

# ***Don't Let HIV Be Your Endgame:***

## ***Level 1, The Virus***

### **Transcript for Audio**

#### **Slide 1: *Don't Let HIV Be Your Endgame: Level 1, The Virus***

- **Welcome to *Don't Let HIV Be Your Endgame: Level 1, The Virus*.**
- **This training is the first level of a three-level free Oklahoma State Department of Health (OSDH) online HIV prevention education series for Oklahoma middle school and high school students.**
- **The titles of the three levels of this series:**
  - ***Level 1, The Virus.***
  - ***Level 2, Person to Person.***
  - ***Level 3, Testing and Treatment.***

## Slide 2: Tutorial

- **Hi, I'm Nurse Toni, your virtual assistant. Please select the audio button below on the slide to hear me speak.**
- **Like most tools and tactics in game modes, you'll need information to champion against HIV.**
- **I'm glad you're here and I'm here when you need me which is most of the time.**
- **The entire course is narrated and the Tutorial is located in the Transcript.**
- **Select my image on this slide to open to the Transcript for a free download.**
- **Remember: Do you want your life to be controlled by HIV or do you want to control your life? What's your endgame? You have a choice.**

## **Slide 3: Navigate**

- **Use the Title Tab to move forward for each slide (see the Navigate Title Tab on this slide), select in sequence the labeled Title Tabs.**
- **Play the Audio Button for the narration and then choose the next Title Tab (see Menu Title Tab).**
- **There are other buttons to select:**
  - **The top bar includes navigation buttons.**
  - **The bottom bar includes six action buttons.**

## Slide 4: Menu

- **Selecting any section title on this Course Menu moves you throughout the presentation.**

## Slide 5: Content

- **In this level, you will cover content:**
  - **Identify your enemy.**
  - **Recognize battle strategy.**
  - **Discover infectious stages.**

## Slide 6: Objectives

- For the **1<sup>st</sup> Level, The Virus**, the objectives provide you the game plan:
  - List the names of this virus.
  - Describe the CD<sub>4</sub> cell conflict.
  - Explain the three stages.

## **Slide 7: What have you learned? Question 1**

- **Glad you've been paying attention.**
- **Follow the instructions, then move forward using the Next Slide Action Button in the bottom bar for your 1<sup>st</sup> goal.**
- **What is the topic of this prevention education?**

## **Slide 8: Objective 1 List the Names of This Virus**

- **How do you identify the enemy?**
- **To reach your first goal in *Level 1, The Virus*, you will learn the names of this virus.**
- **You begin by discovering STIs.**



## Slide 9: STD/STI

- **In any language, sexually transmitted invaders spread from person to person by sexual activity causing permanent illness.**
- **First called VD or venereal disease, sexually transmitted diseases eventually were labeled STDs.**
- **Recently, STD, has been replaced with STI, sexually transmitted infection.**
- **What's the difference between infection and disease? Any sexually transmitted virus or bacteria or parasite that invades your body can be described as creating infection that may or may not cause disease.**
- **Recognize HIV as a STD/STI.**
- **Also, having another STI that causes breaks or sores on your skin increases the probability of getting and sharing HIV.**
- **Transmission of HIV is presented later in *Level 2, Person to Person*, of the three-part series.**

## Slide 10: HIV 1/2

- **Yes, there are two types of HIV:**
  - **HIV 1 is most common in the US.**
  - **HIV 2 is most concentrated in sub-Saharan Africa that's West, East, Central and Southern African nations.**
- **But what is HIV?**
- **The letters HIV are a type of acronym known as an initialism you pronounce one letter at a time:**
  - **H - means in Humans only.**
  - **I - is for Immunodeficiency. It attacks a human's immune system reducing your body's defense to invasion and infection from bacteria, viruses and parasites.**
  - **V - identifies it as a Virus. It's very small and doesn't leave the body like other viruses.**
- **HIV**
- **So, how does HIV assault the body?**

## **Slide 11: HIV**

- **In Assault mode, stealth HIV stresses your body's immune system.**
- **As a retrovirus with RNA genetic material, it cannot reproduce outside the human body.**
- **When it blends with the DNA in each cell of your body, it holds the Host (that's your cell) Hostage.**
- **Converting the kidnapped cell into a HIV manufacturing plant, your cell eventually self-destructs.**
- **Without the medication antiretroviral therapy (ART), in Endless mode, for all your life, there's no ransom and HIV kills you one cell at a time.**
- **Is HIV the same as AIDS?**

## Slide 12: AIDS

- **No, not exactly.**
- **People living with HIV (PLWH) actually contract HIV before they may develop AIDS.**
- **With the use of ART, HIV doesn't become AIDS.**
- **The letters AIDS are an acronym which means pronounced it as a word:**
  - **A - means Acquired. You contract the virus after you're born.**
  - **I & D - are for Immunodeficiency. It attacks a human's immune system reducing your body's defense to invasion and infection from bacteria, viruses and parasites.**
  - **S - identifies it as a Syndrome. It's a group of health problems that make up a disease.**
- **Where's it from and how long has HIV been around?**

## **Slide 13: GRID**

- **In the 1920's, HIV-1 developed when a hunter from the Democratic Republic of Congo captured and ate chimpanzee (great apes) and contracted HIV from that bushmeat or food. Similarly, HIV-2 involved the bushmeat of monkeys not chimps. Both the chimps and monkeys were carriers of Simian Immunodeficiency Virus, SIV.**
- **On June 5, 1981, the Center for Disease Control and Prevention (CDC) published an article about an unusual pneumonia named PCP.**
- **By December of that year, PCP was found in people who injected heroin.**
- **Only a few months later, it was linked with gay men and the syndrome was tagged Gay-Related Immune Deficiency, GRID. Today, gay men or gay refers to Men having Sex with Men (MSM).**
- **Later that June, more medical cases of PCP were diagnosed but in hemophiliacs (blood clotting disorder) and Haitians (from the island country of Haiti).**
- **In September, AIDS was the name first used the first time by the CDC.**
- **Uganda named it "Slim" as it was a fatal wasting of the body.**
- **Then in January of 1983, it was discovered in females and recognized as a heterosexual concern.**
- **By June, suspected of passing before, during or shortly after birth from their mothers, it was seen in babies and children.**
- **These unpopular risk groups of homosexual, heroin users, hemophiliac and Haitians were stigmatized as the 4-H Club.**

## **Slide 13: GRID (continued)**

- **By two different labs in 1983 and 1984, the disease of AIDS was confirmed as caused by HIV the official name in 1986.**
- **Our Oklahoma's state mandate for AIDS/HIV prevention education was approved in 1987 for grades 7 through 12.**
- **And that's why you're receiving HIV information today.**

## **Slide 14: What have you learned? Question 2**

- **Now's your time to select the correct answer.**
- **Follow the instructions, then move forward using the Next Slide Action Button in the bottom bar for your 2<sup>nd</sup> goal.**
- **Have these names been used to identify this virus?**

## **Slide 15: Objective 2 Describe the CD<sub>4</sub> Cell Conflict**

- **How do you recognize battle strategy?**
- **To reach your second goal in *Level 1, The Virus*, you will describe the CD<sub>4</sub> cell conflict.**
- **You begin by locating your protector cells.**



## **Slide 16: T Cells**

- **You might wonder, what are protector cells?**
- **In your battling body, they're your defensive white blood cells (WBCs).**
- **Those represented with special abilities in the CD<sub>4</sub> cell conflict are lymphocytes grouped as T cells.**

## **Slide 17: Helpers**

- **Specifically, they're T-Helper cells.**
- **Stealth rogue HIV has a winning deceptive strategy.**
- **How does HIV attack the body?**
- **Its weapon is a special key, allowing it to open the access door to each T-Helper cell which are your knighted CD<sub>4</sub> cells.**

## **Slide 18: Code**

- **Reaching its target, HIV drops off its RNA genetic code mother-load.**
- **Using chemical warfare, HIV reverse transcriptase eventually splices the HIV RNA and it merges into your DNA.**
- **Controlling your reluctant captured CD<sub>4</sub> cells, HIV reprograms the host's cell for dual disaster.**
- **Is the battle lost?**

## **Slide 19: Percent**

- **No, not all knighted CD<sub>4</sub> cells are infected:**
  - **5-10% are infected with HIV.**
  - **90-95% are not infected but exposed.**
- **However, the 5-10% hostage CD<sub>4</sub> cells manufacturing HIV, self-destruct.**

## **Slide 20: Cycle**

- **Unbelievably, the host's self-destruct progression, like a nuclear explosion, releases particles randomly exposing the other incoming advancing warrior WBCs repeating the cycle of annihilation until little or no heroic CD<sub>4</sub> cells remain.**
- **What happens next?**
- **There's more to the conflict.**

## **Slide 21: What have you learned? Question 3**

- **Knowledge check then to the next slide for your 3<sup>rd</sup> goal.**
- **Which of these cells defend your body against HIV?**

## **Slide 22: Objective 3 Explain the three stages**

- **How do you discover infectious stages?**
- **To reach your third goal in *Level 1, The Virus*, you will explain the three stages.**
- **You begin by staying healthy.**
- **But what if, then you need to know the stages of HIV infection?**

## **Slide 23: Stages**

- **Untreated HIV allows high levels of the virus in your body to progress through the stages of infection.**
- **The three stages of HIV infection include:**
  - **Acute**
  - **Chronic**
  - **AIDS**
- **PLWH actually contracted HIV before they had AIDS.**
- **If HIV is not treated with ART, your immune system breaks and your defensive shield is down.**
- **Although treatment improves the lives of PLWH, there's no cure and no vaccination.**
- **What happens in Stage 1: Acute?**



## **Slide 24: Acute**

- **Acute means HIV develops rapidly in your body.**
- **In Stage 1, with a large amount of virus in your blood and very contagious, usually your body's immune response pumps-out in 2 to 4 weeks flu-like symptoms lasting for a few weeks.**
- **If you think you've been exposed to HIV through sex or drug use and with flu-like symptoms, find medical assistance asking for a test to diagnose your acute infection.**
- **This is the start.**
- **Next, what happens?**

## **Slide 25: Chronic**

- **Stage 2: Chronic is also known as Asymptomatic.**
- **HIV is active, slowly reproducing, transmittable, but suppressible with ART or undetectable when ART is taken exactly as prescribed allowing you a near-normal life span.**
- **Undetectable = Untransmittable.**
- **Without ART, the increased viral load you carry will cause your heroic CD<sub>4</sub> cell count to decline progressing to Stage 3.**

## **Slide 26: AIDS If**

- **Without protection to fight harmful invaders known as opportunistic infections (OI), your infection advances.**
- **AIDS is the third and last stage of the HIV infection.**
- **When your blood's warrior CD<sub>4</sub> cell count drops below the level of 200 cells per millimeter cubed (determined by lab tests) and OI's attack, your body suffers an AIDS diagnosis usually within three years.**
- **Very infectious because of a high viral load, People living with AIDS (PLWAIDS) experience many symptoms specifically extreme weight loss or wasting.**

## **Slide 27: What have you learned? Question 4**

- **Last question in this *Level 1, The Virus*, then move to the next slide.**
- **You have tested positive for HIV, have flu-like symptoms but don't have OIs. What name is used to address your illness?**

## Slide 28: Summary

- **You've Championed This Campaign!**
- **Glad you joined me for *Don't Let HIV Be Your Endgame: Level 1, The Virus.***
- **Now, come with me for more objectives continuing the HIV series in game mode *Level 2, Person to Person.* But first, see the next slide. Thanks for being here.**

## **Slide 29: Reasons for Survey**

- **Yes, your opinion matters.**
- **Can you do this for me?**
- **Please take some time to answer the evaluation questions.**
- **Your feedback is important to me and future learners. Thanks.**

## **Slide 30: Resources 1**

- **This slide provides information about references, links and images used.**

## **Slide 31: Resources 2**

- **This slide provides information about references, links and images used.**



## Slide 33: Resources 3

- **This slide provides information about references, links and images used.**

## **Slide 34: Resources 4**

- **This slide provides information about references, links and images used.**

## **Slide 34: Instructional Resources**

- **This slide provides information about references, links and images used.**

## **Slide 35: Citation & Developer**

- **This slide provides information about references, links and images used.**