[](http://www.countyhealthrankings.org)

**Information Resources:**

**HIV & AIDS**

Reduce Your Risks Month

**INSERT LOCAL HEALTH DEPARTMENT INFORMATION HERE**

[U.S. Centers for Disease Control & Prevention](http://www.cdc.gov/std/hiv/default.htm)

[AIDS Info](https://aidsinfo.nih.gov/education-materials/fact-sheets/19/45/hiv-aids--the-basics)

[AIDS.gov](https://www.aids.gov/hiv-aids-basics/)

[Kalamazoo County STD Toolkit](http://www.kalcounty.com/hcs/StdToolKit/HIV.php)

* Human Immunodeficiency Virus (HIV) can be spread through contact with bodily fluids of someone infected with HIV such as blood, sexual fluids (semen, vaginal fluids, pre-seminal fluids), and breast milk.
* HIV **cannot** be spread by mosquitoes or other insects, saliva, sweat, toilets, or drinking fountains.
* HIV makes it difficult for the body to fight infection by destroying infection-fighting CD4 cells of the immune system.
* HIV is treatable with Antiretroviral Therapy (ART), but is not curable.
* HIV is the virus that causes AIDS (Acquired Immune Deficiency Syndrome).
* AIDS is diagnosed when a person infected with HIV meets the following criteria:
  + A CD4 count of <200 cells/mm2

**AND/OR**

* + Has one or more opportunistic infections

# Facts:

**Available Services:**

[Local Health Department Search Tool](http://www.michigan.gov/mdhhs/0,5885,7-339--96747--,00.html)

[Unified (Southeast Michigan)](http://www.miunified.org)

[CARES (Southwest Michigan)](http://caresswm.org/)

[Michigan Pre-Exposure Prophylaxis (PrEP) Directory of Providers](http://www.michigan.gov/documents/mdhhs/State_of_Michigan_PrEP_Directory_515149_7.pdf)

Here’s what you can do to protect yourself from HIV:

* Abstinence.
* Monogamy (having one sex partner at a time).
* Use a male condom, female condom, or dental dam for every type of sex (oral, anal, and/or vaginal) and during every sexual encounter.
* Do not share needles or syringes.
* Get yourself tested, and have your partner tested.