The Basics
Human immunodeficiency virus, or HIV, is the virus that causes acquired immunodeficiency syndrome, or AIDS. A person can become infected with HIV by coming into direct contact with HIV-infected bodily fluids, including blood, semen and genital secretions. An HIV-infected mother can pass the virus to her child during pregnancy, birth or breast feeding.

HIV is spread through unprotected sex with someone infected with HIV or by sharing needles used to take intravenous drugs. It is not spread by touching someone who has HIV, through toilet seats or by sharing common objects, such as cups or dishes, with someone who has HIV.

New guidelines suggest that everyone 15 to 65 years old should be tested for HIV at least once. People who have had unprotected sex or multiple partners or who have shared needles should be tested more regularly.

Having HIV does not mean that a person will get AIDS. Anti-HIV medicines can keep HIV from advancing to AIDS.

If you think you have been exposed to HIV, it is important to get tested immediately.

Ask for Answers
Asking the right questions and partnering with a doctor can provide answers, advice and information.

- How can people get tested for HIV/AIDS?
- What should someone do if they have HIV?
- What medicines are available for treating HIV?
- When should a person with HIV start taking medicine?
- What should a person with HIV do before he or she starts taking medicine?
Did you know?
There are four stages of HIV infection.

- **Acute:** It takes two to four weeks after exposure for the body to produce enough of the virus to appear in an HIV test. HIV is highly infectious during this time. Although some may experience flu-like symptoms—fever, sore throat, rash—testing is the only way to detect HIV infection

- **Asymptomatic:** Symptoms go away. People in this stage may not even know they have HIV even though they can pass it to others. During this period, HIV destroys the body’s infection-fighting CD4 cells. As the number of CD4 cells decreases, it becomes harder for the body to fight infections

- **Symptomatic:** Signs or symptoms of the infection appear

- **AIDS:** This stage occurs when the number of CD4 cells, or CD4 count, is less than 200 cells/mm$^3$ or when an AIDS-defining condition—such as pneumonia or tuberculosis—appears

Get Support
Here are some resources where you can find more information on HIV/AIDS.

- **National Institutes of Health**
  [www.aidsinfo.nih.gov](http://www.aidsinfo.nih.gov)
  Information on HIV/AIDS treatment, prevention and research

- **National HIV and STD Testing Resources**
  [http://hivtest.cdc.gov](http://hivtest.cdc.gov)
  Provides information on testing locations in the United States

- **Centers for Disease Control and Prevention**
  [www.cdc.gov/hiv](http://www.cdc.gov/hiv)
  Tools and resources for preventing and treating HIV/AIDS

- **U.S. Government**
  [www.aids.gov](http://www.aids.gov)
  Information on federal HIV policies, programs and resources

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At Mylan, we are working to provide 7 billion people access to high quality medicine. We also provide access to the information you need to take medicine with confidence. Mylan Plus guides are our way of helping you and the people you care for make sense of health care challenges. Because Our Mylan Is Your Mylan.