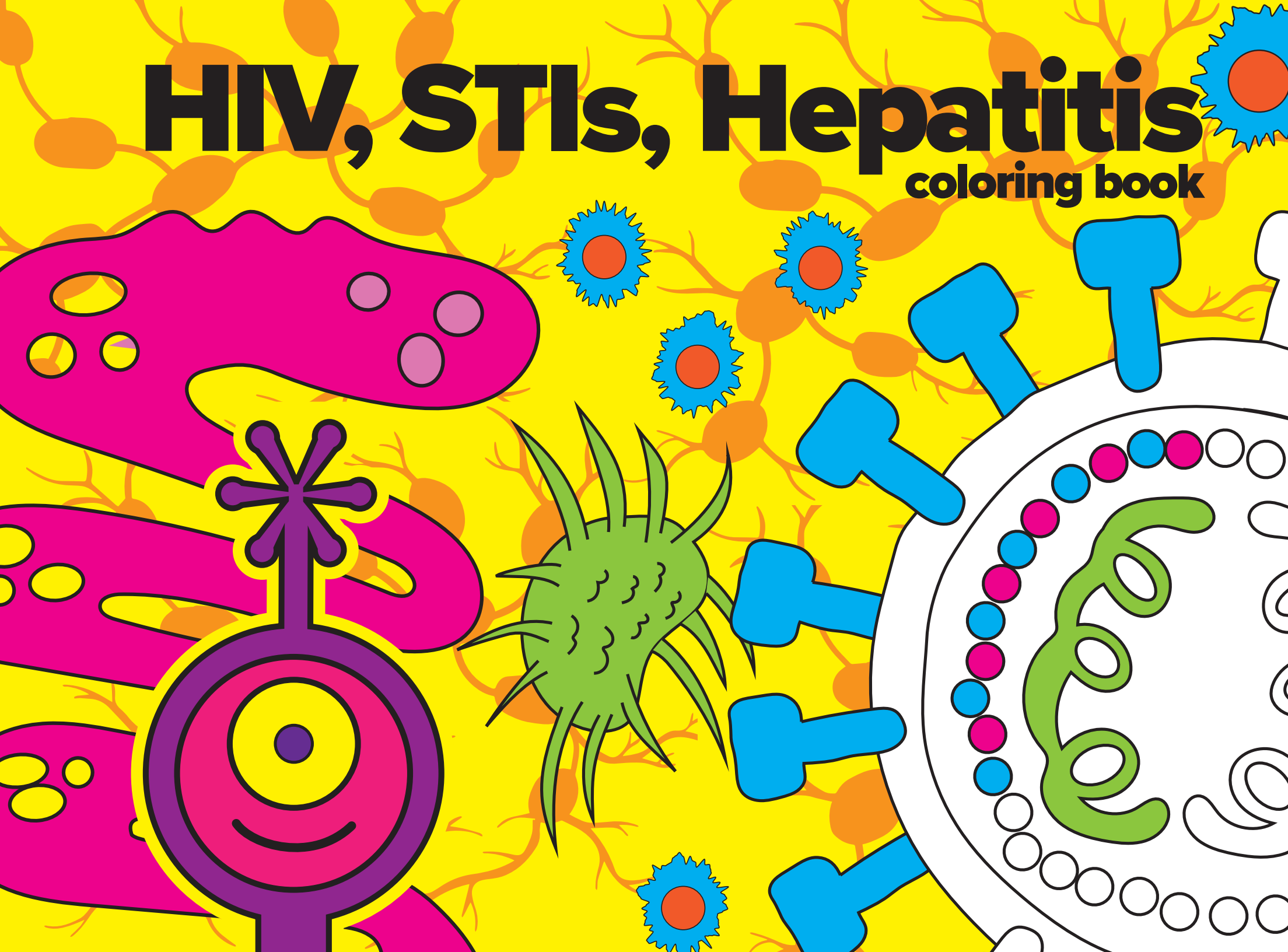


# HIV, STIs, Hepatitis

coloring book



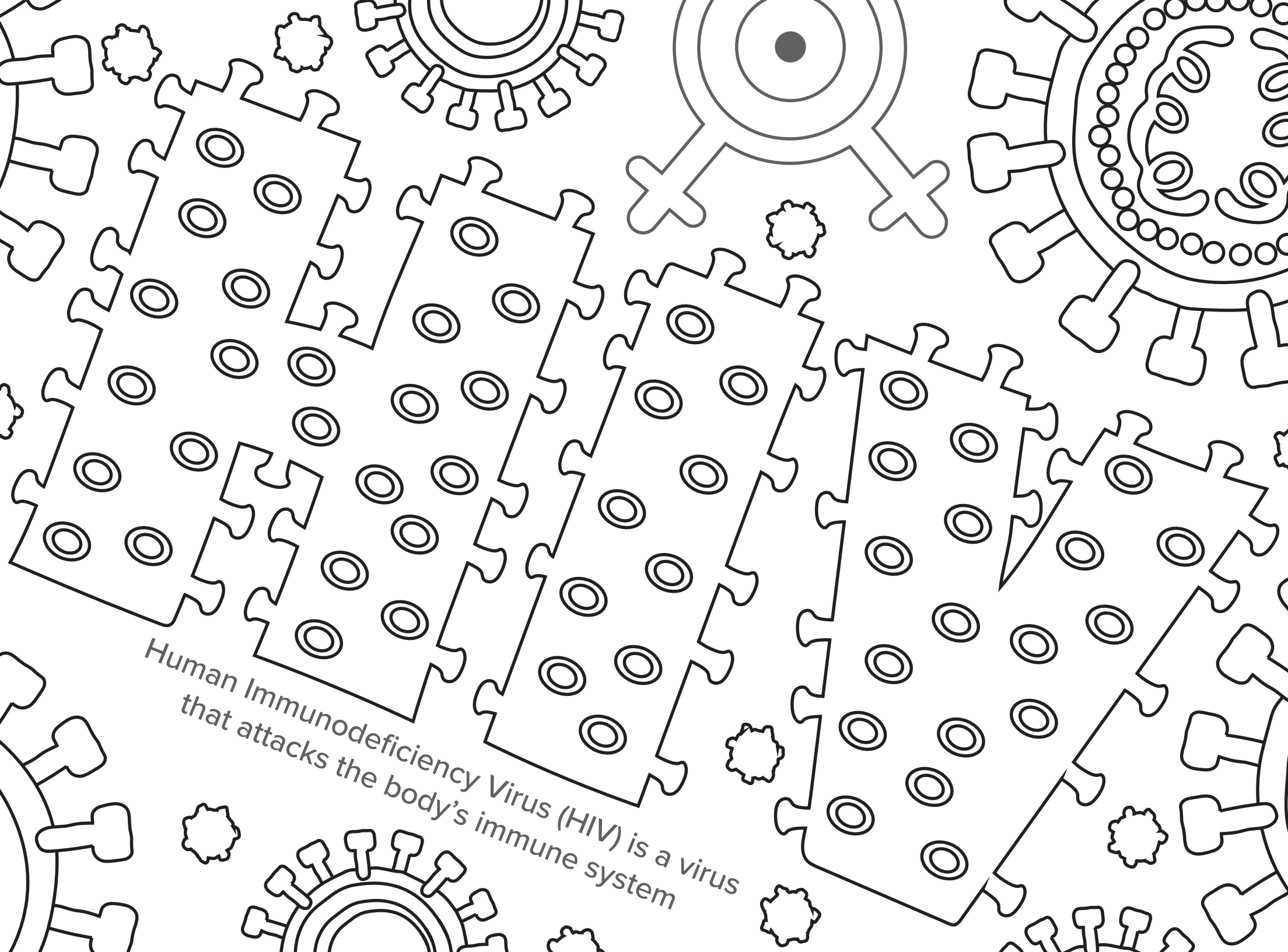
## **Welcome to the HIV, Hepatitis & STI Coloring Book!**

Coloring is for everyone, and this special coloring book has many uses. It can be used by participants in HIV, Hepatitis & STI professional trainings as a self-care resource. It can also be used by older students as part of a health curriculum, or adults. Coloring for adults and young people is proven to reduce stress and anxiety and improve focus. Knowing that HIV, Hepatitis and STI trainings can be anxiety-inducing, we've created this Coloring Book to help training participants relax and focus so they can be their most engaged selves. Coloring relaxes the fear center of your brain – the amygdala. Coloring induces the same state as meditating. It generates mindfulness and quietness. Coloring also improves focus. The act of coloring requires you to focus, but not so much that it's stressful. It allows you to put everything aside and live in the moment. The best part? You don't have to be an expert artist to color. Whether you're coloring in lymph nodes or pathogens and gaining passive learning about HIV and STIs while you color, just pick the right color for you and get to work! No pressure, no stress. Anyone can use the HIV, Hepatitis & STI Coloring Book to engage their mind and focus during a learning activity, to learn about HIV, Hepatitis or STIs, or just for fun.



# Pathogens

A pathogen is a germ that can be spread from person to person and is capable of causing disease. A pathogen may be a virus or bacteria.



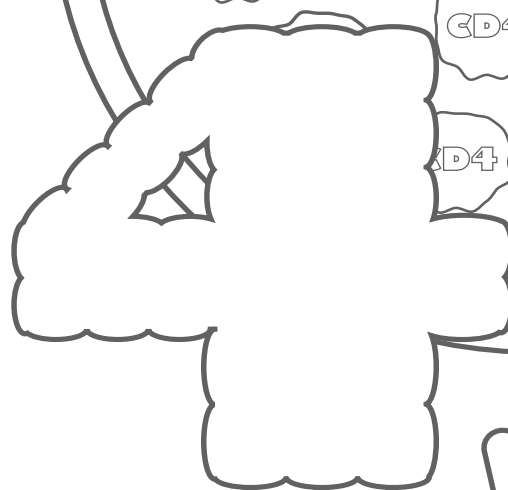
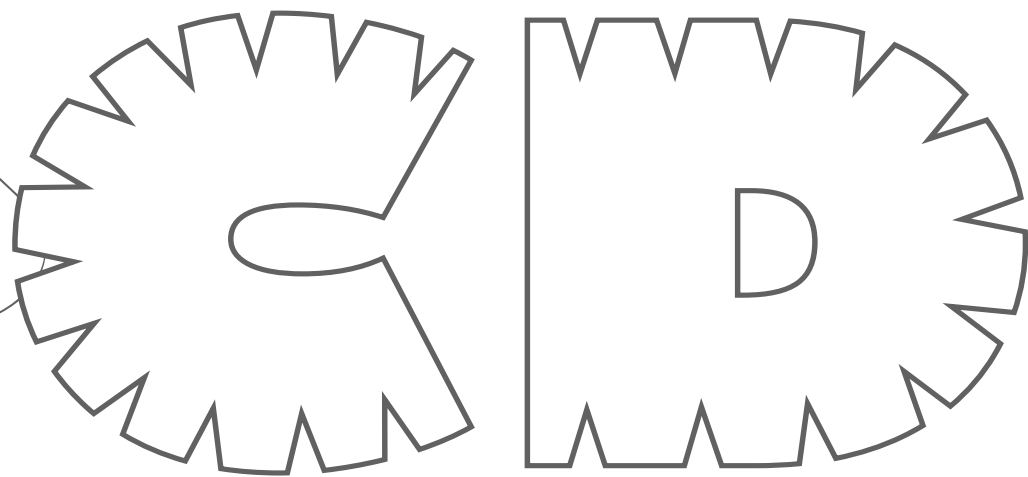
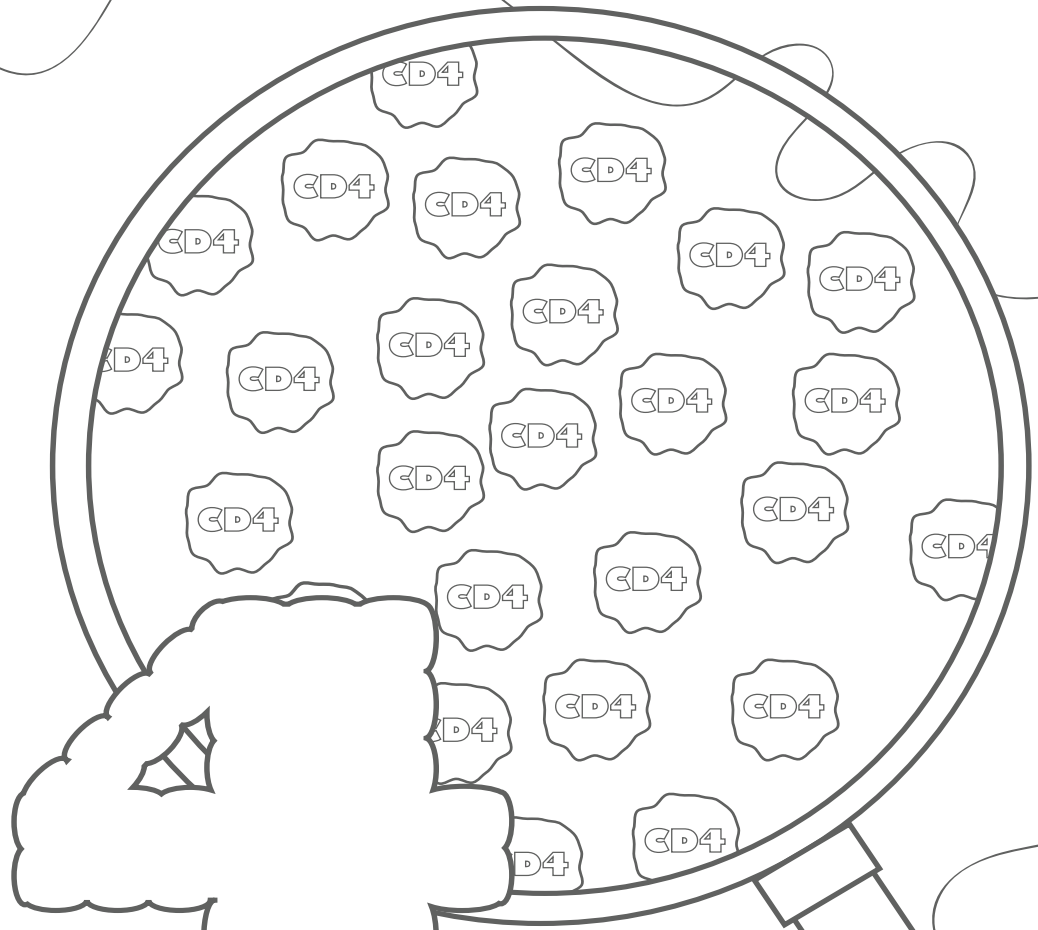
Human Immunodeficiency Virus (HIV) is a virus that attacks the body's immune system



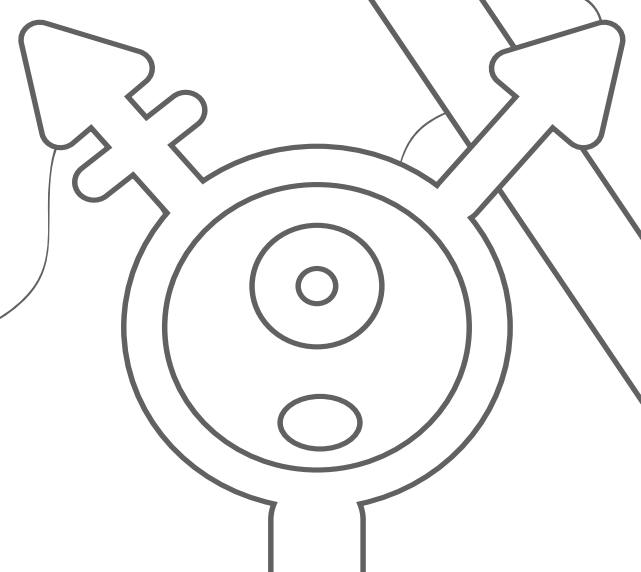
# AIDS

Acquired immunodeficiency syndrome (AIDS) is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By damaging your immune system, HIV interferes with your body's ability to fight infection and disease.

CD4 cells are a type of white blood cell that play an important role in the body's immune system. HIV attacks and kills CD4 cells. A CD4 count is an important lab test used to monitor the health of people with HIV. A normal CD4 count is 500-1,200 cells/ml.



CELLS



The higher the number means a stronger immune system.

Neck (cervical)  
lymph nodes

Armpit (axillary)  
lymph nodes

# Lymph nodes

Groin (inguinal)  
lymph nodes

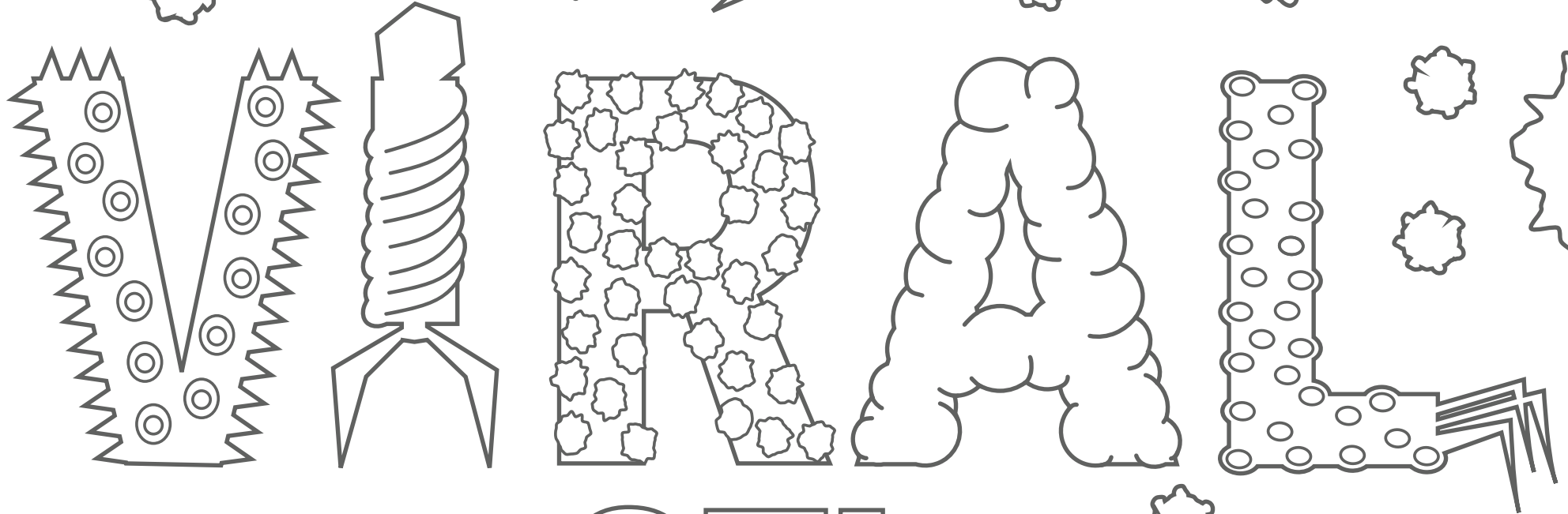
Lymph nodes are small glands that filter lymph, the clear fluid that circulates through the lymphatic system. They become swollen in response to infection and tumors. Swollen lymph nodes may occur within a few days of becoming infected with HIV.



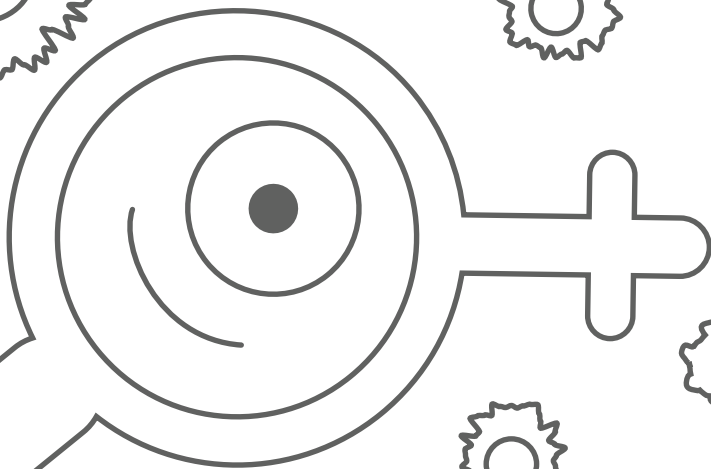
Bacterial STIs (sexually transmitted infections), like Gonorrhea, Syphilis and Chlamydia can be effectively CURED. Especially when diagnosed early.



HIV, Human Papilloma Virus (HPV),  
Hepatitis B and Herpes are viral STIs that  
cannot be cured with antibiotics. They are  
treated with antiviral medications.



STIS



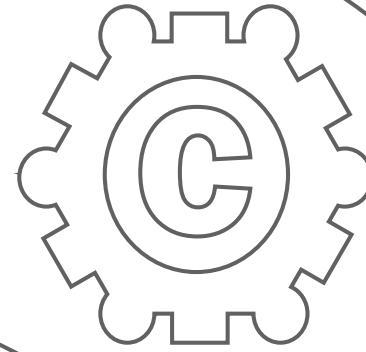


# HEPATITIS

Hepatitis means inflammation of the liver.  
It is most commonly caused by drinking too  
much alcohol or by hepatitis A, B or C virus.

Susceptible  
Host

ANYONE



Pathogen/  
Hep C

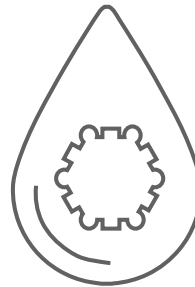
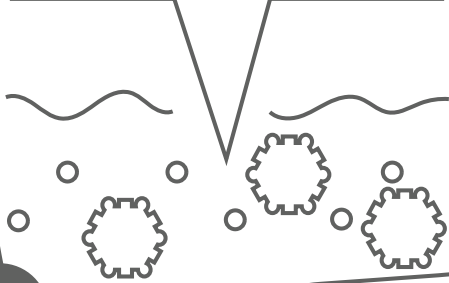
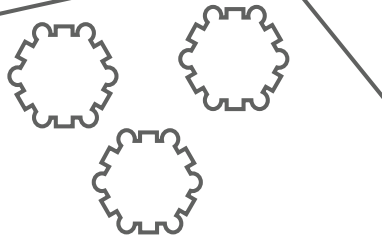
Person  
living  
with  
Hep C

**CHAIN OF  
HEPATITIS C  
INFECTION**

Portal of  
Entry

Mode of  
Transmission

Portal of Exit

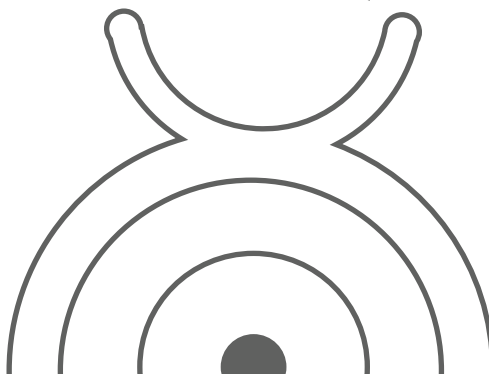


# What does Sexual Health mean to you?

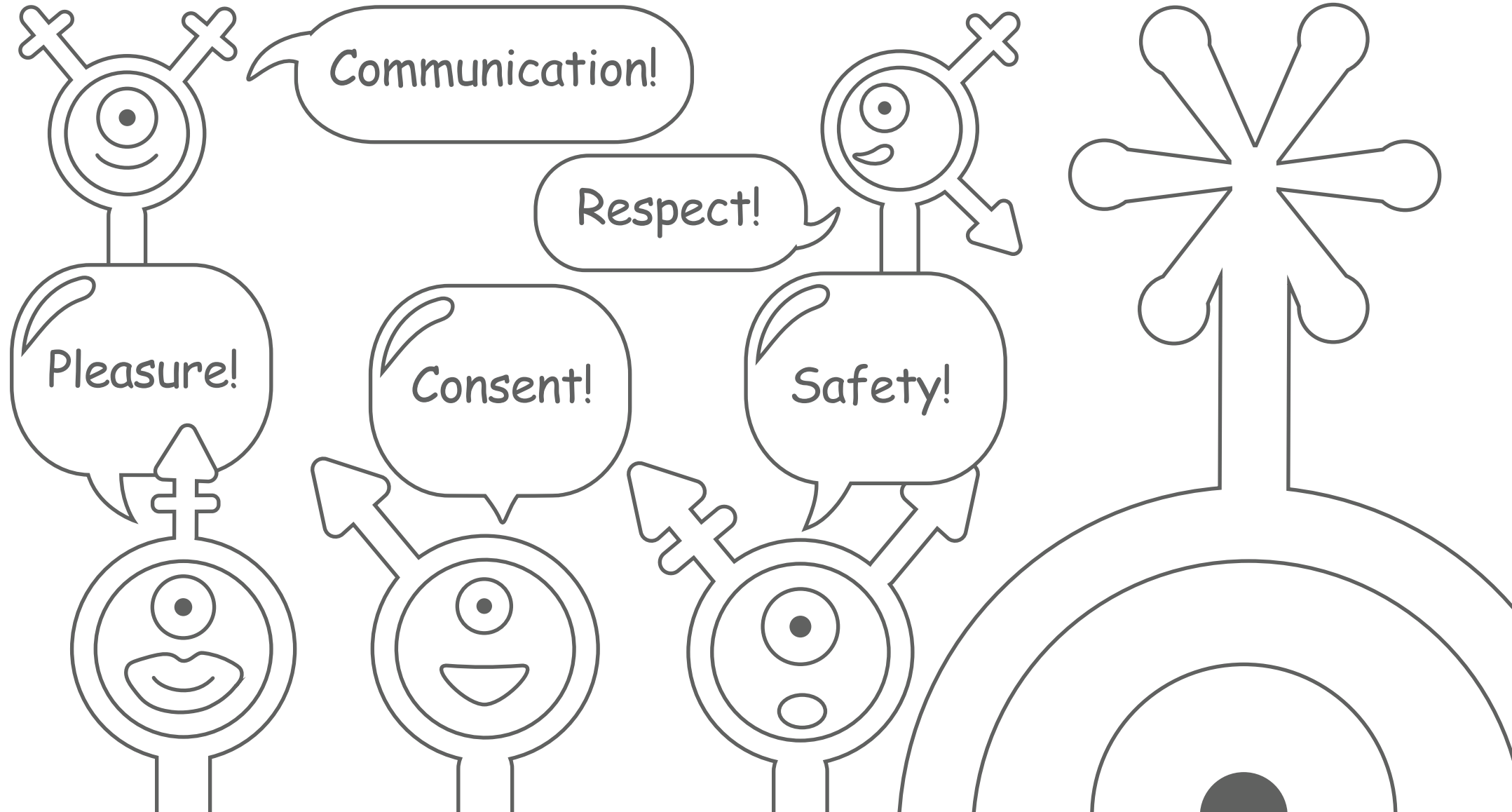
Learning how to avoid HIV and STIs

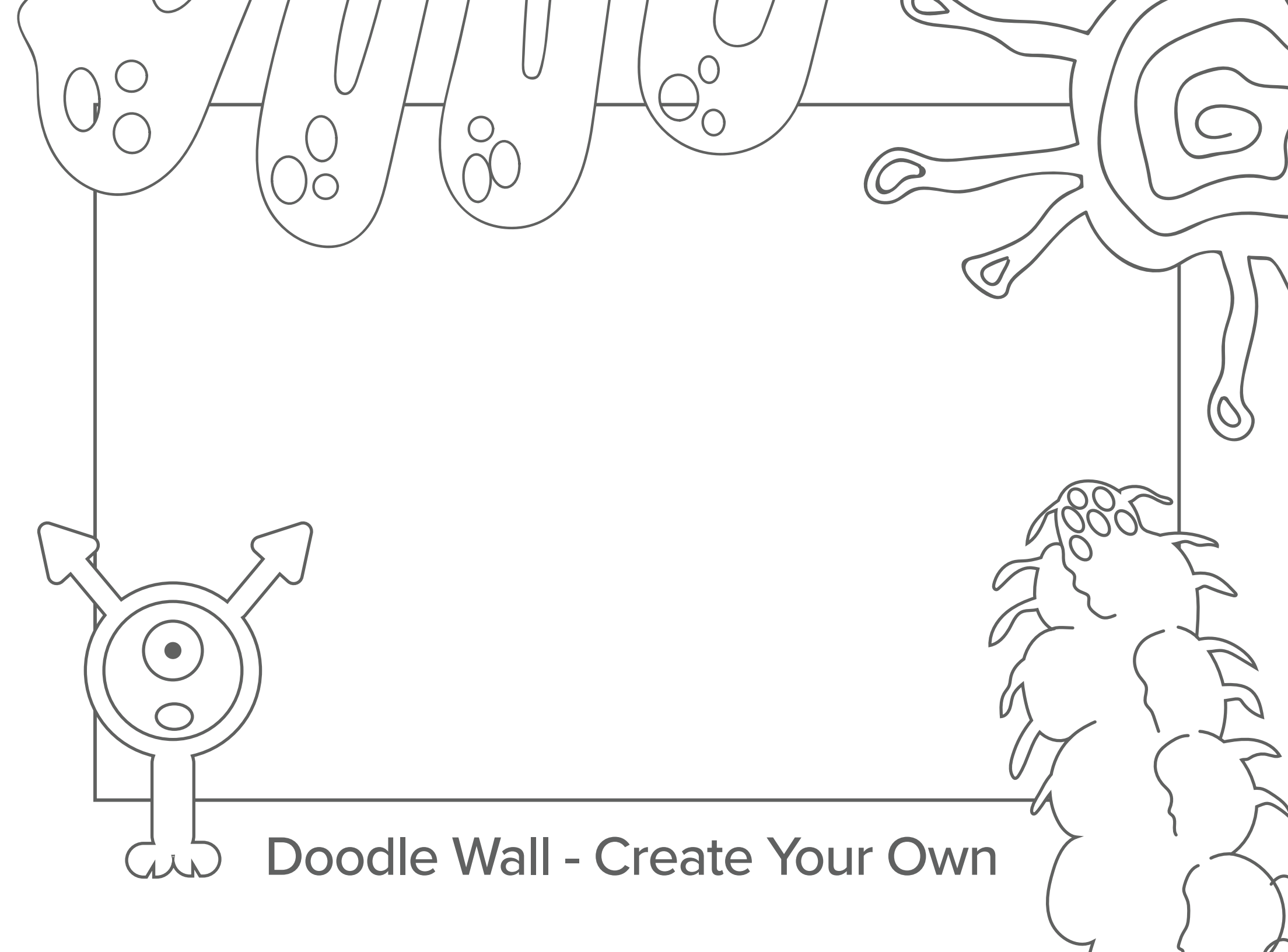
Avoiding pregnancy

Talking with parent or trusted adult

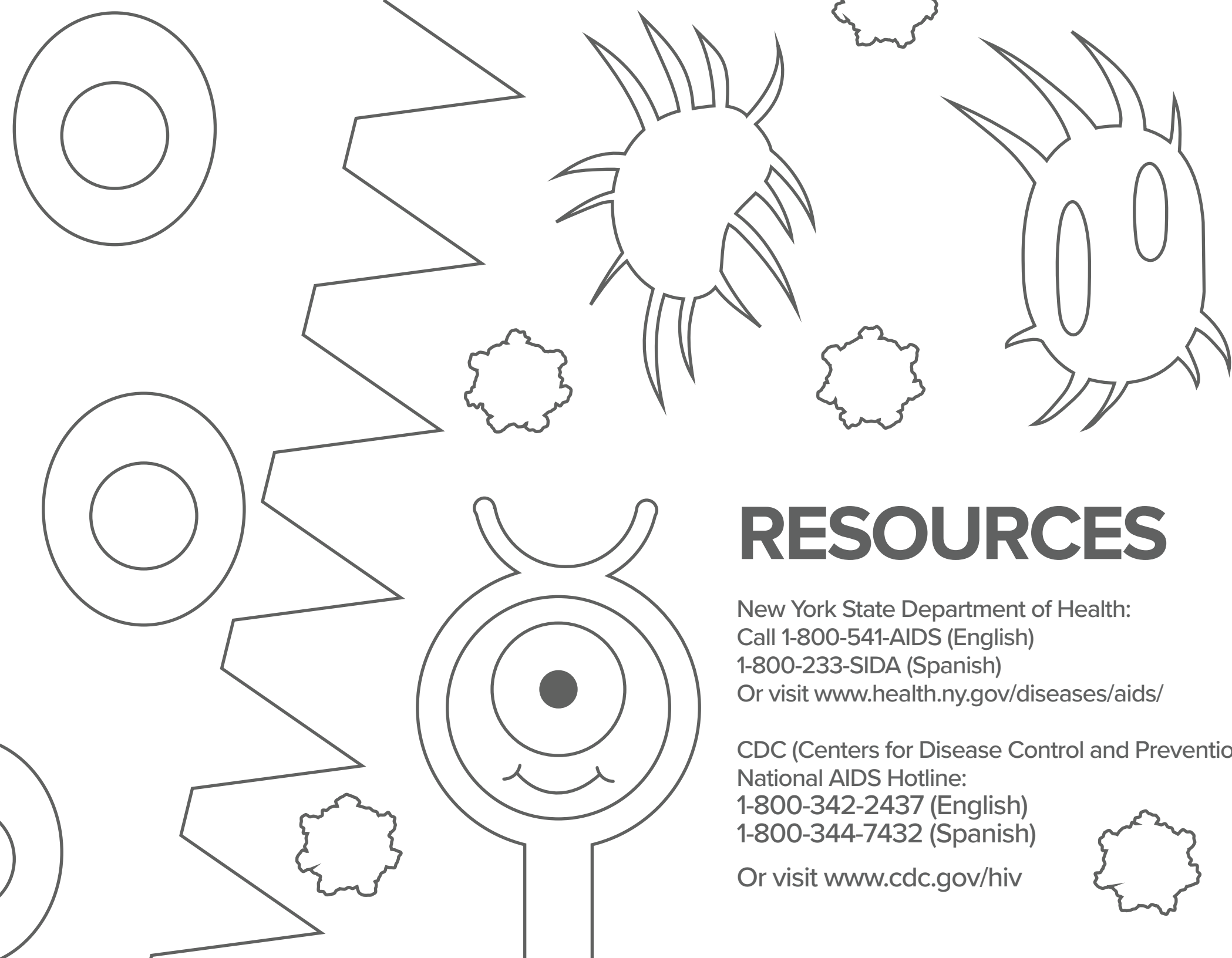


Good sexual health includes: Understanding that sexuality is a natural part of life; Being able to experience sexual pleasure and intimacy when desired; Being able to experience sexual pleasure and intimacy with consent; Being able to communicate about sexual health with others, including sexual partners and healthcare providers; Respecting the sexual health rights of others; Avoiding unintended pregnancy; Screening for STIs and getting treatment, if needed; Having access to sexual health information, education, and care.





Doodle Wall - Create Your Own



# RESOURCES

New York State Department of Health:

Call 1-800-541-AIDS (English)

1-800-233-SIDA (Spanish)

Or visit [www.health.ny.gov/diseases/aids/](http://www.health.ny.gov/diseases/aids/)

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/hiv](http://www.cdc.gov/hiv)

