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## HIV Outbreak in Uttarakhand Village | Uttarakhand | 05 Nov 2024

### Why in News?

Recently, a [HIV](#) outbreak has been reported in Ramnagar, Nainital, raising awareness on the impact of drug addiction and unprotected sexual interactions.

### Key Points

- **HIV Spread:**
  - Over 19 men in Ramnagar tested positive for [HIV](#) after unprotected sexual interactions.
  - Authorities emphasize this as a wake-up call for stricter community health vigilance.
- **HIV in India - Statistics:**
  - As of 2022, around **2.47 million Indians live with HIV**, with a **0.2%** adult prevalence rate.
  - New infections have dropped by over 42% since 2010, with AIDS-related deaths declining by nearly 77%.
- **Government Efforts:**
  - India's [National AIDS and STI Control Programme \(2021-2025\)](#) is funded largely domestically, focusing on prevention, testing, and treatment.
  - The [Ministry of Social Justice](#) operates a national helpline to support those with addiction and substance-related issues.

### Human Immunodeficiency Virus (HIV)

- **About:**
  - HIV stands for Human Immunodeficiency Virus, which is a virus that attacks the [immune system](#) in the human body.
  - It primarily targets and damages CD4 immune cells, which are essential for the body's ability to fight infections and diseases.
    - Over time, HIV weakens the immune system, leaving the body vulnerable to opportunistic infections and [cancers](#).
- **Transmission:**
  - HIV is primarily spread through the exchange of certain bodily fluids such as blood, semen, vaginal fluids, and breast milk.
- **Severity:**
  - If left untreated, the virus destroys a person's immune system and they are said to be in the [Acquired Immunodeficiency Syndrome stage \(AIDS\)](#) where they get several opportunistic infections that may result in death.
- **Cure:**
  - Although there are no cures for the infection at present, the disease can be managed using [antiretroviral therapy](#).
    - These medicines suppress the replication of the virus within the body, allowing the number of CD4 immune cells to bounce back.