



## HEALTH INDEX SCORE HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy®*

Human immunodeficiency virus (HIV) is a virus that is spread through bodily fluids. HIV attacks the body's immune system, and it destroys the body's T-cells, which causes the body to be unable to fight off infection. HIV has three stages. In stage one people may experience flu-like symptoms 2-4 weeks after exposure. Stage two is usually asymptomatic (no symptoms). Stage three can lead to AIDS, which increases the number of severe illnesses. HIV is not curable, but it can be treated and controlled with medication known as antiretroviral therapy. **Risk factors for HIV are unprotected sex, increased sexual partners, already having another sexually transmitted disease, sharing/using previously used needles and transmission from infected mother to child through delivery or breastfeeding.**

### MY RISK FOR HIV IS:

- Healthy is no risk behaviors listed above.
- Health Risk is at least 1 risk behavior listed above.
- Unhealthy is more than 2 risk factors listed above.

- **HEALTHY** – Look on the back side of this card to see behaviors that can lower the risk of HIV.
- **HEALTH RISK** – Behaviors listed above put you at risk for contracting HIV. See the back of this card for ways to lower risks.
- **UNHEALTHY** – If you take part in any of the behaviors listed above and have noticed symptoms, then you may be at risk for HIV.

**CRCH**  
CENTER FOR RURAL &  
COMMUNITY HEALTH

CRCH@osteowvsom.edu  
<https://crch.wvsom.edu>

# What to do for ...

**HEALTHY CHANCE OF NOT GETTING HIV:**  
Continue to practice safer sex behaviors.

**HEALTH RISK OF GETTING HIV:** Use a condom with every sexual encounter. When using a needle for injection, make sure that it is a new sterile needle every time. Do not use a needle previously used by someone else. Consider getting tested for HIV.

**UNHEALTHY CHANCE OF GETTING HIV:**  
See your doctor to discuss your risk of HIV. Getting tested for HIV is important, and treatment can help control the disease, prolong your life and reduce transmission to other people.

## Get more information

### **ABOUT HIV AND HOW TO REDUCE YOUR RISK BY...**

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email [CRCH@osteو.wvsom.edu](mailto:CRCH@osteو.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification \_\_\_\_\_

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