

Resources

HOTLINES

NATIONAL CLEARINGHOUSES

NATIONAL ORGANIZATIONS

STATE/LOCAL HIV/AIDS SUPPORT GROUPS

HIV/AIDS FACTS

Appendices

CODE OF VIRGINIA § 32.1-36.1

REGIONAL HIV/AIDS RESOURCE AND CONSULTATION CENTERS

AIDS SERVICE ORGANIZATIONS IN VIRGINIA

ACKNOWLEDGMENTS:

- **HIV/AIDS Prevention Education Curriculum Development Team (1990-1992)**
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- **HIV/STDs Resources Review Panel and Advisory Committee (1995-1998)**
- **HIV/STDs Resources Review Panel**
- **Department of Education Review and Editing Team (1999-2000)**

The following resources include organizations/agencies and companies that provide HIV/AIDS prevention education materials. The list is by no means inclusive and does not provide a critique of the materials offered.

The Department of Education does not recommend, endorse or require the use of any or all of the materials. Each school division should select materials most beneficial to its specific needs. Contact may then be made by the school division to the vendor to secure a catalog of materials available.

HIV/AIDS PREVENTION EDUCATION

GLOSSARY

Abstinence: choosing not to do something, such as not to have sexual intercourse

Abuse: use that hurts others or self (physically or emotionally) as in the abuse of drugs and alcohol or the mistreatment of children

Acquired: not inherited (as in height and hair color) but passed from person to person; HIV/AIDS is an acquired disease

Addictive: habit-forming, as in addictive drugs

Adolescence: the years between childhood and adulthood during which puberty (sexual maturity) occurs

AIDS (Acquired Immune Deficiency Syndrome): a usually fatal disease caused by the human immunodeficiency virus (HIV) that damages the body's immune system, making the body unable to fight infections and, therefore, susceptible to disease

Alcohol: a drug in beer, wine, and liquor that slows the function of the nervous system; acts as a depressant

Anal intercourse: the insertion of the penis into the anus of the sexual partner; a high-risk behavior for sexually transmitted diseases and HIV transmission

Antibiotic: a medicine that destroys or weakens bacteria

Antibodies: chemicals made by the white blood cells that attach to disease agents, such as viruses, bacteria, fungi, and parasites, making them harmless and, thus, preventing disease

Antigen: any foreign substance that, when introduced into the body, causes production of antibodies; HIV is an antigen

Anus: the opening from which bowel movements leave the body

ARC (AIDS-Related Complex): early in the epidemic, this was the term for a group of symptoms (severe and persistent diarrhea, night sweats, swollen glands, fatigue, unexplained weight loss) that signal the progression of immune system damage by the HIV; in 1987 this term was replaced with the term *persistent generalized lymphadenopathy*

Asymptomatic HIV infection: the condition that occurs when a person has been infected with HIV but shows no physical symptoms of immune suppression; transmission of HIV is possible

Asymptomatic: being infected with a disease-causing agent without having any symptoms of the disease; refers to an apparently healthy person who is infected but has no symptoms

AZT (azidothymidine): a very expensive drug licensed in 1987 that seems to inhibit the ability of the AIDS virus to produce new virus particles in many HIV-infected persons and has prolonged their lives; does not cure but reduces the severity of AIDS symptoms

Bacteria: tiny organisms that can be seen only under a microscope; some cause disease; others are helpful

Bad touch: touching (1) that is done on private parts of the body (the areas normally covered by a swimsuit), (2) that is to be kept secret, (3) that could produce unhappy, uncomfortable, scared, or confused feelings, or (4) that involves hitting, kicking, pinching, biting, pulling hair, pushing

Behavior: the way a person acts

Bisexual: a sexual attraction to people of both sexes

Blended family: a family formed by children and adults from other families

Body fluids: liquids of the body, including blood, semen, vaginal secretions, urine, lymph, feces, sweat, tears, and breast milk

Body language: messages or signals given, consciously or unconsciously, by a person without speaking

Caffeine: a drug found in chocolate, some coffees, teas, and soft drinks: stimulant that speeds up the nervous system

Casual contact: normal day-to-day encounters between people at home, school, work, or in the community that do not involve sexual interactions or the sharing of needles (e.g., hugging, sharing)

Casual transmission: the passing of a disease from one person to another through normal day-to-day contact (e.g., colds and flu)

CDC (The Centers for Disease Control and Prevention): a federal agency based in Atlanta, that studies and monitors the incidence and prevalence of disease in the U.S. and also provides health and safety guidelines for the prevention of disease; also provides resources to states to combat HIV/AIDS through projects such as this HIV/AIDS Prevention Education curriculum guide

Cell: the basic unit of living matter

Chancre: a painless, oval sore with a hard rim and fluid center that appears at the site of syphilis infection; the first sign of syphilis

Chlamydia: a bacterial sexually transmitted disease that inflames the linings of reproductive organs, often causing sterility if not treated; the most common STD in the United States; often has no symptoms

Circulatory system: the body system made up of the heart, blood, and blood vessels; the system that moves materials to and from body cells

Communication: the sharing of ideas, information, and feelings between a sender of a message and a receiver of that message

Condom (rubber, prophylactic): a thin sheath of rubber that is used during intercourse to cover the penis to prevent pregnancy or the spread of certain sexually transmitted diseases by preventing sperm from entering the vagina

Consequence: the result of a decision or a behavior; can be both positive and negative; can be long-term with effects well into the future or short-term with immediate effects; tangible with effects that you or others can see or intangible with effects that others cannot see, such as guilt or stress

Consideration: thoughtfulness

Cooperation: working together

Courtesy: having good manners; being thoughtful of others

Deficiency: not having enough of something that is needed; a lack of

Digestive system: all the organs and body parts that help change food into a form that cells can use

Disease: an illness

Drug: any chemical substance (legal or illegal) that changes the way the body works; these physical changes might cause changes in emotions and behavior

ELISA (Enzyme-linked immunosorbent assay): a blood test used to detect HIV infection; the most inexpensive and widely used test to date. (Results that show the presence of HIV antibodies must be confirmed by the Western blot test before a person is considered to be HIV-infected.)

Emotional: having to do with feelings

Emotions: feelings

Endocrine glands: the organs that produce hormones which affect growth and development

Epidemic: an illness or disease that occurs with much greater frequency in a given population than is expected (more people get sick than expected)

Ethnic: of or pertaining to a group of people of the same race or nationality sharing common and distinctive cultural characteristics

Epidemiology: a branch of medicine that deals with the incidence, distribution, and control of diseases in a population

Extended family: a family group that includes parents, their children, and other relatives

Fact: something that exists or is true

Family: “a group of people living in a household who share common attachments, such as mutual caring, emotional bonds, regular interactions, and common goals, which include the health of the individuals in the family” (Taber’s Cyclopedic Medical Dictionary, Edition 18).

Fidelity: being faithful to a mate or spouse by having no other sexual partner

Foster family: a family that provides parental care for children though the children are not related by blood or legal ties

Friend: someone who likes you the way you are, who likes to spend time with you, and who would never ask you to do something that would hurt you

Gay: another term for a male homosexual; a male who is sexually attracted to another male

Genital herpes (Herpes Simplex II): a viral sexually transmitted disease that is incurable; causes recurring blisters, miscarriage, and still births

Genitals: external sex organs; the penis and scrotum in the male; the labia, clitoris, and vagina in the female

Genital warts: a sexually transmitted disease caused by a virus that may produce cauliflower-like bumps on the penis or in the vaginal area; more often asymptomatic, however

Germs: very small organisms that cannot be seen but can spread disease

Gonorrhea: a bacterial sexually transmitted disease that causes sterility, blindness, and arthritis if not treated; (in females, no symptoms or a vaginal discharge and/or low pelvic pain; in males, symptoms are a discharge from the penis and a burning sensation when urinating)

Good touch: touching (1) that can be done in front of anyone, (2) that is not a secret, (3) that makes a child feel happy and not uncomfortable, (4) that is done to assist with bathing or provide medical care

Group: a number of persons or things that form one whole (e.g., a family, church, class, team, etc.)

Habit: anything done on a regular basis

Health: the general condition of the body and mind

Healthy: free from illness or disease

Healthy behavior: acting in a way that prevents disease and promotes a sense of well-being

Hemophilia: a rare, inherited bleeding disorder of males in which normal blood clotting is not possible

Hemophiliac: a person who has hemophilia

Hepatitis B: a viral disease of the liver in which the skin and the whites of the eyes may turn yellow, may be accompanied by fever, nausea, abdominal pain, and liver damage

Heterosexual: a person who is sexually attracted to people of the opposite sex; "straight"

High-risk behavior: an act or action that can harm a person's health or cause HIV infection (e.g., using alcohol, may lower one's inhibitions to the use of injectable drugs, having sexual intercourse)

HIV (human immunodeficiency virus): the scientific name for the virus that causes AIDS by attacking T-helper cells of the immune system and making the body susceptible to life-threatening opportunistic infections or rare cancers

Homosexual: a person who is sexually attracted to people of the same sex; gay or lesbian

Hormones: chemicals, produced by the endocrine glands, that affect how body cells work (e.g., cause growth in height and weight)

Hospice: provides health care in a homelike setting for patients who are dying; helps provide care in the home

Immune: protected from disease

Immune system: the complex body system of cells and organs that produce disease-fighting antibodies to defend the body against disease and infection caused by viruses, bacteria, parasites, and fungi

Immunity: the body's ability to fight disease or resist infection

Immunization: a medicine that protects from disease

Incubation period: the time period between the actual entrance of germs into the body and the development of the symptoms of the disease the germs cause; for AIDS, often a period of 8-10 years or more

Infected partner: the person in a sexual relationship who is infected with HIV or other STD

Infection: invasion of the body by an infectious agent (a virus, germ, bacterium, or parasite)

Infectious agent: an organism (virus, bacterium, parasite, etc.) that is capable of producing infection or infectious disease

Infectious (communicable) disease: a disease transmitted from person to person or from an animal to a person (e.g., influenza, a cold, measles, mumps, HIV/AIDS (person to person) or rabies (animal to person))

Injectable: introduced into body tissue or a blood vessel by way of a needle

Intravenous (IV): introduced into the body by way of a needle into a vein and thus into the bloodstream

IV-drug user: a person who uses a needle to pierce the skin for the purpose of injecting drugs in a blood vessel; a high-risk behavior for HIV transmission because of sharing needles

Kaposi's sarcoma: a rare cancer that may occur when the immune system is damaged, such as with HIV infection; tumors usually appear on the walls of blood vessels appearing on the skin as painless, purple spots which do not disappear, or tumors may be internal

Kindness: gentleness, helpfulness

Lesbian: a woman who is sexually attracted to another woman

Lymph: usually a clear, transparent colorless fluid that travels through lymph vessels passing through lymph nodes to ingest and destroy bacteria and other pathogens which may be present.

Lymphadenopathy: the condition of the lymph nodes being swollen; often a sign of infection or illness, as with the HIV-infection

Lymphatic system: a circulatory network that provides a means of returning fluid from the body tissues to the heart; serves as a main part of the immune system

Lymphocyte: a type of white blood cell that is produced in the bone marrow and transported through the lymphatic system to help produce immunity to diseases (Some of these cells migrate to the thymus, where they develop as T-cells. Others that mature in the bone marrow or in organs other than the thymus are called B-cells. B-cells manufacture antibodies, and the T-cells regulate antibody production. In healthy people, about 60% of circulating lymphocytes are T-cells. In advanced HIV infection and AIDS, the T-cell count continually decreases with no treatment. With fewer T-cells, the body is unable to recognize and attack invading organisms that cause disease.)

Medicine: drugs that, if used correctly, can help people feel better or fight germs in the body

Monogamous: having only one sexual partner

Monogamy: the practice of having only one sexual partner

Mutual monogamy: the practice of each partner in a sexual relationship practicing monogamy, having one sexual partner

Mucous membrane: the moist tissue lining the body cavities (the sex organs, mouth, eyes, etc.) that secretes mucus, a wet, sticky substance that moistens and protects these cavities

Myth: a widely accepted belief that is not based on fact

Nervous system: all the organs and body parts that control voluntary and involuntary actions

Noninfectious (noncommunicable) disease: a disease that cannot be passed from person to person or from an animal to a person (e.g., arthritis, asthma, diabetes)

Nonoxynol-9: a chemical ingredient used as a spermicide in lubricants for use with condoms; has been shown to kill the HIV/AIDS virus in laboratory studies but is not an effective AIDS prevention method used on its own; causes an allergic reaction in some women

Nuclear family: a family group that consists of a father, a mother, and their children

Opportunistic disease: an infection caused by an organism that can usually be resisted by a person with a healthy immune system but cannot be resisted by a person with a damaged immune system

Oral sex: touching the mouth, lips, or tongue to another's penis, vagina, or anus

Organ: a structure made of several kinds of living tissues that work together to perform a specific function (e.g., each endocrine gland is an organ)

Over-the-counter medicine: a drug that can be purchased without a doctor's order (e.g., aspirin, cough syrup, etc.)

Pathogen: any microorganism that causes disease

PCP (pneumocystis carinii pneumonia): a common opportunistic disease that occurs in advanced HIV infection/AIDS; caused by a parasite, it creates difficulty in breathing and is the most common cause of death for adult males with AIDS

Peer pressure: the influence of people one's own age

Perinatal: from mother to baby; HIV-infected mothers can pass the infection to their unborn babies

Persistent generalized lymphadenopathy (PGL): a group of symptoms, including swollen glands, that signal the progression of immune system damage by the HIV

Pneumonia: an infection of the lungs that frequently affects and often kills persons with HIV infection as well as others

Poison: a material that harms the body

Prescription medicine: a drug that can be purchased only with a written order from a doctor

Prevention: taking action to keep something from happening

"Protected" sex: sexual behavior that reduces the risk of coming into contact with HIV infection, specifically using latex condoms lubricated with spermicide during sexual intercourse

Protozoa: one-cell microscopic organisms; some can cause disease

Puberty: the period of growth from physical childhood to physical adulthood (in girls, between ages 10-15; in boys, between ages 12-16)

PLWA: an abbreviation for a person living with AIDS

PWA: an abbreviation for a person with AIDS; a preferred term to "AIDS victim" or "AIDS patient"

Rectum: the last part of the digestive system, just above the anus

Refusal: saying "no" to something or someone

Refusal skills: ways to say "no" to behaviors that are not in one's best interest

Reproductive system: the body systems in the male and female that are responsible for the reproduction of children

Respect: accepting and acknowledging the worth and rights of others even if you don't always agree with them

Respiratory system: all the organs and body parts that help the body take in oxygen and get rid of carbon dioxide

Responsible decision-making model: a series of steps than can be used to make decisions that lead to good health habits

Retrovirus: the type of virus that causes AIDS and that has a different chemical makeup than ordinary viruses

Risk: an action that can eventually cause harm or loss; for example, the chance of being infected with HIV and getting AIDS

Risk factor: an activity that makes a person more susceptible or more likely to be exposed to the HIV

"Safe" sex: a misnomer; there is no such thing as "safe" sex; the only "safe" behavior is abstinence (No sex! No drugs!)

"Safer" sex: sexual activity that reduces but does not eliminate the risk of infection with the HIV or the risk of pregnancy; no body fluids are shared or exchanged because of the use of a condom and avoiding oral sex

Self-concept: the way a person feels about himself or herself

Self-esteem: the feeling of respect or worth one has about himself or herself

Seropositive: the condition of having HIV antibodies in the blood

Sexual intercourse: sexual contact involving one of the following: (1) the penis inserted into the vagina; (2) the mouth placed on the genitals; or (3) the penis inserted into the anus

Single-parent family: a family in which the children live with only the mother or the father

Skeletal system: the bones and cartilaginous framework supporting the soft tissues and protecting the internal organs of the body

Skin popping: using a needle to pierce the skin for the purpose of injecting drugs just beneath the skin's surface; a high-risk behavior for HIV transmission when sharing needles

Spermicide: a chemical compound that kills sperm; used with a condom to prevent pregnancy and HIV infection

STD (Sexually Transmitted Disease): a contagious disease communicated mainly by sexual intercourse and other sexual behaviors (e.g., HIV/AIDS, syphilis, gonorrhea, etc.)

Steroid: a synthetic drug similar to the male hormone, testosterone, that can be taken orally or by injection; has anabolic (tissue-building) and androgenic (masculinizing) properties; a mind-altering drug

Stress: the body's general physical and mental responses to any demanding situation

Stressor: a demand made on the body

Symptom: a sign of a disease

Symptomatic HIV infection: the condition that occurs when an individual has been infected with HIV and shows mild or severe symptoms of immune system damage

Syndrome: a group of related problems or symptoms that occur together and which characterize a specific disorder

Syphilis: a bacterial sexually transmitted disease that begins with a chancre sore, and if untreated, can cause death, mental illness, or heart disease and can destroy tissue anywhere in the body

T-Helper Cell (T-lymphocyte): a specialized white blood cell that recognizes pathogens and signals the production of antibodies to destroy them (HIV invades and destroys these cells)

Toxic: poisonous

Traditional family: a family that consists of a husband, wife, and their children; also called a nuclear family.

Transfusion: the transfer of blood from one person to another

Transmission: the act of being passed along; in reference to disease, the spread of microorganisms from one person to another or from an animal to a person

Transmit: to pass something, such as a germ or a virus, from one person to another

Trichomoniasis: a sexually transmitted disease caused by a protozoan; in women, symptoms are a foul-smelling vaginal discharge and vaginal redness, burning, and itching; in men, there are usually no signs

Trust: a feeling of confidence in someone

Universal (∅): a sign recognized in all parts of the world indicating "no"

"Unprotected" sex: sexual activity that involves the exchange of semen, vaginal fluid, or blood; sex without a condom

Vaccine: weakened or killed disease organisms that stimulate the immune system to produce antibodies to prevent a person from getting a disease

Vaginal intercourse: the insertion of a penis into a vagina

Virus: an organism formed of genes surrounded by a protein coating; the smallest organism that lives inside other cells and can only reproduce inside other living cells that it invades and destroys as it multiplies, thus causing diseases

Wellness: a way of living each day that includes choices and decisions based on healthy attitudes and positive self-esteem

Western blot: a test used to detect HIV infection in blood samples; more difficult to perform and more expensive than the ELISA but also believed to be more specific than the ELISA; used to verify ELISA results. See ELISA.

Works: needles, syringes, and other equipment used to "cook" or prepare and inject street (illegal) drugs

RESOURCES

HIV and AIDS Education Resources

There are many national, state, and local resources available to assist educators in HIV and AIDS prevention education. These resources can provide current facts about the HIV/AIDS epidemic, educational materials, teaching strategies, and guest speakers. Some of the organizations publish journals, newsletters, or pamphlets providing current information, lists of current materials, resources, professional preparation opportunities, and feature articles about HIV infection.

HOTLINES

Updated 04/00

National Hotlines

National AIDS Information Line
1-800-342-AIDS or 2437
(English-speaking)
1-800-322-SIDA or 7432
(Spanish-speaking)
1-800-AIDS-TTY or 243-7889
(Hearing impaired)

STDs National Hotline
8:00 a.m. - 8:00 p.m.
(Monday thru Friday)
1-800-227-8922

Teen AIDS Hotline
4:00 p.m. - 8:00 p.m.
1-800-234-TEEN

U.S. Public Health Service
24 hours, 7 days a week
1-800-342-AIDS

State Hotlines

Virginia STDs/AIDS Hotline
8:00 a.m. - 7:00 p.m.
1-800-533-4148 (Voice/TTD Accessible)
1-800-322-7432 (Spanish-speaking)

NATIONAL CLEARINGHOUSE

National AIDS Information Clearinghouse
P. O. Box 6003
Rockville, Maryland 20850
1-800-458-5231
(Educational Materials, Conference Calendar, catalog of materials, brochures, posters, fact sheets; materials available in Spanish)

NATIONAL ORGANIZATIONS

Updated 04/00

AIDS and Adolescents
Publications Department
1025 Vermont Avenue, N.W., Suite 210
Washington, D.C. 20006
(202) 347-5700

American College Health Association
1300 Piccard Drive, Suite 200
Rockville, Maryland 20855
(301) 963-1100

American Medical Association
535 North Dearborn Street
Chicago, Illinois 60610
(312) 645-5334

American School Health Association
National Office
P. O. Box 708
Kent, Ohio 44240
(216) 678-1601
(publishes Journal of School Health)

Center for Population Options
1012 14th Street, N.W.
Washington, D.C. 20005
(202) 347-5700

ETR Associates
P. O. Box 1830
Santa Cruz, California 95061-1830
1-800-321-4407
(publishes Family Life Educator and
catalog on HIV/AIDS and family life
education materials)

American Association of School
Administrators
1801 North Moore Street
Arlington, Virginia 22209
(703) 528-0700

American Foundation for AIDS Research
(AIDS Information Resources Directory)
1515 Broadway, Suite 3601
New York, New York 10036
(212) 719-0033

American Red Cross
National Headquarters
Office of HIV/AIDS Education
1709 New York Avenue, N.W., Suite 208
Washington, D.C. 20006
(202) 434-4074
Fax: (202) 434-4055

Association for the Advancement of
Health Education
1900 Association Drive
Reston, Virginia 22091
(703) 476-3437
(publishes Health Education journal)

Council of Chief State School Officers
Resource Center on Educational Equity
400 N. Capitol Street, N.W., Suite 379
Washington, D.C. 20001
(202) 393-8159

National Coalition of Hispanic Health and
Human Services Organizations
1030 15th Street, N.W., Suite 1053
Washington, D.C. 20005
(202) 371-2100

National Association of State Boards
of Education
1012 Cameron Street
Alexandria, Virginia 22314
(703) 684-4000

National Education Association
100 Colony Square, Suite 200
Atlanta, Georgia 30361
(404) 875-8819

National Hemophilia Foundation
Soho Building
110 Greene Street
New York, New York 10012
(212) 219-8180

National Network of Runaway and
Youth Services, Inc.
1400 I Street, N.W., Suite 330
Washington, D.C. 20005
(202) 682-4114

National Organization of Black County
Officials
440 First Street, N.W., Suite 500
Washington, D.C. 20001
(202) 347-6958

The National PTA
330 N. Wabash Avenue, Suite 2100
Chicago, Illinois 60611-3690
(312) 670-6782

National School Boards Association
1680 Duke Street
Alexandria, Virginia 22314
(703) 838-6765

STATE/LOCAL HIV/AIDS SUPPORT GROUPS

Updated 04/00

Aids Council of Western Virginia
920 S. Jefferson Street, Suite 518
Roanoke, Virginia 24016
(703) 982-AIDS

American Heart Association
Virginia Affiliate
4217 Park Place Court
Richmond, Virginia 23060
1-800-423-7854

Catholic Campus Ministry
Old Dominion University
1416 West 49th Street
Norfolk, Virginia 23508
(804) 440-9065

Catholic Family & Children's Services of
Roanoke Valley & Western Virginia, Inc.
820 Campbell Avenue, S.W.
Roanoke, Virginia 24016
(703) 344-5107

Richmond AIDS Ministry
4200 Chamberlyne Avenue
Richmond, Virginia 23227
(804) 359-4783

Charlottesville AIDS Support Group, Inc.
P. O. Box 2322
Charlottesville, Virginia 22902
1-800-752-6862

Children's AIDS Network Designed for
Interfaith Involvement
3309 Granby Street
Norfolk, Virginia 23504
(804) 640-0929

Hopkins House
1224 Princess Avenue
Alexandria, Virginia 22314
(703) 549-4232

Penninsula AIDS Foundation
326 Main Street
Newport News, Virginia 23601
(804) 591-0971

Richmond Metropolitan Blood Service
2106-B Hamilton Street
Richmond, Virginia 23230
(804) 355-6777

Tidewater AIDS Crisis Taskforce (TACT)
814 West 41st Street
Norfolk, Virginia 23508
(804) 423-5859
(804) 877-1300 – Peninsula

Virginia Beach Street Outreach
CSAP Pembroke
Suite 126
Virginia Beach, Virginia 23462

Fan Free Clinic, Inc.
1010 N. Thompson St.
Richmond, Virginia 23230
(804) 358-6343

Northern Virginia AIDS Ministry
3606 Seminary Road
Alexandria, Virginia 22304
(703) 751-5520 (Office)
(703) 751-5500 (HELPLINE)

Project NOVA
3426 North Washington Boulevard
Suite 102
Arlington, Virginia 22201
(703) 358-9550

Urban League of Hampton Roads, Inc.
147 Granby Street, Suite 514
Norfolk, Virginia 23501
(804) 627-0864

Virginia Congress of Parents and Teachers
P. O. Box 15659
Richmond, Virginia 23227-5659
(804) 264-1234
(804) 473-5671

Whitman-Walker Clinic, Inc.
1407 South Street, N.W.
Washington, D.C. 20009
(202) 332-AIDS
(202) 797-3560

HIV/AIDS FACTS

This material has been developed for teachers to provide information about HIV (Human Immunodeficiency Virus) and AIDS (Acquired Immune Deficiency Syndrome). It is included in the Disease Prevention and Control Objectives in Grades 4, 7, and 9 in the Standards of Learning Objectives in Health Education. It is also included in the Family Life Education Objectives beginning in Grade 5. It is intended that all students in Grades K-12 are made aware of ways to prevent HIV infection and the disease AIDS. Students must be made aware of the consequences of not practicing safe and healthful behaviors. This content provides information and resources to assist teachers in the dissemination of information to students.

The objectives are the following:

- a. to provide awareness about the HIV disease and to identify behaviors and practices that make a person at risk for contracting the disease
- b. to dispel myths about how the HIV disease is transmitted
- c. to promote prevention of the HIV disease through sexual abstinence and not sharing injectable needles (e.g., drug, including steroid, tattooing, or ear-piercing needles).

Facts about AIDS

The disease AIDS was first reported in the United States in mid 1981. From the earliest statistics up to June of 1999, the Public Health Service has received reports of 711,344 cases of AIDS, in which 420,201 have resulted in death. As of June 1999, 11,471 cases of AIDS were reported in Virginia, in which 6,312 cases resulted in death. Periodic updates of these numbers may be obtained from the Virginia AIDS Hotline (1-800-533-4148) or the National AIDS Hotline (1-800-342-2437).

The number of AIDS cases, however, significantly underestimates the actual degree of HIV infection for a variety of reasons, including those related to HIV testing and reporting limitations. The number of HIV positive individuals in the United States is currently estimated at 800,000 to 900,000.

This fact sheet gives, in question/answer form, accurate information about the nature and extent of AIDS, the risk of contracting HIV, the actions individuals can take to reduce the spread of HIV infection and the onset of the disease AIDS, and the current research and related activities underway in the Public Health Service.

It is important to emphasize that sexual transmission of HIV is not a threat to those uninfected individuals who practice responsible behavior based on fidelity, commitment, maturity, and the placement of human sexuality within the context of marriage and a healthful family life.

What is HIV

HIV (Human Immunodeficiency Virus) is an infection that breaks down the body's immune system and the body's ability to fight disease. This breakdown leaves an HIV infected person vulnerable to life-threatening illnesses that do not cause disease in people with a healthy immune system.

What are the Symptoms of AIDS? What Causes AIDS?

AIDS is the last stage of HIV infection. A diagnosis of AIDS is made when the HIV infected person develops an opportunistic infection, e.g., pneumocystis carinii pneumonia (PCP), or wasting disease or AIDS related dementia, and/or has a T4 (CD4) count less than 200.

Symptoms may include unexplained, persistent fatigue, unexplained fever, chills, or drenching night sweats lasting longer than several weeks; weight loss unrelated to diets or increased exercise, unexplained, persistent diarrhea, swollen glands in the neck, armpits, or groin lasting more than two weeks; pink or purple blotches or bumps occurring under the skin; and persistent white spots or patches in the mouth; and persistent dry cough or shortness of breath not related to smoking. Many of the symptoms listed above are also present with minor illnesses, such as colds and stomach flu. Therefore, only a physician can make a medical diagnosis of HIV or AIDS.

How Widespread is AIDS Among Children?

The number of children with AIDS is relatively small. As of September 30, 1999, 1.2% of the AIDS cases nationwide were in children under the age of 13 years. In Virginia, this number is 0.3% of reported cases. The number of AIDS cases in youth between the ages of 13-19 years is 0.5% of the total nationwide and 0.5% in Virginia.

However, in considering that the time from infection to diagnosis with AIDS may be more than ten years, the AIDS cases in ages 20-29 may be a better reflection of HIV infection in older, school-age persons. In the United States, 17.0% (15.4% in Virginia) of the AIDS cases are within this age range.

How is HIV Spread?

HIV is most often spread through sexual contact, by sharing infected injectable drug needles, by transmission from mother to unborn or newborn infant, or through contact with infected blood. Specifically, AIDS is spread through:

- sexual contact in which blood or body fluids (semen, vaginal secretions) are transmitted from an infected person to an uninfected person.

- sharing drug needles contaminated with HIV. People who inject illicit drugs and share needles or “works” put others at risk for infection.
- perinatal transmission of HIV. Transmission may occur when an infected woman passes the virus to her child before, during, or shortly after birth. Because all babies are born with their mother’s antibodies, babies born to HIV positive mothers will have HIV antibodies at birth. However, fewer than 30% of these babies will be HIV positive. By 18 months of age an accurate diagnosis of HIV infection among these infants can be made. A small number of cases of infection through breast milk have been documented.
- transfusion of blood or blood components contaminated with HIV. This was a primary mode of transmission before 1985. Advances in donor screening and blood testing, however, has made the blood supply very safe with current estimated risks at about one in 450,000 to one in 660,000.

Can AIDS be Spread Through Casual Contact?

NO. Scientific evidence shows that HIV is very weak and does not survive while outside the body. It is easily killed by many common disinfectants, including household bleach. AIDS is not spread through everyday activities, such as working in an office, attending school, eating in restaurants, swimming in public pools, shaking hands, hugging, or other casual contact. The virus is not spread through the air from sneezing or coughing. In years of studying the HIV disease, scientists have not found one case caused by casual contact.

Is there a Laboratory Test for AIDS?

As with most other infections, there is no single test for diagnosing AIDS. There is a test for detecting antibodies (substances produced in the blood to fight disease organisms) to the virus that causes AIDS. Presence of HIV antibodies means that a person has been infected with the AIDS virus. The antibody test is used to screen donated blood and plasma. Contaminated blood is discarded so that the blood used for transfusions and blood products needed by people are quite safe. The confidential test is available through private physicians and most state and local health departments. There are also anonymous testing sites across the Commonwealth. A call to the Virginia AIDS Hotline or a local health department can offer information about how to get to an anonymous testing site.

What are some of the Diseases Affecting AIDS Patients?

Due to immune deficiencies, persons with AIDS are susceptible to infections that individuals with uncompromised immune systems can resist. These infections are called opportunistic infections. Surveillance studies show that the two most common opportunistic infections among persons HIV infected are Pneumocystis Carinii Pneumonia (PCP), and HIV Wasting.

Is there a Danger of Contracting AIDS from Donating Blood?

NO. Blood banks and other blood collection centers use sterile equipment and disposable needles. The need for blood is always acute, and people who are not participating in risky behaviors for contracting the HIV are urged to continue to donate blood as they have in the past.

How is AIDS Treated?

Although as of September 30, 1999, no FDA-approved “cure” is known for AIDS, treatment advances have made remarkable progress. Treatment is three-fold: (1) antiviral therapy/immune modulating therapy/combo therapy, (2) prophylactic treatment for opportunistic infections, and (3) health promotion.

As of April 1999, there are several antiretroviral and antiviral drugs approved by the FDA. These are (1) reverse transcriptase inhibitors (nucleoside analogs), e.g., AZT, ddi, ddc, 3TC, d4t, (2) non-nucleoside analogs, e.g., nevirapine and (3) protease inhibitors e.g., indinavir, saquinavir. These drugs and others are aimed at halting or destroying the virus or enhancing immune system response. A variety of medications to prevent the most predominant opportunistic infections are being developed. Some of these are already commonly used for patients in certain stages of HIV infection either to prevent an opportunistic infection from occurring or to prevent its recurrence. Health promotion includes nutritional supplementation, stress management, and exercise to enhance the immune function and the generalized health.

Can AIDS be Prevented?

YES. The rate of HIV infection has been drastically reduced since 1985 through the medical use of blood or blood products that have been screened for antibodies of HIV. Screening of blood donors as well as blood testing for HIV antibodies significantly reduce the risk of HIV infection by blood transfusion. Heat treatment and sophisticated monoclonal technology in the production of blood products, as well as synthetic blood products for hemophiliacs and other persons with clotting disorders, help prevent HIV infection for these persons.

As of June 1999, no vaccine, either for the person with HIV infection or for the uninfected person seeking prophylaxis, has been FDA approved. However, there are clinical trials being performed for approximately 113 potential vaccines. It is imperative that individuals be aware of prevention strategies through behavior change (abstaining from all drug use and unsafe sexual practices, using condoms, and decreasing other risky behaviors such as sharing injectable drug needles).

Who is at Risk?

Anyone who engages in high-risk practices such as sharing needles, having sex with an infected person, or having sex with more than one partner can be at risk for HIV infection. Of all the AIDS cases reported in the United States since 1981, 99% have been among the following groups of people:

	Virginia	U.S
• Men Having Sex with Men (MSM)	52.2%	48%
• Injectable Drug Use among Heterosexuals (IDU)	18.2%	26%
• MSM & IDU	5.6%	6%
• Hemophilia/Coagulation Disorder	.8%	1%
• Heterosexual Contact	14.1%	10%
• Recipient of Blood Transfusion, Blood Components or Tissue	2.1%	1%
• Pediatric	1.5%	1%
• Close (Risk Not Identified)	1.9%	2%
• Still Under Investigation (Undetermined/Unknown)	3.6%	6%

Trends in the last several years demonstrate a shift in new HIV infection from the homosexual population (or MSM) to the heterosexual population. Persons who use illegal/injectable drugs or persons who have sexual intercourse (oral, anal, or vaginal) with those who use illegal injectable drugs are target populations for HIV infection.

What is the Geographic Distribution of Reported AIDS Cases?

During the early years of diagnosing HIV disease, most of the recorded cases were in the large metropolitan areas. Today, large numbers of cases of HIV infection and AIDS are shown in rural areas. Everyone needs to be concerned about HIV infection and AIDS.

How Long after Exposure to HIV does a Person Develop AIDS?

The time between infection with HIV and the onset of symptoms (the incubation period) ranges from less than 2 years to more than 15 years, with the average incubation period of 8 years to 11 years after infection.

How is AIDS Diagnosed?

There are no clear-cut symptoms that indicate the loss of immunity. The medical diagnosis of AIDS depends on the presence of at least one opportunistic infection. Certain tests that demonstrate damage to various parts of the immune system, such as to specific types of white blood cells, support the diagnosis. It is important to continually check with the local health department of the Virginia AIDS Hotline to get updated information about the diagnosis of AIDS.

What About the School?

Not one case of HIV is known to have been transmitted in a school, daycare, or fostercare setting. HIV/AIDS is not spread through the kind of contact children have with each other, such as touching, hugging, or sharing meals or bathrooms. This is supported by long-term studies of family members of both adults and children with AIDS. No household member has become infected through routine, non-sexual contact with a family member who is HIV infected or has the disease AIDS.

Infection Control Guidelines

If any employee or customer cuts himself/herself OR if you need to clean a blood/body fluid spill, disinfect the area with a bleach solution. Wear disposable vinyl or latex gloves, use paper towels, and put everything in a plastic bag. Seal the bag and put it in the regular trash.

ALWAYS wash your hands after cleaning a blood/body fluid spill even if you wear gloves. If you are exposed to blood/body fluids, thoroughly wash the area immediately with soap and water.

Have disposable gloves, bleach solution, and paper towels in a location known to all employees.

Disinfect equipment contaminated with blood/body fluids with a bleach solution. Wash soiled clothes in the washing machine with hot water and laundry soap.

Disinfect non-disposable supplies, such as mops and sponges, which have been used to clean blood/body fluid spills, with bleach.

A 1:10 bleach solution (1 part bleach to 9 parts water) kills HIV.

School Personnel Should Recommend that the Following Steps be taken to Prevent the Spread of AIDS

Encourage youth to:

- practice abstinence. Saying “NO” to sex and drugs can virtually eliminate the risk of AIDS.
- not use injectable drugs. If a person chooses to use injectable drugs, the user should never share needles or syringes.

Material contained in this fact sheet was taken from information from the Centers for Disease Control and Prevention, in Atlanta, the U.S. Public Health Services, and the American Red Cross. Material contained in this fact sheet was last updated on January 15, 2000.

Code of Virginia Regarding HIV Disclosure

§ 32.1-36.1

Confidentiality of test for human immunodeficiency virus; civil penalty; individual action for damages or penalty

- A. The results of every test to determine infection with human immunodeficiency virus shall be confidential. Such information may only be released to the following persons:
1. The subject of the test or his legally authorized representative.
 2. Any person designated in a release signed by the subject of the test or his legally authorized representative.
 3. The Department of Health.
 4. Health care providers for purposes of consultation or providing care and treatment to the person who was the subject of the test or providing care and treatment to a child of a woman who, at the time of such child's birth, was known to be infected with human immunodeficiency virus.
 5. Health care facility staff committees which monitor, evaluate, or review programs or services.
 6. Medical or epidemiological researchers for use as statistical data only.
 7. Any person allowed access to such information by a court order.
 8. Any facility which procures, processes, distributes or uses blood, other body fluids, tissues or organs.
 9. Any person authorized by law to receive such information.
 10. The parents or other legal custodian of the subject of the test if the subject is a minor.
 11. The spouse of the subject of the test.
 12. Departments of health located outside the Commonwealth by the Virginia Department of Health for the purposes of disease surveillance and investigation.
- B. In any action brought under this section, if the court finds that a person has willfully or through gross negligence made an unauthorized disclosure in violation of this section, the Attorney General, any attorney for the Commonwealth, or any attorney for the county, city or town in which the violation occurred may recover for the Literary Fund, upon petition to the court, a civil penalty of not more than \$5,000 per violation.

- C. Any person who is the subject of an unauthorized disclosure pursuant to this section shall be entitled to initiate an action to recover actual damages, if any, or \$100, whichever is greater. In addition, such person may also be awarded reasonable attorney's fees and court costs.

- D. This section shall not be deemed to create any duty on the part of any person who receives such test results, where none exists otherwise, to release the results to a person listed herein as authorized to receive them.

REGIONAL HIV/AIDS RESOURCE AND CONSULTATION CENTERS

Updated 01/28/00

Central Regional HIV/AIDS Resource and Consultation Center

Contact Person: **Lisa Kaplowitz, MD, Director**

P. O. Box 980147

Richmond, Virginia 23298-0147

Toll Free #1-800-525-7605 Fax 804-828-1795

Eastern Regional HIV/AIDS Resource and Consultation Center

Contact Person: **Mary Ann Moore, Director**

Medical College of Hampton Roads

P. O. Box 1980

Norfolk, Virginia 23501

Phone Number # 757-446-6170

Toll Free # 1-800-999-8385; Fax 757-446-6035

Northern Regional HIV/AIDS Resource and Consultation Center

Contact Person: **Margaret Beckman, RN MSN, FNP**

Office of HIV Services

2832 Juniper Street

Fairfax, Virginia 22301

Phone Number # 703-204-3780

Fax: 703-204-3798

Southwest Regional HIV/AIDS Resource and Consultation Center

Contact Person: **Adair Branner, RN, Director**

1016 2ND Street, SW, 1st Floor

Roanoke, Virginia 24014-4410

Toll Free # 1-800-950-4056

540-985-9755, 540-224-4407

Fax: 540-224-4405

Western Regional HIV/AIDS Resource and Consultation Center

Contact Person: **Diane Sampson, Director**

University of Virginia

Northwest Office

Sciences Health Center - 415

Charlottesville, Virginia 22908

Toll Free # 1-800-421-1102; Fax 804-924-1103

AIDS SERVICE ORGANIZATIONS IN VIRGINIA

Updated 04/00

REGION 1: NORTHWEST

AIDS Response Effort, Inc.
333 West Cork Street
Winchester, VA 22604
(540) 662-5555

Fredericksburg Area HIV/AIDS Support Services
415 Elm Street
Fredericksburg, Virginia 22401
(540) 371-7532 or 7631

AIDS/HIV Services Group
P.O. Box 2322
Charlottesville, Virginia 22902
(804) 979-7714

Valley AIDS Network (VAN)
P.O. Box 6
Harrisonburg, Virginia 22801
(540) 564-0448

REGION 2: NORTHERN

Hopkins House
1224 Princess Avenue
Alexandria, Virginia 22314
(703) 549-4232

Prince William Interfaith Volunteer
Caregivers Program
P.O. Box 581
Manassas, Virginia 22110
(703) 369-5063

Indochinese Community Center, ICC
613 Willston Drive, Room 8
Falls Church, Virginia 22044
(703) 241-0300

Whitman-Walker Clinic of Northern Virginia
5232 Lee Highway
Arlington, Virginia 22207
(703) 237-4900

Northern Virginia AIDS Ministry
2445 Army Navy Drive
Third Floor
Arlington, Virginia 22206
(703) 739-AIDS

REGION 3: SOUTHWEST

AIDS Council of Western Virginia
ACWV
P.O. Box 598
Roanoke, Virginia 24004
(540) 985-0131 (Office)
(540) 982-AIDS (Hot Line)
1-800-354-3388

New River Valley AIDS Coalition
201 West Main Street #4
Christiansburg, Virginia 24073-2900
Call ACWV at 1-800-230-6977

Appalachian AIDS Coalition
P.O. Box 513
Abingdon, Virginia 24210
(540) 889-2441

Roanoke AIDS Project
P.O. Box 3
Roanoke, Virginia 24002-0003

Blue Ridge AIDS Support Services
P.O. Box 1472
Roanoke, Virginia 24007
No phone/Call ACWV

West Piedmont AIDS Taskforce
P.O. Box 3413
Martinsville, Virginia 24115
(540) 666-2437

ACKNOWLEDGMENTS

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