
HIV/AIDS

ALL YOU NEED
TO KNOW!

BELIEVE ONLY IN FACTS!



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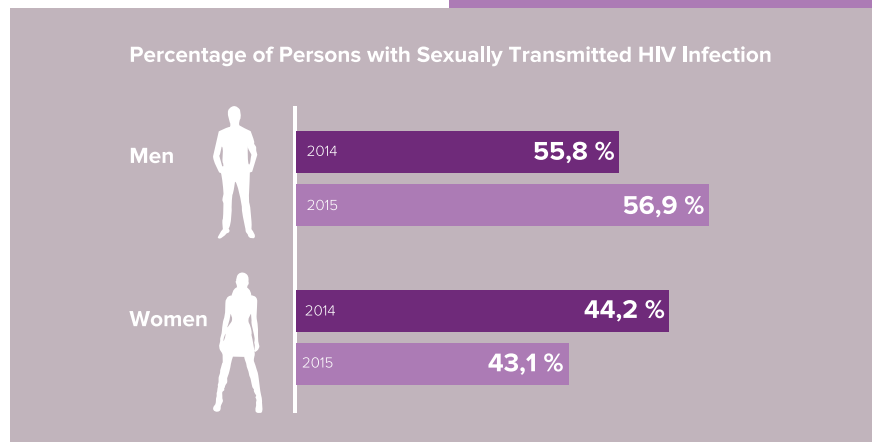
THE HIV EPIDEMIC SITUATION IN UKRAINE

Since 1987, the cumulative number of officially registered cases of HIV infection in Ukraine has reached 280 358, including 84 045 AIDS-related mortality cases*.

Each year, approximately 20 000 new cases of HIV infection are identified and registered.

These figures, however, fail to show the real scale of the HIV epidemic in Ukraine: almost half of the people who live with HIV have no idea of their HIV status. According to expert estimates, as on 01.01.2016, the total number of people who live with HIV in Ukraine was nearly 220 000, whereas the number of HIV-infected Ukrainian citizens under medical supervision was 126 604.

* Source: HIV Infection in Ukraine. Information Bulletin No. 45



Since 2008, sexual transmission has become the predominant way of contracting HIV in Ukraine. Out of all new registered cases of HIV infection in 2015, the percentage of people infected through sexual contact was 72.5%.

The majority of people get HIV infected in their most productive years (20-49), and are quite able to continue to work after that. This means that the general number of HIV positive employees working for companies, enterprises and organizations may well be on an increase.

To employers and employees, the above observation can become a burning issue that brings up some questions like 'Is it quite safe to work together with an HIV-positive colleague?', 'How does one learn more about HIV?', and 'How can the spread of HIV/high prevalence of AIDS be prevented?'

If you want to protect yourself and others, you have to act based on true and reliable information.

WHAT ARE HIV AND AIDS?

HIV stands for 'Human Immunodeficiency Virus'.

This virus affects specific cells (CD-4) in the human immune system that protect the body from various infections, and causes the development of AIDS.



AIDS (Acquired Immunodeficiency Syndrome) is a complex of diseases that develop as a consequence of the destruction of the human immune system by the HIV virus. This virus can live inside a human body for many years without causing any symptoms, and can be transferred to other people before any signs of the disease become evident.

HIV Transmission

Conditions of AIDS

HIV Infection

AIDS

On the average, between 8 and 10 years (if no specific treatment has been used).

FEATURES OF HIV

To infect a person, the virus must get into the bloodstream.

The HIV virus dies almost immediately once outside the human body, that is why transmission may take place only through body fluids which have high viral content.

Body Fluids with higher concentrations of HIV:

- Blood
- Sperm
- Vaginal fluids
- Breast milk

Body Fluids with lower concentrations of HIV*:

- Tears
- Saliva
- Sweat
- Urine
- Vomit

** If they do not contain visible amounts of blood*



In practice, the real danger of getting HIV infection lies in making direct contact with the blood, sperm, vaginal fluids, or breast milk of a HIV/AIDS-infected person.

Therefore, there is no actual risk of getting HIV at the workplace.

Only the following action carry a certain risk of getting infected: providing first aid to a victim of an accident with a bleeding.

THE WAYS HIV CAN BE TRANSMITTED:

- Sexual intercourse without a condom (anal, vaginal, or oral).
- Reuse of unsterilized equipment for injections, piercing, tattooing (i.e., needles/syringes), or any other direct contact with the blood of a person infected with HIV.
- From an HIV-infected mother to a child during pregnancy, childbirth, and breastfeeding, if preventive measures have not been taken.



THE WAYS HIV CANNOT BE TRANSMITTED:

- Through coughing and sneezing.
- Through kitchen utensils, telephones, toilet seats, other everyday use items and appliances used by an HIV-infected person.
- Through food cooked and/or prepared by an HIV-infected person.
- Through an insect's bite (mosquito, bedbug, louse, etc).
- By direct contact with sweat and/or tears.
- By shaking hands, kissing, and hugging people.
- Through animals.



WHAT IS THE RISK OF BEING INFECTED WITH HIV?

Does working nearby/with an HIV-infected person carry any risk of getting infected?

Considering the above ways of HIV transmission, the chances of getting HIV at the workplace are practically zero.

At the same time, duties and responsibilities of some professions (health workers, medical lab assistants, emergency and rescue service workers, etc.) include contacting with other people's blood, and demand, therefore, that special precautionary measures have to taken.



HOW TO FIND OUT ABOUT YOUR HIV STATUS?

How can people check on their HIV status?

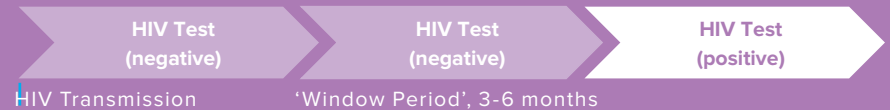
There are no visible signs of definitive HIV presence in the human body. Therefore, a person cannot possibly know his/her HIV status. Keep in mind that the period between the moment the HIV virus got into a human body and the first manifestations symptoms of AIDS can exceed 10 years.

The HIV infection in a person (his/her HIV status) can be identified only by a special blood test.

Test results can be:

- Positive - meaning that the HIV antibodies have been detected (HIV-positive status).
- Negative - meaning that no HIV antibodies have been detected (HIV-negative status).

One important detail of HIV testing is the «window period». It is the time between the moment the virus enters a human body and the moment the virus can be detected in blood by the available means of medical analysis. So, within the window period the negative result does not automatically mean that there is no HIV virus in a human body. It is recommended to take this test after three, and then repeat after six months after making a contact that involved a certain risk of contracting HIV. One should also keep in mind that here is a definitive risk of transmitting the virus to another person within this period.



To help people make a proper assessment of their test results and develop a personal behavior strategy, the testing process is accompanied by counselling.

Why do you need to know your HIV status?

- To get rid of unnecessary anxiety and fear.
- To make plans for your relationships.
- To protect yourself and your loved ones.
- To start an early treatment.

HOW TO PROTECT YOURSELF?

The methods to prevent HIV transmission are based on the knowledge of the ways the virus is transmitted.

The Ways HIV Can Be Transmitted	Methods of Prevention
Blood to blood	<ul style="list-style-type: none">■ Use of individual sterile needles and syringes.■ Sterilization of the equipment for injections, piercing and tattooing.
Sexual transmission	<ul style="list-style-type: none">■ Abstinence from sex.■ Having a constant sexual partner who is HIV negative.■ Maintaining a faithful relationship.■ Use of condoms.
From mother to child during pregnancy, childbirth, and breastfeeding	<ul style="list-style-type: none">■ Antiretroviral treatment of the mother during pregnancy and childbirth.■ Caesarean section.■ Formula feeding.

TAKING CARE OF YOUR LOVED ONES



- Share your knowledge about HIV/AIDS with your loved ones.
- Take the test to learn about your HIV status.
- In planning your relationships, take into account the HIV-related issues.
- When planning pregnancy, keep in mind that there are ways to prevent the mother-to-child HIV transmission (antiretroviral drugs therapy during pregnancy, cesarean section, and refusal of breastfeeding/switching to formula feeding), so the future mother simply must know her HIV status.

TREATMENT



HIV Treatment

Although there are still no effective vaccines for HIV or medical drugs that can completely destroy the virus in a human body, an effective treatment scheme has been developed and introduced. It reduces the amount of HIV virus in the human body, maintains a decent level of immunity, and significantly improves the quality of life for HIV-positive people. An early visit to the doctor's office increases the efficiency of treatment that includes not only the administration of drugs, but also the counselling and support from people who live with HIV/AIDS.

HIV-RELATED STIGMA AND DISCRIMINATION

Stigma is a preconceived negative attitude towards people because of their undesirable traits or features. In relation to HIV/AIDS, the stigma is a stereotypical negative characterization of people based on their real or probable HIV status. This biased attitude results in discrimination.

The term 'discrimination' applies to actions that are taken against people due to the associated stigma and result in human/civic rights violation. Illegal employment termination, mandatory HIV testing as a condition of employment, denial of employment or admittance into an educational institution, as well as refusal to provide services at health facilities are good examples of discrimination against people who live with HIV/AIDS.



ELIMINATION OF HIV-RELATED STIGMA AND DISCRIMINATION

- It reduces the psychological problems that stay in the way of voluntary confidential testing and counselling.
- It creates conditions to help change certain behaviour.
- It helps to get relationships back on track – in particular, among employees, and to reduce unfounded fear.
- It creates conditions to start an early treatment.
- It helps to maintain a law-abiding environment.



PROTECTION OF RIGHTS OF UKRAINIAN CITIZENS

The following is warranted by effective legislation of Ukraine:

- Strict observance of the rights and freedoms stated in the Constitution of Ukraine, including the right of people who live with HIV/AIDS to work, study and medical assistance (protection against discrimination).
- Voluntary anonymous and confidential HIV testing, with counselling before and after the test is complete.
- Free-of-charge access to health care facilities and social services for people who live with HIV/AIDS.



Discrimination against people who live with HIV/AIDS is illegal and violates the laws of Ukraine.

WHERE CAN YOU FIND HELP?

Please refer to the confidential/anonymous HIV counselling and testing center/ office in your city and/or district nearby.

Help Line

For questions and additional information, you can call the National HIV/AIDS Helpline number. The helpline operates 24/7. Calls from fixed-line phones in Ukraine are free of charge.

PREVENTION IS THE MOST EFFICIENT WEAPON IN THE BATTLE AGAINST HIV!

0-800-500-451

National hotline of HIV/AIDS and tuberculosis
Anonymous, confidential, around-the-clock.

www.aidsfacts.helpme.com.ua

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