

Don't Let HIV Be Your Endgame: Level 3, Testing & Treatment

Transcript for Audio

Slide 1: *Don't Let HIV Be Your Endgame: Level 3, Testing & Treatment*

- **Welcome to *Don't Let HIV Be Your Endgame: Level 3, Testing & Treatment*.**
- **This training is the third level of a three-level free Oklahoma State Department of Health (OSDH) online HIV prevention education series for Oklahoma middle school and high school students.**
- **The titles of the three levels of this series:**
 - ***Level 1, The Virus.***
 - ***Level 2, Person to Person.***
 - ***Level 3, Testing and Treatment.***

Slide 2: Tutorial

- **Hi, I'm Nurse Toni, your virtual assistant. Please select the audio button below on the slide to hear me speak.**
- **At this point in game mode, aware of possible consequences of not following safer is better, if you are questioning your HIV status, it's critical to get tested.**
- **If you test positive for HIV, you'll need treatment information to champion against HIV.**
- **The entire course is narrated and the Tutorial is located in the Transcript.**
- **Select my image on this slide to open to the Transcript for a free download.**
- **On all other slides, select the Script button in the top right bar to return to this slide to select my image on this slide to open to the Transcript for a free download.**

Slide 3: Navigation

- **There are a few buttons to select:**
 - **The top bar includes navigation buttons.**
 - **The bottom bar includes six action buttons.**

Slide 4: Menu

- **Selecting any section title on this Course Menu, moves you throughout the presentation.**

Slide 5: Content

- **In this level, you will cover content:**
 - **HIV testing.**
 - **HIV test results plus PrEP and PEP.**
 - **Treatment including U=U.**

Slide 6: Objectives

- **For the 3rd Level, *Testing and Treatment*, the objectives provide you the game plan:**
 - **Describe HIV testing.**
 - **Discuss HIV test results and plus PrEP and PEP.**
 - **Recognize the importance of HIV treatment.**

Slide 7: HIV Testing

- **This is why you Get Tested.**
- **You begin by reviewing risk reduction, safer is better, from *Level 2, Person to Person*:**
 - **Condom protected sex.**
 - **Never share needles or drug equipment.**
 - **Regular HIV/STD testing.**
- **The only way to know for sure whether you have HIV is to Get Tested (GT).**
- **The CDC recommends Get Tested at least once if you're between the ages of 13-64 years old.**
- **If you're pregnant, Get Tested.**
- **Get Tested each year if you're at higher risk:**
 - **Have unprotected sex.**
 - **Are a guy who has sex with other guys.**
 - **Use or share needles or drug equipment to inject drugs.**
 - **Have sex with a PLWH.**
- **Get Tested every 3 to 6 months if you're a sexually active gay man or bisexual man (MSM).**
- **Safer is better. Knowing your HIV status keeps you and others safer.**

Slide 8: Where can you Get Tested?

- **To Get Tested, you have options:**
 - **Your health care provider**
 - **Medical clinics**
 - **Community health centers**
 - **Hospitals**
 - **Substance abuse programs**
- **You can find free testing sites near you using local sources:**
 - **Use the website: www.211Oklahoma.org including “HIV Testing, your Age, Gender, and Zip code”**
 - **Text 211OK to 898211**
- **See the HIV/STD/HEPATITIS Testing Location at the OSDH site: hivstd.health.ok.gov then select Resources.**
- **You can also buy a home testing kit at a pharmacy or online.**
- **Information from the CDC about testing sites is available:**
 - **Call 1-800-CDC-INFO (232-4636)**
 - **Website: gettested.cdc.gov**
 - **Text your ZIP code to KNOW IT (566948)**

Slide 9: What to Expect?

- **When you're at the health care site, it's a standard appointment:**
 - **You have a 30 minute individual session where they provide you HIV and other STD information.**
 - **They'll discuss your risk factors.**
 - **Provide you with condoms.**
 - **Run the Rapid HIV Test using a finger-stick blood sample. Several test are available to detect HIV, but this provides faster results.**
 - **You'll wait for your test results.**

Slide 10: Goal #1, What have you learned?

- **Glad you've been paying attention.**
- **Follow the instructions, then move to the next slide for your 2nd goal.**
- **Describe HIV testing.**

Slide 11: Test Results

- **Maybe you're wondering what are "test results"?**
- **This means to understand the difference between HIV-nonreactive and HIV-reactive.**

Slide 12: Nonreactive HIV Status

- **If you're nonreactive, your status is HIV-negative for not today but for 12 weeks ago. It takes 12 weeks for your body to display antibodies to HIV.**
- **Continue to take safer protected actions to prevent HIV:**
 - **Condoms "Correctly and Consistently".**
 - **PrEP to prevent HIV if you're at high risk.**
- **No test can detect HIV immediately after you've contracted it.**
- **The Rapid HIV test can only detect what happened 12 weeks ago.**
- **If your Rapid HIV test result is HIV-negative today, and you've used safer protected actions to prevent HIV in the past 12 weeks, the window period, you're probably HIV-negative. To confirm, you'll have another Rapid HIV test in 12 weeks.**
- **Make your next appointment in 12 weeks from today before you leave.**
- **Also, your HIV test results reveal only your HIV status and not your partner's.**
- **Consider getting tested together.**

Slide 13: Reactive HIV Status

- **When your test result is a reactive HIV status, a follow-up test can be done during the same appointment.**
- **If the follow-up test is reactive, it means you are HIV-positive and living with HIV.**
- **You'll be linked to care to start medical care and begin treatment as soon as you're diagnosed with HIV by a doctor.**
- **Continue to take safer protected actions to prevent the spread of HIV by using condoms "correctly and consistently".**

Slide 14: PrEP

- **The letters PrEP are an acronym (pronounced as a word):**
 - **Pr - means Pre. This is prior or before an event that increases your contact with infection.**
 - **E - is for Exposure. A condition resulting in a situation of risk and unprotected to invasion and infection from bacteria, viruses and parasites.**
 - **P - identifies it as a Prophylaxis. It involves a chemical or physical barrier to protect health and prevent spread of infection.**
- **PrEP, brand name Truvada, is a very effective prescription required to be taken daily when people are at very high risk of contracting HIV.**

Slide 15: PEP

- **The letters PEP are an acronym (pronounced as a word):**
 - **P - means Post. This is after an event that increases your contact with infection.**
 - **E - is for Exposure. A condition resulting in a situation of risk and unprotected to invasion and infection from bacteria, viruses and parasites.**
 - **P - identifies it as a Prophylaxis. It involves a chemical or physical barrier to protect health and prevent spread of infection.**
- **PEP is used within 72 hours after being potentially exposed to HIV infection.**
- **It's prescribed by your health care provider or emergency room doctor.**

Slide 16: Goal #2, What have you learned?

- **Knowledge check then to the next slide for your 3rd goal.**
- **Discuss HIV test results?**

Slide 17: HIV Treatment

- **Your third and last objective is to recognize the importance of treatment.**
- **ART prevents HIV from making copies of itself in your cells.**
- **Most PLWH on daily prescribed ART see a viral load drop to an undetectable level in six months or less.**
- **After 7 to 12 months of treatment and with a consistent undetectable viral load, transmitting HIV is effectively zero.**
- **Based on research, when ART stops, your viral load rebounds and the risk of transmitting HIV returns.**
- **Viral suppressed PLWH regularly have testing of their viral load every three-four months.**
- **“Blips” which are random increases in the viral load with a return to undetectable levels do occur.**

Slide 18: U = U

- **Consistent treatment with ART effectively results in viral suppression.**
- **When your viral load is undetectable, you have no risk of transmitting HIV to an HIV-negative sex partner.**
- **No risk of transmitting HIV is known as untransmittable.**
- **A cure for HIV doesn't exist, but ART used as prescribed, minimizes your viral load to an undetectable viral load.**
- **Undetectable is having less than 200 copies of HIV per milliliter of blood.**
- **When a test can't detect the viral load, it's undetectable and untransmittable known as U = U.**

Slide 19: Goal #3, What have you learned?

- **Final question.**
- **What is U = U?**

Slide 20: You've Championed This Campaign!

- **Glad you joined me for *Don't Let HIV Be Your Endgame: Level 3, Testing & Treatment*.**
- **This concludes our three parts of our HIV prevention education series and our time together.**
- **But first, see the next slide. Thanks for being here.**

Slide 21: Reasons for Survey

- **Yes, your opinion matters.**
- **Can you do this for me?**
- **Please take some time to answer the evaluation questions.**
- **Your feedback is important to me and future learners. Thanks.**

Slide 22: Resources 1

- **This slide provides information about references, links and images used.**

Slide 23: Resources 2

- **This slide provides information about references, links and images used.**

Slide 24: Resources 3

- **This slide provides information about references, links and images used.**

Slide 25: Resources

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Slide 26: Resources

- **This slide provides information about references, links and images used.**

Slide 27: Instructional Resources

- **This slide provides information about references, links and images used.**

Slide 28: Citation & Developer

- **This slide provides information about references, links and images used.**