



# WELLNESS WORKS....

at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

September 2011

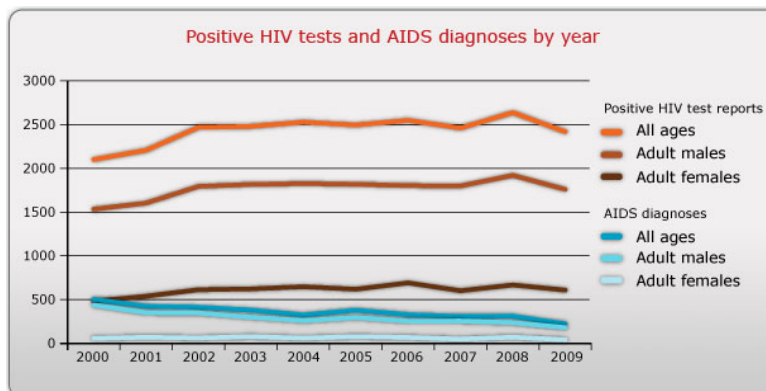


## AIDS



### FACTS:

- \* AIDS (acquired immune deficiency syndrome) is the combination of HIV (Human Immunodeficiency Virus) and one or more OI (Opportunistic Infection).
- \* If the OI is brought under control, the person is considered to no longer have AIDS.
- \* People die from the opportunistic infection, not AIDS.
- \* AIDS is a collection of symptoms that point to an underlying cause of illness.
- \* In 2007, 20% of new AIDS cases were female.
- \* 95% of people with HIV live in developing countries.
- \* Sub-Sahara Africa accounts for 2/3 of total infections, with 25 million people living with HIV/AIDS.
- \* After Africa, Latin America & the Caribbean have the highest rates of infection.
- \* PEP – drugs taken within 24 – 72 hours of exposure for a 28-day cycle decreases the risk of developing HIV by 79% in most studies. PEP is covered under WSIB for medical personnel and by the province for sexual assault victims.
- \* If there is a significant risk that a person will pass on HIV to their partner, they have a legal duty to tell their partner of their positive status BEFORE they have sex.





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## Early detection of HIV is key in fighting the virus because:

- There is no cure for HIV, so early detection allows a person to get treatment that can slow down the progression & the effects of the virus.
- Proper steps can be taken to prevent the spreading of HIV.
- Couples who want to get pregnant can take action to try & prevent their baby from being born HIV +.
- Peace of mind.



### I CANNOT get HIV from:

- hugging
- swimming pools / hot tubs
- kissing
- sharing utensil/linens/dishes
- touching
- toilet seats
- coughing
- mosquitoes
- sneezing

### I CAN get HIV from:

- blood
- rectal secretions
- semen
- breast milk
- vaginal secretions

## Safety in Body Art

- \* Always ask:
  - o For new needles – watch them open the package
  - o Does the artist wear latex gloves?
  - o Do they use HOT sterilization?
  - o Do they use disposable ink caps?
  - o Do they dispose of needles after every customer?
  - o Is it a regulated body art establishment?



## Caring for People Living with AIDS

- Determinants of health will dictate the progression of illness
  - o Income, culture, social support networks, education, employment, health services, coping skills and gender
- Advocacy, non-judgmental acceptance, empathy, crisis intervention, end of life care with dignity

All information is courtesy of AIDS Niagara and <http://www.avert.org/canada-aids.htm>