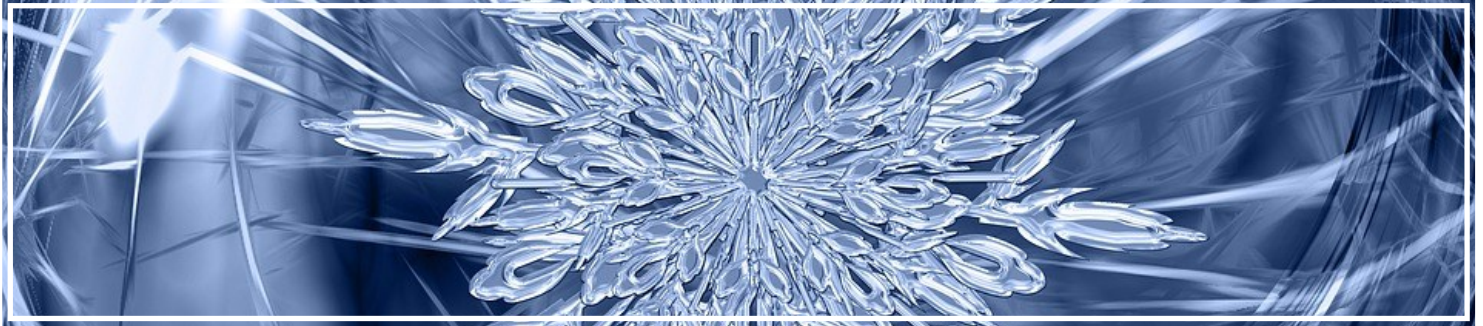


# PUBLIC HEALTH CONNECTION



## HIV/AIDS

December 1st is World AIDS Day, although everyday at SCHD we work to bring awareness about HIV.

### What is HIV?

HIV (*human immunodeficiency virus*) is a virus that attacks cells that help the body fight infection, making a person more vulnerable to other infections and diseases. It is spread by contact with certain bodily fluids of a person with HIV, most commonly during unprotected sex (sex without a condom or HIV medicine to prevent or treat HIV) or through sharing injection drug equipment. If left untreated, HIV can lead to the disease AIDS (*acquired immunodeficiency syndrome*).

### HIV Treatment

There is treatment available called ART (antiretroviral therapy). If taken as prescribed, HIV medicine can reduce the amount of HIV in the blood (also called the viral load) to a very low level. This is called viral suppression. If a person's viral load is so low that a standard lab can't detect it, this is called having an undetectable viral load. People with HIV who take HIV medicine as prescribed and get and keep an undetectable viral load will not transmit HIV to their HIV-negative partners through sex. "This is great news. With proper medication and care, people living with HIV can live long and healthy lives," says Stuart Scott, Community Health Interventionist for the Scott County Health Department.

### HIV Prevention

Condoms are highly effective in preventing HIV and other sexually transmitted infections (STIs), like gonorrhea and chlamydia. The Centers for Disease Control and Prevention (CDC) recommends pre-exposure prophylaxis (PrEP) as an HIV prevention strategy. Taking PrEP medication as prescribed reduces the risk of getting HIV via sexual contact by about 99% and reduces the risk of getting HIV by at least 74% among persons who inject drugs (PWID).



### OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

### OUR VISION:

Scott County—  
A safe and healthy community.



## SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, December 15, 2022.*
- *SCHD will be closed Friday, December 23 and Monday, December 26, 2022 in observation of Christmas.*

## Links

- Preplowa: [www.prepiowa.org](http://www.prepiowa.org)
- Scott County Health Department HIV Testing Program: <https://www.scottcountyiowa.gov/health/hiv-testing>
- Scott County Health Department - Fight the Flu: <https://www.scottcountyiowa.gov/health/post/fight-flu-0>
- Vaccines.gov: <https://www.vaccines.gov/find-vaccines/>
- CDC - Clean Hands Save Lives: <https://www.cdc.gov/handwashing/when-how->

## Fight the Flu

**It's not too late to fight the flu!** The first week of December is both National Influenza Vaccination Week and National Handwashing Awareness Week. The best way to prevent flu and reduce the risk of serious complications is by getting a flu vaccine every year. You can find a vaccine location near you by visiting [vaccines.gov](http://vaccines.gov).

Handwashing is one of the easiest and most effective ways to protect yourself and your family from getting sick. Wash your hands with soap and water for at least 20 seconds or use hand sanitizer if soap and water are not readily available. Some other easy steps you can take to stop the spread of germs include:

- Cover coughs and sneezes
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Clean and disinfect surfaces and objects that may be contaminated



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