

Understanding HIV/AIDS & The Salon

Understanding the Virus

HIV: Human Immunodeficiency Virus
AIDS: Acquired Immune Deficiency Sndrome

HIV is the virus that causes AIDS. You cannot get AIDS without first having the HIV virus. Beauty professionals should understand that HIV is not a virus you catch from your clients. HIV is a virus of HUMANS that attacks the immune system. Once infected with HIV, the virus quickly reproduces inside the blood cells of the infected person. While there is currently no cure for HIV, it can be prevented by education, acknowledging its existence and changes in behavior. Reducing the risk of transmission begins with education.

There are four known ways HIV is transmitted:

1. Sexual Intercourse
2. Sharing of Needles
3. Body Fluids
4. Babies of Infected Mothers

HIV is NOT spread through casual contact of any kind, such as:

1. Toilets Seats
2. Sharing Dishes
3. Holding Hands, Hugging, etc.
4. Sharing a Telephone

Nor do insects, such as mosquitoes, bugs or animals, spread it. Again, it is a HUMAN DISEASE.

The body fluids that transmit the disease are:

1. Blood
2. Semen
3. Vaginal fluids
4. Breast milk (though rarely)

Some scientists believe it can be transmitted through tears and saliva. This has not been documented and is not known as fact.

AIDS is the final stage of the HIV Virus. You can only develop AIDS after being infected by the HIV virus.

AIDS is characterized by a weakened defense against diseases as an immune deficiency. Once an HIV infected person's system is weakened, they can develop any number of diseases and illnesses, any of which can lead to the death of the AIDS patient.

Symptoms of HIV & the Immune System

The immune system is very complex and operates as an attack system against virus, bacteria and all disease causing organisms. HIV becomes full blown AIDS by attacking this system and causing it to become weakened and deficient. When a virus enters the body, the immune system acts as a defense mechanism. A very complicated chemical chain of events kicks into action and begins to fight the virus.

Your body contains two types of immunity: Innate and Acquired

Innate Immunity

Innate immunity is the immune system you are born with and is made up of specific body parts that help fight off infections and diseases. **Examples are: 1. Skin 2. Stomach Acids 3. Hair**

Your innate immune system is your first source of defense against germs, infections and diseases.

Acquired Immunity

Acquired immunity develops after birth. Certain organs produce disease-fighting cells. Many of these cells produce antibodies that can attack and destroy disease-causing germs. In many situations, the immunity remains in your body.

Your Immune System at Work

White blood cells are designed to find and destroy the invading virus. The white cells call on the “T-Cell” for assistance in the battle against the virus. The T-Cell then takes charge and begins the process of activating the immune system. And the fight is on!!! The T-Cells are also known as “CD4”. T-Cells get help from B-Cells, which attack germs in the blood stream and outside body cells while producing antibodies designed to kill the invading germs.

Once the virus is destroyed the “T-Suppressor Cells” signal the immune system to stop the attack on the virus. When HIV kills the helper T-Cells, there is no back up to activate the B-Cell activity. Since there are too many unchecked suppressor T-Cells slowing down the B-Cell activity, the immune system begins to shut down.

The average person has about 1,000 T-Cells per milliliter of blood. As the T-Cells die, HIV invades even more tissue. The helper T-Cells are the easiest to infect. When they die, any other germs can enter and attack healthy cells. At this point, the immune system can no longer resist other infections, and the HIV victims begin suffering the effects of a failing immune system.

HIV Infection Cycle

Window Period 2 wks to 6 mos.	Incubation Period 5 to 10 years	AIDS 2 to 4 years
HIV Anti-bodies develop	May not show signs of symptoms	Full blown AIDS

Window Period: The time period after contracting the infection until the body has developed enough antibodies for and accurate positive test result is considered the window period. This can range from 2 weeks to 6 months. **However, it is extremely important to understand that the HIV infected person in the window period is infectious and capable of spreading the virus to others.**

Incubation Period: An HIV infected person may not feel sick or exhibit symptoms of the disease for 5 to 10 years or longer. Again, remember that the disease can be spread during this period.

AIDS: Symptoms appear and the immune system begins to break down. Although the infected person does not have “Full Blown AIDS”, they will begin showing signs of the many associated symptoms. AIDS is confirmed as positive upon receiving a positive HIV antibody test and having one or more of the many opportunistic infections.

Early Warning Signs

Many of the symptoms occurring below are common to a variety of illnesses. However, persistence of any of them for several weeks could signal progression of HIV disease. Consult your doctor for treatment and seek information immediately.

Treatments for HIV/AIDS

While there is still no cure for HIV, several drugs are available and believed to slow down the virus in the body, giving a more productive life span to the HIV patient. Medicines for HIV/AIDS are changing so rapidly that it is necessary to consult the AIDS Hotline for the most recent information on new treatments. AIDS Hotline # is 800-342-2437. Current treatments include the following drugs.

AZT – Zidovudine—*A drug given during the early treatment to slow down the immune system deterioration*

DDI – Didanosine

DDC – Zalcitabine

Stavudine

These are all being used alone or in combination with each other to slow down the disease. They all have certain side effects, which could include the following symptoms:

Nausea

Diarrhea

Anemia

As well as others

There are many drugs being tested. The Food and Drug Administration (FDA) is trying to speed up the approval process in an effort to make new treatments available as quickly as possible.

Sexually Transmitted Diseases, their symptoms and consequences when left untreated:

HIV – Symptoms of Human Immunodeficiency Virus:

More than half of all patients with HIV have a brief flu-like illness 3-6 weeks after becoming infected. Some patients may have swollen glands beginning around this time. The blood test for HIV antibody may not be able to tell if a person is infected for up to 6 months after infection.

If Not Treated:

You can give HIV to your sexual partner or someone with whom you share a needle. It can be spread by sharing needles to inject IV drugs, or during anal sex, sexual intercourse and possibly oral sex with someone infected with HIV. A mother can also spread it to her unborn child or through her breast milk.

AIDS – Symptoms of Acquired Immune Deficiency Syndrome:

Symptoms show up several months to several years after contact with HIV, the AIDS virus. Symptoms include: flu-like feelings that don't go away, unexplained weight loss, diarrhea, white spots in the mouth and purple bumps on the skin and inside the mouth, nose and/or rectum.

If Not Treated:

You can give AIDS to your sexual partner or someone with whom you share a needle. Once AIDS has been contracted, there is no cure. Most people die from AIDS. A mother can pass AIDS to her unborn baby during birth or through breast milk.

All Sexually Transmitted Diseases (STDs), including AIDS, are spread during sexual intercourse, oral sex, and anal sex with someone who has a STD. In addition, sharing needles to inject IV drugs spreads the AIDS virus.

National STD Hotline 1-800-227-8922

Connection Between Tuberculosis (TB) and HIV (The AIDS Virus)

People infected with HIV are more likely to get other infections and diseases as well. Tuberculosis is one of these diseases. TB is an infectious disease that is spread through the air. TB usually affects the lungs. The germs are put into the air when a person with TB disease of the lungs or throat coughs or sneezes. TB also affects other parts of the body such as the brain or the spine.

General Symptoms of TB may include:

Weakness Nausea Weight loss Fever Night Sweats

Symptoms of TB of the Lungs include:

Long term cough Chest pain Coughing up blood

Other symptoms depend on the particular part of the body infected. TB infection may be spread to other people who share the same breathing space (such as family members, friends, coworkers, roommates) with someone who has TB. Because HIV infection weakens the immune system, someone with TB infection and HIV infection has a very high risk of getting TB disease. Without treatment, these two infections can work together to shorten the life of the person infected with both.

History and Statistics of HIV

The CDC, Center for Disease Control, in 1981 acknowledged more than 100 cases of a syndrome involving PCP, a rare lung disease called Pnumocystis Carinie Pneumonia. It was originally discovered in four young male homosexuals. Because of the high incidence of homosexuals having the disease, it was labeled as a gay disease. HIV was first labeled – Gay Related Immune Deficiency Syndrome or (GRIDS). As other groups were identified it was renamed AIDS.

Florida ranks third among the fifty states in number of AIDS cases. Florida ranks number one in the nation for heterosexual transmission of HIV according to the CDC.

Approximately 20% of AIDS patients got the virus from contaminated needles.

There has been a decline in the rate of infection for gay men since the beginning of the aggressive approach to prevention education. However, infection among heterosexual adolescents is on the rise. Both adolescents and young women are the fastest growing groups of HIV infected in the US.

There remains no cure in sight. Common sense and universal precautions are the best defense against HIV.

How HIV is Transmitted

AIDS destroys the body's immune system, which protects the body against disease. This is why HIV patients develop many strange and rare illnesses. They have no resistance left to fight off the germs that cause the disease.

Important Facts to Know:

1. The HIV virus has been found in blood, semen, vaginal fluids, breast milk, tears and saliva. However, to date it has not been proven to be spread by tears and saliva and only rarely by breast milk.

2. It is most often transmitted through sexual contact with an infected person or through HIV infected blood.
3. It can be spread from mother to baby during pregnancy, during birth and after birth, possibly by breast milk.
4. HIV cannot penetrate unbroken skin, however, it does enter through diseased, chapped or cut skin.
5. HIV is not easy to contract and it dies very quickly outside the body.
6. Homosexual men become infected when the fragile membranes of the rectum are torn during anal sex. HIV infected semen enters through the torn tissue.
7. Heterosexual activity spreads the disease to women through vaginal and anal sex due to the delicate tissues of the vagina and rectum.
8. Approximately 1/3 of all infants born to women with HIV develop the disease. However, recent studies show that in certain cases, pregnant women who take the drug Zidovudine have less risk of transmitting HIV to their babies.
9. Many children, hemophiliacs and transfusion patients have been infected through blood transfusions.

Legal Rights of the HIV/AIDS Patients

HIV/AIDS education is required in Florida for all health and beauty professions. It is a requirement for the renewal of most professional licenses on a biennial basis. Because of the nature of the beauty profession and its hands on contact, you will be required to encourage all clients with open sores to consult their doctors and secure a note of release to confirm they are not a health risk to anyone in the salon. These same rules apply to barbers, cosmetologists, nail and facial specialists, electrologists and massage therapists.

The laws are changing to protect the rights of HIV/AIDS patients and it is important for all beauty professionals to understand and respect those rights. The Right of Informed Consent means that no one can be required to submit to testing against his or her will. Tests cannot be done without consent and a person must be agreeable to the testing and understand their rights pertaining to the results of the tests.

Testing for HIV/AIDS

There are currently three common tests used to diagnose the HIV virus:

1. **Elisa**
2. **WB – Western Blot**
3. **IFA – Immunofluorescent Assay**

Elisa is the most commonly used test and is often at anonymous testing sites as well as physicians' offices. It is the first test done for HIV antibodies. If a positive test result is present with the Elisa, the same blood is retested using either the WB or IFA method. The WB and IFA are usually used to confirm the Elisa diagnosis and are more specific than the Elisa. Only after receiving a positive result from the latter process is the patient informed that they are HIV positive. These tests are considered 99% accurate.

Confidential/Anonymous Testing

Confidential: You can choose to be tested confidentially. However, by choosing this method of testing you will be using your name and personal information. HIV testing remains a very strict process. The HIV test must be done on all blood and body tissues donated for transfusions or transplants.

Anonymous: Many people hesitate to be tested because of their concern for privacy and fear of public response. Going to a local health clinic can retain complete privacy. You will be assigned a number as a means of identification. Your name and personal information is not required or used.

Counseling:

No matter which form of testing is chosen, professional counseling before and after testing is very important. Pre-test counseling is critical for establishing knowledge of at risk behaviors, modifying those behaviors and acknowledging the “what if” scenario. Post-test counseling carries many responsibilities:

1. If a negative result is given, it is necessary to retest due to the window period.
2. To address the importance of eliminating the risky behavior that prompted the initial testing
3. If positive, the counselor will suggest a retest be done. The counselor may ask about past sexual partners or drug injecting users. This is only to attempt to encourage those persons to be tested.
4. The counselor will refer you to the proper medical facility and/or physician.
5. The counselor will discuss various ways that you can help protect your immune system.

HIV test results cannot be released without written consent. When medical records are subpoenaed, a court order is required for release of HIV test results. HIV test results are given only in person and are not given over the phone or by mail. Only those with a “need to know” are permitted access to test results. These are usually your health care professional and/or insurance provider.

Attitude and Behavior

It is important for beauty professionals to have a clear and concise understanding of how AIDS is and is not transmitted. Cosmetologists and barbers as well as nail techs and facialists can have a profound impact on the HIV infected client. The HIV infected client already faces enough stress and fear without having to face rejection or hesitancy from their hair, nail or skin care provider.

Several Issues to Take into Consideration:

1. The HIV patient usually does not want to talk about their condition, nor do they want your unsolicited advice, especially during the early diagnosis period.
2. The beauty professional should feel confident in knowing that AIDS cannot be transmitted through the casual contact involved in performing beauty services.
3. The beauty professional needs to recognize that AIDS is a fact of life and develop consistent standards of sanitation, sterilization and disinfection practices.
4. With proper understanding of AIDS there is no need for fear.

This enables the professional to accept the HIV positive client and give that client emotional support as well as service their hair, nail and skin care needs. It is important for the HIV positive patient to address the behavioral patterns that led to their disease. A change in high-risk behavior can't reverse the disease, but it has been shown to lengthen the productive lives of many HIV infected patients.

Precaution and Preventions

HIV is considered a Sexually Transmitted Disease because it is most often transmitted through sexual contact. Therefore, it can be spread through any and all unprotected sexual activities. For this reason, all sexually active people are at potential risk. Behaviors involving the exchange of body fluids are considered the most risky of all.

The following sexual activities pose the greatest risks:

Anal Intercourse

Vaginal Intercourse

Oral Sex

Sex with Prostitutes

Having sex once with an infected person is all that it takes to become infected. However, having many partners, especially those who have lots of partners greatly increase the risk of infection. The only 100% way to avoid acquiring HIV is by abstaining from sexual activity completely. If you don't have sex, do drugs or share body fluids, including blood transfusions, you can avoid HIV infection. The next best option is remaining in a monogamous relationship. Meaning you have but one partner who has only you. As long as you are both faithful to each other, you will avoid the risk of HIV from sexual contact. Vaginal fluids pose the same risk as semen.

Safer Sex

Certain sexual activities are safer than others. By avoiding penetration you reduce your risk of infection. Some non-penetrating activities include: Body rubbing, Massage, Mutual masturbation, Erotic dancing, Showering together.

When choosing to have sexual intercourse, the "proper" use of a "Latex Condom" will greatly reduce your risk. The proper use of a latex condom includes the use of a water-based lubricant, such as K-Y Jelly. Do not use Vaseline or petroleum jelly. These will cause the condom to break or corrode.

Digital sex (hand/fingers to genitals) is a fairly safe act, unless there are cuts or sores in which case the risk becomes great. It is safest to use a latex glove as a barrier to prevent transmission of body fluids. At all costs, avoid sex with:

1. **An HIV infected person**
2. **Anyone who shares needles**
3. **Anyone having sex with a drug user**
4. **Prostitutes**
5. **Anyone who has had sex with a prostitute**

Avoid sharing a needle with anyone for any reason. If not sterilized, needles in certain activities such as tattooing and electrolysis can also spread HIV.

Universal Precautions & Recommendations

Barrier protection, personal cleanliness and disinfection are the three "precautions" that make up the meaning of "Universal Precaution". All three methods must be used to be truly effective.

1. Barrier Protection – Puts a shield between you and your clients
2. Personal Cleanliness – Washing your hands, keeping your work area clean, etc.
3. Disinfection – Removing germs from your tools, equipment and work area

Recommendations:

1. Hands should be washed before and after client contact and immediately if hands become contaminated with blood or other body fluid. Hands should be washed when removing gloves.
2. Gloves should be worn whenever there is a possibility of contact with body fluids.
3. Masks should be worn whenever there is a possibility of splashing of body fluids.
4. Both client and professional should wear smocks if soiling of clothing or splashing on exposed skin is likely.
5. To minimize the risks for exchange of body fluids during resuscitation procedures, pocket masks or mechanical ventilation devices should be readily available where these procedures are likely to be needed.
6. Spills of blood or blood-contaminating body fluids should be cleaned up using a solution of household bleach and water in a 1 to 100 solution for smooth surfaces and 10 to 10 for porous surfaces. Diluted bleach solutions should be no more than 24 hours old.

7. Beauty professionals who have open lesions, dermatitis or other skin irritations should not participate in direct contact and services and should not handle contaminated equipment or supplies, such as towels, smocks, capes or even handle used cotton strips.
8. Sharp objects such as shears, razors, nippers and needles pose the greatest risk for exposure. Contaminated needles and other disposable objects should be discarded into a puncture-resistant “sharps” container designed for this purpose. Using 70% alcohol to wipe implements with a cutting edge should disinfect contaminated reusable objects, such as shears, etc. Another approved method of disinfection is to clean then soak them in a 1 to 1000 solution of an EPA registered quaternary ammonium compound (Quat) for 10 minutes. The EPA has also listed “Lysol” as a killer of HIV. It can be used right out of the bottle to wipe your instruments. Chlorine bleach is very inexpensive, easy to use, and effective in killing most germs.

**Complete the test on the following page,
to receive credit for this course.**

To complete the test(s) and receive your certification credit, answer each question by circling the correct answer. Be sure to keep a copy for your records. A minimum score of 75% is required for a passing grade.

Remove test (page 9), Evaluation Survey, and Request for Certification. Complete each document and mail to Florida Association of Beauty Professionals, PO Box 10437, Tallahassee, FL 32302.

Understanding HIV/AIDS Test Questions

1. T F You can get AIDS without first getting the HIV virus.
2. T F HIV is a virus that attacks the immune system.
3. T F Once infected with AIDS, the patient cannot contract other diseases.
4. T F The AIDS virus can be spread by sharing needles.
5. T F HIV cannot be spread from mother to baby during pregnancy or childbirth.
6. T F HIV is very easy to get from casual contact.
7. T F HIV has been spread through blood transfusions.
8. T F Exchanging body fluids poses the greatest risk for HIV infection.
9. T F Examples of Innate Immunity are Skin, Stomach Acids and Hair.
10. T F The T-Cell activates the immune system.
11. T F The average person has only 100 T-Cells per milliliter of blood.
12. T F The window period, after becoming infected, ranges from 2 weeks to 6 months accurate testing.
13. T F During the incubation period, the disease cannot be spread
14. T F During the incubation period, the infected person is very sick.
15. T F Symptoms of TB of the lungs include long term cough, chest pains and coughing up blood.
16. T F TB is one of the few diseases related to HIV that is easily prevented and cured with medicine.
17. T F AZT is a drug given during early treatment.
18. T F The Food & Drug Administration is trying to speed up the approval process to help make new treatments readily available.
19. T F Florida ranks number one in the nation for heterosexual transmission of HIV.
20. T F Vaginal fluids are not as dangerous as male semen.
21. T F The Right of Informed Consent means no one has to have an HIV test against their will.
22. T F There is currently only one test for HIV.
23. T F HIV test results are public records that anyone has the right to see.
24. T F AIDS is confirmed upon receiving a positive HIV antibody test “and” having one or more of the opportunistic infections.
25. T F Contaminated needles and other disposable objects should be disposed in a puncture resistant “sharps” container.
26. T F Universal Precautions includes the practice of Barrier Protection, Personal Cleanliness and Disinfection.
27. T F The EPA has approved Lysol as an effective “Killer” of HIV germs.
28. T F Shears and metal instruments can be disinfected by wiping with and dipping in 70% alcohol.
29. T F Having unprotected sex only once with an infected person is O.K.
30. T F If you don’t have unprotected sex you won’t get the HIV infection.

Evaluation Survey

Please grade us on our performance for you. (Note: Rating scale 10=Excellent, 1=Poor.)

1. Please rate the value of this course / booklet to you:

10 9 8 7 6 5 4 3 2 1

2. What was the most valuable information you obtained from this program, workshop, etc?

3. What was the least valuable information received at this program, workshop, etc?

4. How could this program be more valuable to you?

5. What type of classes would you be interested in attending in the future?

6. Please rate the overall course material and presentation package.

10 9 8 7 6 5 4 3 2 1

Name: _____ Date: _____

Request for Certification

To receive your certificate, make sure your correct name, address, telephone number and professional license number are all clearly *printed* on this form and mailed with your answer sheets.

**Mail to: Florida Association of Beauty Professionals
PO Box 10437
Tallahassee, FL 32302**

PLEASE PRINT

Name _____

Phone # _____

Address _____

City/State/Zip _____

Professional License Number _____ **Issuing State** _____

I certify that I have personally completed the courses submitted and answered the questions to the best of my ability.

Signature **Date**

For FAB's Use Only:
Certificate Mailed

Course Payment made on _____ Paid _____
Received by _____ Distributor Code _____

