HIV and Sexual Assault
What is HIV?

- HIV (Human Immunodeficiency Virus) is the virus that causes (AIDS) Acquired Immunodeficiency Syndrome
- Decreases the body’s ability to fight infections
- There is no cure. Treatment for HIV includes taking multiple medications daily for the rest of the person’s life
How is HIV spread?

- Blood
  - Cuts or wounds on the skin
  - Sharing needs when using drugs

- Bodily fluids
  - Semen (cum or ejaculate)
  - Vaginal fluids
  - Sexual contact (anal, vaginal, oral)

- HIV is NOT spread by
  - Touching somebody with HIV
  - Kissing somebody with HIV
  - Objects: toilet seats, silverware
Who has HIV?

• In MN there are ~9,000 people with HIV/AIDS (2018)
• 1 in 5 people with HIV do not know they have HIV/AIDS
• 50% of people in MN with HIV live in the metro area
• Ethnicities with highest rates of HIV
  – African-born
  – African American
  – Hispanic
  – White

New HIV diagnosis 2018

City of Minneapolis 75 cases (26%)
City of St. Paul 33 cases (11%)
Suburban* 113 cases (40%)
Greater Minnesota 65 cases (23%)
Total 286 cases
HIV and Sexual Assault

You are at an increased risk of HIV if your assailant is:
- A man who has sex with men
- Injecting drug user
- Is somebody who pays or gets paid for sex
- Someone with a history of STI/STD (sexually transmitted infections)

<table>
<thead>
<tr>
<th>Type of Exposure</th>
<th>Estimated Risk</th>
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<tbody>
<tr>
<td>Anal intercourse (sex)</td>
<td>0.5% to 3.0% (1/200 to 6/200)</td>
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<tr>
<td>Vaginal intercourse</td>
<td>0.1% to 0.2% (1/1000 to 2/1000)</td>
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<tr>
<td>Oral intercourse (his penis inserted into mouth)</td>
<td>0.01% (1/10,000)</td>
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What can I do to lower my risk of getting HIV?

• PEP (post-exposure prophylaxis) is a combination of medications that are used to help prevent HIV infection after possible exposure
• Get follow-up HIV tests as your nurse suggests
• Practice safer sex until you know you are not HIV positive
About PEP

• Medications are taken for 28 days
• You should start meds less than 72 hours after event, sooner is better
• It is very important that you take all the medications and follow up as instructed
• Medications are usually well tolerated
• Common side effects:
  – Nausea/vomiting
  – Stomach pain
  – Headache
  – Weight loss
  – Tiredness/sleeping disturbances
Recent Sexual Assault

Sexual assault within 72 hours

HIV Status of Assailant

Known HIV +
- Characteristics of Assailant
  - Known active STI’s
  - MSM
  - Injecting drug user
  - Sex worker
  - Multiple partners
  - African born

Unknown

Known HIV -
- Risks Related to Assault
  - Higher Risk:
    - multiple assailants; anal penetration; vaginal penetration with injury; contact with blood, semen or vaginal fluid, many injuries; STI
  - Lower Risk:
    - oral or vaginal penetration without injuries, use of condoms

Patient eligible, consider use of PEP

Sexual assault > 72 hours

PEP not recommended. Discuss when to follow up.
What can I do now if I decide to take medications to reduce risk of HIV?

• Take all the medications
• You will be getting 28 days of mediations today. Make an appointment to follow up in 1 or 2 days for lab work.
• Let your doctor know if you are having a hard time taking the medications.
• Protect yourself: good diet, good hygiene, tell your partner, practice safe sex
• Repeat HIV testing at 6 weeks, 3 months, and 6 months
What questions do you have about HIV and medications to prevent it?
References:


