

## What is HIV?

HIV stands for Human Immunodeficiency virus. HIV is the virus that causes HIV infection. HIV attacks and destroys the body's cells (called CD4 cells) that fight off infections. Losing CD4 cells makes it difficult for the body to fight infections and certain cancers.

## What is AIDS?

AIDS stands for Acquired Immunodeficiency Syndrome. AIDS is the most advanced stage of HIV infection.

## How is HIV spread?

HIV is spread through the blood, semen, vaginal fluids, or breast milk of a person infected with HIV.

The most common ways HIV spreads include sex and sharing of drug injection equipment with a person infected with HIV.

HIV can also pass from an HIV-infected woman to her child during pregnancy or childbirth, or by breastfeeding.



## HIV in Kansas

- 113 new cases of HIV were reported to KDHE during calendar year 2012.
- 1,413 individuals were known to be living with HIV/AIDS in Kansas during calendar year 2012.
- All genders, races, and ethnicities are represented in Kansas HIV cases.



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What you  
need to know  
about  
HIV/AIDS



## The Basics

- HIV is the virus that causes HIV infection. AIDS is the most advanced stage of HIV infection.
- HIV is spread through contact with the blood, semen, vaginal fluids, or breast milk of a person infected with HIV.
- The most common ways HIV is transmitted are through sex and sharing of drug injecting equipment with a person infected with HIV.
- The treatment for HIV infection is called antiretroviral therapy (ART). ART involves taking a combination of HIV medicines (called an HIV regimen) every day.
- ART can't cure HIV infection, but it can help people infected with HIV live longer, healthier lives.
- About 50,000 people get infected with HIV in the United States each year.

### What are the symptoms of HIV/AIDS?

The first signs of HIV infection may be flu-like symptoms, such as fever, headache, and rash. The symptoms may come and go for a month or two after infection. After this earliest stage of HIV infection, more severe symptoms of HIV infection generally don't appear for many years. This is why it is important to consider regular testing.

HIV can be spread at any stage of HIV infection-even if the infected person has no symptoms.

### How long does it take HIV to advance to AIDS?

The time it takes for HIV to advance to AIDS varies, but it can take 10 years or more. The diagnosis of AIDS is determined by a doctor who uses laboratory results and patient condition to determine when HIV has advanced to AIDS.



To learn more  
about HIV/AIDS and where to  
go for testing:

- Visit KDHE's website:  
<http://www.kdheks.gov/hiv>
- Visit the Center for Disease Control & Prevention's (CDC) website:  
<http://www.cdc.gov/hiv>
- Call the CDC's Information line: 1-800-CDC-INFO (1-800-232-4636)