

HIV & Meth

- There were approximately **38,000 new HIV infections each year** in the U.S. between 2014-2018.
- There are between **400-500 new infections** in Missouri each year.
- Meth weakens the immune system, and allows for more Human Immunodeficiency Virus (HIV) to get into cells.
- A person taking HIV medications consistently and reaching an undetectable status (so little virus in the blood that it can't be detected on lab tests) has virtually no risk transmitting the virus to others through sex or sharing syringes.
- Reducing the amount of HIV in the body helps prevent transmission from mother to child during pregnancy, birth, and breastfeeding.

An individual who is using meth should be tested for HIV at least once a year. Knowing your partners HIV or PrEP status and practicing safer sex can help prevent transmission of HIV. Sexually active men who have sex with men may benefit from more frequent testing (for example, every 3 to 6 months). Even with an undetectable HIV status, **sharing syringes can lead to the spread of other diseases including Hepatitis B and Hepatitis C.**

HIV can survive in a used syringe for up to 42 days, depending on temperature and other factors.

A person has a 1 in 160 chance of getting HIV after sharing a syringe with someone who has HIV

PrEP (pre-exposure prophylaxis) is **medicine people at risk for HIV take to help prevent getting HIV from sex or sharing syringes.** When taken as prescribed, PrEP is highly effective for preventing HIV. PrEP is available for free for individuals who meet the following criteria (additional lab fees may apply):

- Lack prescription drug coverage
- Be tested for HIV with a negative result
- Have a prescription for PrEP

PEP (post-exposure prophylaxis) means taking **medicine to prevent HIV after a possible exposure.**

PEP should be used only in emergency situations and must be started within 72 hours after a recent possible exposure to HIV.

PEP is not available at all pharmacies; call ahead to make sure the medication is in stock. **PEP can be very expensive** out of pocket, visit the following link for **PEP financial assistance:**

[cdc.gov/hiv/basics/pep/paying-for-pep.html](https://www.cdc.gov/hiv/basics/pep/paying-for-pep.html)

Find your nearest testing site at:
gettested.cdc.gov

For information Harm Reduction and IV meth use, visit:
health.mo.gov/living/healthconditions/communicable/hiv aids/saferdruguse.php

For PrEP access for uninsured individuals visit:
www.getyourprep.com
or
health.mo.gov/hivprep

If you are using meth and have HIV:

- **set reminder alarms on your phone to remind you to take your medication**
- **If you inject drugs, use a new syringe every time. Do not share your used syringes with others**
- **Make sure you are attending your doctor appointments**
- **Take a multivitamin everyday and make sure you are drinking plenty of water**

Talk to your doctor immediately if you experience:

- **Rapid weight loss**
- **Recurring fever or profuse night sweats**
- **Extreme and unexplained tiredness**
- **Prolonged swelling of the lymph glands in the armpits, groin, or neck**
- **Diarrhea that lasts for more than a week**
- **Sores of the mouth, anus, or genitals**
- **Pneumonia**

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Medical and support services are available to those who qualify

The Ryan White HIV/AIDS Program provides a comprehensive system of HIV primary medical care, essential support services, and medications for low-income people with HIV.

To enroll in the Ryan White Program, you must:

- **Be diagnosed with HIV or AIDS**
- **Be at or below 300% the Federal Poverty Limit (> \$38,000 in 2021)**
- **If you have health insurance:**
 - **Ryan White can assist with the costs of health insurance including, premiums, co-pays/co-insurance, and deductibles.**
- **If you are uninsured:**
 - **Ryan White can pay for the cost of HIV medications and HIV medical care visits as long as you meet the eligibility criteria.**
- **Ryan White case managers are available to assist you with services you are eligible to receive, apply for health care coverage, and connect you to HIV medical care.**

For more information on services covered by Ryan White Program funding in Missouri, visit:
health.mo.gov/living/healthcondiseases/communicable/hivaids/casemgmt.php

Find your local HIV case management region at:

<https://health.mo.gov/living/healthcondiseases/communicable/hivaids/pdf/case-management-map-contact-list.pdf>

For the Bureau of HIV, STD, and Hepatitis in Missouri, call:

(573) 751-6439

For recovery resources in your area, visit:

NoMoDeaths.org
DMH.Mo.Gov
CrystalMeth.org
KcCare.org

For Harm Reduction practices for Stimulant Use Disorder, visit:

Tweaker.org
HarmReduction.org

For the national suicide hotline,

call:

800-273-8255

