



**Sierra County
Substance Use Services
TB~ HIV ~ STD Information**

Tuberculosis (TB) is a disease that affects the lungs. It can also affect the brain, kidneys or spine and can lead to death if untreated. TB is spread through the air, NOT by sharing dishes or kissing. A person can have a TB infection (TB Positive), but if you take medicine can prevent the disease from developing.

Risk of Acquiring TB

HIV infection

With an infected TB person

You injected illegal drugs

You're from another country

You visited another country

Symptoms of TB Disease

Bad cough for 3 weeks or longer

Pain in chest

cough up blood

Night sweats/fever/chills

weakness/tired/weight loss

TB testing is available at the Public Health Department.

TB can be treated with medicine. See your Public Health Nurse or your Physician.

For more information see the Public Health Department.

SEXUALLY TRANSMITTED DISEASES (STDS)

There many Sexually Transmitted Diseases that are either bacterial or viral which are acquired by unprotected oral, anal or vaginal sex. Some STDS are passed from mother to child during pregnancy.

SYPHILIS- Bacteria that if not treated can cause brain damage, heart disease and other major health problems. Can cause serious problems with babies if you are pregnant.

HERPES- A virus, Not life threatening but can increase your chances of getting HIV during unprotected sex. No cure but medicine can reduce outbreaks of sores.

HUMAN PAPILOMA VIRUSES (HPV) - A virus which is most common in United States. HPV can be a precursor to cervical cancer in women. Men carry the virus on their penis; women carry the virus in the vagina. No cure at this time, but women need continuous monitoring with pap smears to watch for cervical cancer. Gardasil vaccine is available at the health dept to help prevent HPV, but will not cure it.

CHLAMYDIA/GONORRHEA- Both are a bacteria which can cause serious infections leaving a person (man or women) sterile, unable to have children. Medicine can kill the bacteria and both partners need to take the medicine.

Other STDS are Trichomonas, Molluscum Contagiosum, NGU, Chancroid, and Hepatitis C which can all be acquired from unprotected sexual contact.

ALWAYS USE A CONDOM DURING SEXUAL ACTIVITY AND SEE A PHYSICIAN OR HEALTH DEPARTMENT FOR ANY PROBLEMS.

**HUMAN IMMUNODEFICIENCY VIRUS (HIV)
ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS)**

HIV/AIDS is a disease that is spread from person to person by direct contact with infected body fluids (blood, semen, vaginal fluids and breast milk). Not by sneezing, shaking hands, sharing toilets or mosquitoes.

HIV destroys white blood cells which destroys the body's ability to fight off germs. HIV causes AIDS which makes a person very ill and can eventually kill them.

HIV/AIDS is obtained by:

1. Sharing needles (IV drug users)
2. Exchange of body fluids (blood, semen, vaginal fluids, breast milk).
3. Mother passes HIV to infant during pregnancy.

A person can have HIV for 10 years and not know it, but is carrying the virus and passing it on to others by sharing needles or having unprotected sex. The only way to know if you have HIV is to get an HIV test.

**HIV RAPID Testing is available at the Health Department.
Results are kept confidential. Test is done in 20 minutes.**

**FOR MORE INFORMATION ABOUT TB, STDS AND
HIV/AIDS ASK FOR BROCHURES AT THE HEALTH
DEPARTMENT.**

**I have read this information and have had all my concerns and questions answered.
I am aware of the testing for TB, HIV and STDS at the Health Department.**

Clients Signature _____ **Date** _____

Witness _____ **Date** _____

**Sierra County Human Services
Original Copy to be kept in chart**