

The Pulse

Keeping a pulse on healthcare integration at RBH



According to the World Health Organization, there were over 37.7 million people living with HIV at the end of 2020. HIV is the virus that can lead to AIDS if not treated. Unlike some other viruses, the human body can't get rid of HIV completely, even with treatment. HIV can be transmitted through sexual contact, sharing needles to inject drugs, and/or pregnancy or breastfeeding. HIV attacks the body's immune system, specifically the T cells, which help the immune system fight off infections. Untreated, HIV reduces the number of T cells in the body, making the person more likely to get other infections or infection-related cancers. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. With proper medical care, HIV can be controlled. If taken the right way, the medicine used to treat HIV can dramatically prolong the lives of a person infected with HIV and help lower their chance of infecting others. The only way to know for sure whether or not HIV has been contracted is to get tested. Knowing one's status is important because it helps with making healthy decisions to prevent getting or transmitting HIV. Some people may experience a flu-like illness within 2 to 4 weeks after infection, however some people may not feel sick during this stage. After getting tested, it's important to find out the result of the test so you can talk to your health care provider about treatment options if you are in fact HIV-positive or learn ways to prevent getting HIV if results are HIV-negative.

For more information visit the Center for Disease Control and Prevention (CDC) website at <https://www.cdc.gov/hiv/default.html>.

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HIV 101

Without treatment, HIV (human immunodeficiency virus) can make a person very sick and even cause death. Learning the basics about HIV can keep you healthy and prevent transmission.

HIV CAN BE TRANSMITTED BY



Sexual Contact



Sharing Needles to Inject Drugs



Mother to Baby During Pregnancy, Birth, or Breastfeeding

HIV IS NOT TRANSMITTED BY



Air or Water



Saliva, Sweat, Tears, or Closed-Mouth Kissing



Insects or Pets



Sharing Toilets, Food, or Drinks

PROTECT YOURSELF FROM HIV

Get tested at least once or more often if you are at risk.

Use condoms the right way every time you have anal or vaginal sex.

Choose activities with little to no risk like oral sex.

Don't inject drugs, or if you do, don't share needles, syringes, or other drug injection equipment.



If you are at risk for HIV, ask your health care provider if pre-exposure prophylaxis (PrEP) is right for you.

If you think you've been exposed to HIV within the last 3 days, ask a health care provider about post-exposure prophylaxis (PEP) right away. PEP can prevent HIV, but it must be started within 72 hours.

Get tested and treated for other STDs.



KEEP YOURSELF HEALTHY AND PROTECT OTHERS IF YOU HAVE HIV

Find HIV care. It can keep you healthy and help reduce the risk of transmitting HIV to others.

Take your HIV medicine as prescribed.

Stay in HIV care.



Tell your sex or injection partners that you have HIV. Use condoms the right way every time you have sex, and talk to your partners about PrEP.

Get tested and treated for other STDs.

For more information, please visit www.cdc.gov/hiv.





Don't Forget!

The RICH Recovery Clinic now offers [COVID-19 vaccines](#) every Friday from 8:30 am to 12:00 pm

And don't forget it's Flu Season!
Flu vaccinations are also available.

To make an appointment have your Case Manager email Chandra McMillan at mcmillanc@rbha.org or Inga Robinson at inga.robinson@rbha.org.



THANK YOU to all the RICH
Recovery nurses, doctors, and
staff for providing excellent care
to our patients!!!

Happy Holidays!!!