

# Prevention

- Never share needles or use used needles
- Protected sex when possible with the use of condoms
- Get tested often to keep up with any STDs
- For **HIV positive patients**, HIV medication is the best way to prevent HIV from progressing to AIDS, if you develop an opportunistic infection, talk to your provider on how to treat it
- **Post Exposure Prophylaxis (PEP):**  
For healthy patients that feel they have been exposed to HIV. It is available in most clinics and hospitals for patients that have been exposed **within 72 hours**
- **Pre- Exposure Prophylaxis (PrEP):**  
Used for prevention. A daily medication that is used to highly protect someone from HIV. It is available in most hospitals and clinics for patients that **may be at risk of contracting the disease** and to **prevent** them from getting it

# Fact or Myth?

- **HIV/AIDS is easily transferable through touch or kissing for example**
- **HIV/AIDS are practically the same thing**
- **You can have oral sex with an HIV positive person**
- **If infected with HIV, a patient can go to a hospital within three days to get prep and prevent infection**
- **HIV/AIDS mainly only infect a certain group of people**
- **It is easy to see symptoms of HIV in a person**
- **HIV can only be transferred between humans**

## Citations

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“Myths about HIV and AIDS.” *Avert*, 24 Feb. 2021,

“About HIV/AIDS | HIV Basics | HIV/AIDS | CDC.” *Centers for Disease Control and Prevention*

HIV Among Youth (Ages 13-24) in Baltimore City, 2019. (2020, December).

“Aging with HIV.” *HIV.Gov*, 8 Apr. 2021,

# What is HIV?

A guide for today's youth and onward in  
the City of Baltimore



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# Background

- HIV stands for **Human Immunodeficiency Virus**
- It weakens the immune system by destroying cells meant to fight infection
- If not properly treated, HIV can lead to **AIDS** (acquired immunodeficiency syndrome).
- But with proper education on HIV and how to control it - people with HIV can live **long, healthy lives**
- According to the Maryland Department of Health in 2019, **youth ages 13-24 accounted for 16% of 200 reported HIV diagnoses in Baltimore City**
- **The goal of this guide is to educate on:**
  - **The benefits of learning about HIV**
  - **Reducing misinformation**
  - **How to get tested**

# Know your status

## How often should you get tested?

We recommend retesting at least once a year for anyone at higher risk for getting HIV including:

- Men who have sex with men
- People with more 1 sexual partner
- Transgender people who have sex with men.
- People who have recently had STI
- People who use injection drugs.

## HIV Testing & Clinics

### **Baltimore City Health Department:**

Bureau of HIV/AIDS Services  
1001 E. Fayette St. Baltimore, MD 21202  
410-396-4448

bchd.std-hivpreventi@baltimorecity.gov

### **Chase Brexton Health Care:**

1111 N Charles St. Baltimore, MD 21201  
410-837-2050

### **AIDS Action Baltimore:**

14 E Eager St. Baltimore, MD 21202  
410-837-2437

### **Maryland HIV/AIDS Hotline**

National: (800) 232-4636  
TTY: (800) 232-6348



# What if I'm HIV positive?

- In 2018, there was an estimated 1.1 million people with diagnosed HIV, and **approximately 36% were aged 55 and older**
- This is due to the **improvements of HIV medication and people who were diagnosed early in their infection**
- **ART (antiretroviral therapy) keeps the amount of viral load in your blood to a VERY low level**
- **The benefit of ART is that if it is taken daily as prescribed, it will keep you healthy and prevent HIV from progressing into AIDS**
- **Feel helpless from your diagnosis and becoming infected? Know that you are not alone. Look below for available counseling services.**

## Youth Counseling Services

### **The East Baltimore Youth and Family Services Bureau:**

Sojourner Douglas College:  
200 N Central Ave. Baltimore, MD

Contact: (410) 276-3570

Hours: Monday-Friday, 8am-6pm

Walk ins welcomed, may also call ahead of time

Offer counseling, HIV/AIDS prevention, substance abuse screening, and more for individual youths and/or families