SORE THROAT

RASH

MOUTH SORES

TONSILLITIS

COULD IT BE EARLY HIV?

DIARRHEA

TIRED FEELING

SWOLLEN GLANDS

FEVER

JOINT AND MUSCLE ACHES

Early/Acute

Early HIV is the beginning stage of HIV disease, right after HIV infection occurs. If you were not aware that your partner is living with HIV, you did not realize you were at risk. During early HIV, the virus is reproducing very rapidly and HIV can be easily passed to others through sex or sharing injection equipment. Early HIV is sometimes called acute HIV infection.

Signs and Symptoms of Acute/Early HIV

- Sore throat
- Swollen glands
- Fever
- Rash
- Joint and muscle aches
- Diarrhea
- Tired feeling
- Tonsillitis
- Mouth sores

The signs and symptoms of acute HIV infection can begin 2 to 4 weeks after you are infected with HIV. Symptoms can last for just a few days or weeks. In rare cases, they could last for several months.

The signs and symptoms of early HIV infection are similar to the signs and symptoms of other common illnesses like the flu, cold, sore throat or mononucleosis.

Is it the flu or Early/Acute HIV?

The symptoms of early HIV and the flu are similar but not the same.

Flu and Early HIV Symptoms

Fever • Fatigue • Muscle aches
Headaches • Sore throat • Swollen lymph nodes

If you have these symptoms you may have the flu.

Flu Symptoms

Nasal congestion • Cough • Sneezing

If you have these symptoms you may have early/acute HIV.

Early HIV Symptoms

Rash • Mouth Sores

If you are not sure if you have the flu or early HIV, ask yourself the questions below. If your answer to two or more of these questions is yes, it could point to HIV rather than the flu.

- Is there a rash?
- Did you have unprotected sex or share injection equipment in the past few weeks?
- Do you have a new sexually transmitted infection?

Testing for Acute HIV infection

If you think you might have been exposed to HIV within the last 30 days and/ or you have symptoms of early HIV, talk to your health care provider. Certain HIV tests can detect HIV as early as 7-10 days after infection took place. By talking with your healthcare provider about your symptoms and your recent risk for HIV, he or she can make sure you get the proper tests to detect early HIV.

Waiting for Test Results

While waiting for your test results it is very important for you to know that if you have early HIV you can pass the virus to your partners. Until you know your test results you can minimize the risk of spreading HIV to others by:

- Abstaining from sex
- If you have sex, use a condom every time
- If you use drugs do not share needles or other drug paraphernalia

Treatment of Early/Acute HIV infection

- If you find out you have early HIV infection it is recommended that you start treatment as soon as possible. Early treatment helps protect the immune system and also reduces the chances that a person with HIV infection will pass the virus on to their partners.
- HIV treatment is highly effective, simple to take and has few or no side effects.

For More Information on Acute HIV/HIV and AIDS:

New York State Department of Health:

- Call 1-800-541-AIDS English
- 1-800-233-SIDA Spanish
- Call the HIV TTY/TTD Information Line at: 1-212-925-9560. Voice callers use the New York relay: 711 or 1-800-421+1220 and ask for 1-212-925-9560.

Or visit www.health.ny.gov

CDC (Centers for Disease Control and Prevention) National AIDS Hotline:

- 1-800-342-2437 English
- 1-800-344-7432 Spanish

Or visit www.cdc.gov

Healthline

- www.healthline.com/health/acute-hiv-infection

9585

NEW YORK STATE Department of Health

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