

Prevention of HIV/AIDS

You can make a difference in Sri Lanka



Make a
difference

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 you are 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 infected young girls



HIV is present in the human body fluids

High Concentration Fluids

- Blood
- Semen
- Cervical and vaginal Secretions
- Breast Milk



Can transmit the disease

Low concentration fluids

- Tears - urine
- Stool - Saliva

- sweat **Can not transmit the disease**

HIV Facts

HIV?

Get
the
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....

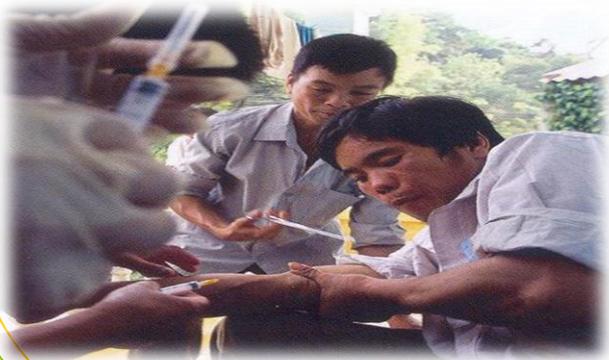
- **This could be – Vaginal sex /Anal sex /Oral sex
or
homosexual, heterosexual or bi sexual**
- **Un protected sex means when there is fluid exchange during sex**
- **Protected sex means when there is no fluid exchange during sex**





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. Mosquitos, /flies//insects

7. Social kissing

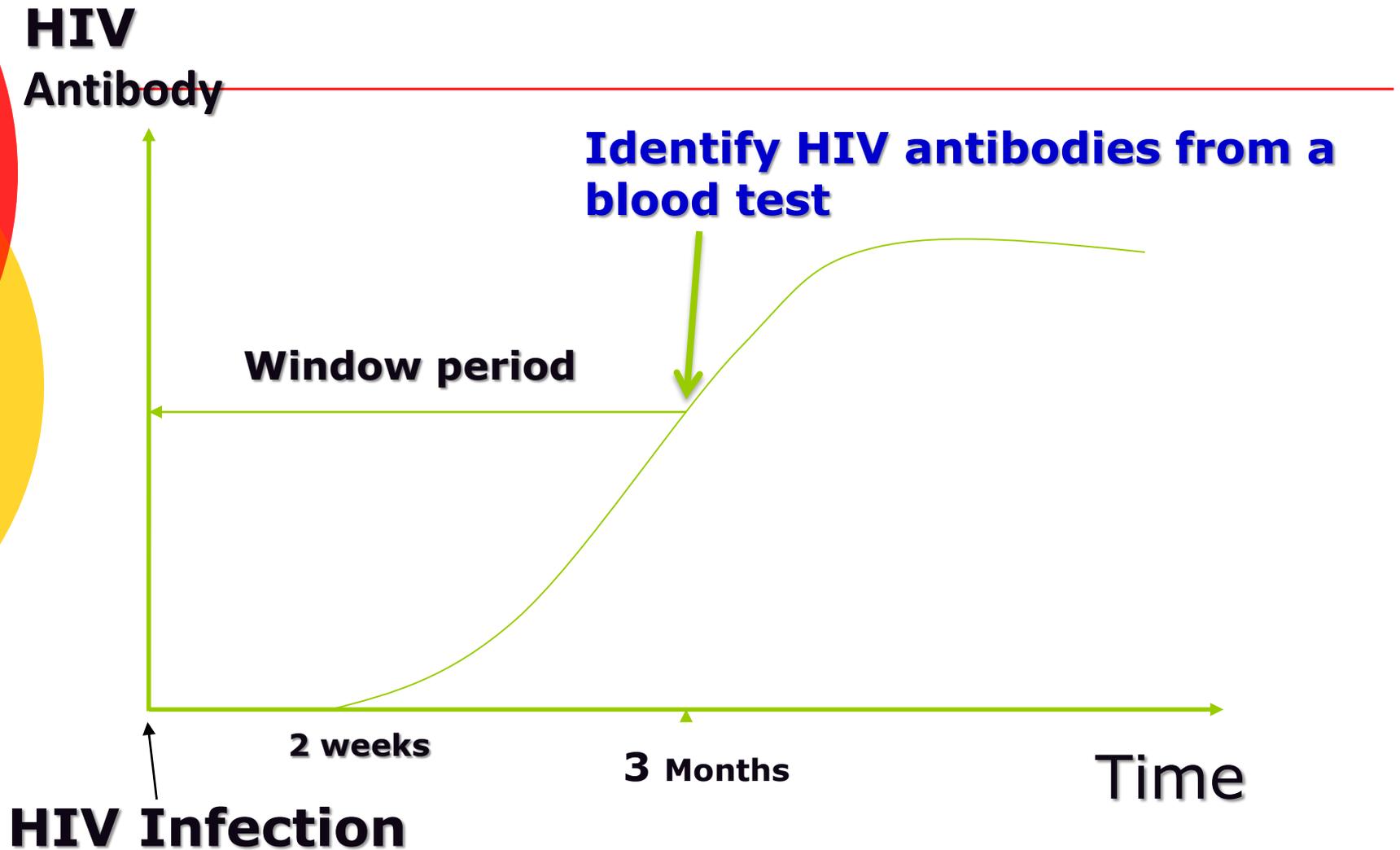


Window period



- **Once the HIV enters in to the body, body will react and Anti bodies are developed**
- **HIV test detect the HIV antibody in the blood**
- **It takes 2 weeks to 3 month; This period is called window period**
- **During the window period, HIV test is negative and can give the infection**

HIV Infection and Window period



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 unprotective sex. Sexual life is part of the human life.**

HIV/AIDS

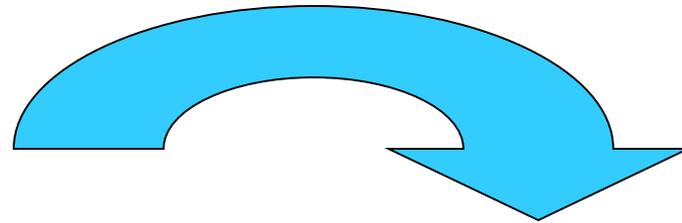
- **HIV/AIDS infection mainly affect the sexually active age group. They belong to the productive age group**



- **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 Sex

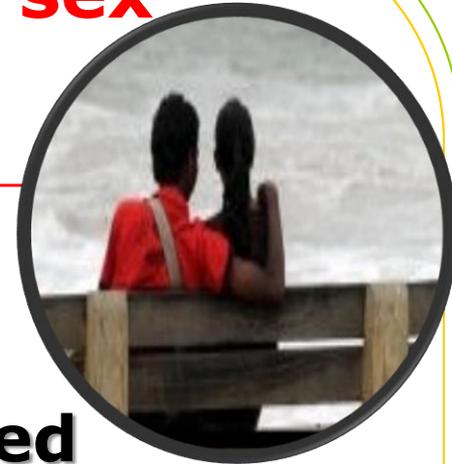
Safe sexual practices

- **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**



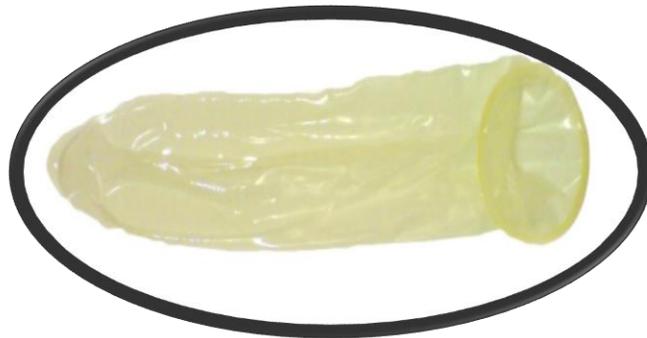


use a condom if you are having sex with a person other than your permanent partner



Advantages of using condoms

- 1. prevention of sexual transmitted diseases including HIV infection**
- 2. prevention of unwanted pregnancies**



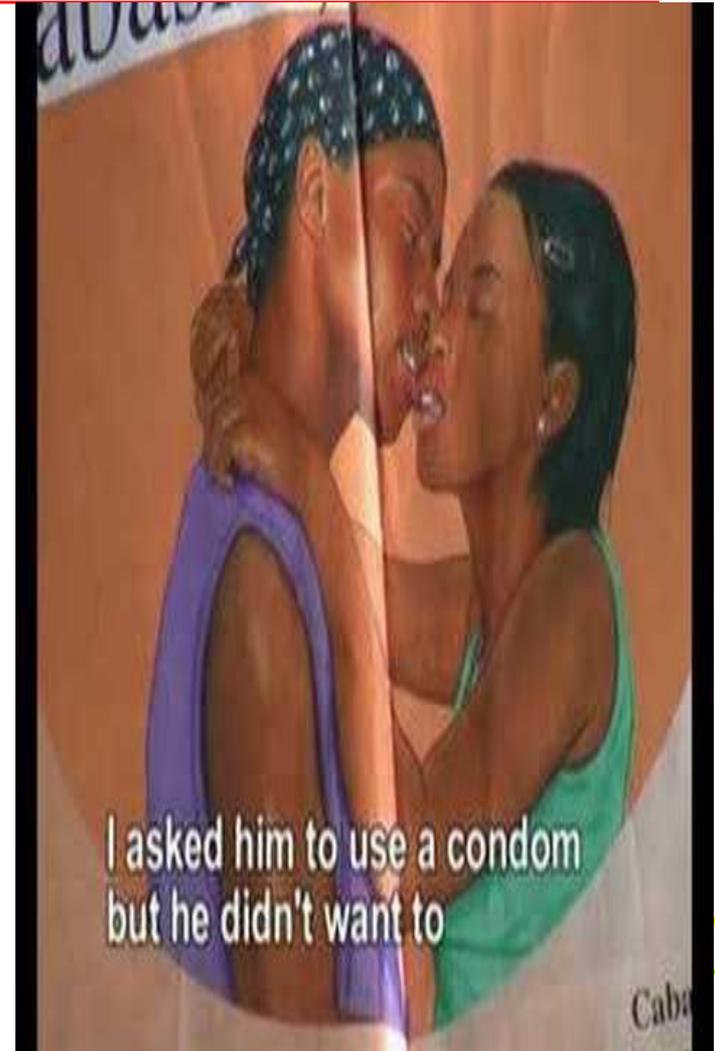
Need to wear the Condom properly



Safety first

Barriers to wear condoms:

- Trust
- Reject by the partner
- Pleasure



Strong Family bond

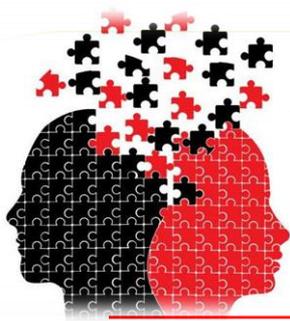


- **Responsibility**
- **Mutual trust**
- **Mutual understanding**





- **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 ?????**



RESPECT
PROTECT



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

National list of Essential Medicines Sri Lanka 2013-2014 , Ministry of Health, 5th Edition

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



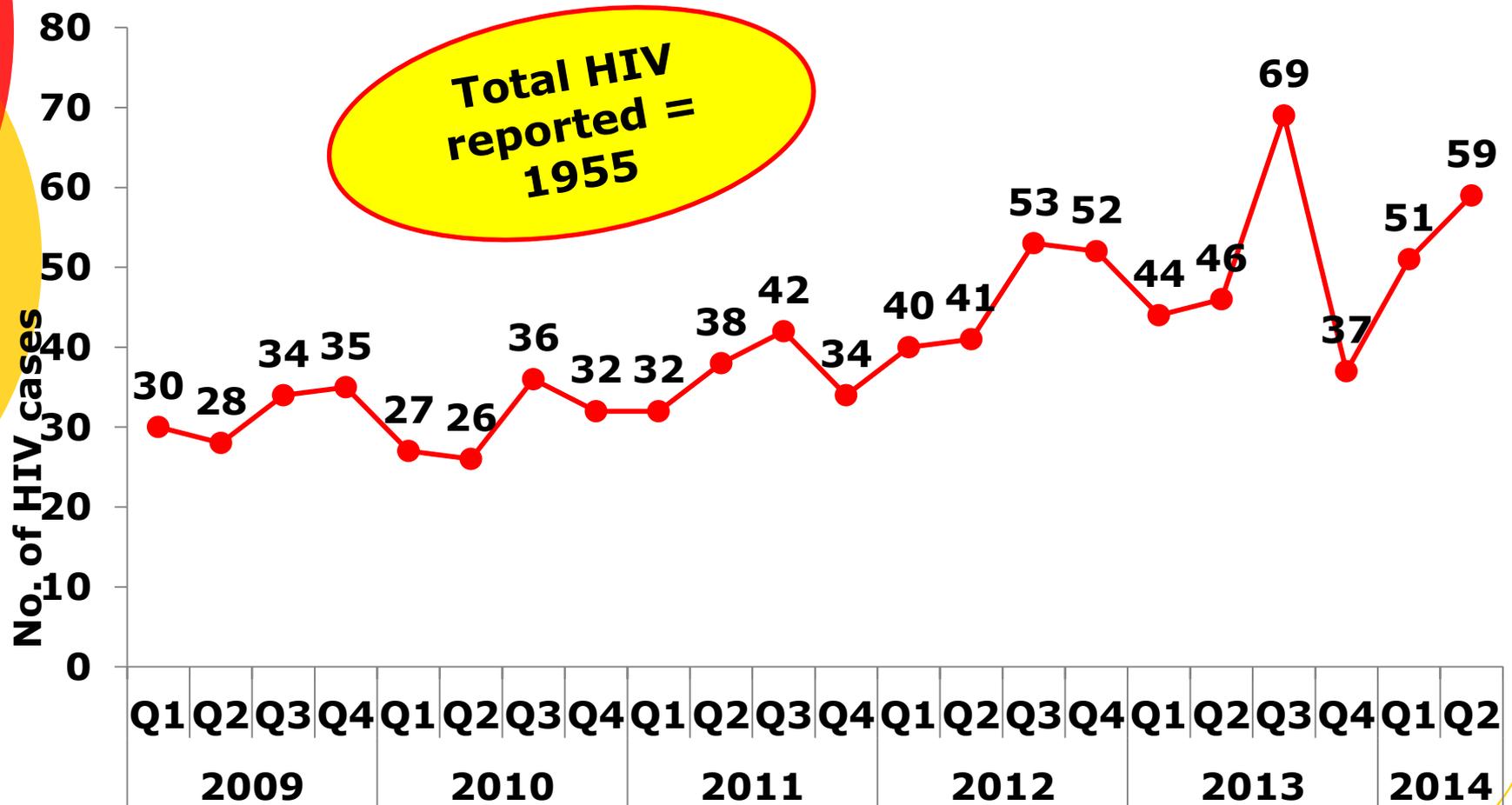
2005, CD4 670

with permission

HIV/AIDS situation of Sri Lanka

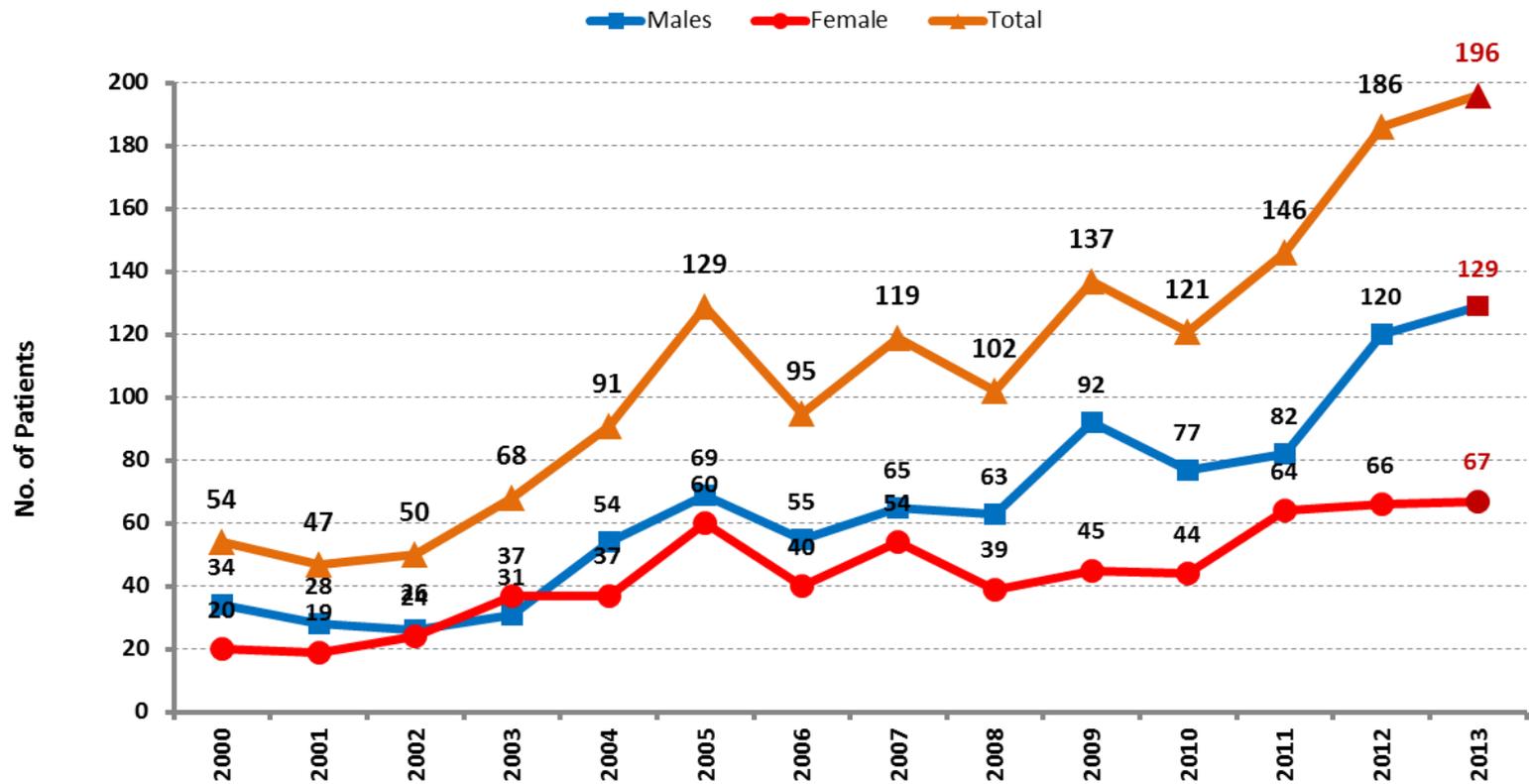
Estimated number of HIV infected people (year 2011)	3000
Adult HIV prevalence (> 15 years)	<0.1%
children < 15 years)	75
Male to Female ratio	1.6:1

Trend of newly Reported HIV cases

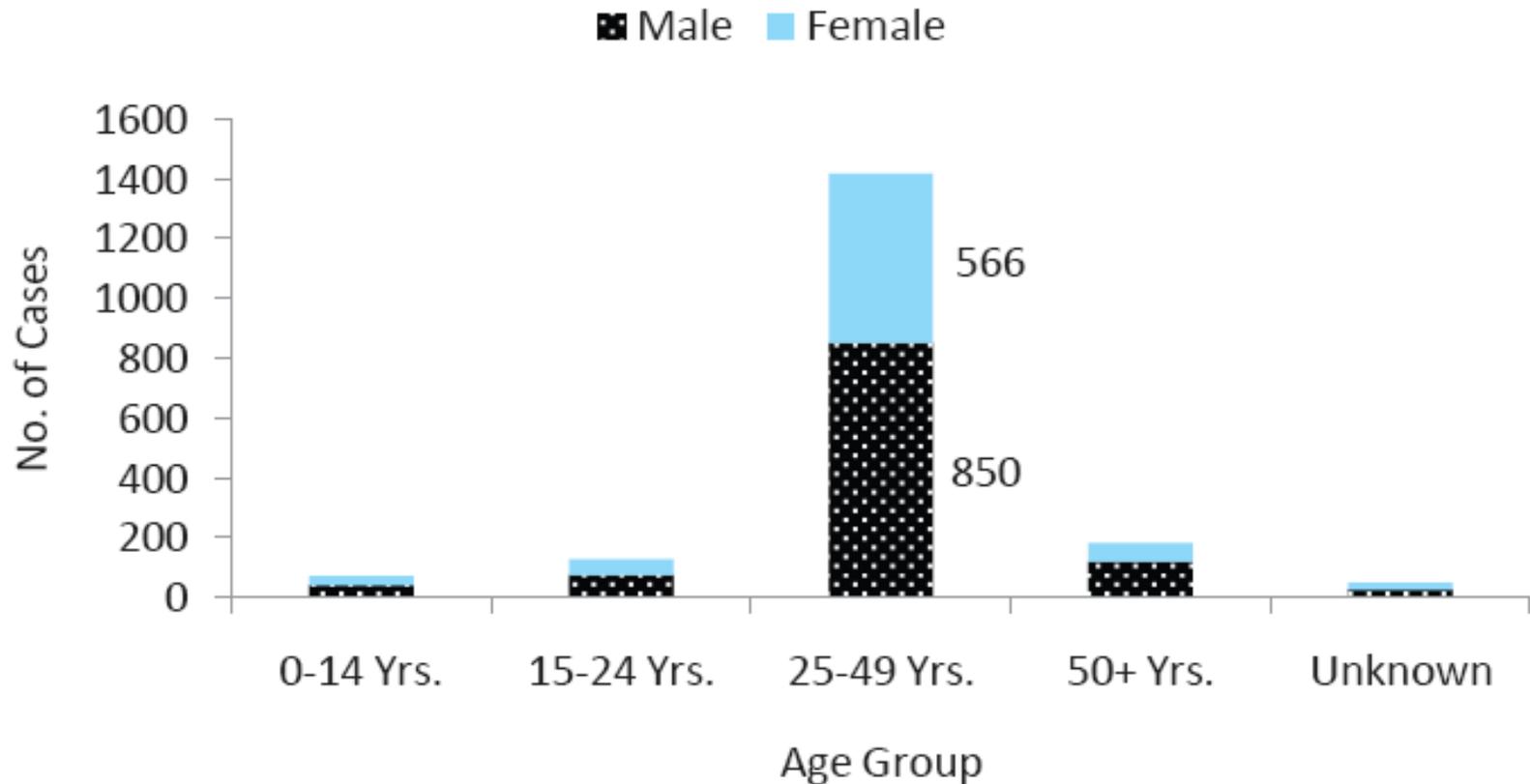


Source: SIMU/NSACP

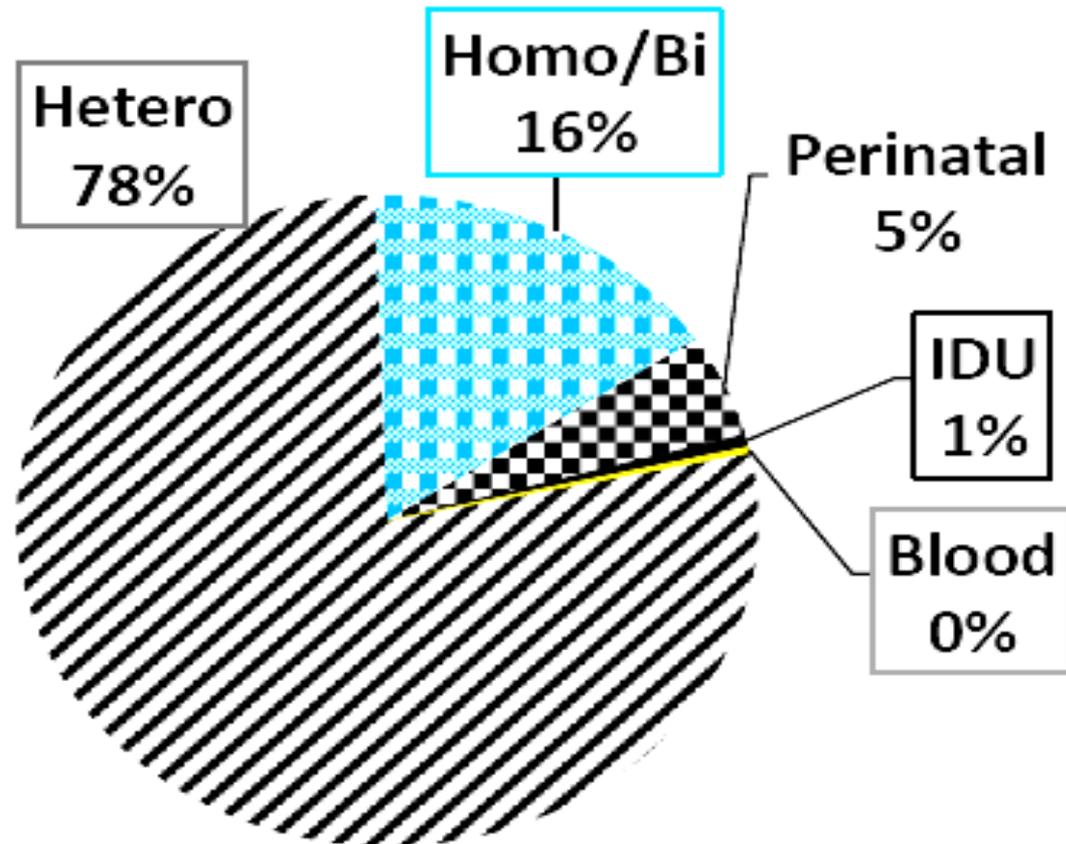
New HIV Cases by Sex as of end 2013 (N=1845)



Age and Sex of HIV Cases Reported during 1987-2013



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!



**STOP
AIDS
GET TESTED**