

## Live Well, Be Well

### Title: "Let's Talk World AIDS Day"

#### *Introduction*

VS: Welcome to Live Well, Be Well! A podcast where we speak candidly about all things health and well-being! My name is \_\_\_\_\_ and my pronouns are \_\_\_\_\_, and I'm \_\_\_\_\_ and my pronouns are \_\_\_\_\_, and we're Well-Being Peer Educators. (VS then NJ then ML then RF)

RF: On this episode of Live Well Be Well, we'll be sharing some facts and dispelling some myths about HIV in honor of World AIDS Day.

NJ: So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

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- Brief description of the difference between HIV and AIDS (NJ)
  - HIV and AIDS are different diagnoses but are related
  - HIV is a virus that can lead to a condition called AIDS
  - HIV stands for human immunodeficiency virus
  - The virus will attack the immune system so that it is unable to work as well
  - AIDS (short for acquired immunodeficiency syndrome) is a condition that develops when HIV has caused more serious damage to the immune system
  - This damage causes a person to become more vulnerable to infections and certain types of cancer
  - Thanks to advanced treatment methods a person with HIV can live a normal lifespan without ever developing AIDS
  - Now that we know what exactly HIV&AIDS is, Valerie is going to talk about how HIV is transmitted between people.
  
- Transmission methods (VS)
  - Body Fluids
    - blood,
    - semen (*cum*),
    - pre-seminal fluid (*pre-cum*),
    - rectal fluids,
    - vaginal fluids, and
    - breast milk.
  - Anal/vaginal sex

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- Mother-to-child transmission; however, it's now less common because of advances in prevention and treatment
  - Sharing needles, syringes, or other drug injection equipment
  - HIV is **NOT** transmitted through:
    - Saliva, sweat, tears
    - Touching or sharing items such as dishes
  - It is NOT airborne
  - Now that we have gone over methods of transmission, Robert will go over treatment options.
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- Treatment; PrEP and PEP (RF)
    - There are currently two options available to help prevent contracting HIV - PrEP and PEP.
    - PrEP (or Pre-Exposure Prophylaxis) is a prevention method used by people who are HIV-negative and at high risk for being exposed to HIV through sexual contact or injection drug use. When someone is exposed to HIV through sex or injection drug use, these medicines can work to keep the virus from establishing an infection.
    - PEP (or Post-Exposure Prophylaxis) refers to the use of antiretroviral drugs for people who are HIV-negative after a single high-risk exposure to stop HIV infection. PEP must be started as soon as possible to be effective – always within 72 hours of a possible exposure – and continued for 4 weeks.
    - Now, Michelle will discuss how World Aids Day has helped in destigmatizing HIV/AIDS
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- How WAD has helped destigmatize HIV/AIDS (ML)
    - How WAD has changed your perspective on HIV/AIDS (generally speaking)
    - World Aid's Day is an opportunity for people worldwide to unite and fight against HIV and ultimately to show support for those who are living with HIV. Having an event like World Aid's Day allows us to commemorate those who have died from AIDS, and it's important that we remember that HIV/AIDS still haven't gone away over the last couple decades.
    - WAD has helped to destigmatize HIV/AIDS by increasing awareness of these diseases and strengthening the community of those afflicted with HIV and AIDS. With millions of people worldwide living with HIV infection, it's critical for those to remember that they're not alone, and that there is a support system in place for those struggling with the disease. Fortunately, contracting HIV isn't the "end all, be all" -- thankfully, as mentioned before, with advanced treatment, a person with HIV can still

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effectively manage it and live a normal, healthy life without ever getting AIDS, and I encourage those who have tested positive for HIV to actively seek out treatment early.

- From my own personal perspective, I'm grateful for WAD for bettering my understanding of HIV/AIDS and for raising awareness to try and end AIDS globally, as well as destigmatize those who are currently living with the virus.

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### *Closing*

ML: So that concludes this episode of Live Well Be Well! If you like what you heard and would like to learn more about topics related to health and well-being, there's much more to come! Stay tuned for our next episode of Live Well, Be Well. Until next time, be kind, be true, be you. And remember, to be well is to live well.

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