

# EXPERIMENT: 13



**Centurion**  
**UNIVERSITY**

*Shaping Lives...*  
*Empowering Communities...*

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**AIM OF THE EXPERIMENT:** Health Communication: communicable diseases, their signs and symptoms, and prevention of AIDS, or Acquired Immune Deficiency Syndrome.

**REQUIREMENT:** Data Collection

**THEORY:**

AIDS, or Acquired Immune Deficiency Syndrome, is a serious, life-threatening condition caused by the human immunodeficiency virus (HIV). HIV attacks the immune system, making it difficult for the body to fight off infections and diseases. If left untreated, HIV can progress to AIDS.

There is currently no cure for AIDS, but **antiretroviral therapy** (ART) can slow the progression of the virus and help people with AIDS live longer, healthier lives.

**SIGN & SYMPTOMS:**

The early stages of HIV infection may not cause any symptoms, but as the virus progresses and the immune system becomes weaker, the following signs and symptoms may develop:

1. Flu-like symptoms: Fever, fatigue, muscle aches, and sore throat are common in the early stages of HIV infection.
2. Skin rashes and fungal infections: People with HIV are more susceptible to skin rashes, fungal infections, and other skin conditions.

3. **Persistent or recurrent infections:** People with HIV are at increased risk for bacterial, viral, and fungal infections, such as pneumonia, tuberculosis, and candidiasis.
4. **Swollen lymph nodes:** Swollen lymph nodes are a common sign of HIV infection.
5. **Weight loss:** Unexplained weight loss is a common symptom of advanced HIV infection.
6. **Night sweats:** Night sweats, especially drenching sweats, are a common symptom of advanced HIV infection.
7. **Diarrhea:** Chronic diarrhea is a common symptom of advanced HIV infection.

It's important to note that these symptoms can be caused by a variety of other illnesses and conditions, so it's important to get tested if you think you may have been exposed to HIV. Early diagnosis and treatment can slow the progression of the virus and improve quality of life.

**PREVENTION:** Preventing HIV transmission is crucial in stopping the spread of AIDS. The following measures can help reduce the risk of HIV infection:

1. **Use condoms during sexual activity:** Latex or polyurethane condoms can reduce the risk of HIV transmission when used correctly and consistently during vaginal, anal, and oral sex.
2. **Limit your number of sexual partners:** The more sexual partners you have, the higher your risk of HIV exposure.
3. **Avoid sharing needles:** Sharing needles, syringes, or other injecting equipment can transmit HIV and other infections.

4. **Get tested and treated for sexually transmitted infections (STIs):** STIs can increase the risk of HIV transmission.
5. **Pre-exposure prophylaxis (PrEP):** PrEP is a daily pill that can help reduce the risk of HIV transmission. It is highly effective when taken consistently.
6. **Preexposure prophylaxis (PEP) after a possible exposure:** PEP is a short course of antiretroviral medication taken as soon as possible after a possible exposure to HIV.
7. **Voluntary medical male circumcision (VMMC):** VMMC has been shown to reduce the risk of heterosexual men acquiring HIV by 60%.
8. **Abstinence:** Abstaining from sexual activity is the only 100% effective way to avoid HIV transmission.

Early diagnosis and treatment can slow the progression of the virus and improve quality of life.

**Conclusion:** From the above experiment, we discussed about the signs and symptoms, and prevention of **AIDS, or Acquired Immune Deficiency Syndrome.**