



# Indonesia Aid

Project Freedom

## What is HIV/AIDS?

HIV stands for human immunodeficiency virus, which is the virus that causes HIV infection. The abbreviation “HIV” can refer to the virus or to HIV infection.

**AIDS** stands for acquired immunodeficiency syndrome. AIDS is the most advanced stage of HIV infection.

HIV attacks and destroys the infection-fighting **CD4 cells** of the **immune system**. The loss of CD4 cells makes it difficult for the body to fight off infections and certain cancers. Without treatment, HIV can gradually destroy the immune system and advance to AIDS.

- HIV is spread only in **certain body fluids** from a person who has HIV. These fluids are blood, semen, pre-seminal fluids, rectal fluids, vaginal fluids, and breast milk
- In the United States, HIV is spread mainly by having sex or sharing injection drug equipment, such as needles, with someone who has HIV.
- To reduce your risk of HIV infection, use **condoms** correctly every time you have sex. Don't inject drugs. If you do, use only sterile injection equipment and water and never share your equipment with others.
- If you don't have HIV but are at high risk of becoming infected with HIV, talk to your health care provider about **pre-exposure prophylaxis (PrEP)**. PrEP involves taking a specific HIV medicine every day to reduce the risk of HIV infection.

HIV transmission is only possible if these fluids come in contact with a mucous membrane or damaged tissue or are directly injected into the bloodstream (from a needle or syringe). Mucous membranes are found inside the rectum, the vagina, the opening of the penis, and the mouth.

In the United States, HIV is spread mainly by:

- Having anal or vaginal sex with someone who has HIV without using a **condom** or taking medicines to prevent or treat HIV
- Sharing injection drug equipment (works), such as needles, with someone who has HIV

HIV can also spread from a woman with HIV to her child during pregnancy, childbirth (also called labor and delivery), or breastfeeding. This is called **mother-to-child transmission** of HIV.

In the past, some people were infected with HIV after receiving a blood transfusion or organ or tissue transplant from a donor with HIV. Today, this risk is very low because donated blood, organs, and tissues are carefully tested in the United States.

**You can't get HIV from casual contact with a person who has HIV, such as a handshake, a hug, or a closed-mouth kiss.**

**You can't get HIV from contact with objects such as toilet seats, doorknobs, or dishes used by a person who has HIV.**

## **How is AIDS diagnosed?**

Symptoms such as fever, weakness, and weight loss may be a sign that a person's HIV has advanced to AIDS. However, a diagnosis of AIDS is based on the following criteria:

- A drop in CD4 count to less than 200 cells/mm<sup>3</sup>. A CD4 count measures the number of CD4 cells in a sample of blood.
- The presence of certain opportunistic infections.  
Although an AIDS diagnosis indicates severe damage to the immune system, HIV medicines can still help people at this stage of HIV infection
- Globally, 40 million people are infected with AIDS. Approximately 2.1 million of those are under the age of 15.
- HIV is the world's leading infectious killer. To date, approximately 25 million people have died of AIDS around the world.
- Approximately 50,000 Americans become infected with HIV every year.
- More than 619,000 people with AIDS in the U.S. have died since the epidemic began. Gay, bisexual, and other men who have sex with men (MSM) represent the majority of people who have died.

- A person cannot get HIV from hugging or touching someone with HIV/AIDS; using public bathrooms or swimming pools; sharing cups, utensils, or telephones with someone who has HIV/AIDS; or by bug bites.
- HIV can survive in dried blood at room temperature for up to six days or for weeks if wet, such as in used syringes or needles.
- HIV is sensitive to high temperatures but not to extreme cold. Experiments have shown that HIV is killed by temperatures over 60° C.
- HIV does not survive as long as other viruses in seawater.

The AIDS Commission (KPA) of Bali estimates the total number of HIV/AIDS cases is as much as 26,000. (2017)

Bali takes fifth place in Indonesia for areas with the highest HIV/AIDS cases after Papua, East Java, Jakarta, and West Java.

The local government has been making efforts by way of preventative counseling (i.e. curative treatment) and education.

Within Bali, Denpasar has a reported 4,124 cases, Badung has 1,814, and Buleleng has 1,571. This means other districts in Bali only average about 200-300 people.

With around 250 million inhabitants, the Republic of Indonesia is the fourth most populated country in the world and one of the countries with the fastest growing HIV infection rates in the world, with an estimate of over 400.000 people living with HIV/AIDS.