

Dear all

Knowledge regarding HIV symptoms needs to be highlighted as it is not projected as other issues related to HIV. Today we are sharing with you an article which describes the different symptoms of HIV and

When to Call a Doctor

Call your health professional if any of the following conditions develop:

- Fever higher than 103° (39.4°)
- Fever higher than 101° (38.3°) for 24 hours
- Shortness of breath
- Cough that produces mucus or sputum (a thick fluid produced in the lungs and in the airways leading to the lungs)
- Ongoing diarrhea
- Unusual bleeding, such as from the nose or gums, blood in the urine or stool, or easy bruising
- Ongoing headache
- Changes in vision
- Rapid, unexplained weight loss
- Night sweats
- Fatigue
- Swelling of **lymph nodes** in the neck, armpits, or groin
- Unusual sores on the skin or in the mouth
- Increased outbreaks of cold sores
- Severe numbness or pain in the hands and feet
- Personality changes or decline in mental ability, such as confusion, disorientation, or an inability to do mental tasks that the person has done in the past
- Sores, bumps, rashes, blisters, or warts that appear on or around the genital or anal areas

Suspected or known exposure to HIV and symptoms are present

Many people have a **flu-like** illness 3 to 6 weeks after they are first infected with HIV, but symptoms can occur within a few days of infection. Symptoms of **acute retroviral syndrome** (such as nausea and headache), which are the first signs of HIV infection, are often mistaken for symptoms of another viral infection.

Call your health professional to determine whether HIV testing is needed if you suspect you have been exposed to HIV, particularly if you engage in **high-risk behavior** and develop any of the following symptoms:

- Abdominal cramps, nausea, or vomiting
- Diarrhea
- Enlarged lymph nodes in the neck, armpits, and groin
- Fever
- Headache
- Muscle aches and joint pain
- Skin rash
- Sore throat

- Weight loss
- Yeast infection of the mouth (**thrush**)

Initial symptoms of HIV infection may be mild to severe and usually disappear on their own after 2 to 3 weeks.

Suspected or known exposure to HIV but symptoms are not present

If you have not been tested for HIV, call your health professional if:

- You suspect that you have been exposed to HIV.
- You have engaged in high-risk behavior and are concerned that you were exposed to HIV.
- Your sex partner engages in high-risk behavior.
- Your sex partner may have been exposed to HIV.
- Your sex partner has HIV.
- You develop any of the symptoms listed above.

Getting tested for HIV can be scary; however, the condition is treatable so it is important to get tested if you think you have been exposed. Early detection and monitoring of HIV will help your doctor determine whether the disease is progressing and when to start treatment.

Watchful Waiting

Watchful waiting is a period of time during which you and your doctor observe your symptoms or condition without using medical treatment. Watchful waiting is not appropriate if you suspect or know you have been exposed to HIV or another sexually transmitted disease, such as **syphilis**. If you think you have been exposed to HIV, talk with your doctor about being tested for the virus.

Until you know the results of your test:

- Avoid **sexual contact** with others. If you do have sex, **practice safe sex**.
- Do not share needles, syringes, cookers, cotton, cocaine spoons, or eyedroppers.

Who to See

Health professionals who can diagnose and may treat **HIV** include:

- Family medicine doctors.
- Internists.
- Infectious disease specialists.
- Nurse practitioners.
- Physician assistants (PAs).

HIV can also be diagnosed and treated at an HIV care clinic.

If you do not have a health professional

Public health clinics and other organizations provide low-cost, confidential testing and counseling about HIV and high-risk behavior. If you have questions about the testing procedure, ask your health professional to explain the procedure to you.

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