The leukocytes which are present in our blood, work like a police and protect us against various bacteria which can cause us diseases. This ability of our body is known as immunity system.

But the micro bacteria (Viral) which are named as HIV enter into the leukocytes of our blood and damage these cells. Due to this, slowly and gradually our immune system gets destroyed.

It takes approximately 8 to 10 years or more for it to completely destroy our resistance power. During this period, the body does not show any sign of disease, but such a person can be infectious for others.

When the resistance power of the body gets destroyed completely, then the bacteria which can cause different types of diseases can easily attack our body. All these symptoms of diseases is called Aids.

How does HIV spread?

- Due to unprotected sex, without using a Condom
- Due to using an infected needle or syringe.
- From an HIV/Aids infected pregnant mother to the child whom she gives birth
- Through blood transfusion wherein infected blood is transfused.

HIV can be prevented from spreading.

- Always use condoms while having sex.
- Always use a new or a boiled needle or syringe which is free of infection.
- A pregnant woman should get herself examined for HIV. She also must take proper advice for the same.
- Whenever blood needs to be given to a patient, use the HIV tested blood only.

Do you know that we can prevent the HIV infection which the kids can get from their mother?
- Women who would be HIV positive need to avoid unwanted pregnancy.
- It is necessary for a pregnant lady that they undergo an HIV test in order to know whether they are infected or not.
- The gynaecology department of the CIMS hospital provides the necessary guidance and the laboratory test facilities.
- The HIV infected (Positive) mother and her new born child are given the drug dosage at the time of pregnancy. Due to this, the risk of infection being transmitted from the mother to the child can be reduced.

**Spreads of HIV infection**

<table>
<thead>
<tr>
<th>Transmission</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>During pregnancy</td>
<td>5 to 10 percent</td>
</tr>
<tr>
<td>During delivery</td>
<td>15 to 20 percent</td>
</tr>
<tr>
<td>During breast feeding</td>
<td>5 to 15 percent</td>
</tr>
</tbody>
</table>

- Regularly consult the counsellor.
- Go for periodic laboratory tests in order to find out the status of their immune system.
- After these tests are done, if required go for further treatment.
- Take special care regarding cleanliness.
- Eat nutritious food.

34 percent of the children get infected from their HIV infected pregnant mother who gives birth to them. Only 66 percent of such kids are normal.