December: HIV/AIDS Awareness

Are you HIV aware?

Answer the following questions in order to test your knowledge of HIV. After answering the questions, check your answers below.

Question 1: In the last year, what proportion of people with HIV were infected through sex without a condom?

A. Under 25%  
B. Roughly 50%  
C. Around 75%  
D. Over 90%

Question 2: Most HIV infections are passed on by people who have been diagnosed with the virus.

A. True  
B. False

Question 3: What percent of people with HIV are unaware that they have the virus?

A. 4%  
B. 12%  
C. 25%  
D. 50%

Answer Key: 1. A  2. B  3. C

*Information adapted from aids.gov

Defining HIV/AIDS

HIV, Human Immunodeficiency Virus

» This condition is a lot like other viruses, including those that cause the flu or common cold. There is, however, an important difference - over time, your immune system can clear most viruses out of your body. That isn’t the case with HIV - the human immune system can’t seem to get rid of it. Scientists are still trying to figure out why.

AIDS, Acquired Immunodeficiency Syndrome

» This condition is the final stage of HIV infection. Individuals at this stage of HIV have badly damaged immune systems, which put them at higher risk for infections.

To learn more about HIV/AIDS, scan the QR code above.

*Information adapted from aids.gov

Vegetarian/Vegan Food Sampling

Date: Friday, December 13  
Time: 12:00 PM-1:00 PM  
Location: Student Union tables

Sample creative vegetarian and vegan dishes that are easy to make and focus on specific nutritional components. This session focuses on omega 3 fatty acids.

For More Information:
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Need 2 Extra Credit Hours This Semester?

HHS4400: Become a Peer Educator

» Raise awareness and educate others on various wellness topics  
» Strengthen public speaking, group facilitation, and leadership skills  
» Serve as a resource and positive role model to peers  
» Present on various wellness topics including: nutrition, sexual assault, sexual health, body image, fitness, and alcohol and drug awareness  
» Assist in the planning of Wellness Connection and Student Wellness Network events and programs

For More Information:
Wellness Connection  
419.372.WELL (9355)

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