

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. CD4 cells help a body fight off infection and disease.

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

How is HIV transmitted?

HIV can only be spread from person to person through only four body fluids: blood, breast milk, semen, and vaginal fluids. 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 which place a person at risk are:

- Having sexual intercourse (oral, anal, or vaginal) with someone infected with HIV
- Sharing a needle or syringe with someone infected with HIV
- A baby being exposed to HIV before or during birth or through breast feeding

How is HIV not transmitted?

HIV can not be transmitted through everyday activities such as hugging, shaking hands, or casual kissing. Also, a person cannot become infected from a door knob, 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 for HIV. A person can greatly reduce his or her risk for HIV. Abstaining (or refraining) from sexual intercourse, and also from sharing needles and syringes, are the surest way to avoid transmission of HIV. If a person is sexually active, he /she should use 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 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?

There are no signs or symptoms for HIV. The only way to know if someone is infected is by getting an HIV test. The standard HIV test checks the body for HIV antibodies – organisms the immune system makes after infection.

How do I get an HIV test?

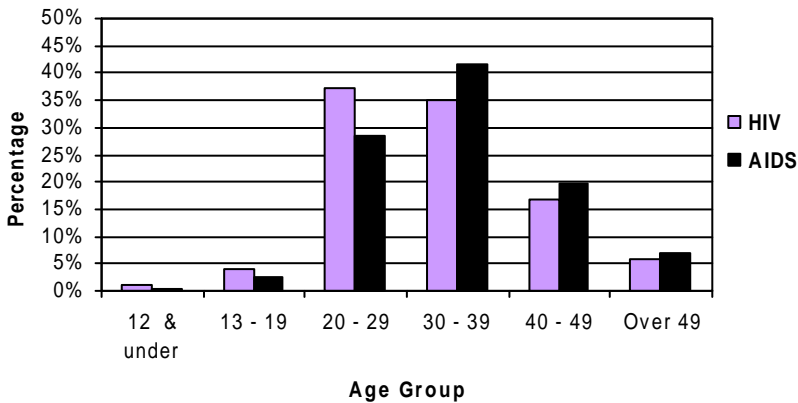
HIV tests can use blood or saliva to detect HIV infection. Some tests take a few days or weeks for results, but rapid HIV tests can give results in about 20 minutes. All positive HIV tests must be followed up by another test to confirm the positive result. **For more information about HIV testing contact the Oklahoma State Health Department HIV/STD Service at (405) 271-4636.**

For data questions contact HIV/STD Surveillance and Analysis Office at (405)271-4636

A Glance at the HIV/AIDS Epidemic in Oklahoma

As of December 31, 2008, there were approximately **4,605 people living with HIV/AIDS** in Oklahoma. Of these cases 2,298 were HIV Infections and 2,307 were AIDS cases. Since 1982, there have been a total of 7,832 cases of HIV/AIDS diagnosed in Oklahoma.¹

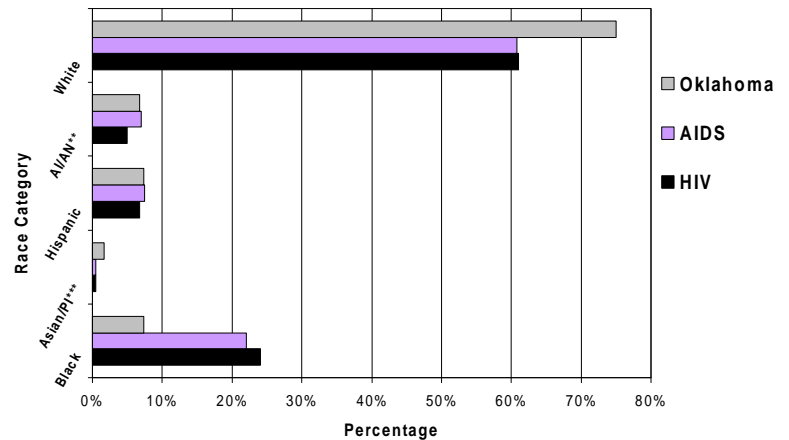
Percentage of People Living with HIV/AIDS in Oklahoma by Diagnosis Age as of December 31, 2008



- Approximately 7.3% of the Oklahoma population is black, however, account for 24% of living HIV Infections and 22% of living AIDS cases
- Approximately 75% of the Oklahoma population is white; whites account for 61% of living HIV infections and 61% of living AIDS Cases

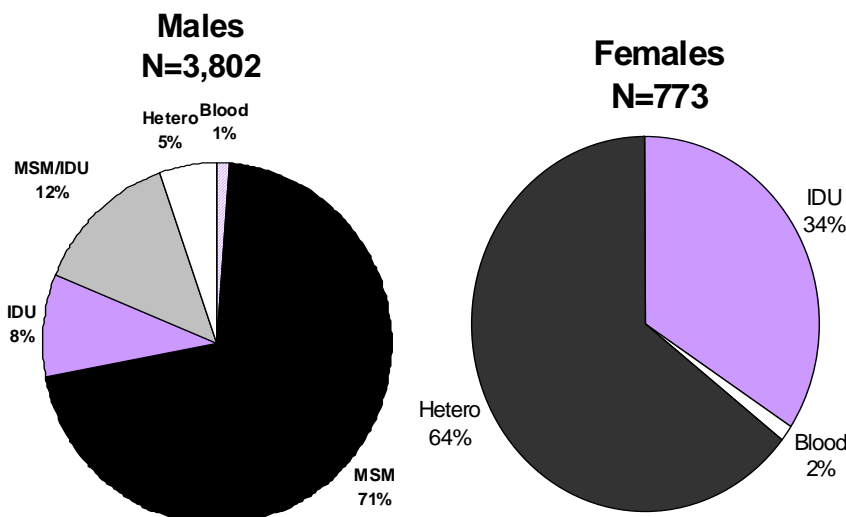
- The largest proportion of persons living with HIV are ages 20-29 years (37%), followed by ages 30-39 years (35%)
- The largest proportion of persons living with AIDS are ages 30-39 years (42%), followed by ages 20-29 years (28%)

Percentage of Living HIV/AIDS Cases in Oklahoma by Race Category as of December 31, 2008



*Population from 2008 US Census **American Indian and Alaska Native ***Asian and Pacific Islanders

Transmission Categories of Persons Living with HIV/AIDS in Oklahoma by Sex as of December 31, 2008*



- Males account for 83% of living HIV/AIDS cases in Oklahoma.
- Among adult female HIV/AIDS cases, heterosexual contact (Hetero) accounts for 64% of transmission.
- Men who have sex with men (MSM) accounted for 71% of adult males living with HIV/AIDS.
- IV Drug Use (IDU) accounted for the 2nd highest transmission category in females, however, MSM with IDU is the 2nd highest in males

*Cases with a transmission category of Pediatric Risk or No Identified Risk were not included in the pie charts.

¹Population estimates used for Oklahoma are from the 2008 US Census Estimate. Data was analyzed from eHARS (HIV/AIDS surveillance system) using diagnosis Date of Client.