

### HIV - INFECTION WAYS AND PREVENTION MEASURES.

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HIV infection is a chronic infectious disease caused by the human immunodeficiency virus, and the virus remains in the patient's body throughout his life. The infection is initially latent, and this period can last from several months to 5-10 years and even more. During the latent period of the disease, persons infected with the virus are apparently healthy and do not show any symptoms of the disease. This period of the disease is considered to be very dangerous, and infected persons can spread the disease to others without their knowledge.

The HIV epidemic has reached a global scale and continues to spread even 30 years after the virus was discovered. Every year, 2.5 million people from the world's population are infected with HIV. About 50% of HIV-infected patients in Europe contracted the disease because they did not know their HIV-status.

At present, it has been determined that there are 3 ways of human immunodeficiency virus infection. These are:

- sexually transmitted: through homosexual (men who have sex with men) sexual relations; through heterosexual (male and female) sex. Male-to-female transmission of HIV is 1.9 times higher than female-to-male transmission. If the female genital organs are inflamed, the risk of HIV infection increases 6 times. HIV is found in large quantities in seminal fluid;
- parenteral transmission: during medical procedures - through infected blood during blood transfusion, when reusing contaminated instruments for various invasive procedures (injections, minor and major surgical operations, including cosmetic procedures), when transfusing the blood of an infected person, organ and the risk of infection when transplanting tissues is 92.5%); common syringes and needles that have not been disinfected when injecting drugs into a vein are a factor of infection; it is not ruled out that it can be transmitted by means of household contact - during marriage - through objects infected with HIV infection (shaving, toothbrushes, through procedures that break the integrity of the skin, stinging and sharp cutting objects);
- mother-to-child (vertical) transmission: from mother it can be transmitted to the child during pregnancy (through the placenta), during childbirth, and during breastfeeding.

Currently, one of the effective ways to prevent the spread of HIV infection is to increase the spiritual and educational and sanitary-hygienic culture of the population.

**Summary** Thus, it can be said that increasing the level of knowledge of the population and medical workers about HIV infection is important in early detection of this disease and prevention of the spread of the disease, which, in turn, requires further increasing the vigilance of medical workers about HIV infection. is enough.

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