WHAT IS HIV?
HIV, human immunodeficiency virus, is the virus that can lead to AIDS, acquired immune deficiency syndrome. HIV damages a person’s body by destroying specific blood cells which are crucial to helping the body fight diseases. HIV can be spread in many different ways, most commonly through unprotected sex with an infected person. Other ways include sharing needles or syringes with people who are infected or being born to an infected mother. HIV can be passed from mother to child during pregnancy, birth, or breast-feeding.

WHAT IS AIDS?
AIDS, acquired immune deficiency syndrome, is the late stage of HIV infection where a person’s immune system has been seriously damaged to the point at which the body has difficulty fighting diseases and certain cancers. With advances in medication, people who have been infected with HIV can carry the virus for years before enough damage is done to their immune system to develop AIDS.

TIPS TO BEAT FINALS WEEK STRESS
1. Avoid stressful people
2. Eat healthy and exercise
3. Just say no
4. Force yourself to take breaks
5. Visualize it all going right
6. Get plenty of sleep
7. Do one thing at a time
8. Avoid all-nighters

HIV/AIDS STATISTICS
According to amfAR AIDS Research:
• More than 34 million people now live with HIV/AIDS and 3.3 million of them are under the age of 15.
• In 2011, an estimated 2.5 million people were newly infected with HIV and 330,000 were under the age of 15.
• Every day, more than 7,000 people contract HIV—nearly 300 every hour.
• In 2011, 1.7 million people died from AIDS and 230,000 of them were under the age of 15.
• Since the beginning of the epidemic, more than 60 million people have contracted HIV and nearly 30 million have died of HIV-related causes.

GET YOURSELF TESTED: FREE & CONFIDENTIAL
An estimated one in five Americans with HIV does not know they are infected. Early diagnosis saves lives. The Wellness Connection offers FREE and CONFIDENTIAL HIV testing from 9:30 AM - 3:30 PM every Friday. Be proactive and get tested. Call the Wellness Connection at 419.372.WELL (9355) to schedule an appointment.

PEER EDUCATION INTENSIVE TRAINING
Date: Saturday, January 26 and Sunday, January 27
Time: 12:00 PM - 6:00 PM
Where: SRC Conference Room
Want to become a peer educator but don’t have time to fit HHS 4400 into your class schedule? By completing the peer education intensive training, become a peer educator in a one weekend long training session. A registration form is required to participate. For further information, contact Faith Yingling at faithy@bgsu.edu.

DO YOU HAVE CONDOM SENSE?
The Condom Sense Program provides discounted male condoms to students at BGSU. Students can buy packs of 50 condoms for $10 in the Wellness Connection. Pay by cash (exact change is preferred) or check (made payable to the Student Wellness Network). No sign-ups, memberships, or quizzes required! For more information contact the Student Wellness Network at wellnet@bgsu.edu or stop by the Wellness Connection in 214 Student Recreation Center.

WELLNESS CONNECTION HOURS:
Mon- Fri: 8:00 AM - 5:00 PM

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