



1

WHO WE ARE

- Founded in 1986
- Our mission: To reduce new HIV and other sexually transmitted infections by providing equitable access to education, prevention, and sexual healthcare and improving the health and quality of life of people living with HIV or AIDS.
- Our programs and services reach approximately **30,000 people** a year in a 12-county area.

2

History

- Founded in 1986 as an AIDS hospice by Papa Bear Edwards
- First AIDS Service Organization (ASO) in San Antonio
- First to provide free testing & condom distribution

- Moved to current location (Grayson) in 1991
- 2021 marked 35 years of service

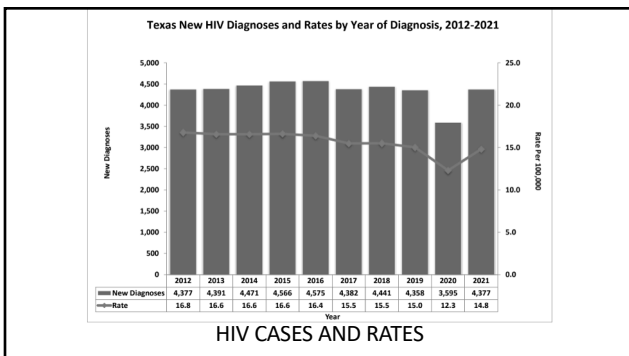
3



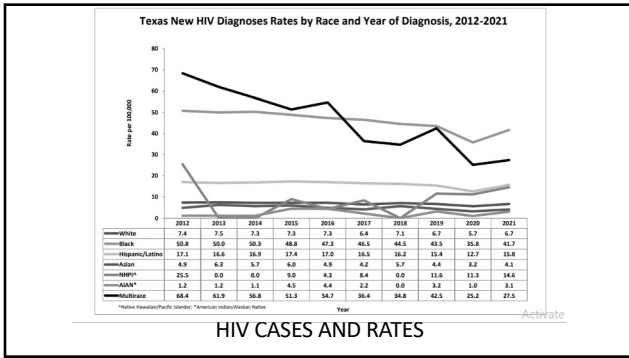
4



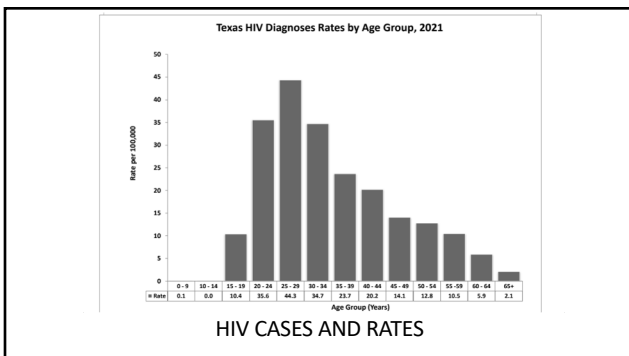
5



6



7




8







WHAT
DO
YOU
KNOW
ABOUT
HIV?




9

| | |
|------------------|---|
| HUMAN |  |
| IMMUNODEFICIENCY | |
| VIRUS | |

10

| HIV IS NOT TRANSMITTED VIA | |
|---|---|
|  Kissing _____ |  Masturbation _____ |
|  Holding Hands _____ |  Mosquito bites _____ |
|  Hugging _____ |  Sharing food/drinks _____ |

11

| TREATMENT AS PREVENTION |
|---|
| <p>HIV Medication:</p> <ul style="list-style-type: none"> • Combination of medications into 1 or 2 pills taken everyday. • (NEW) Injectable Treatment taken every 4 or 8 weeks. <p>For people living with HIV:</p> <ul style="list-style-type: none"> • Reduces viral load (amount of HIV in the blood) • Helps immune system fight opportunistic infections • U=U |
|  |

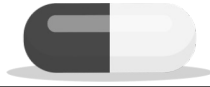
12

TREATMENT AS PREVENTION

U=U

UNDETECTABLE = UNTRANSMITTABLE

People living with HIV who achieve and maintain an undetectable viral load cannot sexually transmit HIV to others.



13

PREVENTATIVE MEDICATIONS

PrEP: Pre-Exposure Prophylaxis

- Taking a pill once a day, every day
- (NEW) Injectable taken every 8 weeks

For people who are at high risk for getting HIV:

- Reduces risk from sex by 99%
- Reduces risk from injection drug use by 74%



14

PREVENTATIVE MEDICATIONS

PEP: Post-Exposure Prophylaxis

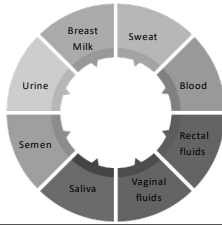
- Taking HIV medications after being potentially exposed to HIV to prevent becoming infected
- Available at emergency rooms or from health care providers
- Taken once or twice daily for 28 days
- MUST be taken within 72 hours of exposure or it won't work
- **ONLY** in emergency situations (not meant for regular use)



15

TRANSMISSION

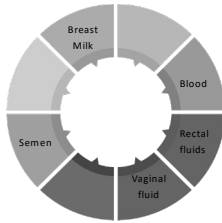
HIV cannot survive more than 10-15 seconds in the presence of oxygen.
It is only transmitted through FIVE fluids.



16

TRANSMISSION

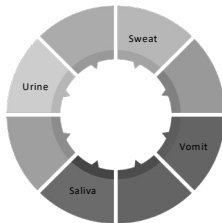
HIV cannot survive more than 10-15 seconds in the presence of oxygen.
It is only transmitted through FIVE fluids.



17

TRANSMISSION

HIV cannot be transmitted through the following fluids...



18

HIV IS TRANSMITTED VIA



19

MOTHER TO BABY

Not very common in the United States

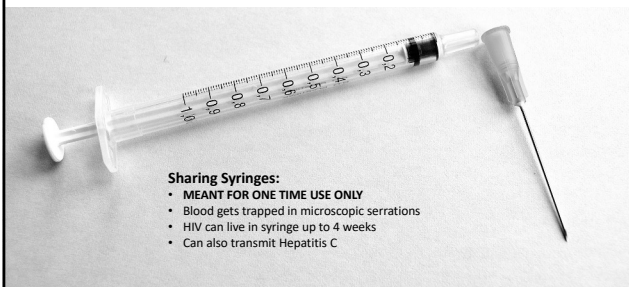
- Transmission:**
- During pregnancy
 - During delivery
 - During breastfeeding

- Prevent transmission to baby:
- Mom on HIV medication (U=U)
 - Low viral load – vaginal delivery
 - High viral load – C-section
 - Don't breastfeed – use formula



20

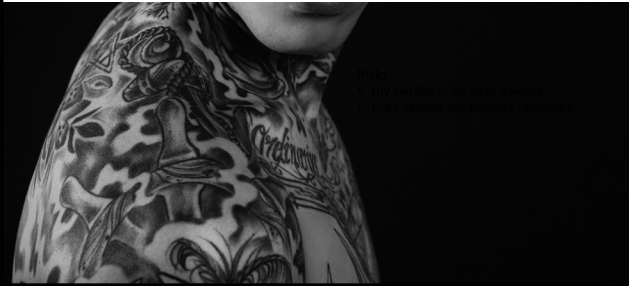
INJECTION DRUG USE



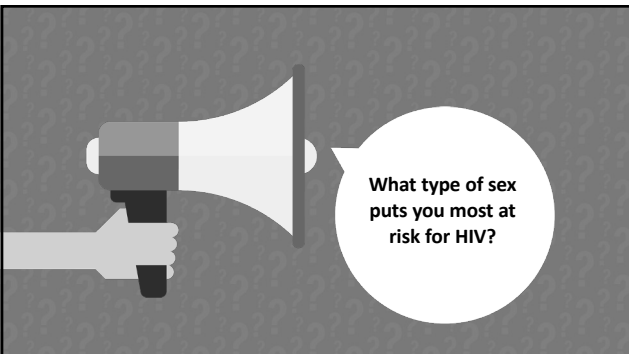
- Sharing Syringes:**
- MEANT FOR ONE TIME USE ONLY
 - Blood gets trapped in microscopic serrations
 - HIV can live in syringe up to 4 weeks
 - Can also transmit Hepatitis C

21

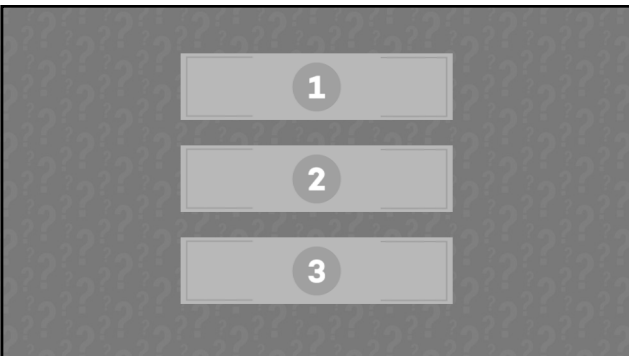
UNLICENSED TATTOOS



22



23



24

TYPES OF SEX

Anal Sex – High chance of transmission

| | |
|---|---|
| <p>Risks for receiver:</p> <ul style="list-style-type: none"> • Rectal lining = very thin • Rectum does NOT self-lubricate • Micro Tearing • Absorbs | <p>Risks for giver:</p> <ul style="list-style-type: none"> • More blood vessels/blood flow in rectal lining • Blood or rectal fluids enters urethra/sores/foreskin |
|---|---|

*Using lubrication can help reduce micro-tears
 *DO NOT use spit, lotions, or oils
 *Water or silicone based lubrication is safe

***U=U**

25

TYPES OF SEX

Vaginal Sex – Moderate/high chance of transmission

| | |
|--|--|
| <p>Person with a vagina:</p> <ul style="list-style-type: none"> • Vagina holds in fluids • Lining self lubricates but is thin • Larger surface area/more tissue that absorbs | <p>Person with a penis:</p> <ul style="list-style-type: none"> • Vaginal fluid enters urethra/sores/foreskin |
|--|--|

26

TYPES OF SEX

Oral Sex – Low/No chance of transmission

- If fluids are swallowed, stomach acids are so strong **HIV CANNOT** survive
- May be spread if there are cuts/sores in the mouth/throat – but not likely

27

What does AIDS stand for?




28

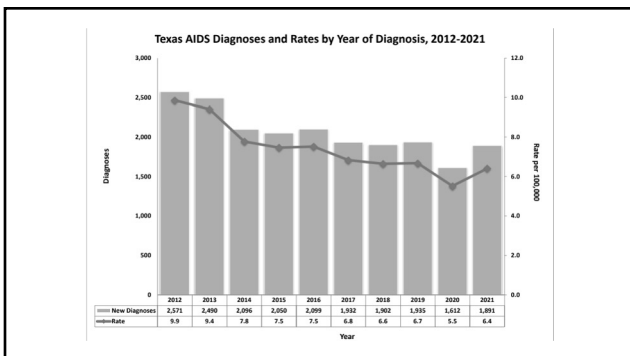
AIDS

Acquired Immunodeficiency Syndrome (AIDS or when HIV progresses)

- Must be HIV-positive
- Less than 200 white blood cell count per tsp. of blood
- Or have at least 1 of 26 opportunistic infections



29



30

Buster Brown



31

JoJo



32

HIV TESTING

- **INSTI HIV** Antibody test
- **FREE**
- 13 years and older
- No appointment needed
- Finger-stick test
- 60-second results
- 90-day window period



33

WINDOW PERIOD

The time between when a person may have been exposed to HIV and when a test can tell for sure whether they have HIV.

- Acute HIV infection
- High viral load = increased infectiousness

The diagram shows a horizontal timeline with four points marked by location pin icons. From left to right: 1. 'Time of infection' (pin above the line). 2. 'Acute Infection (2 weeks)' (pin above the line). 3. 'Body produces antibodies (4-6 weeks)' (pin above the line). 4. 'Test will detect antibodies (3 months)' (pin above the line).

34

WHAT CAN YOU DO?

- Educate/Empower yourself
- Talk about HIV/STIs
- Routinely test for HIV/STIs

35

Thank you!

Please comeback tomorrow for
Part II.

Alan Mauricio
Education Program Manager
San Antonio AIDS Foundation
amauricio@sanantonioaids.org

36



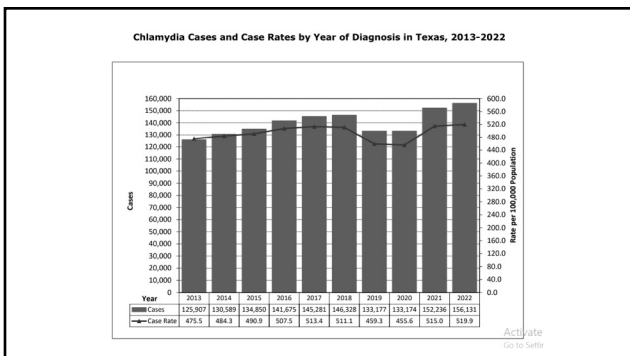
37

Sexually Transmitted Infections

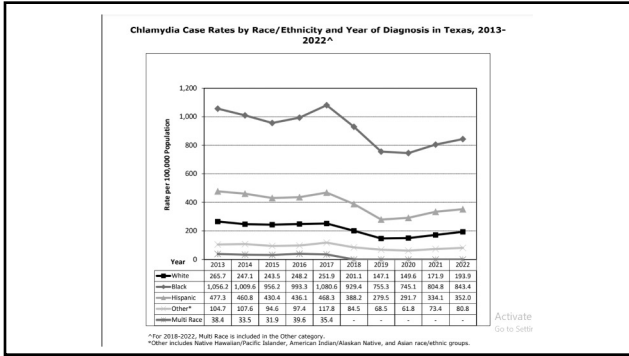
A sexually transmitted infection (**STI**) is an infection you can get by having sex.

The most common symptoms of STIs are
no symptoms.

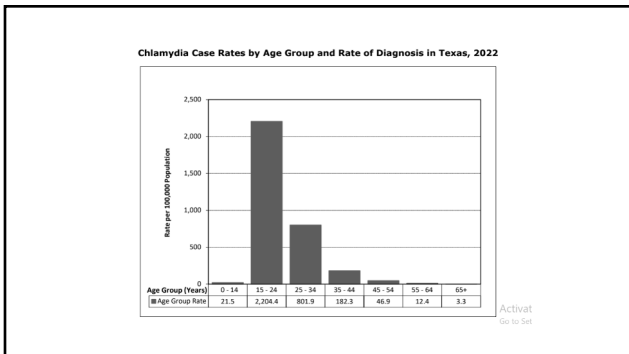
38



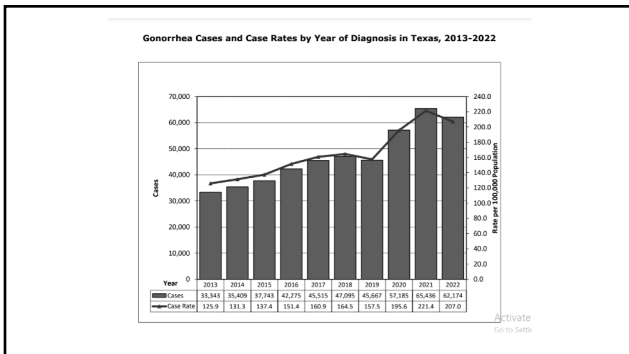
39



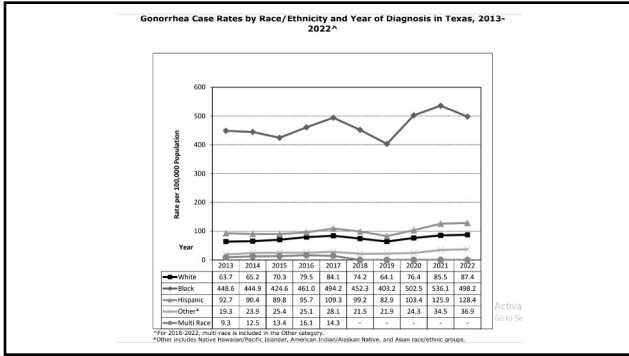
40



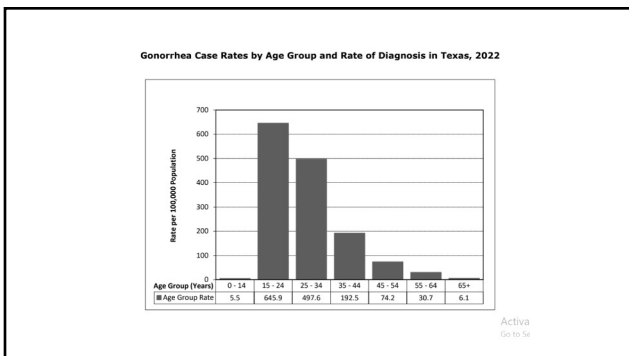
41



42



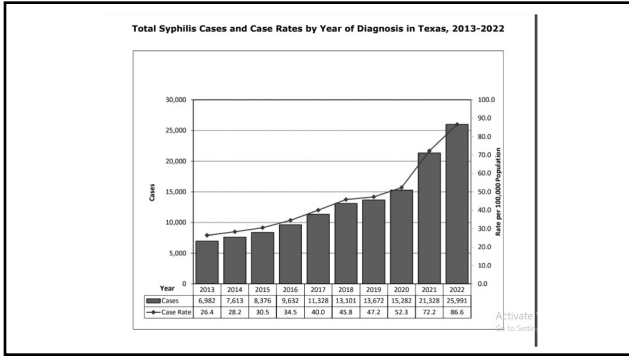
43



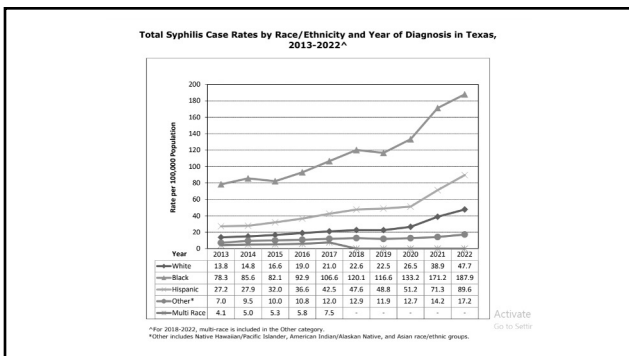
44

| CHLAMYDIA | GONORRHEA |
|--|---|
| <p>Transmission:</p> <ul style="list-style-type: none"> • Seminal and vaginal fluid <p>Symptoms:</p> <ul style="list-style-type: none"> • Yellow discharge • Burning sensation while urinating • Lower abdominal pain • Pain during sex <p>Treatment:</p> <ul style="list-style-type: none"> • Oral medication • Curable | <p>Transmission:</p> <ul style="list-style-type: none"> • Seminal and vaginal fluid <p>Symptoms:</p> <ul style="list-style-type: none"> • Green discharge • Burning sensation while urinating • Lower abdominal pain • Pain during sex <p>Treatment:</p> <ul style="list-style-type: none"> • Oral medication • Shot • Curable |

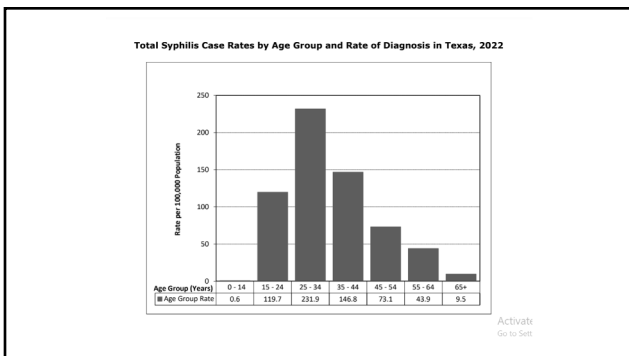
45



46



47



48

SYPHILIS

Transmission:

- contact with a syphilitic sore or chancre

Symptoms:

Primary stage:

- A sore or sores on original site of infection

Secondary stage:

- Skin rashes/lesions in mouth, vagina, or anus

Latent stage:

- No signs/symptoms, can last for years

Treatment:

- Penicillin/Oral medication
- Curable



49

PREVENTATIVE MEDICATIONS

DoxyPEP: Doxycycline Post-Exposure

Prophylaxis

- Taking the antibiotic doxycycline after condomless sex to prevent getting a sexually transmitted infection (STI).
- Must be provided by healthcare provider.
- Should be taken within 24 hours but no later than 72 hours after condomless sex.



50

TRICHOMONIASIS (TRICH)

Transmission:

- Passing of a parasite during sex

Symptoms:

- Itching/irritation
- Foul odor
- Discharge

Treatment:

- Oral medication
- Curable



51

HPV (HUMAN PAPILLOMAVIRUS)

Transmission:

- Seminal or vaginal fluids
- Skin to skin contact

Symptoms:

- Genital warts
- Cancer of the cervix, vulva, vagina, penis, anus, or throat

Screening:

- No test for men
- Pap smears for women
- Not curable

*Vaccine available to prevent HPV (Ages 9-45 y/o)



52

HERPES SIMPLEX 1

Transmission:

- Contact with the mouth when cold sores are present (can occur with non-sexual contact)

Symptoms:

- Cold sores or fever blisters around the mouth

Treatment:

- Oral medication
- Topical creams
- Not curable



53

HERPES SIMPLEX 2

Transmission:

- Vaginal or seminal fluids
- Skin to skin contact with an infected area

Symptoms:

- Outbreak of genital blisters/sores (can repeat)
- Flu-like symptoms (fever, body aches, swollen glands)

Treatment:

- Oral medication
- Topical creams
- Not curable



54

STIGMA

“
 stig·ma
 /ˈstɪɡmə/
 noun
 noun: **stigma**
 1. a mark of disgrace associated with a particular circumstance, quality, or person.
 "the stigma of having gone to prison will always be with me"
 Synonyms: shame, disgrace, dishonor, ignominy, opprobrium, humiliation
 ”

55

ADDING TO STIGMA

“
 They should have
 used condoms
 ”

56



57

WHAT CAN YOU DO?

- Educate/Empower yourself
- Talk about HIV/STIs
- Routinely test for HIV/STIs

58

CONDOMS

SAAF offers FREE condoms and lube!

- Latex
- Non-latex
- Ribbed and studded

FC2 Condom (insertive condom)

- Can be used for vaginal and anal sex

Flavored condoms/Dental dams

- Should only be used for oral sex
- Can cause irritation if used for vaginal or anal sex



59

MOBILE TESTING UNIT



60

HIV/STI TESTING



San Antonio AIDS Foundation
(210) 225-4715
818 E. Grayson Street
San Antonio, TX 78208
www.sanantonioaids.org



<https://www.cdc.gov/hiv/testing/index.html>

61

Thank you!

Alan Mauricio
Education Program Manager
San Antonio AIDS Foundation
amauricio@sanantonioaids.org

62