

HIV/AIDS



Risk Factors

- **Age**
People 25-34 years old had the highest number of new HIV diagnoses.
- **Gender**
The majority of new HIV diagnoses were among males, particularly gay and bisexual men.
- **Race/Ethnicity**
Black and Hispanic people were disproportionately affected by HIV.
- **Sexually Transmitted Diseases (STD)**
Having an STD such as syphilis, gonorrhea, or herpes increases the risk of HIV infection in the future.
- **Injection Drug Use (IDU)**
Needle/syringe sharing accounted for nearly 1 in 10 HIV diagnoses in the United States in 2019.
- **Risky Sexual Behavior**
 - Condomless sex
 - Engaging in sex while under the influence of drugs or alcohol
 - Multiple/anonymous sex partners
- **Perinatal Infection**

HIV infection increases the risk of:

- Candidiasis (Thrush)
- Dementia
- Diabetes
- Heart Disease
- Hepatitis B and C
- Kidney Disease
- Pneumonia
- Tuberculosis (TB)
- Wasting Syndrome

Human immunodeficiency virus (HIV) is a disease that attacks the body's ability to fight off infections and diseases. HIV can lead to Acquired Immune Deficiency Syndrome (AIDS).

HIV can be found in blood, semen, pre-seminal fluid (pre-cum), rectal fluids, vaginal fluids, and breast milk and passed during anal and vaginal sex or by the sharing of needles, syringes, or other drug injection equipment.

Stage 1: During acute HIV infection, a person can experience flu-like symptoms and will have a large amount of the virus in their body.

Stage 2: During chronic HIV infection, a person may not experience symptoms, but can still infect others if left untreated.

Stage 3: Without HIV treatment, the disease will progress into AIDS which severely compromises the immune system.

Facts

- HIV diagnoses in the United States and its dependent areas decreased by 9% from 2015-2019.
- In 2019, 36,801 people within the United States and its dependent areas received an HIV diagnosis .



For more information and data go to www.SDHealthStatistics.com
Community Health Statistics Unit:
619-692-6667

Prevention

- **Practice Safe Sex**
Use a new condom for every sexual act and sexual partner.
- **Do Not Share IDU Equipment**
Used IDU equipment can be exchanged for sterile equipment at Syringe Exchange Programs.
- **Get Tested for HIV**
- **Get Tested and Treated for STDs**
- **PrEP (pre-exposure prophylaxis) & PEP (post-exposure prophylaxis)**
Accessing PrEP or PEP can help prevent HIV infection.

Prevent Complications

- **Regularly consult your doctor**
- **Take HIV medications as prescribed**
 - Reduces viral load and prevents progression of AIDS.
 - An undetectable viral load helps prevent sexual or perinatal transmission of HIV.
- **Seek prenatal care if pregnant**

Resources

County of San Diego:
HIV, STD and Hepatitis Branch
www.sandiegocounty.gov
CDC HIV Service Locators
www.cdc.gov/hiv
Syringe Exchange Programs
<https://www.cdph.ca.gov>