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HIV: The Basics

1987

First treatment for
HIV (AZT)

1997

PEP becomes
available

2016

U=U
campaign

2018

PrEP on
the PBS

2023

ART universally
available in WA

GOAL

Virtual elimination of
new HIV diagnoses

The path to virtual elimination

HIV stands for Human Immunodeficiency Virus.

A person becomes HIV positive when the virus enters their body. The virus multiplies in the body and attacks the immune system, making it harder to fight off infections.

HIV is not AIDS.

HIV is the virus that damages the immune system. Without treatment, HIV can cause AIDS. AIDS stands for Acquired Immune Deficiency Syndrome. It is a state where the immune system is damaged by HIV and can't fight off severe infections. However, AIDS is now very rare in Australia because most people with HIV get the treatment they need.

HOW WE CAN REDUCE NEW HIV DIAGNOSES

TESTING



Blood test taken at a health clinic



HIV Self Test

TREATMENT



There are treatment options for people living with HIV



A person who has HIV and is on treatment can live a long and healthy life



A person who has HIV and is on treatment can have kids without passing on HIV

PREVENTION



Sterile tattooing equipment



Condoms



Regular testing



Sterile injecting equipment



PrEP and PEP



Be cautious with overseas medical procedures

U=U Undetectable viral load

Taking HIV medication as prescribed will reduce the viral load to low levels. The lower the viral load, the less impact HIV has on the body. When someone has less than 200 copies of HIV in 1mL of blood, it is called an "undetectable viral load." Once someone has an undetectable viral load for six months, they will be unable to pass on HIV through sexual contact. **This is called U=U (undetectable = untransmissible).**

ALLYSHIP

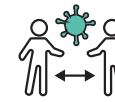
Here are some ways that everyone can challenge HIV stigma:



Learn about the history of HIV



Teach others about HIV



Understand transmission of HIV



Stop using HIV & AIDS as a joke



Normalise getting tested



Don't use stigmatising language



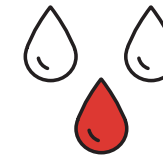
Find out how to support people living with HIV

HIV transmission risk formula



HIV

Detectable amounts of HIV



BODILY FLUIDS

semen, blood, vaginal and anal fluids, breastmilk, menstrual blood



RISKY BEHAVIOUR

unprotected sex, sharing injecting or tattooing equipment, blood to blood contact



RISK OF INFECTION

There is no risk from
sharing utensils | hugging | kissing | sweating
coughing | shaking hands