



next inSTALLment



a campus wellness letter

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Guest Editor Barbara Slingluff

WHAT HAVE YOU HEARD?

WHAT DO YOU KNOW?

HAVE YOU CONSIDERED?

WHAT IS HIV?

- HUMAN IMMUNODEFICIENCY VIRUS
- HIV FUNCTIONS BY FINDING AND DESTROYING THE WHITE BLOOD CELLS (T-CELLS) OUR IMMUNE SYSTEM REQUIRES IN ORDER TO FIGHT OFF INFECTION

WHAT IS AIDS?

- ACQUIRED IMMUNODEFICIENCY SYNDROME
- THIS IS THE FINAL STAGE OF HIV INFECTION
- HAVING AIDS MEANS THAT THE PERSON'S IMMUNE SYSTEM HAS A DIFFICULT TIME FIGHTING OFF INFECTIONS OF ANY KIND

HOW IS IT TRANSMITTED?

- UNPROTECTED SEX (OF ANY KIND)
- BLOOD/BLOOD PRODUCTS
- NEEDLE OR SYRINGE SHARING

MYTHS

- TRANSMITTED THROUGH CASUAL CONTACT
- OR INANIMATE OBJECTS

PREVENTION

- PRACTICE SAFE SEX
- ALWAYS USE LATEX CONDOMS
- ALCOHOL AND DRUGS IMPAIR YOUR JUDGMENT. ASK YOURSELF IF YOU ARE MORE LIKELY TO USE A CONDOM UNDER THE INFLUENCE.
- DO NOT SHARE IV NEEDLES, SYRINGES COOKERS OR COCAINE SPOONS OR EYE DROPPERS IS YOU USE DRUGS
- ASK YOUR PARTNER (S) IF THEY HAVE EVER BEEN TESTED FOR HIV

HAVE YOU EVER CONSIDERED?

- AFTER HAVING UNPROTECTED SEX, HAVING AN HIV/STD TEST?

TREATMENT?

- THERE ARE NOW MANY MEDICATIONS DESIGNED TO TREAT HIV AND HELP YOU MAINTAIN YOUR HEALTH
- PROMPT MEDICAL CAN DELAY THE ONSET OF AIDS AND MAY PREVENT SOME LIFE-THREATENING CONDITIONS
- CDC RECOMMENDS THAT YOU BE IN THE CARE OF A LICENSED HEALTH CARE PROVIDER, PREFERABLY ONE WITH EXPERIENCE TREATING PEOPLE LIVING WITH HIV

THERE ARE PLACES TO GO WHERE TESTING IS FREE AND ANONYMOUS. IF YOU ARE INTERESTED IN WHERE TO GO, [WWW.WHITTIER.EDU](http://www.whittier.edu) HEALTH CENTER LINK WILL PROVIDE YOU WITH MORE INFORMATION.

IN THE YEAR 2004, THE NUMBERS OF ESTIMATED AIDS CASES IN THE U.S. WERE:

MEN
31,024

WOMEN
11,442

CHILDREN (UNDER 13YR)
48

HIV/AIDS ARE NOT PREJUDICE OR BIAS; THEY KNOW NO SOCIAL OR ECONOMIC BACKGROUND. HIV/ AIDS CONTINUE TO CLAIM THE LIVES OF MEN, WOMEN AND CHILDREN ALL OVER THE WORLD....

DECEMBER 1ST IS WORLD AIDS DAY!

IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING HIV/AIDS CONTACT HEALTH SERVICES AT EXT 4400

[HTTP://WWW.CDC.GOV/HIV](http://www.cdc.gov/hiv)

The next inSTALLments can now also be found at www.whittier.edu: click on Student Life, click on Wellness Letter: or sign on to MyWhittier.edu, click on Campus Life, click on Wellness Coalition, click on Wellness Letter.