



HIV and Sexual Assault

What is HIV?

- HIV (Human Immunodeficiency Virus) is the virus that causes (AIDS) Acquired Immunodeficiency Syndrome
- Decreases the body's ability to fight infections
- There is no cure. Treatment for HIV includes taking multiple medications daily for the rest of the person's life

How is HIV spread?



- Blood
 - Cuts or wounds on the skin
 - Sharing needs when using drugs



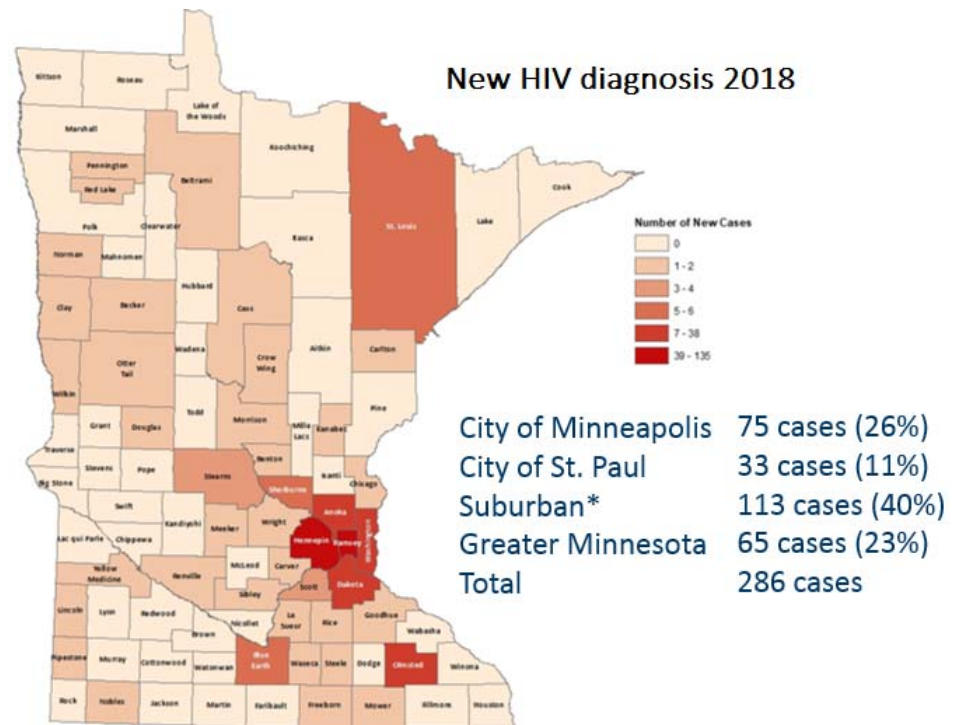
- Bodily fluids
 - Semen (cum or ejaculate)
 - Vaginal fluids
 - Sexual contact (anal, vaginal, oral)

- HIV is NOT spread by
 - Touching somebody with HIV
 - Kissing somebody with HIV
 - Objects: toilet seats, silverware



Who has HIV?

- In MN there are ~9,000 people with HIV/AIDS (2018)
- 1 in 5 people with HIV do not know they have HIV/AIDS
- 50% of people in MN with HIV live in the metro area
- Ethnicities with highest rates of HIV
 - African-born
 - African American
 - Hispanic
 - White



HIV and Sexual Assault

You are at an increased risk of HIV if your assailant is:

- A man who has sex with men
- Injecting drug user
- Is somebody who pays or gets paid for sex
- Someone with a history of STI/STD (sexually transmitted infections)

Type of Exposure	Estimated Risk
Anal intercourse (sex)	0.5% to 3.0% (1/200 to 6/200)
Vaginal intercourse	0.1% to 0.2% (1/1000 to 2/1000)
Oral intercourse (his penis inserted into mouth)	0.01% (1/10,000)

What can I do to lower my risk of getting HIV?

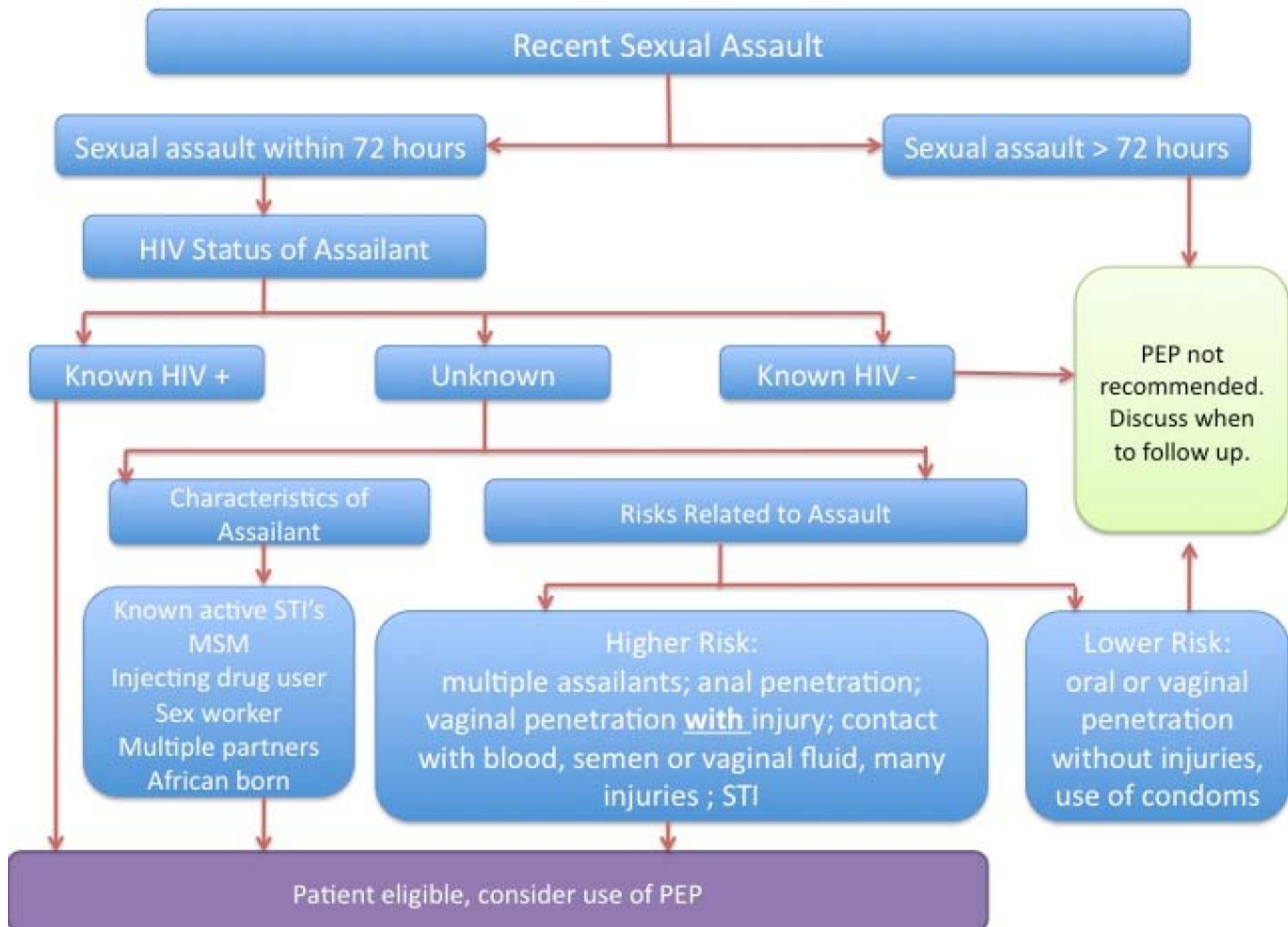
- PEP (post-exposure prophylaxis) is a combination of medications that are used to help prevent HIV infection after possible exposure
- Get follow-up HIV tests as your nurse suggests
- Practice safer sex until you know you are not HIV positive



About PEP

- Medications are taken for 28 days
- You should start meds less than 72 hours after event, sooner is better
- It is very important that you take all the medications and follow up as instructed
- Medications are usually well tolerated
- Common side effects:
 - Nausea/vomiting
 - Stomach pain
 - Headache
 - Weight loss
 - Tiredness/sleeping disturbances





What can I do now if I decide to take medications to reduce risk of HIV?

- Take all the medications
- You will be getting 28 days of medications today. Make an appointment to follow up in 1 or 2 days for lab work.
- Let your doctor know if you are having a hard time taking the medications.
- Protect yourself: good diet, good hygiene, tell your partner, practice safe sex



- Repeat HIV testing at 6 weeks, 3 months, and 6 months

What questions do you have about HIV and medications to prevent it?



References:

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- (4) Centers for Disease Control. (2005). Antiretroviral postexposure prophylaxis after sexual, injection-drug use, or other nonoccupational exposure to HIV in the United States. Retrieved from <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5402a1.htm>.