

What is being done in Cayman to prevent HIV transmission?

- All blood donors, and every individual unit of blood is tested. Both donating blood, and receiving blood through a transfusion is extremely safe in Cayman.
- All pregnant women are tested for HIV. If a pregnant woman is HIV positive, medication is available to help prevent transmission to the unborn baby.
- Health care workers use disposable syringes and needles, which are only used once.
- Prevention education is conducted regularly in the community, including schools.

Where can I get tested?

Ask your doctor or nurse about a test or call the Public Health Department, George Town Hospital at 244 2507 to arrange an appointment.

Source: CDC Website



Health Service Authority

HIV is not a death sentence, with the correct medication and care a patient can live a long and healthy life.

HIV Facts



KNOW YOUR HIV STATUS

Public Health Department 244 2507

What is HIV and AIDS?

What is HIV?

HIV = Human Immunodeficiency Virus.

HIV weakens the immune system (your body's defense system), germs that we would normally have no problem with, can cause life threatening infections and cancers.

HIV is an infection, which means it can be transmitted from one person to another. Someone who is diagnosed as infected with HIV is said to be 'HIV positive'.

What is AIDS?

AIDS = Acquired Immune Deficiency Syndrome.

It is the late stage of HIV infection
A person has AIDS when the immune system becomes very weak from HIV infection or when he or she gets one or more serious illnesses because of HIV.

People who are infected with HIV often do not get AIDS for up to ten years or longer. Some people have lived with HIV infection for more than 20 years.

How do I know if I have HIV?

The only way to tell if you have HIV is by getting tested.

You cannot tell, just by looking (or smelling, or touching) if someone is infected.

People can have HIV without knowing it, and they can feel good for a long time, because it can take a long time (often 10 years or longer) before they get AIDS. But during this time, they can transmit HIV.

You don't have to have AIDS in order to transmit HIV. You can transmit the virus to someone else after you are infected with HIV, even if you don't feel sick at all.

You can only know if you have HIV by getting an HIV test.

How is HIV transmitted?

Through *unsafe or unprotected sex* with someone who has HIV.

By *sharing needles or syringes*, that have already been used by someone who has HIV

Women with HIV can pass the virus to their babies during *pregnancy, delivery, or breast-feeding*.

How can I protect myself?

By not engaging in risky behavior:

- Don't have sexual contact, including oral sexual contact, with an infected person without using a condom.
- Don't share drug needles or syringes
- Don't have sexual contact with someone whose HIV status you do not know.
- Don't abuse alcohol or drugs: they make you vulnerable because they cloud your judgment.

You can NOT get HIV from:

- shaking hands, touching, hugging someone with HIV
- coughing or sneezing
- tears, saliva, or sweat
- sharing drinking glasses, plates, forks, knives, or spoons
- using public bathrooms and drinking fountains
- mosquito bites or other bug bites
- swimming pools or hot tubs
- pets

What is a HIV test?

A HIV test is a test that reveals whether HIV antibodies and antigens are present in the body.

Antibodies and Antigens are produced by the immune system in response to an infection.

Confirmation test is needed following the HIV Combo to diagnosis HIV.

