

# HIV Disease stages and treatment

It is important to test and treat HIV. If left undiagnosed/untreated HIV leads to AIDS.

## The three stages of HIV

### Acute infection



Most people at this stage are unaware of their infection and may have no symptoms, but some will develop a flu-like illness that can last for weeks. The length of this phase varies among individuals.<sup>1,2</sup>

### Clinical latency



The virus is producing at low levels but can still be transmitted. Without diagnosis/treatment this stage can last up to 10 years slowly destroying the immune system. Individuals taking ART have a lower risk of transmitting the virus and better overall health outcomes.<sup>1,2</sup>

### AIDS

AIDS is defined as both low CD4 AND a diagnosed opportunist infection. At this stage a person's immune system is badly damaged, which leaves them more susceptible to other opportunistic infections.<sup>2</sup>



#### Anti-retroviral therapy (ART)

HIV medication recommended for all people with HIV. ART reduces the amount of the virus (or virus load) in your blood or body fluids. If taken as prescribed, it reduces the chance of transmitting the virus to others.



#### Opportunistic infections

Infections that people with a badly damaged immune system are more susceptible to. These infectious pathogens (other bacteria or viruses) take advantage of an opportunity not normally available.

## Symptoms

### HIV

- Fever
- Chills
- Rash
- Night sweats
- Muscle aches
- Sore throat
- Fatigue
- Swollen lymph nodes
- Mouth ulcers

### AIDS

- Rapid weight loss
- Recurring fever or profuse night sweats
- Prolonged swelling of the lymph glands in the armpits, groin, or neck
- Extreme and unexplained tiredness
- Diarrhea that lasts for more than one week
- Pneumonia
- Sores of the mouth, anus, or genitals
- Red, brown, pink, or purplish blotches on or under the skin or inside the mouth, nose, or eyelids
- Memory loss, depression, and other neurologic disorders

We at OraSure stand ready to assist you in the fight against HIV.

Visit [www.orasure.com](http://www.orasure.com) for more information.



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<sup>1</sup> <https://www.hiv.gov/hiv-basics/overview/about-hiv-and-aids/symptoms-of-hiv>

<sup>2</sup> <https://www.cdc.gov/hiv/basics/whatisshiv.html>

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