.
- 25-49 Yrs.: Male 566, Female 850
- 50+ Yrs.
- Unknown

No. of Cases

0
200
400
600
800
1000
1200
1400
1600
Mode of transmission of HIV Cases reported up to end of 2013 N=1378 (In 427 (31%) cases mode of transmission is not reported)
Thank you!