

Oklahoma HIV/AIDS Fact Sheet

What is HIV? What is AIDS?

Human Immunodeficiency Virus (HIV) is the virus which causes AIDS. HIV is a virus that kills the body's CD4 cells which are the cells that help a body fight off infection and disease.

AIDS (Acquired Immune Deficiency Syndrome) is the result of HIV infection and is the most advanced stage of HIV. AIDS is determined by an HIV-infected person having a CD4 cell count less than 200 and/or presence of an indicator disease, only a physician can diagnose AIDS. There is currently no cure for HIV or AIDS.

How is HIV transmitted?

HIV can only be spread person to person. HIV is transmitted through infected blood, semen, vaginal fluids, or breast milk. HIV enters the body through a mucous membrane (ears, eyes, nose, mouth, penis, anus, or vagina) or a break/cut in the skin. The most common activities that place a person at risk are:

- 1 Having sexual intercourse (anal, vaginal or oral) with someone infected with HIV,
- 2 Sharing needles and syringes with someone infected with HIV, or
- 3 A baby being exposed to HIV before or during birth or through breast feeding.

How is HIV not transmitted?

HIV cannot be transmitted through everyday activities such as hugging, shaking hands, or closed-mouth kissing. Also, a person cannot become infected from a doorknob, toilet seat, drinking glass, water fountain, silverware or dishes. HIV is not transmitted to humans from animals or mosquitoes.

How can I protect myself?

If a person does not know his or her HIV status, he or she should get tested. A person can greatly reduce their risk for HIV. Abstaining (or refraining) from sexual intercourse and from sharing needles and, syringes are the surest ways to avoid transmission of HIV. If a person is sexually active, using a latex condom or barrier each and every time he/she has sex. Anyone who uses needles should avoid sharing them. If a person does share, disinfect all syringes with bleach immediately before and after each use by cleaning them two times with bleach and rinsing them three times with water.

How do I know if I am HIV positive?

The only way to know if someone is infected is by getting an HIV test. The most common HIV tests check the blood or oral fluid for HIV antibodies – proteins the immune system makes after infection. Some tests take a few days or weeks for results, but rapid HIV tests can give results in about 20 minutes. All positive HIV tests must be followed by another test to confirm the positive result.

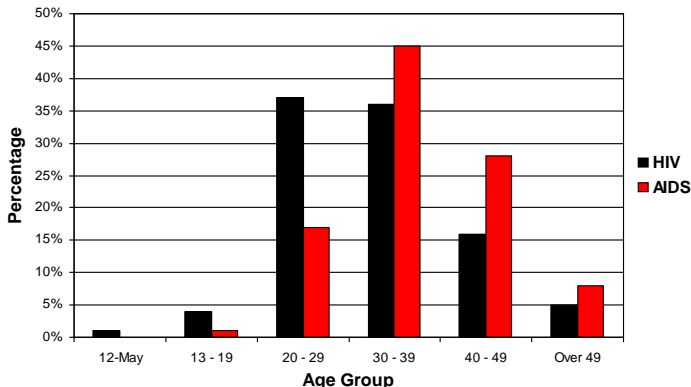
How do I get an HIV test?

For more information about HIV testing contact the Oklahoma State Health Department HIV/STD Service at (405) 271-4636.

A Glance at the HIV/AIDS Epidemic

As of December 31, 2006, there were approximately **4,286 people living with HIV/AIDS in Oklahoma**. Of these cases 2,178 were HIV Infections and 2,108 were AIDS cases.

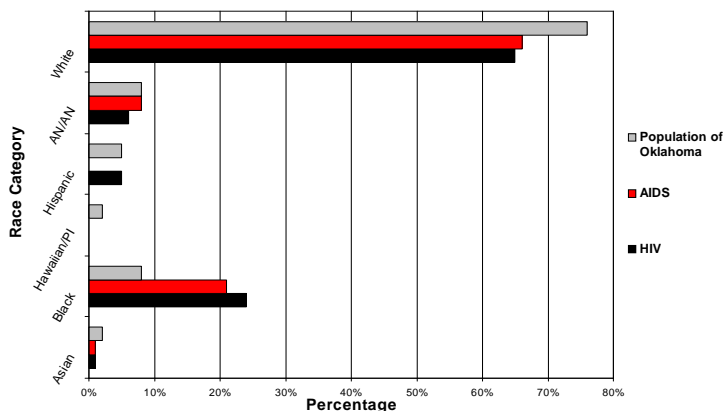
Percentage of Living HIV and AIDS Cases in Oklahoma by Age Group as of December 31, 2006



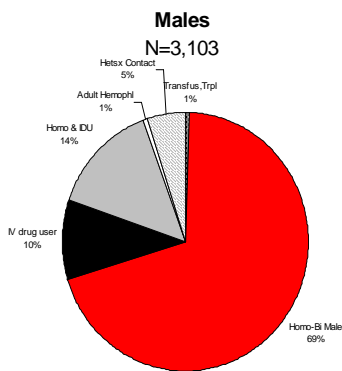
- Approximately 8% of the Oklahoma population is black, however, account for 24% of HIV Infections and 21% of AIDS cases
- Approximately 76% of the Oklahoma population is white and account for 64% of HIV infections and 65% of AIDS Cases

- The largest proportion of HIV cases are among those ages 20-29 years (37%), followed by ages 30-39 years (36%)
- The largest proportion of AIDS cases are among those ages 30-39 years (45%), followed by ages 40-49 years (28%)

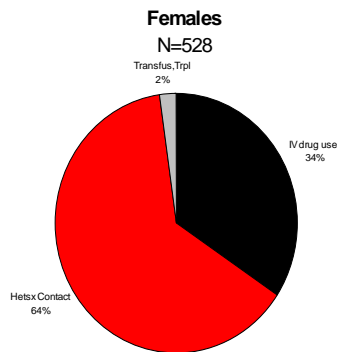
Percentage of Living HIV/AIDS Cases in Oklahoma by Race Category as of December 31, 2006 (Comparing with the Race Population of Oklahoma)



Transmission Categories of Living Adult HIV/AIDS Cases in Oklahoma by Sex as of December 31, 2006*



- Males account for 72% of all HIV/AIDS cases in Oklahoma
- Homosexual or Bisexual males account for 69% of adult male HIV/AIDS method of exposure



- Among adult female HIV/AIDS cases, heterosexual contact account for 64% of exposure
- IV Drug Use accounts for the 2nd highest category of exposure in both males and females

* Cases with a transmission category of Risk Not Identified or Pediatric Risk were not included in the above graphs