

Positively Native



**Urban Indian
Health Institute**
A Division of the Seattle Indian Health Board

What is HIV/AIDS?

HIV = Human Immunodeficiency Virus
AIDS = Acquired Immunodeficiency Syndrome

- ✨ HIV is a virus that attacks cells in the body's immune system.
- ✨ Without treatment, it becomes increasingly difficult for the immune system to fight off infections and diseases, such as pneumonia and certain cancers.
- ✨ The presence of these infections and diseases indicate that a person has AIDS, the last stage of HIV infection.



Transmission

HIV CAN BE TRANSMITTED BY



Sexual Contact

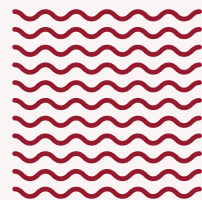


Sharing Needles



Mother to Baby
During Pregnancy, Birth, or
Breastfeeding

HIV IS NOT TRANSMITTED BY



Air or Water



Saliva, Sweat, Tears



Pets or Insects



Sharing Food, Drinks

Prevention



**Talk to Your
Partner(s) about HIV**



Get Tested for HIV



Use Condoms During Sex



**Do Not Share
Needles to Inject
Drugs**



**Take HIV
Prevention Medicines
(PrEP and PEP)**

PrEP and PEP

PrEP

- ✦ Pre-exposure Prophylaxis (PrEP) is a **daily pill** that prevents HIV in people at risk of contracting HIV.
- ✦ PrEP can reduce the risk of contracting HIV by
 - ✦ 99% for sex
 - ✦ 74%. for shared needles
- ✦ PrEP must be taken consistently to be effective

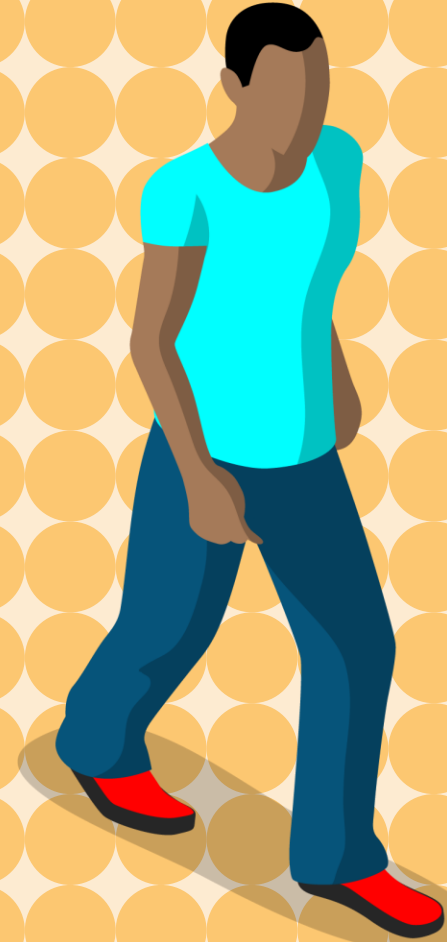
PEP

- ✦ Post-exposure Prophylaxis (PEP) is a pill taken after exposure to HIV to prevent HIV infection.
- ✦ PEP must be started within 72 hours of exposure.
- ✦ PEP is effective in preventing HIV, but not 100%.

Treatment

- ✦ Antiretroviral Therapy (ART) is a combination of drugs taken to reduce the amount of HIV in blood and body fluids.
- ✦ ART can lower the amount of HIV in blood and body fluids to undetectable levels, making HIV untransmittable through sex.

Undetectable = Untransmittable



Stigma & Discrimination

- ✦ HIV stigma is negative beliefs, feelings, and attitudes about people living with HIV.
- ✦ Discrimination is the unfair and unjust treatment of someone resulting from those negative attitudes, feelings, or beliefs.
- ✦ Refusing housing, healthcare, or work to someone because they have HIV.
- ✦ Socially isolating a community member because they are living with HIV.



HIV in American Indians/Alaska Natives

	# of Cases	Rate
Number of HIV Diagnoses (2017)		
AI/AN	212	8.8
White	10,048	5.1
Number of AIDS Diagnoses (2017)		
AI/AN	72	3.0
White	4,321	2.2

*** Rate is per 100,000 people**

HIV in AI/ANs (Cont.)

- ✦ It is estimated that 3,600 AI/ANs are living with HIV in the US.
- ✦ However, this number is most likely higher due to AI/ANs being misclassified as another race.
- ✦ From 2010 to 2016, the annual number of HIV diagnoses increased 46% among AI/AN.
- ✦ Among gay and bisexual AI/AN men, the number of HIV diagnoses increased by 81%.

Source: CDC (2019). HIV and American Indians and Alaska Natives. Retrieved January 29, 2020, from <https://www.cdc.gov/hiv/basics/livingwithhiv/stigma-discrimination.html>

Source: CDC (2018). *HIV Surveillance Report, 2017*, 29. Retrieved from

<https://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2017-vol-29.pdf>



Video



Discussion Agreements

- ☀ Introduce yourself
- ☀ Listen respectfully, without interrupting
- ☀ Allow everyone a chance to speak
- ☀ Stay on topic
- ☀ Any others?



Discussion Questions

- ✨ What are your first thoughts after watching the video?
- ✨ Do people in your community talk about HIV and how to prevent it?
- ✨ What can you do to help stop stigma and discrimination in your community and beyond?
- ✨ How will you continue this discussion moving forward?
- ✨ I learned, I hope, or I feel.....





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Thank you!

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