

NEXT STEPS

 **Establish care with the Adult Immunology Clinic.** You will be screened by a nurse and an HIV specialist who can help you with all of your medical concerns.

 **Get your baseline labs.** This is calculated by a blood draw. This initial measurement will be used for future comparisons.

 **Start treatment.** Treatment for HIV is called Antiretroviral Therapy (ART). ART is recommended for everyone who has HIV. ART is not a cure, but HIV medicines help people live healthier and longer lives.

 **Undetectable Equals Untransmittable (U=U).** Taking care of your HIV will not only protect you, but can also protect others.

WHO WE ARE

The Adult Immunology Clinic (AIC) strives to combat social injustice faced by people living with HIV. We specialize in individualistic patient centered care to improve their health and overall quality of life.

The AIC compassionately exemplifies the core values of caring, healing, teaching, and serving all.

CONTACT US

Adult Immunology Clinic

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WE WANT YOU



to be informed about
your health!





WHAT IS HIV/AIDS?

The human immunodeficiency virus (HIV) is a virus that attacks the cells in our bodies that help fight infections. The human body cannot get rid of HIV and there is currently no cure. If left untreated, HIV can lead to AIDS.

Acquired immunodeficiency syndrome (AIDS) is the most advanced stage of HIV infection.

The immune system helps to fight off infections. HIV attacks and destroys the CD4 cells of our immune system. A low CD4 cell count makes it difficult for the body to fight infections.

HOW IS HIV SPREAD?

HIV is spread in:

- * Blood
- * Pre- ejaculation / Semen
- * Vaginal secretions
- * Breast milk

ARE YOU AT RISK?

Understanding HIV risk factors can help you better recognize your own risk.

COMMON RISK FACTORS

- **Having sex while under the influence of drugs or alcohol**
- **Using non-sterile needles for piercings or tattoos**
- **Having multiple sexual partners**
- **Having unprotected anal, oral or vaginal sex with an HIV-infected person whose HIV status is unknown**
- **Sharing syringes or needles**

Babies can be exposed and infected by an HIV-positive mother. HIV can be transmitted during pregnancy, labor & delivery, and through breastfeeding

HOW CAN YOU REDUCE YOUR RISK?

- **Get tested and treated for Sexually Transmitted Infections (STI). Having an STI can increase your risk of becoming infected with HIV**
- **Use condoms. When used correctly condoms can reduce your chances of getting HIV**
- **Don't inject drugs. If you do, use only sterile equipment and water**

PREP



PrEP stands for pre-exposure prophylaxis, and is an FDA approved way for people to prevent HIV infection by taking one pill every day.

UNDERSTANDING YOUR RESULTS

Testing negative - your sample was non-reactive. It can take up to six months for your body to develop enough antibodies to react to the test. This is called the **window period**. You should be tested again in six months and continue to protect yourself during this time.

Preliminary positive - your sample was reactive and further testing will be done.

WHAT IS ART?

Antiretroviral Therapy (ART) is the treatment for HIV. ART involves taking HIV medications every day.

ART is not a cure for HIV, but can help people living with HIV live longer, healthier lives. ART also reduces the risk of exposing others to HIV.

