HIV 101

OBJECTIVES

At the end of this unit, participants will be able to:
- Clear up misconceptions regarding how HIV is transmitted
- Provide a brief overview of HIV and AIDS facts
- Help clients understand basic concepts about how HIV infection affects the body

INSTRUCTIONS

1. In preparation for the workshop, review the content of the worksheets and answer keys for the group activity. Arrange the room into small circles for group work, with four to five participants per group (depending on number of participants).
2. Welcome participants.
3. Review the unit objectives.
4. Distribute three handouts with worksheets and facilitate the activity and review correct answers.
5. Review slides 4 and 5 on definitions of HIV and AIDS.
6. If time allows, facilitate discussion about HIV and AIDS myths (slide 7). State 1 or 2 myths and ask participants to describe why it is a myth.
7. Review slides 6–9 about how HIV is and is not transmitted, and stages of HIV/AIDS progression. If time allows ask the class the following:
   - Who can explain what an unsuppressed viral load is to a client?
   - Who can explain what it means to be undetectable?
8. Ask participants “Are there new words/terms we learned and/or reviewed in this unit?” Have participants take turns calling out the new words/terms they learned and write them on newsprint.
9. Wrap up. Thank participants for their work.

Related C3 Roles

Building individual and community capacity, providing direct service

Related C3 Skills

Capacity building skills, professional skills and conduct, knowledge base

Method(s) of Instruction

Small group activity, facilitator-led group discussion, question and answer

Estimated time

60 minutes

Key Concepts

HIV, AIDS, STD/STIs, virus, acute, asymptomatic, symptomatic

Materials

- Computer with internet access and projector
- PowerPoint slides
- Flip chart
- Markers

Handouts

- Worksheet #1: HIV 101—Understanding HIV and AIDS
- Worksheet #2: Modes of HIV Transmission
- Worksheet #3: What Stage Am I?
- The Stages of HIV Infection
- Worksheet #1 (Answer Key): HIV 101—Understanding HIV and AIDS
- Worksheet #2 (Answer Key): Modes of HIV Transmission
- Worksheet #3 (Answer Key): What Stage Am I?
Objectives
At the end of this unit participants will be able to:
- Give clients baseline information about HIV and AIDS
- Clear up misconceptions regarding how HIV is transmitted
- Provide a brief overview of HIV and AIDS facts
- Help clients understand basic concepts about how HIV infection affects the body

SLIDE 2

Review the objectives.

Acknowledge that for some participants, this will be a review of what they already know, however, for others this is new information.

SLIDE 3

Worksheets and discussion
- Ask participants to complete the worksheets in their groups. Say, “Using your group’s collective knowledge of HIV and AIDS, you will have 10 minutes to complete all 3 worksheets. Groups will write in their answers or best guess to each question.” Explain the following details:
- Worksheets should be completed in order:
  - Worksheet #1: HIV 101 – Understanding HIV and AIDS
  - Worksheet #2: Modes of HIV transmission
  - Worksheet #3: What stage am I?
- The worksheets include fill in the blank, true/false, and multiple-choice questions.
- Each group should select two people: one recorder to write answers, and one reporter to give answers when the facilitator calls on the group.
- Each group will receive one point per each correct answer; no half points will be given, it’s all or none.
- If a group gives an incorrect answer, the next group will have the opportunity to answer the question.
- If no group gives the correct answer, the facilitator will give the correct answer.
- Encourage participants to ask questions if they need assistance.

(continued)
**SLIDE 4**

What is HIV?
The virus that causes AIDS.

What do the letters H-I-V stand for?
- H - Human (one can only acquire HIV from humans, person-to-person, blood-to-blood, sexual contact and/or fluids).
- I - Immunodeficiency (affects the immune system, making it too weak to fight off disease and infection).
- V - Virus—it’s survival depends on cells in the host.

**SLIDE 5**

What is AIDS?
AIDS is a result of HIV infection.

What do the letters A-I-D-S stand for?
- A - Acquired (must get it from someone)
- I - Immune (collection of cells and substances that act like soldiers against germs)
- D - Deficiency (weakens immune system causing opportunistic infections)
- S - Syndrome (collection of symptoms or illnesses)
**SLIDE 6**

Review the slide.

Additional notes:
- Injection drugs used either legally or illegally
- Safety precautions should be used for tattoos and body piercings

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**SLIDE 7**

Review the slide.

Additional notes:
- Protected sex using a latex condom greatly lowers risk
- PrEP and HIV medication—PrEP means Pre-Exposure Prophylaxis, and it’s the use of anti-HIV medications to keep HIV negative people from becoming infected. PrEP is approved by the FDA and has been shown to be safe and effective in preventing HIV infection
- Recent research indicates that people with HIV who have an Undetectable viral load are Untransmittable (otherwise known as U = U).
- These safety precautions will be discussed in more detail in later units.

If time allows, lead discussion about HIV and AIDS myths. Give two myths and ask participants to say why it is a myth.

*People in the community say that a person with HIV is also living with AIDS. Why is this a myth?*

Answer: This is a myth because people often call everything AIDS; but there is a difference. HIV is a virus; AIDS is a syndrome. Also, a person’s CD4 count that is below 200 and/or has an opportunistic infection may be diagnosed by their doctor with AIDS. A person with CD4 above 200 is said to have HIV.

*You can get HIV from a blood transfusion. Why is this a myth?*

Answer: The risk of becoming infected with HIV from a blood transfusion in the United States is extremely low. Since donor interviews for HIV risks began in 1983 and HIV-antibody testing began in 1985, the risk of HIV-contaminated blood entering the blood supply has dropped dramatically. In 1992, antibody testing was expanded to include HIV-2 (in addition to HIV-1).
SLIDE 8
Review the slide.

The bottom line is, **people do not get HIV from casual contact.**

SLIDE 9
Review the slide.

SLIDE 10
Review the slide. Participants can also follow along on the handout.

To conclude the session, ask participants to recall any new words or terms they have learned so far. Write them on the flip chart.

If time allows, ask participants the following:
- Who can explain what an unsuppressed viral load is to a client?
- Who can explain what it means to be undetectable?

To close, thank the participants for their participation and for doing a good job.
HIV 101: Understanding HIV and AIDS

Name: __________________________  Date: ________________

1. Fill in the Blank: What does each acronym stand for?

H- ____________________________  A- ____________________________
I- ____________________________  I- ____________________________
V- ____________________________  D- ____________________________
S- ____________________________

2. ________ AIDS is a virus that can cause the immune system to fail if left untreated.

3. ________ HIV is the virus that can lead to AIDS.

4. ________ You can become “undetectable” while living with AIDS even if your CD4 count is not above 200..

5. ________ You can have HIV without acquiring AIDS.

6. ________ Symptoms for HIV and AIDS are different for each person.

7. ________ A viral load that is not suppressed and undetectable viral load are the same.

Fill in the Blank

8. AIDS is a _____________ or collection of conditions and symptoms, including infections and cancers caused by HIV. It is considered the ____________ stage of HIV.

9. HIV is a virus that can lead to infections and destroys your _________ _________.
   A person is considered to have AIDS when their CD4 count is less than _________ or if they have certain opportunistic infections.

10. AIDS is _________________ meaning that you only get it after being infected with HIV, and it progresses over time.
HIV 101: Understanding HIV and AIDS - Answers

Name: __________________________  Date: ______________________

1. Fill in the Blank: What does each acronym stand for?

H- Human __________________________  A- Acquired __________________________
I- Immunodeficiency __________________________  I- Immune __________________________
V- Virus __________________________  D- Deficiency __________________________
S- Syndrome __________________________

True or False

2. False__ AIDS is a virus that can cause the immune system to fail if left untreated.

3. True__ HIV is the virus that can lead to AIDS.

4. True__ You can become “undetectable” while living with AIDS even if your CD4 count is not above 200.

5. True__ You can have HIV without acquiring AIDS.

6. True__ Symptoms for HIV and AIDS are different for each person.

7. False__ A viral load that is not suppressed and undetectable viral load are the same.

Fill in the Blank

8. AIDS is a _____ syndrome or collection of conditions and symptoms, including infections and cancers caused by HIV. It is considered the final or end stage of HIV.

9. HIV is a virus that can lead to infections and destroys your _____ immune system.
A person is considered to have AIDS when their CD4 count is less than _____200_____ or if they have certain opportunistic infections.

10. AIDS is _____ acquired_____ meaning that you only get it after being infected with HIV, and it progresses over time.
True or False
1. Modes of HIV Transmission are the ways that a person can contract HIV.
2. There is a zero risk of transmission through oral sex.
3. HIV can be spread through saliva, sweat, and tears, or coughing/sneezing.
4. Kissing always poses a zero risk for being exposed to HIV.

Fill in the Blank
5. There are _____ actions of transmission and _______ fluids.

Modes of Transmission

<table>
<thead>
<tr>
<th>A. Actions</th>
<th>B. Fluids</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>a.</td>
<td>2.</td>
</tr>
<tr>
<td>b.</td>
<td>3.</td>
</tr>
<tr>
<td>b.</td>
<td>4.</td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
</tbody>
</table>
True or False
1. T Modes of HIV Transmission are the ways that a person can contract HIV.
2. F There is a zero risk of transmission through oral sex.
3. F HIV can be spread through saliva, sweat, and tears, or coughing/sneezing.
4. F Kissing always poses a zero risk for being exposed to HIV.

Fill in the Blank
5. There are ___3___ actions of transmission and ___4____ fluids.

Modes of Transmission

<table>
<thead>
<tr>
<th>A. Actions</th>
<th>B. Fluids</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Condomless Sex</td>
<td>1. Semen (cum or pre-cum)</td>
</tr>
<tr>
<td>a. Anal</td>
<td>2. Blood</td>
</tr>
<tr>
<td>b. Vaginal</td>
<td>3. Vaginal, Anal, or Rectal fluids</td>
</tr>
<tr>
<td>b. Oral sex</td>
<td></td>
</tr>
<tr>
<td>2. Sharing needles/Drug “works”</td>
<td></td>
</tr>
<tr>
<td>Stages of HIV Infection</td>
<td>Chronic HIV Infection</td>
</tr>
<tr>
<td>-------------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
</tbody>
</table>

*Opportunistic infections are infections and infection-related cancers that occur more frequently or are more severe in people with weakened immune systems than in people with healthy immune systems.*

**True or False**

- People in the Acute stage may not feel sick, but the level of HIV in the blood is very high; this increases risk of HIV transmission.
- The Chronic stage sometimes called asymptomatic HIV infection can last decades; most don’t advance to AIDS even if the person is not taking HIV medication.
- AIDS is the most severe phase of HIV infection. Without treatment, the CDC estimates the average survival rate to be three years once AIDS is diagnosed.
- A person cannot have AIDS related symptoms or opportunistic infections if their CD4 count is above 200.
HIV 101: Stages of HIV/AIDS - Answers

Name: _________________________________________ Date: _____________________

Stages of HIV Infection – Complete questions 1-3 using the terms below:

<table>
<thead>
<tr>
<th>Chronic HIV Infection</th>
<th>AIDS</th>
<th>Acute HIV Infection</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>AIDS</strong></td>
<td></td>
<td>CD4 count of less than 200 cells/mm³ or if they have certain opportunistic infections*. This is the final, most severe stage of HIV infection; without treatment patients are at high risk of opportunistic infections the body can’t fight off.</td>
</tr>
<tr>
<td>2. <strong>Chronic HIV Infection</strong></td>
<td></td>
<td>During this stage, HIV continues to multiply but at very low levels. HIV related symptoms may not be present; CD4 cell count and viral load is monitored for progression of HIV disease.</td>
</tr>
<tr>
<td>3. <strong>Acute HIV Infection</strong></td>
<td></td>
<td>Develops about 2 to 4 weeks after initial infection with HIV. During this stage, the virus undergoes massive replication; some people have flu like symptoms, such as fever, headache, and rash.</td>
</tr>
</tbody>
</table>

*Opportunistic infections are infections and infection-related cancers that occur more frequently or are more severe in people with weakened immune systems than in people with healthy immune systems."

**True or False**

**True**  People in the acute stage may not feel sick, but the level of HIV in the blood is very high; this increases risk of HIV transmission.

**False**  The Chronic stage sometimes called asymptomatic HIV infection can last decades; most don’t advance to AIDS even if the person is not taking HIV medication.

**True**  AIDS is the most severe phase of HIV infection. Without treatment, the CDC estimates the average survival rate to be three years once AIDS is diagnosed.

**False**  A person cannot have AIDS related symptoms or opportunistic infections if their CD4 count is above 200.
There are three stages of HIV infection:

1. **Acute HIV Infection**
   Acute HIV infection is the earliest stage of HIV infection, and it generally develops within 2 to 4 weeks after infection with HIV. During this time, some people have flu-like symptoms, such as fever, headache, and rash. In the acute stage of infection, HIV multiplies rapidly and spreads throughout the body. The virus attacks and destroys the infection-fighting CD4 cells of the immune system. During the acute HIV infection stage, the level of HIV in the blood is very high, which greatly increases the risk of HIV transmission.

2. **Chronic HIV Infection**
   The second stage of HIV infection is chronic HIV infection (also called asymptomatic HIV infection or clinical latency). During this stage of the disease, HIV continues to multiply in the body but at very low levels. People with chronic HIV infection may not have any HIV-related symptoms, but they can still spread HIV to others. Without treatment with HIV medicines, chronic HIV infection usually advances to AIDS in 10 years or longer, though in some people it may advance faster.

3. **AIDS**
   AIDS is the final, most severe stage of HIV infection. Because HIV has severely damaged the immune system, the body can’t fight off opportunistic infections. (Opportunistic infections are infections and infection-related cancers that occur more frequently or are more severe in people with weakened immune systems than in people with healthy immune systems.) People with HIV are diagnosed with AIDS if they have a CD4 count of less than 200 cells/mm³ or if they have certain opportunistic infections. Without treatment, people with AIDS typically survive about 3 years.

Fact sheet courtesy of AIDSinfo, a service of the U.S. Department of Health and Human Services.


From HIV.gov: What Are HIV and AIDS?
From the Centers for Disease Control and Prevention (CDC): About HIV/AIDS
Acknowledgments

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