



PREVENTING HIV TRANSMISSION

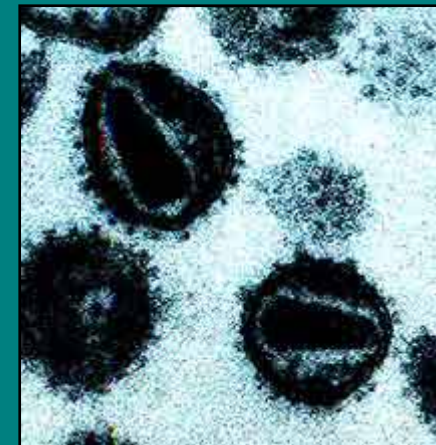
ACTION Project
IHV - Nigeria

OBJECTIVES

1. How is HIV transmitted?
2. How can I reduce the risk of transmission during sex? Pregnancy?
At work?
3. How can I prevent transmission at home?

1. HOW IS HIV TRANSMITTED?

- HIV infects cells in the body, primarily a type of white blood cell, the CD4 cell. These cells are found in several body fluids, particularly in blood and genital secretions.
- HIV is passed, or transmitted, when the virus travels from one person to another, usually through the exchange of blood or genital secretions.
- Any person with the virus, regardless of symptoms, should be considered capable of transmitting the disease.



1. HOW IS HIV TRANSMITTED?

- HIV is found in different amounts in different bodily fluids.
- HIV is greater in semen, breast milk, and blood.
- HIV is less in women's genital secretions.
- HIV is unlikely to be in saliva, tears & stool.
- **HIV is NOT transmitted through casual contact, such as hugging, holding hands, or sharing clothes.**

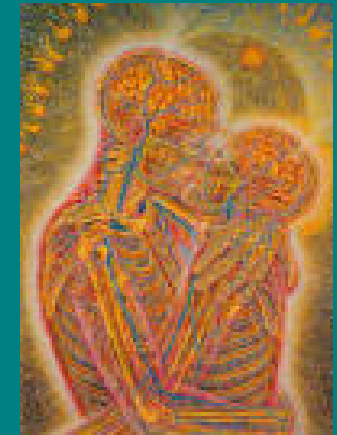


1. HOW IS HIV TRANSMITTED?

- There are three primary types of contact that can result in transmission of HIV:
 - Sexual contact
 - Sharing of infected blood by needle sharing, transfusion, scarification
 - Pregnancy or breastfeeding by an infected mother
- HIV can also be transmitted in other ways:
 - Organ transplant
 - Artificial insemination from an infected sperm donor
- Certain kinds of contact transmit HIV more efficiently than others



Mother to baby during pregnancy or delivery



Sexual fluids (having sex)



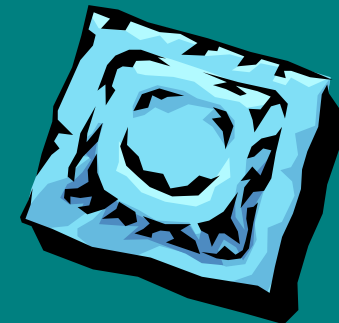
Blood (infected needles or blood transfusions)



Mother to baby through breastfeeding

2. RISK REDUCTION TECHNIQUES

- Sexual contact can transmit HIV if bodily fluids are exchanged
 - Open sores on genitalia of either party increases the transmission risk
- Sexual acts have differing risk:
 - Women are usually at greater risk of infection than their male partners
 - Anal sex tends to be riskier than vaginal sex
- Sexual risk can be reduced by using a barrier method of protection - i.e., use of condoms by males and females



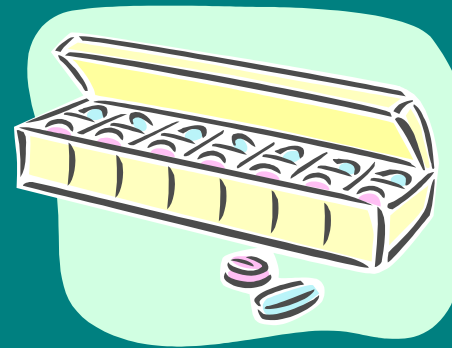
2. RISK REDUCTION TECHNIQUES

- During pregnancy and birth, an HIV+ woman can pass the virus to her unborn child.
- Transmission might take place while the infant is still in uterus or during the birthing process.
- Risk can be diminished by taking HIV medication by both the mother and the newborn child (immediately after birth).



2. RISK REDUCTION TECHNIQUES

- An HIV+ woman can transmit the virus to her child through breastfeeding.
- Risk of transmission is increased if her nipples or skin around them are cracked or bloody.
- Risk can be reduced through treatment of the mother during breastfeeding period.
- Risk can be eliminated through the consistent use of breast milk substitute.



2. RISK REDUCTION TECHNIQUES

- Health workers can get HIV from needle-stick injuries with HIV+ patients.
- Health care workers should use infection control procedures (latex gloves, goggles, etc) for all patients, regardless of known HIV status.
- Sharp instruments should be used carefully and disposed of immediately.
- Post-exposure prophylaxis (PEP) taken promptly after needle-stick injury reduces the risk of transmission



PREVENTING TRANSMISSION DURING HOME CARE

- Wash hands to prevent the spread of microbes. Wash hands under running water, apply soap or germicide and rub vigorously for a minute, rinse, then dry.
- Wash any new cuts or sores with soap and water, clean with alcohol and apply dressing.



PREVENTING TRANSMISSION DURING HOME CARE

- Wear latex gloves to handle blood, feces, or urine and to clean open sores.
- Gloves should also be used for cleaning surfaces that have been soiled by blood or other body wastes.
- If possible, gloves should be changed as soon as a task is finished. Wash gloves prior to disposal.



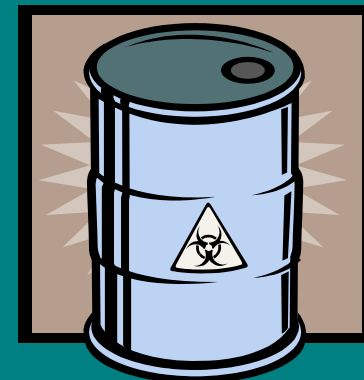
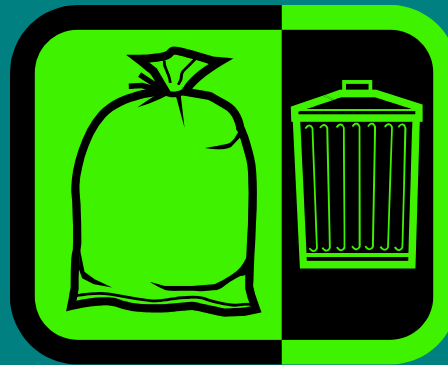
PREVENTING TRANSMISSION DURING HOME CARE

- Use disinfectants to clean up blood and other bodily fluids
- Laundry should be washed with detergent and bleach. Fabrics that are soaked with blood or other bodily secretions should be presoaked and then washed separately.
- Dry cleaning will disinfect any fabric.



PREVENTING TRANSMISSION DURING HOME CARE

- Liquid waste can be poured into the toilet or sink.
- Soiled materials such as bandages, gloves, sanitary napkins, cleaning cloths, and the like should be placed in plastic bags for disposal.
- Sharp instruments should be placed in metal cans for disposal.





QUESTIONS?



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