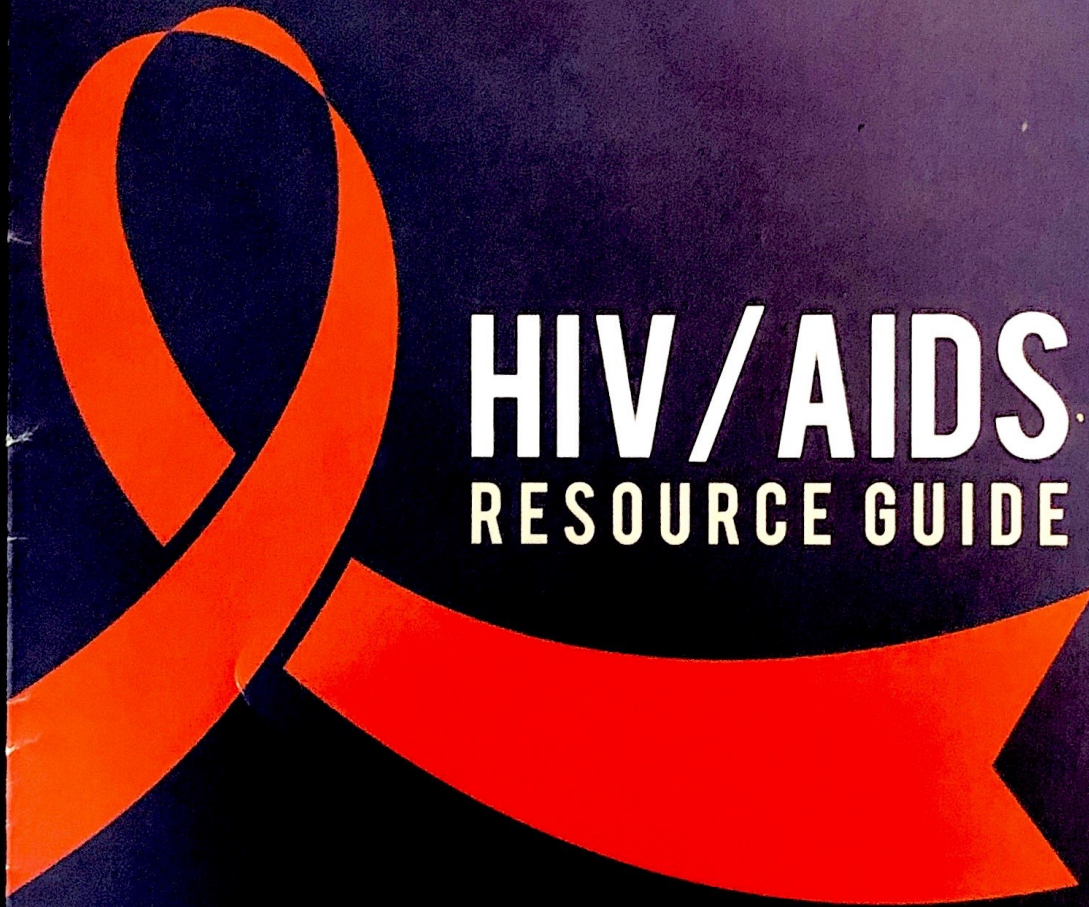


UCR | Committee
on HIV/AIDS



HIV/AIDS

RESOURCE GUIDE

GET TESTED. PRACTICE PREVENTION. ACCESS RESOURCES.

AIDS.UCR.EDU

HUMAN IMMUNODEFICIENCY VIRUS (HIV)

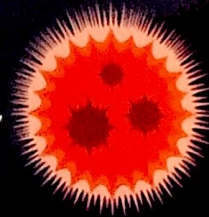
More than 1.1 million Americans are living with HIV, and an estimated 51% of young adults (ages 13-24) who are infected **don't know they have it.**

HIV is silent (no immediate symptoms). It's for life. And there's no cure.

HIV is transmitted through high-risk behaviors, such as unprotected sex or intravenous (IV) drug use. The virus invades the body's T cells (white blood cells that fight infection), and gradually weakens the immune system. This can lead to the most advanced (and deadliest) stage of HIV: Acquired Immune Deficiency Syndrome (AIDS).

Nearly **40,000** new infections occur in the U.S. every year.
(CDC.gov)

There are over **5,400** people living with HIV or AIDS in Riverside County
(rivcohivaids.org)



But you can take steps to protect yourself (and others) by practicing prevention, getting tested and accessing treatment and wellness resources.

And you don't have to do it alone. We're here to help, every step of the way.

WHO'S AT RISK?

HIV can affect anyone, regardless of age, ethnicity/race, gender, sexual orientation, gender identity/expression or socioeconomic status. Even unborn children can be infected.

You are only at risk if you are exposed to someone who is HIV-positive (HIV+).

Some populations are considered at high risk for HIV/AIDS:

- Men who have sex with men
- Transgender women who have sex with men
- Blacks/African Americans
- Latinos/Chicanos
- IV drug users



Men who have sex with men, particularly those among the **Black/African-American** population, are most affected by HIV.
(HIV.gov)

STAND UP AGAINST STIGMA

The negative, unfair beliefs surrounding HIV/AIDS prevent people from getting tested, practicing prevention, sharing their status with a partner or seeking treatment. The stigma makes us all vulnerable, but together we can stand up against it and save lives!

- Talk openly about testing, prevention and treatment.
- Encourage others to access campus/community resources.
- Support those living with HIV/AIDS.

Before engaging in sexual activity with a new partner(s):

- Discuss your sexual/drug-use history.
- Get tested.
- Disclose your status if you know it, or think you've been exposed to HIV.

KNOW YOUR STATUS. GET TESTED.

The only way to know your status is with an HIV test. It detects the presence of HIV-specific antibodies. Common HIV tests include:



Rapid Blood Tests –
The finger is pricked.
Results are ready
within 20 minutes.



Oral Swab Tests – A soft
swab collects saliva in
the mouth.

The body typically needs **3-12 weeks** to make enough “detectable” antibodies. This is the **WINDOW PERIOD** (the time between exposure and detection). Avoid high-risk behaviors during the window period, and get retested if possible exposure occurs.



Get tested at least once a year, or more often if you engage in high-risk behavior.

Ask for an HIV Test:

- If you think you may have been exposed to HIV.
- When you have an STI screening. (Be your own advocate, and be sure HIV testing is included.)
- When you have an upcoming annual check-up/gynecological exam (not normally included).
- Are (or plan to become) pregnant.



Negative Test Result

HIV is not present, or there aren't enough antibodies to be detected just yet. It's possible to have a negative result during the window period, and still be HIV+. Recommendations include closing out your window period, retesting and continuing to practice prevention.



Positive Test Result

HIV is present. Retesting (to confirm) and prevention practices are recommended. Results don't indicate how long the virus has been in the body.

TESTING & TREATMENT LOCATIONS

On-campus HIV testing at Student Health Services (SHS) is fast and convenient.

the Well

If you're nervous about making an appointment - or want help from a health educator to make the call - visit The WELL (HUB 248) for support.

A

Student Health Services and the Student Health Pharmacy
Rapid Blood Tests are confidential (your identifying information is private), but not anonymous. Walk-in and same-day appointments.

Veitch Student Center
studenthealth.ucr.edu / health@ucr.edu

Online Appointments:
<https://chconline.ucr.edu>

Main Line: (951) 827-3031
24/7 Nurse Line: (877) 351-3457

B

Planned Parenthood
(San Diego, Riverside and Imperial Counties)
Confidential Rapid Blood Tests. Costs vary depending on insurance. Appointments recommended.

3772 Tibbetts St.
Riverside, CA 92506
planned.org
(888) 743-7526

C

TruEvolution
(Riverside and San Bernardino Counties)
Free, confidential Rapid Blood Tests. Appointments recommended, but walk-ins welcome.

4164 Brockton Ave., Suite A
Riverside CA 92501
truevolution.org
(877) 890-1169

Riverside County Department of Public Health's HIV/STD Program

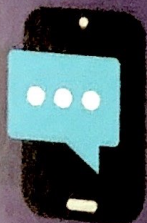
Free HIV testing. Walk-in appointments.

Locations vary.
rivcohivaid.org/Services
(800) 243-7275

Borrego Health

HIV testing. Costs depend on insurance. Appointments only. Free shuttle service within 20 miles of a Borrego Health facility.

Locations, days and times vary.
borregohealth.org
(760) 676-5800

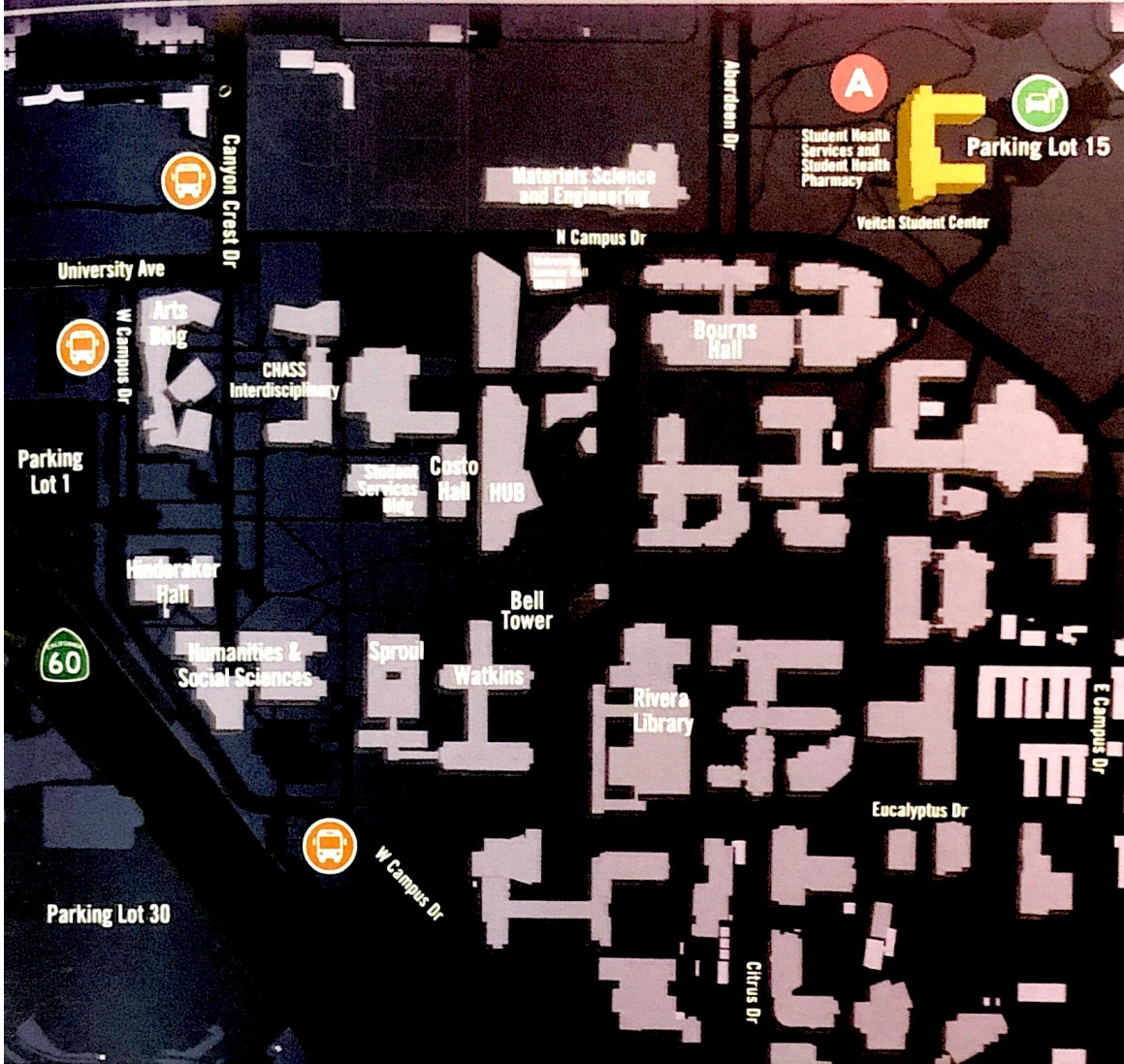


For additional locations, contact cdc.gov/together,
(800) CDC-INFO or text your zip code to KNOWIT (566948).



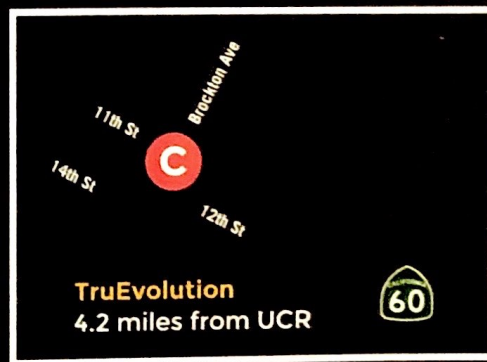
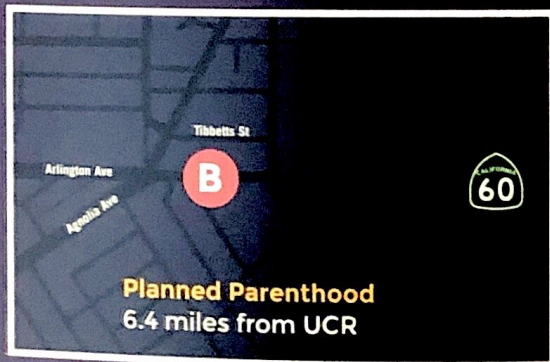
Free SHS Parking in Lot 15

Park in the "Veitch Clients Only" area on the left. Check in at SHS. Request a parking permit, and return it to your dash before the appointment.



Free Rides to Testing Locations

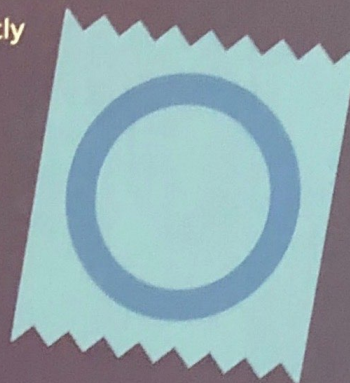
Board a Riverside Transit Agency (RTA) bus with your student ID. For schedules and routes, contact riversidetransit.com or (951) 565-5002.



PROTECT YOURSELF (AND OTHERS)

Abstinence and avoiding IV drug use can significantly decrease your risk of contracting HIV. If you do engage in sexual activity, be sure to consistently and correctly use these barrier methods:

- Dental dams for oral sex and anal rimming
- Female/receptive condoms for vaginal and anal sex
- Male/insertive latex or plastic condoms for oral, vaginal and anal sex



HIV **CAN** BE TRANSMITTED THROUGH...

- Unprotected sexual activity (vaginal/anal fluids, semen and pre-ejaculate)
- Blood/blood products (open sores, transfusions* and transplants*)
*Most countries have medical processes to avoid these types of transmission.
- Injection/surgical equipment (needles/syringes for drug use, piercings or tattoos)
- Pregnancy, childbirth and breastfeeding



HIV IS **NOT** TRANSMITTED THROUGH...

- Closed-mouthed kissing
- Coughing/sneezing
- Shared food/cutlery
- Touch
- Toilet seats
- Insect bites



NO DENTAL DAM?

Cut a condom up the side, open it and place it over the vulva for safer oral sex or over the anus for rimming.



NO CONDOM?

Increase lubrication to reduce friction and the breaking of skin.

FREE CONDOMS/SAFER SEX SUPPLIES

The WELL
Women's Resource Center (WRC)
LGBT Resource Center (LGBTRC)

HUB 248
260 Costo Hall
245 Costo Hall

I'VE BEEN TESTED - NOW WHAT?

Waiting for a test result can be scary and uncertain. Regardless of the outcome, we're here to help with campus and community treatment options, support and resources.

PREVENTATIVE & TREATMENT MEDICATIONS



ANTI-HIV MEDICATIONS

Pre-Exposure Prophylaxis (PrEP) - Daily pill to prevent HIV. Reduces the risk of HIV up to 92%. Best used if you:

- Have unprotected sexual activity with an HIV+ person, or a person with an unknown HIV status.
- Been diagnosed with an STI in the last 6 months.
- Injected drugs in the last 6 months.
- Have been in drug treatment for IV drug use in the last 6 months.

Post-Exposure Prophylaxis (PEP) - An emergency series taken after possible exposure.

TREATMENT FOR HIV

Anti-Retroviral Therapy (ART) - A combination of 3 or more medications that prevents HIV from multiplying and reduces transmission by 96%.

If treated early in her pregnancy, a woman's risk of transmitting HIV to her baby can be reduced to **1%** or less. (CDC.gov)



INSURANCE



Student Health Insurance Plan (UC SHIP) and Graduate Student Health Insurance Plan (GSHIP)

Free HIV testing and safer sex supplies. PrEP and PEP available with insurance (prices vary). ART available with prescription and can be ordered from the SHS pharmacy.

Highlander Care for Basic Medical Services and ESL Health Insurance Plan for International Students

Free HIV testing and safer sex supplies. Costs for PrEP and PEP depend on outside insurance. ART available with prescription and can be ordered from the SHS pharmacy.



Consult a health care provider right away to discuss treatment options. Without treatment, it takes about 10 years for someone with HIV to develop AIDS.

CAMPUS SUPPORT & RESOURCES

Student Affairs Case Management

Case managers work with you to brainstorm, problem solve and access resources regarding medical, psychological, psychiatric, social, financial or academic issues.

125 Costo Hall
casemanagers.ucr.edu
casemanager@ucr.edu
(951) 827-5000

LGBT Resource Center

Provides support, education and advocacy regarding sexual orientation and gender identity/expression.

245 Costo Hall
out.ucr.edu / out@ucr.edu
(951) 827-2267

UCR's Committee on HIV/AIDS

Learn what you can do to care for yourself and others, educate our campus community and take action.

aids.ucr.edu

The WELL

Talk with a professional or peer health educator. Free condoms, lubrication, dental dams and finger cots (limit 5 items per day).

Highlander Union Building (HUB) 248
well.ucr.edu / thewell@ucr.edu
(951) 827-9355

Counseling and Psychological Services
Offers free, confidential individual/couples therapy, psychiatric services and off-campus referrals. An initial intake appointment determines treatment recommendations. Limit 8 sessions per academic year.

Veitch Student Center, North Wing
counseling.ucr.edu

Online Appointments:
<https://chconline.ucr.edu>
Appointments: (951) 827-5531

(Ask for an "intake appointment.")

(951) UCR-TALK (827-8255)
24/7 Line: (951) 827-5531

Campus Advocacy, Resources & Education

Certified sexual assault/domestic violence survivor advocates offer confidential help in sorting through emotions, resources and options.

care.ucr.edu / advocate@ucr.edu
(951) 827-6225

OFF-CAMPUS SUPPORT & RESOURCES

TruEvolution: Case management, support groups and provider referrals.

Riverside County Department of Public Health's HIV/STD Program: Services for HIV+ individuals.

Planned Parenthood: Reproductive/sexual health care and treatment consultations.

(See inside for location and contact information.)

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the Well



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Sources: CDC.gov, HIV.gov, planned.org, rivcohiv aids.org