

HIV / AIDS, Hepatitis B and Meningitis Awareness Information

The State of Kentucky requires that ECU provide students with the following health information:

| | <u>HIV/AIDS</u> | <u>Hepatitis B</u> | <u>Meningitis</u> |
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| Transmission: | <p>HIV is spread by sexual contact with an infected person, by sharing needles and/or syringes (primarily for drug injection) with someone who is infected, or, less commonly (and now very rarely in countries where blood is screened for HIV antibodies), through transfusions of infected blood or blood products. Babies born to HIV-infected women may become infected before birth, during the birth process, or after birth, through breast-feeding.</p> | <p>Hepatitis B is contagious, and spreads when viruses in the blood or other body fluids of an infected person are absorbed into an individual's blood stream across mucous membranes or through broken skin. The hepatitis B virus can live in all body fluids of an infected person, including blood, saliva, semen, and vaginal fluids. It can enter the body through cuts or abrasions in the skin, and across intact mucous membranes of the mouth, vagina, anus, and eyes. Hepatitis B can be transmitted through sexual contact; during contact sports; when helping someone who is injured and bleeding; by sharing razors, toothbrushes, pierced earrings, or injection drug paraphernalia; or by getting a tattoo or body piercing using non-sterile instruments or needles.</p> | <p>Meningococcal Meningitis is rare. This potentially fatal bacterial disease can lead to swelling of the tissues surrounding the brain and spinal cord, and can result in severe and permanent disabilities, such as hearing loss, brain damage, seizures, limb amputation, and even death. The bacterium that causes Meningococcal meningitis is spread through the air via respiratory secretions or through close contact with an infected person. This can include coughing, sneezing, kissing, or sharing items, such as utensils, cigarettes, and drinking glasses.</p> |
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| Web Site Information: | http://www.cdc.gov/hiv | http://www.cdc.gov/ncidod/diseases/hepatitis/b/act.htm | http://www.cdc.gov/ncidod/dbmd/diseaseinfo |

Symptom, treatment and prevention information on reverse

| | <u>HIV/AIDS</u> | <u>Hepatitis B</u> | <u>Meningitis</u> |
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| Symptoms: | <p>If you are like many people, you will not have any symptoms when you first become infected with HIV. You may, however, have a flu-like illness within a month or two after exposure to the virus. This illness may include</p> <ul style="list-style-type: none"> • Fever • Headache • Tiredness • Enlarged lymph nodes (glands of the immune system easily felt in the neck and groin) <p>These symptoms usually disappear within a week to a month and are often mistaken for those of another viral infection.</p> | <p>Symptoms of hepatitis B can resemble the flu and may include fever, loss of appetite, low energy, joint pain, cramping, or nausea and vomiting, as well as jaundice (yellow skin or eyes). However, in about 30 percent of cases, hepatitis B causes no symptoms. Approximately one million people are chronic carriers of the disease, meaning they have no symptoms and may not know they are infected, but are still able to transmit the disease to others.</p> | <p>Symptoms of meningococcal meningitis often resemble the flu and can include high fever, severe headache, stiff neck, rash, nausea, vomiting, lethargy, and confusion</p> |
| Treatment: | <p>Antiviral medications. No cure. If left untreated will be fatal</p> | <p>A vaccine is available to help protect against hepatitis B. The U.S. Centers for Disease Control and Prevention (CDC) recommends vaccination of everyone age 18 and under, and anyone at high risk for hepatitis B. The American College Health Association (ACHA) recommends that all college students be vaccinated.</p> | <p>A safe and effective vaccine is available to protect against four of the five most common strains of the meningococcus bacterium. The vaccine provides protection for approximately three to five years. As with any vaccine, vaccination against meningococcal meningitis may not protect 100 percent of all susceptible individuals.</p> |
| Prevention: | <p>Decrease the risk of transmission with use of latex condoms and barriers, use of gloves for 1st aid, and avoid sharing of drug syringes and other drug paraphernalia.</p> | <p>In addition to vaccination, people can reduce the risk of acquiring Hepatitis B by using condoms during sex and by avoiding tattooing and body piercing with non-sterile instruments or techniques. They can also avoid sharing needles, pierced earrings, razors, or toothbrushes.</p> | <p>Vaccination is recommended for college students, particularly freshmen who live on campus. Besides vaccination, one should avoid smoking, sharing eating utensils, drinking glasses, toothbrushes etc.</p> |

For more information, contact EKU's Student Health Services by phone at (859) 622-1761, or via email at studenthealthservice@eku.edu