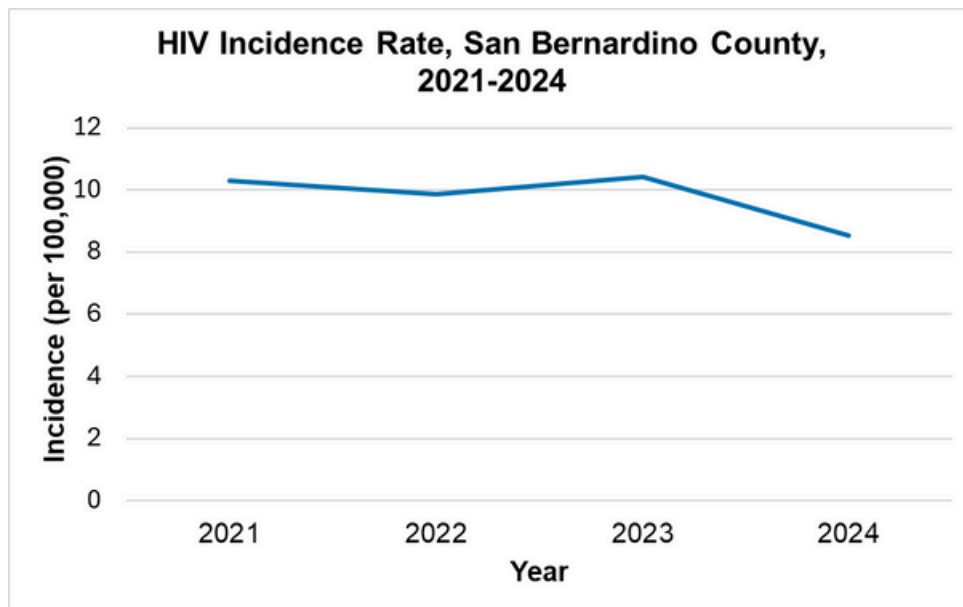


## Human Immunodeficiency Virus (HIV)

HIV attacks the body's immune system and is spread through bodily fluids such as blood, semen, breast milk, and pre-seminal, rectal, and vaginal fluids. Symptoms of HIV include fever, headache, rash, swollen lymph nodes, pain in the abdomen, coughing, fatigue, loss of appetite, mouth ulcers, sore throat, and diarrhea. Some people experience symptoms within 2 to 4 weeks after infection, while others may not exhibit any symptoms at all. HIV risk factors include having unprotected vaginal, oral, or anal sex, having a sexually transmitted infection (STI), injecting drugs, drug use, and having a high viral load. HIV testing is essential. For more information on HIV testing, visit [cdc.gov/hiv/testing](https://cdc.gov/hiv/testing)



\*Please note 2024 incidence rates are preliminary and subject to change.

## Acquired Immunodeficiency Syndrome (AIDS)

AIDS, the last stage of HIV, happens when CD4 or Helper T cell counts fall below 200 or when unusual infections occur. Without treatment, the average life expectancy is approximately 3 years, although this can vary. Antiretroviral Therapy (ART) can help people live nearly normal lifespans and healthy lives.

Antiretroviral therapy (ART) can stop the spread of HIV. Ways to prevent HIV include condom use, avoiding sharing needles, and using pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP). PrEP is a medicine taken before potential HIV exposure that lowers your chance of getting HIV, and PEP is taken after potential exposure to prevent HIV transmission. Individuals at risk should discuss PrEP and PEP with their doctor.

## Health Inequalities

Health differences in HIV happen from unfair treatment and challenges with higher incidence rates in San Bernardino County among Black/African Americans, Hispanic/Latinos, transgender individuals, adults aged 23 to 34, and men who have sex with men. By addressing these differences and improving access to HIV prevention and treatment, we can work towards a future where everyone can live healthy, no matter their HIV status.

## Mpox

Mpox is a disease transmitted through contact with infected people, animals, or contaminated materials. It shares risk factors with HIV and AIDS, such as having multiple sexual partners. Symptoms, including rash, fever, swollen lymph nodes, and fatigue, can appear 1-21 days after exposure and last 2-4 weeks.



The JYNNEOS vaccine is a 2-dose series protecting against mpox and smallpox. Free mpox vaccines and STI testing are available at Wellness on Wheels (WOW) and Easy Access Clinic (EAC). Visit [dph.sbcounty.gov/programs/communicable-disease/stds](https://dph.sbcounty.gov/programs/communicable-disease/stds) for WOW locations and EAC information.



The Centers for Disease and Control Prevention recommends the mpox vaccine for:

- Gay, bisexual, or other men who have sex with men, and transgender or gender-diverse individuals.
- Healthcare workers in exposed settings.
- Individuals with multiple sex partners.
- Those having sex at commercial venues or large events in affected areas.
- People exchanging sex for money or items.
- Travelers to outbreak countries.
- Visit [cdc.gov/mpox/situation-summary](https://cdc.gov/mpox/situation-summary) and [cdc.gov/travel](https://cdc.gov/travel) for more information.

## Contact Information

Phone: (800) 722-4794

Monday – Friday | 8 a.m. – 5 p.m.

After Hours Phone: (800) 472-2376

Fax: (909) 381-8474

[dph.sbcounty.gov/programs/communicable-disease/about-cds](https://dph.sbcounty.gov/programs/communicable-disease/about-cds)

