

Title: HIV/AIDS Awareness

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Summary: This paper discusses the basic ways in which a person can acquire AIDS. It discusses the general concept of AIDS and HIV and the general implications it has on the society. It further advocated ways on how to fight AIDS.

#### HIV/ AIDS Awareness

AIDS stands for Acquired Immune Deficiency Syndrome that is caused by the HIV (Human Immunodeficiency Virus). It has been a growing concern in the world for the past 15 years. Personally, You might not know anyone who is suffering from AIDS but there are chances that someday you will. Over one million Americans are estimated to be infected, that is one in every 250 American people. Each year 40,000 to 80,000 Americans become infected with AIDS and HIV. People who are infected with the virus do not die solely because they got infected with it; they die because of the complications resulting from an opportunistic infection because of a compromised immune system.

I know that you are tired of hearing the same old saying about AIDS but it is true. Everyone is at risk of getting this virus. This disease

does not discriminate. It could be young or old, Asians, Americans, male or female, single or married. Every single one of us is at risk of it.

There are different ways wherein you could acquire AIDS. First is by having sexual intercourse with a partner that has that disease or by having sexual intercourse with different partners without proper protection. The youth of today shows that at the early age of 13 to 15, many of them are already sexually active. Young Boys and Girls already have sexual experiences

without being aware of the consequences of it. Some people who are involved in this activity reasoned that they are using condoms as protection so that they will not get infected, but condoms are NOT foolproof. The risk of getting AIDS is still high.

Another way wherein you could acquire AIDS is through syringe infection.

HIV from an infected person can remain in a needle or syringe and can then be directly injected into the body of the next person who uses it.

Sharing any needles, including needles used for drugs, steroids, vitamins, ear piercing, or tattooing is very dangerous.

Another way is by blood transfusion. This was considered a high risk

before because they were not as strict as they are right now. Nowadays, blood products are tested before they are used and blood donors are screened before they could donate their blood.

There are still many questions about HIV and AIDS that needs to be answered. One important thing is that people especially the youth of today should be aware of the consequences of having AIDS/HIV. This is a serious matter. People are dying because of this disease and some are even innocent children.

Now that you are aware of how it spreads, there are two ways wherein you could prevent acquiring it. One is by sexual abstinence. Sexual Abstinence is the only SURE protection that you could count on. Waiting for the right partner is a sure way of not having sexually transmitted disease and I assure you that if you wait, the experience would be more memorable and treasured.

Another approach would be by not using drugs or by not involving yourself with activities involving prohibited drugs. Sharing needles could infect people and people who use drugs often find them selves doing risky

behaviors that could lead to dreadful consequences.

If ever we encounter people who have AIDS/HIV do not discriminate them. They are also people who have feelings and can get hurt. If you ask them on how they got their disease, most of them would answer that they were not aware that they could get it by doing that and so forth. Becoming aware is a key to prevention. Let us do our share and help the world fight AIDS/HIV.