

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 person to person. HIV is transmitted 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 vaginal) 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 of needles and syringes 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 can not 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 of needles and syringes, is 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 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?

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

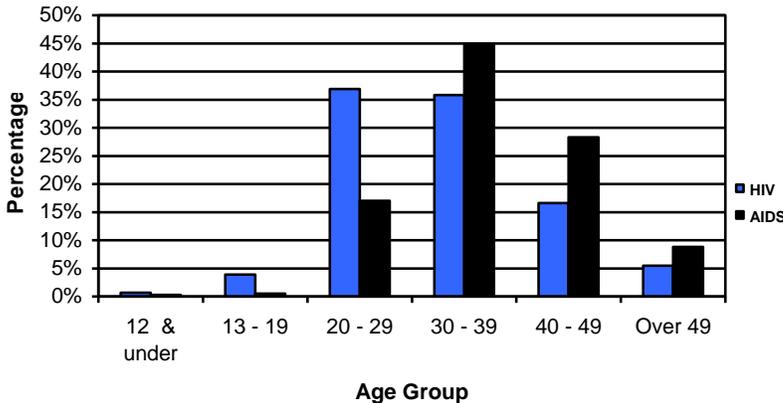
How do I get an HIV test?

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.**

A Glance at the HIV/AIDS Epidemic in Oklahoma

As of December 31, 2007, there were approximately **4,521 people living with HIV/AIDS[^]** in Oklahoma. Of these cases 2,274 were HIV Infections and 2,247 were AIDS cases.

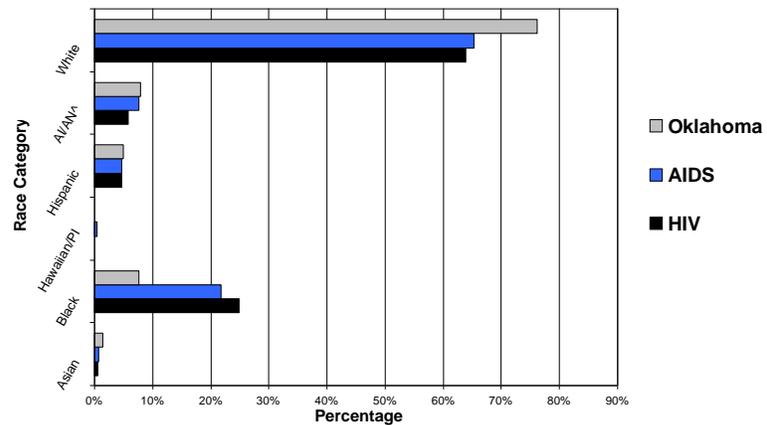
**Percentage of Living HIV and AIDS Cases in Oklahoma
Age Group as of December 31, 2007**



- Approximately 8% of the Oklahoma population is black, however, account for 25% of HIV Infections and 22% of AIDS cases
- Approximately 76% of the Oklahoma population is white and only account for 64% of HIV infections and 65% of AIDS Cases

- The largest proportion of HIV cases are ages 20-29 years (37%), followed by ages 30-39 years (36%)
- The largest proportion of AIDS cases are 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, 2007 ^{**}**



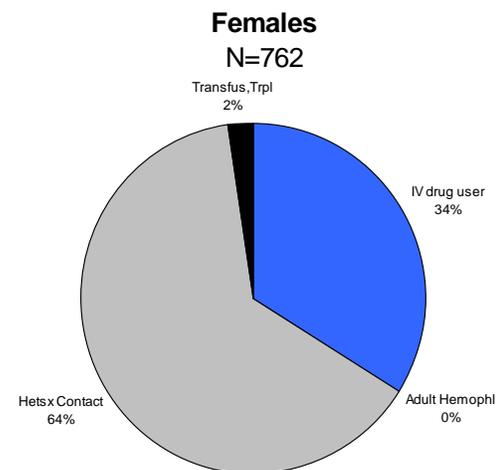
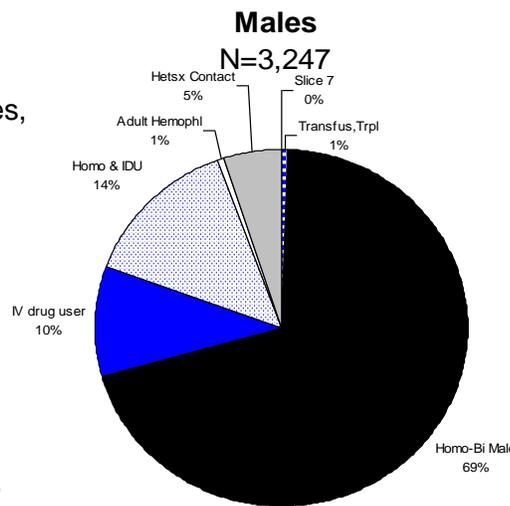
^{*}Comparing with the Population of Oklahoma from 2000 US Census

^{**}Analyzed by diagnosis date

[^]Stands for American Indian and Alaska Native

Transmission Categories of Living Adult HIV/AIDS Cases in Oklahoma by Sex as of December 31, 2007^{*}

- Males account for 83% of all HIV/AIDS cases in Oklahoma
- Among adult female HIV/AIDS cases, heterosexual contact account for 64% of exposure
- Homosexual or Bisexual males account for 69% of adult male HIV/AIDS mode of exposure
- IV Drug Use accounts for the 2nd highest category of exposure in females, however, MSM and IDU is the 2nd highest in males



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



For Questions contact HIV/STD Surveillance and Analysis Division at (405)271-4636

Updated March 2010

[^]Analyzed by Diagnosis Date of Client.