

TOILET TALK

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Let's Get Acquainted With ... HIV/AIDS

Human Immunodeficiency Virus, more commonly known as HIV, is a virus that when left untreated, slowly damages the body's immune system. Without a healthy and strong immune system, the body becomes more at risk to many infections and illnesses. If a person who is living with HIV becomes sick with one or more of these serious illnesses or infections, they have Acquired Immunodeficiency Syndrome or AIDS. While there is no cure for HIV or AIDS, people are now living long productive lives thanks to HIV medicines and treatment programs.

How HIV is Transmitted

You can't get HIV by drinking from a water fountain, sitting on a toilet seat, hugging or touching an HIV infected person, or by eating off the same plates and utensils as an infected person.

HIV Can be Transmitted the Following Ways:

- o By sexual contact with an infected person
- o By sharing needles to inject drugs
- o By accidental needle sticks (needles contaminated with HIV infected blood)
- o Through the transfusion of infected blood or blood products (because of new and improved blood screening tools, this has rarely occurred since 1992)
- o HIV infected women can pass HIV to their babies while pregnant, during delivery, or when breast feeding (The testing of pregnant women for HIV and treatment for those who are infected, have resulted in a dramatic decline in the number of children infected with HIV)

Young people in the United States are at risk for becoming infected with HIV. The risk is higher for youth of minority races and ethnicities.

The only way to know if you are infected with the HIV infection is to be tested. You cannot rely on symptoms to know if you are or are not infected. Many people who are infected with HIV have no symptoms at all for many years.

Source: www.cdc.gov

Buckle Up!

Imagine running as fast as you can – into a wall. You would expect to get hurt. Do you think you could stop yourself if the wall suddenly appeared when you were two feet from it? This is exactly the situation that you face when the front of your car hits something at only 15 miles per hour. The car stops in the first tenth of a second, but you keep going at the same rate you were going in the car until something stops **you** – the steering wheel, windshield or dashboard – if you're not wearing your seat belt. That's bad enough at 15 miles per hour, but at 30 mph you would experience an impact four times as hard as you would at 15 mph. Or to put in another way – **you'd feel as if you had just fallen from a three story building.**

If your seat belt is worn properly, it could not only prevent you from being injured, but it could also prevent your death!



FACT: Motor vehicle crashes are the leading cause of death for teens in the United States.

FACT: 73% of the people who were in a fatal crash in 2001 and were wearing seatbelts survived; of those who were not wearing their seatbelts only 44% survived.

FACT: Safety belts saved 13,274 lives in 2001, and if all vehicle occupants over age 4 had been wearing safety belts, 7,334 more lives could have been saved.

FACT: 80% of traffic deaths occur within 25 miles of home and with the vehicle going under 40 mph.

Sources: www.nhtsa.dot.gov & www.pp.okstate.edu

FIND YOUR REASON

I choose not to have sex because some STIs last forever.

Did you know?

2 out of 5 deaths among U.S. teens are the result of a motor vehicle crash

Source: www.cdc.gov



Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative
Questions? Contact Us!

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Approved by:

teen pregnancy 
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