

HIV Facts â?? 6 current prevention helpful methods

Description

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Databases about HIV

HIV is a long-term health condition, but it is now extremely simple to manage. The human immunodeficiency virus is HIV. If left untreated, the virus weakens your resistance system.

Treatment for this can stop the virus from spreading and, if used early enough, can reverse the damage done to the immune system.

The vast majority of current HIV transmission routes involve unprotected sex with someone infected with HIV who is not receiving treatment. Unprotected sex is having sex without taking PrEP or utilizing condoms.

Viruses that transmit HIV include:

Sharing contaminated needles and injecting equipment

HIV-positive mothers and their kids during pregnancy, birth, and breastfeeding

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Pregnant women must have a test and, if the virus is detected, treatment is offered to a certain extent to eliminate the risk to their child during pregnancy and childbirth.

This cannot be transmitted to other people by a nation on this treatment whose virus levels are undetectable.

A community with HIV will eventually become ill without treatment. If it is not detected and treated in time to allow the resistance scheme to heal, it can be fatal.

Where does HIV start?

Detectable levels of HIV are in the body fluids of an individual with the virus.

The following body fluids are most likely to acquire sufficient virus to transmit HIV:

- Pre-cum (including semen)
- Fluid in the vaginal canal
- Mucus in the anal cavity
- Hemoglobin
- Milk from the breast
- Viral particles are frail and cannot outlive the body for an extended period.
- It is the vast majority, usually transmitted through unprotected anal or vaginal sex.

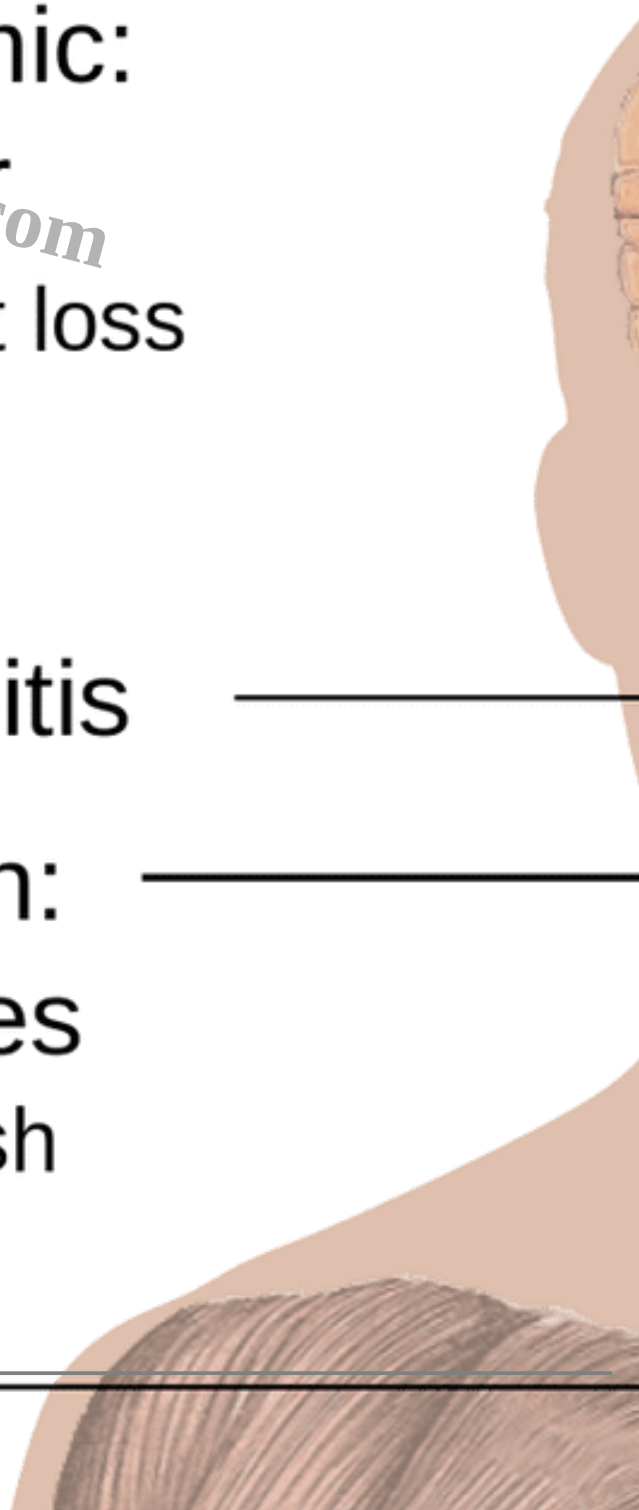
What are the symptoms of HIV?

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Mai
Acute

Systemic:
- Fever
- Weight loss

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Pharyngitis

Mouth:
- Sores
- Thrush

Esophagus:
Sores

- If you suspect you have it, you have to search for medical advice instantly.
- A test is the only way to find out if you have HIV. It entails inspecting a sample of your blood or saliva for signs of infection. Usually, this entails a blood test with results accessible within a few days.
- A blood test is needed to confirm the results of saliva tests that suggest an individual may have HIV.

You know the following:

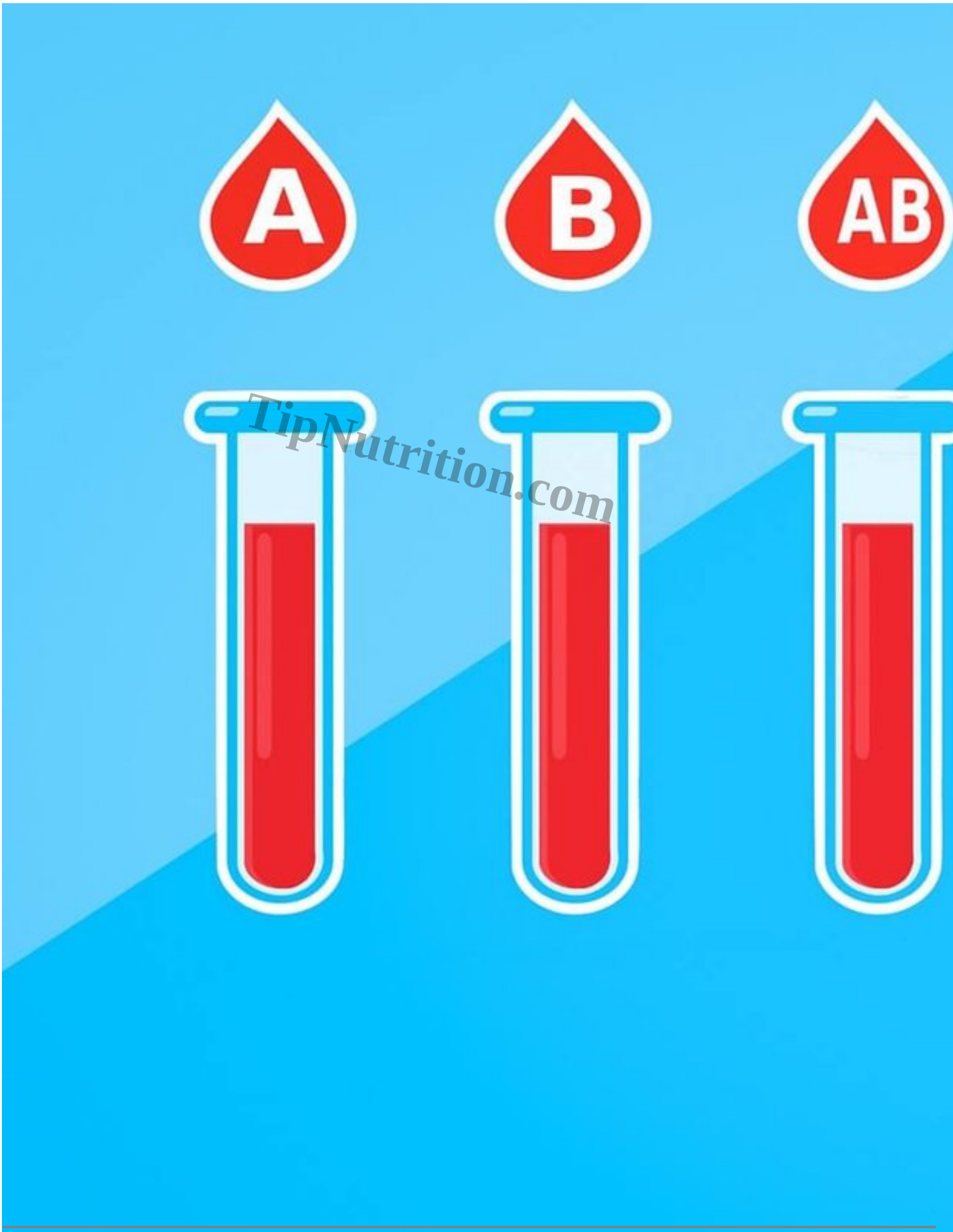
- Tests may be required four weeks after exposure to HIV, known as the â??window period.â?•
- There are numerous places to get tested, including clinics run by charities and sexual health clinics.
- Most clinic tests can provide you with a result in minutes, even though a more detailed blood test may take a few days to return.
- Tests and samples can be bought online or ordered from pharmacies, depending on the type of test you use.

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The 6 current prevention methods

In a bid to prevent the spread of HIV:

1. Treatment as prevention (TasP).


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If you hold medication, you can prevent your partner from becoming contaminated. When your viral load remains undetectableâ??a blood test doesnâ??t explain any virusâ??you wonâ??t spread the virus to others. You are obliged to take your medication precisely as prescribed and see your doctor repeatedly to use TasP.

2. Post-exposure prophylaxis (PEP) is advisable after HIV exposure.

Call your doctor or go to the hospital if you assume you have been through sex, needles, or work. If taken instantly within the first 72 hours for 28 days, PEP can greatly reduce your risk of this infection.

3. Anytime you have anal or vaginal sex, use a new condom.

Make sure the lubricant you use is water-based. The use of oil-based lubricants can weaken condoms and break them.

4. Get ready for exposure (PrEP).

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People who have receptive vaginal sex have not been with Descovy.

Testing is needed before you begin taking PrEP and every three months while youâ??re taking it. Your doctor will additionally test your kidney function before prescribing Truvada.

3. Take your medication.


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Donâ??t prevent other STIs, so you can still practice trustworthy sex. A liver or infectious disease consultant should assess you if you have hepatitis B before you start treatment.

If you have it, tell your sexual partners. You have to say to all your sexual partners that youâ??re positive.

4. Clean the needle.

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If you inject drugs, make sure you are impotent and donâ??t share them. Engage in needle exchange programs in your community. Consider thinking about seeking assistance if youâ??re using drugs.

5. Get medical concern proper absent if youâ??re pregnant.

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You can pass the infection to your baby if youâ??re positive. You can remarkably lop your babyâ??s risk if you get treatment during pregnancy.

6. Consider thinking about circumcision for men.

Male circumcision has to lop the risk of infection.

Is over there a window period?

It replicates in a personâ??s body the moment they contract it. A personâ??s resistant entity reacts to antigens (parts of a virus) by generating antibodies (cells that hold countermeasures against the virus).

The window period is the period between exposure to HIV and when it becomes detectable in the blood. Within 23 to 90 days after transmission, the community detects antibodies.

During this time, they can still transmit the virus to others.

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If someone thinks they were exposed to HIV but tested negative during this time, they should retest the test in a few months to confirm it (the timing depends on the test used). During this time, theyâ??ll be required to use condoms or other barrier methods to prevent the spread.

An individual who tests negative during the window may benefit from post-exposure prophylaxis. Medication is taken after exposure to prevent contracting the disease.

A PEP must be taken as soon as possible after exposure; it should be taken no later than 72 hours after exposure, but preferably earlier.

Pre-exposure prophylaxis (pre-expo) is a method of preventing contracting by hook or by crook. If taken consistently, PrEP, a mixture of drugs taken before potential exposure to HIV, can lower the risk of contracting or transmitting it.

Category

1. Health

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