

# Understanding HIV/AIDS



HIV and AIDS are still unknowns to many people. How much do you know? Try the questions below to test your own awareness. Then read the answers to learn more.<sup>1,2</sup>

True or False?	Answers:
<b>1. HIV and AIDS are the same thing.</b>	<b>FALSE.</b> HIV and AIDS are not the same thing. HIV is a virus that wears down your immune system and makes you more prone to other illnesses. You may get a diagnosis of AIDS when HIV has weakened your immune system to a substantial degree. People with AIDS can get serious infections and illnesses that can be fatal.
<b>2. You can tell if you have HIV by your symptoms.</b>	<b>FALSE.</b> The only way to be certain that you have HIV is through specific lab tests. You can find testing sites near you by going to <a href="https://www.hiv.gov">hiv.gov</a> .
<b>3. Doctors have found cures for HIV and AIDS.</b>	<b>FALSE.</b> As of now, there is no cure for HIV or AIDS. But there are treatments to help. <ul style="list-style-type: none"><li>• For HIV, there is antiretroviral therapy or ART. If you have HIV, ART can help keep you well and prevent you from giving others the virus.</li><li>• For people who have AIDS, there are treatments that may help slow down the progression of disease.</li></ul>
<b>4. It's possible to prevent HIV.</b>	<b>TRUE.</b> There are medicines to help prevent HIV. There are also other steps you can take to protect yourself from getting HIV. Go to <a href="https://www.hiv.gov">hiv.gov</a> to learn more.

We're learning more about HIV/AIDS every day. Find out more by searching "HIV/AIDS" on [cdc.gov](https://www.cdc.gov) or [hiv.gov](https://www.hiv.gov).

**The EAP is administered by Resources For Living, LLC.**

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.