



HIV/AIDS Awareness

HIV (human immunodeficiency virus) is a virus that attacks the body's immune system.

If HIV is not treated, it can lead to AIDS (acquired immunodeficiency syndrome).

Currently, there is no effective cure for HIV/AIDS but with proper medical care, HIV can be controlled.

STATISTICS

Asian Americans, Native Hawaiians, and Pacific Islanders comprise a small percentage of the people living with HIV in the United States. Preventing new HIV infections and helping those with HIV gain access to effective HIV treatment and care are essential aspects of our work to end the HIV epidemic.

According to the Centers for Disease Control and Prevention (CDC):

- An estimated 1,189,700 people in the United States had HIV at the end of 2019. Of those people, about **87% knew they had HIV**.
- At the end of 2018, an estimated **1.2 million people had HIV**. Of those, **17,600 were Asian American**.
- Asians Americans who make up 6% of the population, accounted for about **2% of HIV diagnoses in 2018** in the US and US territories.
- According to the Office of Minority Health, while Native Hawaiians and Pacific Islanders represent 0.4% of the total population in the United States, the HIV case rate for Native Hawaiians/Pacific Islanders was over twice that of the white population in 2019.

TRANSMISSION & PREVENTION

Transmission: Most people contract HIV through anal or vaginal sex or by sharing needles, syringes, or other drug injection equipment.

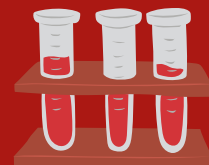
Prevention: Strategies that can help prevent HIV transmission include:

- Abstinence (not having sex)
- Use of condoms
- Never sharing needles
- The use of HIV prevention medicines such as pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP)



KNOW YOUR HIV STATUS GET TESTED

The only way to know your HIV status is to get tested. Knowing your status gives you powerful information to keep you and your partner healthy.



Visit [gettested.cdc.gov](https://www.cdc.gov/gettested), or call **1-800-CDC-INFO (232-4636)**.

You can also buy an HIV self-test at a pharmacy or online, or check to see if the health department or another organization near you is providing a rapid self-test for a reduced cost or for free.

Types of HIV Tests:

- **Nucleic acid tests (NAT)** look for the virus in the blood. The test can either tell you if a person has HIV or tell how much virus is present in the blood. This test is very expensive and not routinely used for screening individuals unless an individual recently had a high-risk exposure or a possible exposure and have early symptoms of HIV infection.
- An **antigen/antibody test** look for both HIV antigens and antibodies. Antigens are foreign substances that cause your immune system to activate. Antibodies are produced by your immune system when you're exposed to viruses like HIV. Antigen/antibody tests are recommended for testing done in labs and are common in the United States.
- HIV **antibody tests** only look for antibodies to HIV in your blood or oral fluid. Most rapid tests and the only currently approved HIV self-test are antibody tests.

STAGES OF HIV

Stage 1: Acute HIV Infection

People with acute HIV infection have a large amount of HIV in their blood and are very contagious. Individuals may experience flu-like symptoms or no symptoms at all. If you have flu-like symptoms and think you may have been exposed to HIV, seek medical care, and ask for antigen/antibody or nucleic acid tests (NATS) to diagnose acute infection.

Stage 2: Chronic HIV Infection

Also known as asymptomatic HIV infection or clinical latency. With chronic HIV infection, HIV is active and transmissible, but produces the virus at very low levels. People may not get sick or have any symptoms. The person may have symptoms as virus levels increase in the body, and the person moves into Stage 3. Without taking PEP, this period may last a decade or longer, but may progress faster in some cases. People who take HIV medicine as prescribed may never move into Stage 3.

Stage 3: Acquired Immunodeficiency Syndrome (AIDS)

AIDS is the most severe phase of the HIV infection. People with AIDS can have a high viral load and can be very infectious. People with AIDS have damaged immune systems that can lead to several severe illnesses. Without treatment, people with AIDS typically survive about three years.



Signs and Symptoms, Transmission and Prevention, Testing, and Stages Information are from the Centers for Disease Control and Prevention



RESOURCES

- **HIV.gov**
- **HIV Testing Sites & Care Services Locator:** locator.hiv.org
- **Ready, Set, PrEP:** hiv.gov/federal-response/ending-the-hiv-epidemic/prep-program
- **Ending the HIV Epidemic:** ahead.hiv.gov
- **AIDS Resource:** aidsresource.com
- **Asian Pacific AIDS Intervention Team:** Apaitonline.org
- **Massachusetts Asian & Pacific Islanders for Health:** maphealth.org
- **Maui AIDS Foundation:** mauiaids.org
- **Kumukahi Health and Wellness:** kumukahihealth.org