

## Community Health Coalition, Inc.

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**Not Sure, GET TESTED!**



### The ABC's for Prevention of HIV/AIDS

**A – Abstinence**  
from sexual  
activity until  
marriage, if  
possible.

**B – Be faithful** in  
a marital and  
monogamous  
relationship

**C – Condoms**  
should be used  
& don't use IV  
drugs or drugs  
with needles.

**African Americans face the most severe burden of HIV of all racial/ethnic groups in the US. Despite representing only 14% of the US population in 2009, African Americans accounted for 44% of all new HIV infections in that year. Compared with members of other races and ethnicities, African Americans account for a higher proportion of HIV infections at all stages of disease – from new infections to deaths.**

**Durham County has the 4<sup>th</sup> highest rate of HIV in NC.**

Source: CDC, Department of Health & Human Services  
Centers for Disease Control & Prevention: [www.cdc.gov](http://www.cdc.gov)  
Source: Durham County: State of the County Health  
Report 2010



July 22, 2012

### Health Sunday Topic: **HIV/AIDS** **AWARENESS & PREVENTION**

Message from Community Health Coalition

**HIV** stands for human immunodeficiency virus. This is the virus that causes AIDS. HIV is different from most other viruses because it attacks the immune system. The immune system gives our bodies the ability to fight infections. HIV finds and destroys a type of white blood cell (T cells or CD4 cells) that the immune system must have to fight disease.

**AIDS** stands for acquired immunodeficiency syndrome. AIDS is the final stage of HIV infection. It can take years for a person infected with HIV, even without treatment, to reach this stage. Having AIDS means that the virus has weakened the immune system to the point at which the body has a difficult time fighting infection. When someone has one or more specific infections, certain cancers, or a very low number of T cells, he or she is considered to have AIDS.

## How HIV Is and Is Not Transmitted

HIV is a fragile virus. It cannot live for very long outside the body. As a result, the virus is not transmitted through day-to-day activities such as shaking hands, hugging or a casual kiss. You cannot become infected from a toilet seat, drinking fountain, doorknob, dishes, drinking glasses, food, or pets. You also cannot get HIV from mosquitoes. HIV is primarily found in the blood, semen, or vaginal fluid of an infected person. HIV is transmitted in 3 main ways:

- Having sex (anal, vaginal, or oral) with someone infected with HIV
- Sharing needles and syringes with someone infected with HIV
- Being exposed (fetus or infant) to HIV before or during birth or through breast feeding.

According to Tamera Coyne-Beasley, MD, MPH of UNC Pediatrics, Internal Medicine and the School of Public Health, there is no cure of HIV/AIDS; however, there are medical treatments that can help individuals live longer and healthier lives. She states, "If you believe you may have HIV/AIDS get tested to know your status. If you have HIV/AIDS, please see a physician for expert advice and management."



Tamera Coyne-Beasley, MD

### Key Resources:

- **CDC INFO: Phone 1-800-CDC-INFO (232-4636) 24 Hours/Day**
- **[www.aids.gov](http://www.aids.gov) (Get one-stop access to US Government HIV/AIDS information)**
- **[www.hivtest.org](http://www.hivtest.org) (Locate an HIV testing site in your community.)**
- **[www.cdcnpi.org](http://www.cdcnpi.org) (National Prevention Information Network)**
- **[www.caare-inc.org](http://www.caare-inc.org) (Phone 919-687-0793) CAARE is located in Durham.**

A Message from your Community Health Coalition in Association with the Durham Academy of Medicine, Dentistry & Pharmacy, Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Life Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital.

### ***Healthy People 2020: A Clear Vision to Healthy Living!***

**Note: Please make enough copies of this flyer to distribute to each morning service attendee.**