Unit 5

The Four Fours & the Next 6

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|  **4 Body Fluids of Transmission**SemenVaginal secretionsBloodBreast milk |  **4 Routes of Transmission**Unsafe (risky) sexual intercourse: Anal, Vaginal, OralSharing contaminated needles & injecting equipmentvertical transmissionBlood transfusion/organ donation |
| **4 Means of Prevention**Using latex barriers (External & Internal condoms, dental dam)AbstinenceSterile Needles and injecting equipmentHIV testing/screening the blood supply | **4 Stages of Disease**Transmission of HIV (infection)AsymptomaticSymptomaticAIDS |

**The next 6:**

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| **Other Methods of Biomedical Prevention Against HIV/AIDS**Voluntary Male Medical Circumcision (about 60% effective to protect men who have vaginal sex with an HIV-positive woman)HIV Vaccines (still being researched, not yet available)Pre-Exposure Prophylaxis (PrEP)Vaginal and Rectal Microbicides (still being researched, not yet available)Post-Exposure Prophyaxis (PEP)Treatment as prevention (TasP) |

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| Other items of note• Blood transfusion is no longer considered a problem in the United States due to our “double test” system. However, transfusion remains a problem in other countries, particularly in developing nations. The same is true for organ donation and for hemophiliacs who must receive blood products regularly. • There is no data yet about whether male circumcision offers protection to the female partner if the male partner is HIV-positive. There also is no data about whether circumcision offers protection for those engaging in anal sex (for men or women, where either partner is HIV-positive).• In addition to latex barriers, plastic food wrap (Saran, Handi-wrap, etc.) can be used as an acceptable barrier during oral, non-penetrative sexual activity. |

GBB, updated JUL2013