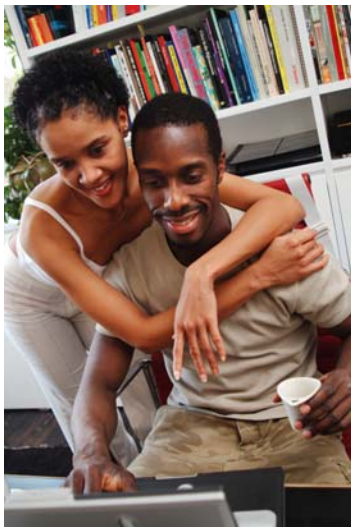




For more information, visit:

The Centers for Disease Control
<http://www.cdc.gov>

AIDS Info of the U.S.
Department of Health and
Human Services
<http://aidsinfo.nih.gov/>



Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

Pat Walker Health Center University Health Services

525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-4451
TTY (479) 575-4124

Website: health.uark.edu



Accredited by
**Accreditation Association
for Ambulatory Health Care**

*A Member of
the Division of Student Affairs*

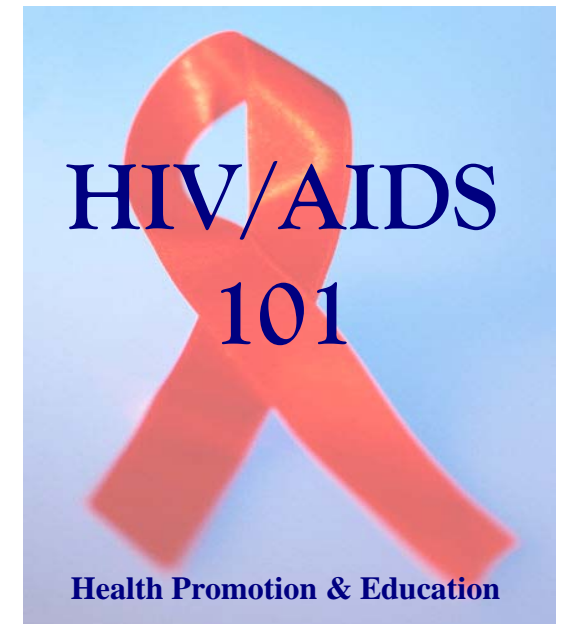


UNIVERSITY of ARKANSAS

1871



**PAT WALKER
HEALTH CENTER**
University Health Services



525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-4451
TTY (479) 575-4124

Website: health.uark.edu



What is HIV?

HIV stands for the human immunodeficiency virus. This virus kills the body's "CD4 cells" (also known as the T-helper cells). These cells are necessary to help the body fight against infections and diseases.

What is AIDS?

AIDS stands for the acquired immunodeficiency syndrome. It is a disease an HIV positive gets when HIV destroys enough of the body's immune system. The immune system is necessary to fight against infections and diseases. An immune system that is not working properly leaves a person more susceptible to infections and diseases than they would be otherwise.

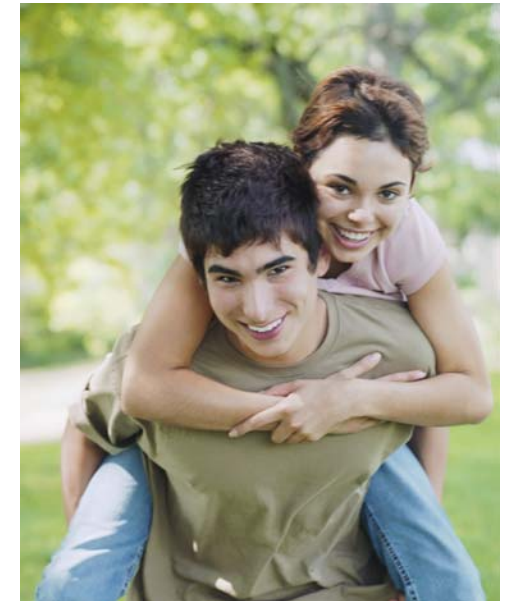
How is HIV transmitted?

HIV is spread by sexual contact with an infected person, by sharing needles and/or syringes with someone who is infected (mostly through IV drug use), or through transfusions of infected blood or blood clotting factors (this is less common in countries where blood products are screened). Babies born to HIV-infected women may become infected before or during birth or after birth through breast-feeding.

How Can HIV be Prevented?

HIV is mostly preventable. Care should be taken to reduce the risk of becoming HIV-infected. The following strategies are some of the more common for HIV prevention:

- Abstinence from sexual intercourse of any kind
- Having sex only with a long-term mutually monogamous sex partner
- Correctly and consistently use latex condoms every time any sexual intercourse occurs
- Abstinence from IV drug use
- Never share syringes or needles
- Never share razors
- Never come in direct contact with another person's blood or body fluids...always wear latex gloves if you must come in contact with blood or body fluids from another person



Where Can I Get Tested for HIV?

The Pat Walker Health Center offers the "Close Encounters" Program. This is a free and confidential HIV testing program for University of Arkansas students. To arrange for testing, call (479) 575-4451 and ask to make an appointment with the "Close Encounters" program.

Physician offices, family planning centers, community clinics, and state health departments also often offer HIV testing. Call your local office for more information.

