HIV/AIDS Facts
Did You Know?!

**Human Immunodeficiency Virus:**
A Virus that needs a human host & attacks the body’s immune system.

HIV can be transmitted through only these infected body fluids:
- Blood
- Semen
- Vaginal Secretions
- Breast milk (only infectious to infants)

HIV is most commonly transmitted through unprotected sex with someone who is infected, or by sharing needles. Using a barrier method when engaging in any sexual contact is the best defense against HIV, unplanned pregnancy and STIs.

If you suspect you may be exposed to an infected body fluid, you will need to wait 3 months to be tested. This is how long it will take for your body to develop antibodies to the virus; the antibodies are what the test looks for. After the 3-month wait period, test using a blood sample or cheek swab. If the test is positive for HIV antibodies, then a confirmatory test is needed.

Many states now have needle exchange programs where people can bring in their used needles & receive sterile, new ones. In MN, these programs have significantly lowered the rate of new infections from needle sharing.

In 2012, pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP) medications were made available for prevention before exposure and protection after exposure. These medications are extremely expensive but extremely effective in preventing further development of the virus. PEP is most effective if taken within an hour of exposure and less effective after 72 Hours.

- In early 2013, a baby born with HIV displayed no sign of the virus 2 years after high doses of 3 antiviral drugs were administered within 30 hours of her birth. The baby is considered to be functionally cured of HIV. [http://abcnews.go.com/Health/mississippi-baby-born-hiv-functionally-cured-doctors/story?id=18645410](http://abcnews.go.com/Health/mississippi-baby-born-hiv-functionally-cured-doctors/story?id=18645410)

more on reverse
**Acquired Immune Deficiency Syndrome (AIDS)** is a diagnosis that can only be reached by someone infected with HIV, who has a T-cell (white blood cell) count **below 200**. Someone without HIV/AIDS has a T-cell count anywhere from 800-1200.

There are 1.3 Million people living with HIV in the U.S.
More than 34 Million people in the World are living with HIV.
Every 1 Hour, 300 people contract HIV.
1 in 5 who are infected don’t know it.

**Do You Know Your Status?**
Keep Calm &
Know Your HIV Status

**Duluth Sites:**
Local Confidential HIV Testing

UMD Health Services
218-726-8155
615 Niagara Court
$30 for blood draw & test processing
If positive, an additional confirmatory test is performed at the cost of $70

The services below operate on sliding fee scale

Planned Parenthood
218-722-0833
1001 E Central Entrance

Women’s Health Center
218-727-3352
32 E. 1st Street

Lake Superior Community Health Center
218-722-3352
4325 Grand Ave

Center for American Indian Resources
218-726-1370
215 W. 4th Street

**Superior Site:**
AIDS Resource Center of Wisconsin
715-394-4009
1507 Tower Ave Suite 230
*Free anonymous rapid test
*Needle exchange program

For more information or to learn about other testing sites, call:
**MN AIDS Project:**
1-800-248-2437
**Rural AIDS Action Network:**
1-800-966-9735
**Center for Disease Control:**
1-800-342-AIDS