

IMPACT OF HIV

- 1.2 million people are living with HIV in the United States.
- One in four people living with HIV in the United States are women.
- Of those living with HIV, one in eight are unaware of their status.
- Blacks/African Americans are the most impacted racial/ethnic population, with Hispanic/Latinx folks being the second most impacted.¹⁰

IMPACT OF THE INTERSECTION OF DOMESTIC VIOLENCE + HIV

- Victims of domestic violence are 48% more likely to be exposed to HIV than those in non-violent relationships.¹¹
- 55% of women living with HIV have experienced domestic violence.¹¹
- A study found that 21% of women, 12% of gay, bisexual, and other men who have sex with men, and 8% of heterosexual men had experienced physical violence by their partner or someone close to them since receiving or disclosing their HIV diagnosis. Of those people, nearly 45% had experienced violence that they felt was related to their HIV status.¹²

HIV POWER & CONTROL

Has your partner ever?

- Forced you to engage in sexual activity or drug use
- Prohibited you from attending medical appointments or attended with you and controlled the appointment
- Destroyed, tampered or withheld your medication or contraception
- Threatened to expose your status to family, friends, or community

If you have answered yes to any of these, consider speaking with an advocate around your concerns for your sexual healthcare or learn more on the intersection of HIV and intimate partner violence at <https://nnedv.org/resources-library/dv-hivaids-toolkit/>.

- 1 About HIV <https://www.cdc.gov/hiv/basics/whatishiv.html>
- 2 What Body Fluids Transmit HIV? <https://www.cdc.gov/hiv/basics/hiv-transmission/body-fluids.html>
- 3 Ways HIV Can Be Transmitted <https://www.cdc.gov/hiv/basics/hiv-transmission/ways-people-get-hiv.html>
- 4 HIV Treatment <https://www.cdc.gov/hiv/basics/livingwithhiv/treatment.html>
- 5 10 Things to Know About HIV Suppression <https://www.niaid.nih.gov/diseases-conditions/10-things-know-about-hiv-suppression>
- 6 HIV Undetectable = Untransmittable (U=U) or Treatment as Prevention <https://www.niaid.nih.gov/diseases-conditions/treatment-prevention>
- 7 PEP (Post-Exposure Prophylaxis) <https://www.cdc.gov/hiv/basics/pep.html>
- 8 PrEP Effectiveness <https://www.cdc.gov/hiv/basics/prep/prep-effectiveness.html>
- 9 About PrEP <https://www.cdc.gov/hiv/basics/prep/about-prep.html>
- 10 U.S. Statistics <https://www.hiv.gov/hiv-basics/overview/data-and-trends/statistics/>
- 11 Sullivan T. P. (2019). The intersection of intimate partner violence and HIV: detection, disclosure, discussion, and implications for treatment adherence. *Topics in antiviral medicine*, 27(2), 84–87.
- 12 The Link Between Intimate Partner Violence and HIV <https://www.catie.ca/prevention-infocus/the-link-between-intimate-partner-violence-and-hiv>

WHAT IS HIV?

Human Immunodeficiency Virus (HIV) is a virus that damages the cells in your immune system.

- A weakened immune system may hinder your body's ability to fight everyday infections.
- If left untreated, HIV could potentially lead to Acquired Immunodeficiency Syndrome (AIDS), the most advanced stage of the virus.
- Although there is no cure for HIV/AIDS, there are very effective drug treatments that enable most people with the virus to live long, healthy, happy lives.

HOW IS HIV ACQUIRED?

- HIV is transmitted through blood, semen, vaginal secretions, rectal fluids, and breast/chest milk.
- HIV can be transmitted through a variety of different circumstances:
 - Sexual contact (vaginal, oral, and anal)
 - During childbirth, pregnancy, and breast/chest-feeding
 - Injection drug use or sharing needles
 - Occupational exposure
 - Blood transfusion or organ transplant

HIV/AIDS TREATMENT

- HIV is considered a chronic, manageable virus.
- Antiretroviral Therapy (ART), is a daily medication that can manage the HIV/AIDS virus. ART stops the virus from replicating and allows the immune system to strengthen and fight infections. ART can also lower or even stop your chances of transmitting HIV to anyone else.
- It is recommended to start treatment as soon as possible.
- A majority of ART prescriptions are once-daily pills; however, a medical provider will work with individuals to create a treatment plan that is best for them.
- It is important to take the medication as prescribed, or else it may not be as effective, and drug resistance may occur. ⁴

WHAT IS U=U OR TREATMENT AS PREVENTION?

- The goal of ART is to reduce the amount of HIV in the body, known as “viral suppression” or being “virally suppressed”.
- ART can reduce one’s viral load (the amount of HIV present in the blood) so low that an HIV test cannot detect it. ⁵
- Someone who is virally suppressed cannot transmit the virus sexually. This is known as Undetectable means Un-transmittable or U=U. U=U is also being studied regarding other modes of transmission for HIV. ⁶
- U=U is also known as Treatment as Prevention.

HIV PREVENTION METHODS

CONDOMS

ACCESS TO TESTING AND KNOWING YOUR STATUS

NEEDLE EXCHANGE PROGRAMS

POST-EXPOSURE PROPHYLAXIS (PEP)

- PEP is a medication that can prevent HIV after exposure.
- Can reduce the chance of acquiring HIV by 80%.
- The regime must be started within 72 hours of exposure – the sooner the regimen is started the more effective.
- The regimen is a 28-day course of the ART medication. ⁷

PRE-EXPOSURE PROPHYLAXIS (PREP)

- PrEP is a medication that can prevent acquiring HIV.
- It is 99% effective in preventing HIV through sex and 74% among injection drug users. ⁸
- A person must be HIV-negative before starting and while on the medication.
- PrEP is approved for adults and adolescents who weigh at least 77 pounds.

PILL FORM

- Truvada:
 - First FDA-approved option.
 - Generic brands are available.
- Descovy:
 - Not approved for those born with a vagina.

INJECTABLE FORM

- Apretude: Two initial injections that are administered one month apart, and then every 2 months thereafter. ⁹

REQUIRED BLOOD TESTS

PrEP requires routine blood tests to confirm an HIV-negative status in order to continue on the medication. These tests are conducted every three months for pill form and every two months for injectable form.