



Caring together for life
Khomanani

INSTITUTE
HEALTH & DEVELOPMENT
COMMUNICATION

HIV & AIDS and Treatment



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AIDS Helpline 0800 012 322
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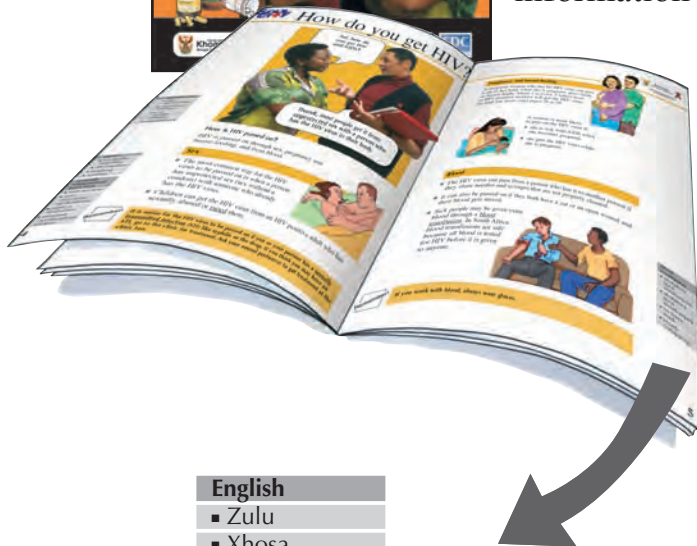
How to use this book



HIV and AIDS affect us all. It is important to test early to know your status. Anti-retroviral treatment (ART) to help people with AIDS is now available. This book will help you to understand more about this treatment, as well as prevention and care.

Read this book and share the information with your family and friends.

If English is not your first language, you may want translations of some difficult words. These words are underlined. They are translated into Zulu, Xhosa, Sotho and Afrikaans in boxes on the side of the page. The boxes look like this:



- | English |
|-------------|
| ▪ Zulu |
| ▪ Xhosa |
| ▪ Sotho |
| ▪ Afrikaans |

In this book there are coloured blocks with information to help make things better in the community. They look like this:



Community Information

We can all help stop the spread of HIV by supporting people who are HIV positive. When we show them support, they can live a healthier life.

There are also coloured blocks that help you to remember important things. They look like this:



If you work with blood, always wear gloves.

This
Community
Development
Project is
supported by:

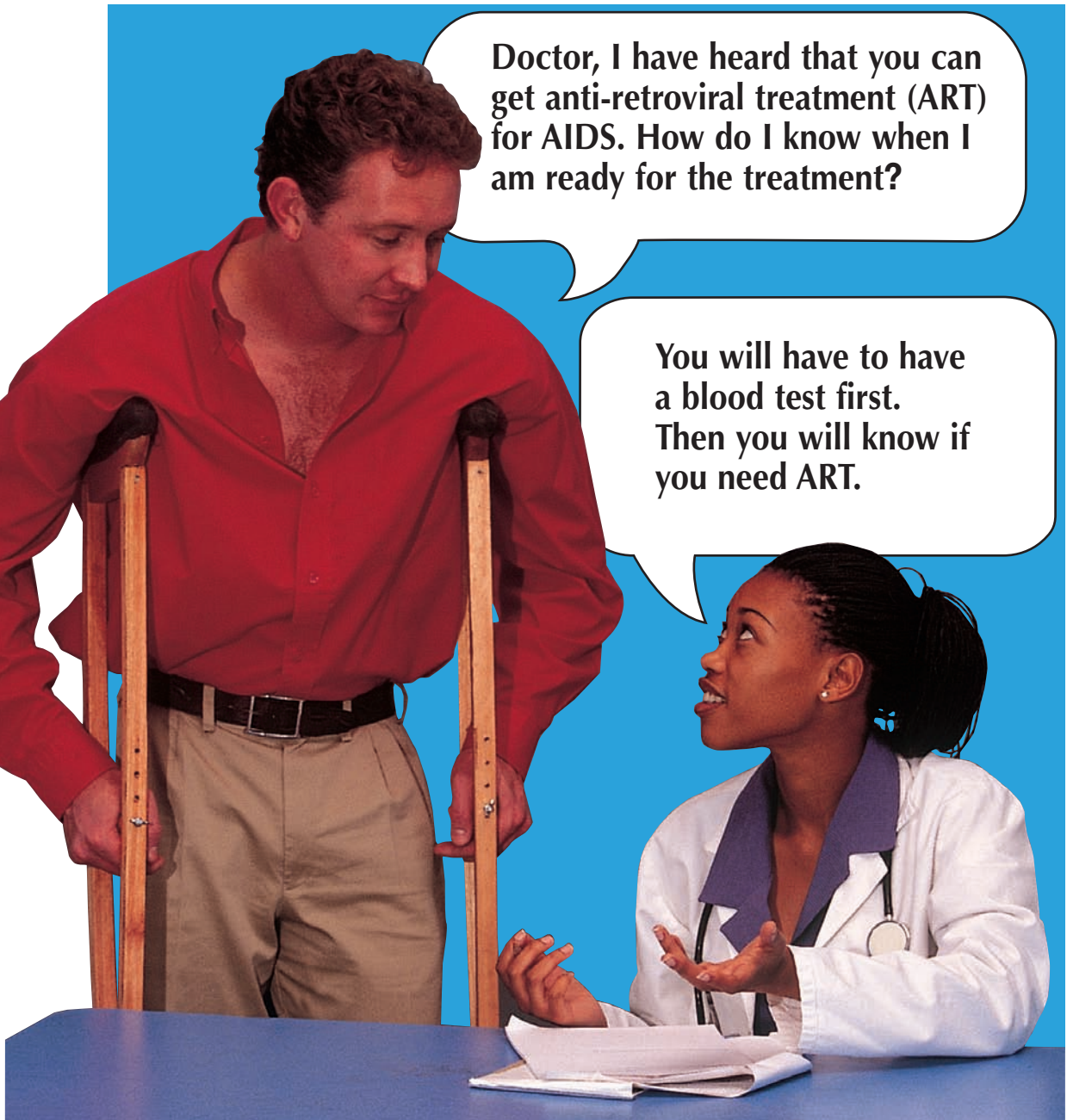


Contents



HIV and anti-retroviral treatment (ART)	2
How do you get HIV?	4
How to prevent the spread of HIV.....	6
Why is HIV still spreading?	10
Young people, sex and HIV	14
How do you know if you are HIV positive?.....	16
Starting anti-retroviral treatment (ART)	18
The four stages of HIV	20
How to make ART work for you ...	22
Problems when starting ART.....	24
You can live a longer, healthier life with HIV	26
Take care of your mind and body	28
Eat healthy food	30
Treating illnesses when you are HIV positive	32
HIV-positive women and pregnancy	36
Babies and HIV	38
Talking about HIV to your children	40
Things to do while you are still strong	42
Government grants	44
List of places to help you.....	48

HIV and anti-retroviral



Doctor, I have heard that you can get anti-retroviral treatment (ART) for AIDS. How do I know when I am ready for the treatment?

You will have to have a blood test first. Then you will know if you need ART.

- virus**
- igciwane
- intsholongwane
- vaerase
- virus
- sperm**
- isidoda
- incindi yobudoda
- peo ya bonna
- sperma
- vaginal juices**
- oketshezini oluphuma esithweni sangasese somuntu wesifazane
- incindi ephuma emfazini
- mekedikedi ya setho sa bosadi
- vaginale vloeistof
- immune system**
- amasosha omzimba
- amajoni omzimba
- masole a mmele
- immuunstelsel

What is HIV?

- HIV is a virus. It lives in blood, sperm and vaginal juices.
- It is passed from one person to the other through sexual juices or blood. It can also be passed on from a pregnant woman to her unborn baby, or when a mother breast feeds.
- When HIV is in the body, it attacks the immune system.

treatment (ART)

What is the immune system?

- The immune system protects our bodies from sicknesses. It also heals the body after sickness or injury.
- One way of measuring how strong your immune system is, is by doing a CD4 blood test. CD4 cells are part of our immune system. When your immune system is strong, your CD4 count is high. This means you are healthy.
- HIV breaks down the immune system. Then your CD4 count slowly goes down. A low CD4 count means your immune system is weak.
- When your immune system is weak, you start to get sick often. At this stage, your health worker should discuss anti-retroviral treatment (ART) with you. He or she will do a CD4 blood test to tell if you need ART. Your health worker will talk to you about the benefits and problems of ART, and how to make it work for you.
- ART will slow down the HIV. If you take the medicines properly, your CD4 count will become high again as your immune system gets stronger. Then you will feel well again.
- ART helps you lead a longer, healthier life with HIV. After you have started taking these medicines, you need to carry on for the rest of your life. If you stop, your CD4 count will start to go down again.
- When you are on ART, you must have a CD4 count test regularly so that your health worker will know if the treatment is helping you. Read pages 18 to 21.

benefits

- amalungelo
- ezimali
- izabelo
- ditshwanelo
- voordele



Have an HIV test early

- Everyone who is, or has been, sexually active should have an HIV test regularly.



- If you test negative for HIV, learn how you can protect yourself so that you stay negative. Read pages 8 to 9.
- If you test positive for HIV, there is hope. With healthy living and treatment you can live a longer and healthier life. Read pages 26 to 31.

How do you get HIV?



unprotected

- uku-ngavikeleki
- engakhuselekanga
- e sa tshireletshang
- onbeskermd

How is HIV passed on?

HIV is passed on through sex, pregnancy and breast-feeding, and from blood.



Sex

- The most common way for the HIV virus to be passed on is when a person has unprotected sex (sex without a condom) with someone who already has the HIV virus.
- Children can get the HIV virus from an HIV positive adult who has sexually abused or raped them.

raped

- ngokudlw-engulwa
- dlwengulwe
- betileng
- verkrag

sexually transmitted infection

- isifo socansi
- isifo esisulelan ngokulalana
- mafu a thobalano
- seksueel oordraagbare infeksie

Remember!

It is easier for the HIV virus to be passed on if you or your partner has a sexually transmitted infection (STI) like syphilis or the drop. If you think you may have an STI, go to the clinic for treatment. Ask your sexual partner(s) to get treatment at the clinic too.



Pregnancy and breast-feeding

A pregnant woman who has the HIV virus can pass it on to her baby when she is pregnant, gives birth or breast-feeds. About 1 in every 3 babies born to HIV-positive mothers will get the HIV virus. To find out more, read pages 36 to 39.



A woman is more likely to pass on the HIV virus if:

- she is sick with AIDS when she becomes pregnant.
- she gets the HIV virus while she is pregnant.

Blood

- The HIV virus can pass from a person who has it to another person if they share needles and syringes that are not properly cleaned.
- It can also be passed on if they both have a cut or an open wound and their blood gets mixed.
- Sick people may be given extra blood through a blood transfusion. In South Africa blood transfusions are safe because all blood is tested for HIV before it is given to anyone.



blood transfusion

- ukufakwa igazi emithanjeni
- ukufakwa igazi emuthanjeni
- ho fuwa madi
- blood-oortapping

Remember!

If you work with blood, always wear gloves.

How to prevent the

I have lost too many friends to AIDS. How can we stop it from spreading?

There are many ways. My partner and I have decided not to have sex in our relationship until we feel ready.

relationship

- ubuhlobo
- ubudlelwane
- dikamano tsa lerato
- verhouding

abstain

- ukuzithiba
- ukuzikhwebula
- ho nena thobalano
- wegibly

The most important ways to prevent the spread of HIV are:

1 Abstain from sex

Young people should delay having sex until they are sure they will have safe sex.



2 Be faithful

Having more than one sexual partner puts you at risk of getting HIV.



3 Use a condom

Condoms only work if you use them correctly every time you have sex.



spread of HIV

1 Abstain from sex

HIV is mainly spread by sex. The safest way to stop the spread of HIV is to abstain from having sex.

Having sex is a very serious decision, especially if you are a young person. Your body may feel like it is ready for sex. But you may not be ready to deal with the responsibility of having sex at a young age. Read more information on pages 14 to 15 to find out about young people, sex and HIV.

Older people or people who have had sex before may also choose to abstain from sex. You can have a relationship without sex. It is not true that sex makes a relationship stronger. There are many ways you can show another person that you love them without having sex with them. When you are ready to have sex, read pages 8 to 9 to find out how to do so safely.

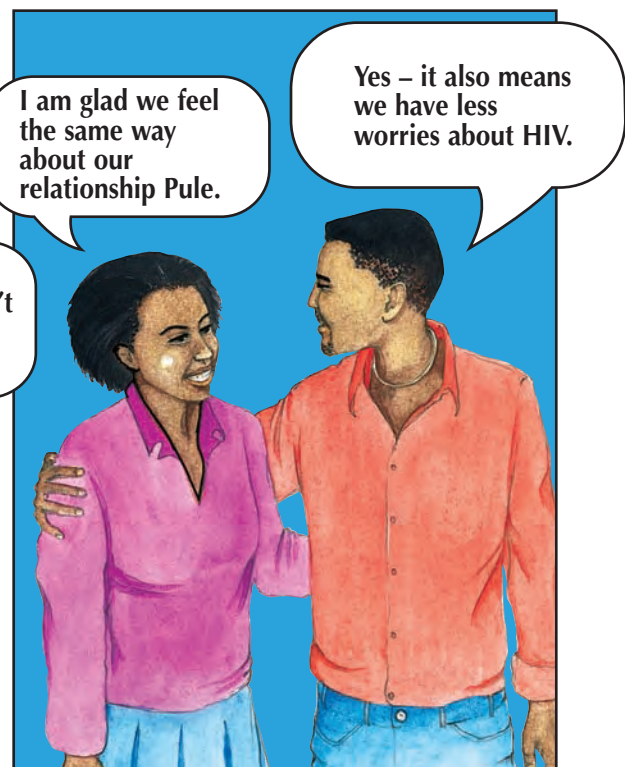


responsibility

- umsebenzi osemahlombe
- uxanduva
- maikarabelo
- verantwoordelikheid



This is the story of Mbali and Pule. They have been in a relationship for 2 years. They have decided not to have sex in their relationship until they feel ready.



How to prevent the spread of HIV

2 Be faithful

- A relationship where both partners are HIV negative and faithful to each other is the safest. You can only know if you are HIV negative if you have a blood test.
- If both HIV tests are negative, you must still use condoms for 3 months. Then get re-tested. If you are both still HIV negative, you can stop using condoms. But you must only have sex with each other for the rest of your lives. Then you will be safe from HIV. If either of you has sex with someone else, even once only, you are no longer safe. You must then start using condoms again.
- If one partner is negative, and the other is positive, you must always use a condom when you have sex.



responsibility

- umsebenzi
- osemahlombe
- uxanduva
- maikarabelo
- verantwoordelijkheid



Each time you start a new relationship, use a condom if you choose to have sex. It is your responsibility to protect yourself and your partner from HIV. Remember, you cannot tell by looking at someone that he/she is HIV positive or not.

3 Use a condom

Protected sex is sex with a condom. You can use male or female condoms.

The male condom

Always use a condom when you have sex. The male condom is available free from most clinics. You can also buy them from many shops.



The female condom

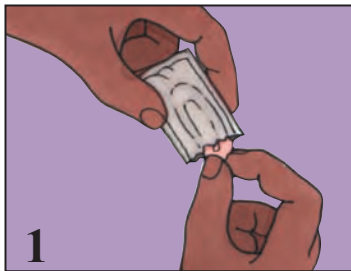
These are condoms that can be used by women. Some women prefer to use them because they can put them in long before they have sex. It is not easy to get these condoms, and they are not free. Find out from your clinic if female condoms are available in your area. Women have the right to protect themselves against HIV and AIDS. We need to fight to make female condoms freely available.



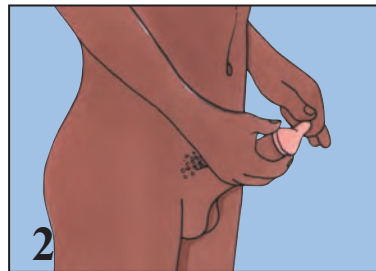
How to use a male condom

The illustrations below are not meant to offend or upset people. They are here to make sure everybody understands the message clearly.

It is important to use a condom correctly. You should use a condom this way:



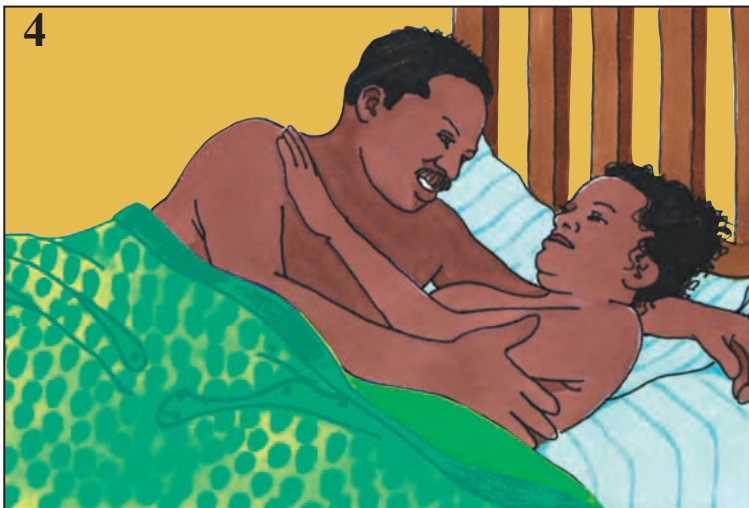
1
 Use a new condom each time you have sex.



2
 Just before you want to enter your partner put the condom onto your hard penis. Press the tip of the condom when you put it on so that you push any air out of the tip.



3
 Roll the condom down over your penis so that the whole penis is covered with the condom. Now you are ready to enter your partner.



4
 Take your penis out after you have had sex. Hold the condom when you take the penis out so that the condom does not fall off. You must take your penis out before it gets soft.



5
 Now carefully take the condom off your penis. Be careful not to let any **semen** spill or leak from the condom. Tie a knot in the condom.



6
 Wrap the used condom in paper. Throw it in the dustbin or any place where children will not find it.

tip

- isihloko
- incam
- ntlha
- punt

semen

- isidoda
- imbewu yesidoda
- lero la botona
- semen

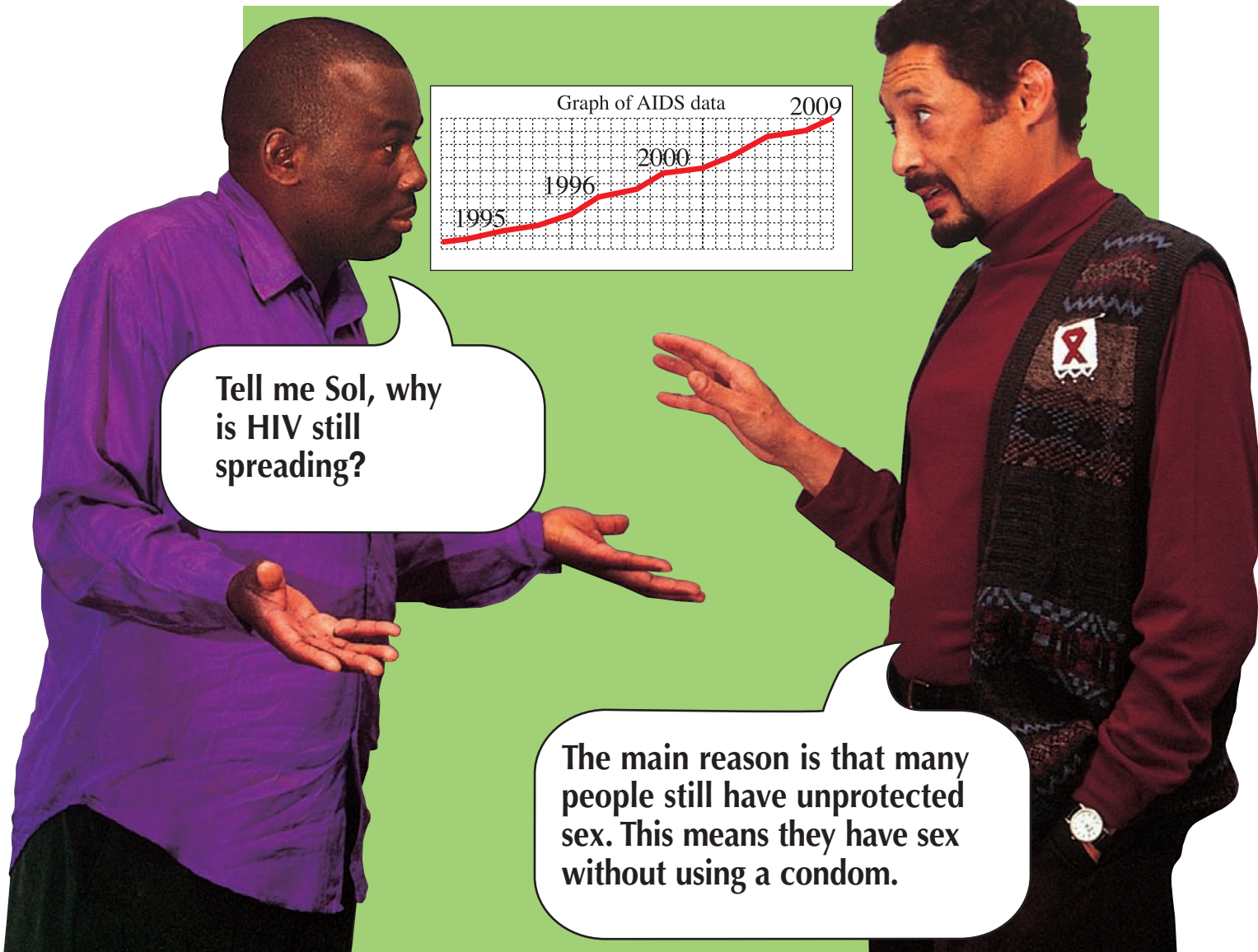
expiry date

- ukuphelelwa yisikhathi
- imini yoku-phelelwa
- letsatsi la ho fellwa ke nako
- vervaldatum

Remember!

- Always check the **expiry date** on the packet – old condoms are not safe.
- Some people want to use a cream with the condom to make sex easier. Do not use petroleum jelly or cream with oil for this because it damages the condom – find out which creams are safe.

Why is HIV still



Why is HIV still spreading?

There are many reasons why HIV is still spreading. Read the opposite page for the main reasons.

There are also many wrong ideas and beliefs about HIV that help to cause the spread. Read pages 12 and 13 to find out about these wrong ideas.



Community Information

We can all help stop the spread of HIV by supporting people who are HIV positive. When we show them support, they can live a healthier life.

spreading?

Main reasons why HIV is still spreading

- Many people who are HIV positive do not tell anybody because they are afraid that the community will blame them for being infected. Then communities think that HIV is not so serious because they do not see people living with HIV.



- Many people do not use condoms because they are afraid that their partners will think that they are HIV positive and think badly of them. Young people complain that some health workers shout at them if they come to the clinic to ask for condoms.



- Some people fear being tested for HIV because they are worried that others will treat them badly.



- People living with HIV don't go for treatment because they are afraid that health workers will tell other people they are HIV positive. This is against the law. Health workers do not have the right to tell anyone.



- Women who are poor will sometimes have sex in exchange for money or special favours.



- In many societies women do not have control of their sex lives. Society tells them they have to do what their husband or boyfriend tells them. They are afraid to ask their partner to use a condom, even if they know he has had unprotected sex with other women.



in exchange

- ukushi-ntshiselana
- ukutshi-ntshiselana
- ka ho fapanyetsana
- in ruil

favours

- ukusizakala
- ukuncedwa
- ditshepiso tsa ho etestswa ho itseng
- gunsies

societies

- umphakathi wonkana
- uluntu
- setjhaba
- gemeenskappe

People who are HIV positive may get sick with AIDS more quickly because of all the worries about how other people are treating them.

Why is HIV still spreading?

Wrong ideas about HIV and AIDS

- X** Many people believe that you can tell from the way a person looks that they have the HIV virus. **This is not true.**



You cannot tell if a person has the HIV virus by looking at him or her. You can only know for sure if you have an HIV test.

- X** A lot of men still believe that you are only a real man if you have many sexual partners. **This is not true.**



Having many sexual partners increases your risk of getting HIV and other STIs.

- X** Many young people do not think carefully before they have sex. They think they will not get the virus. **This is not true.**



Anybody can get the virus. Young people need to be educated about condoms, sex, pregnancy, and sexually transmitted infections (STIs), including HIV.

- X** There are people who still believe that you will only get infected with the HIV virus if you have many partners, or if you are unmarried. They believe that you are safe as long as you have one partner at a time. **This is not true.**



If your partner is already HIV positive, you can get infected with the HIV virus if you have unprotected sex. This can happen even if you only have sex with that one partner.

- X** When someone insists on using a condom, people think that this person is HIV positive. **This is not true.**



Insisting on a condom makes sense. It is your responsibility to protect you and your partner's health.

How stigma and discrimination affect HIV and AIDS

Many cultures and religions do not speak openly about sex. This means that wrong ideas about sex, HIV and AIDS are spread. These are some of the beliefs:



stigma

- isigcwgacwa
- isiphako
- ho beha motho sepha/letshwao le itseng
- skande/stigma

discrimination

- ubandlululo
- ubandlululo
- kgethollo
- diskriminasie

X HIV is a punishment from God. **This is not true.**

Most religions care and support those in the community living with HIV. No one deserves to get HIV.

X People who are HIV positive do not belong to our communities. They should not be accepted by their families. **This is not true.**



The Constitution of South Africa protects the rights of all people, even when they are sick or HIV positive.

X Children living with or affected by HIV should not go to pre-schools or primary schools because they will infect other children. **This is not true.**



The law says all children have the right to go to school, whether they are HIV positive or not. You cannot get HIV by being in the same school.

X People with HIV should not work because they are a burden. They may also infect the people they work with. **This is not true.**



The law says that employers may not test someone for HIV without their consent. They also may not fire someone because they are HIV positive.

X HIV only happens to people who are homosexual, black, poor or migrants. **This is not true.**



All people are at risk of being infected with HIV.

burden

- bawumthwalo
- bangumthwalo
- morwalo
- las

consent

- ukuvuma
- imvume
- tumello
- toestemming

homosexual

- amadoda athandana namanya amadoda
- amadoda alalana namanye amadoda
- banna ba ratanang le banna ba bang
- homoseksuele

migrants

- bamagoduka (abantu abasebenza kude alalana namakhaya abo)
- majoyini
- basebetsa hole le lapeng
- swerwers

Young people, sex



Talk to your parents about sex

They can share their own feelings and values about sex with you. They can also tell you the facts about the way your body works.



Wait before having sex

Sex is very special. Many people feel that it should be kept for a long-term relationship like marriage. If you do not have sex, you will not get the HIV virus. This is the safest choice.



All my friends tell me my girlfriend will leave me if I don't have sex with her

Your friends probably don't know about the dangers of sex. Tell your friends about AIDS. Sex is a very personal choice for you and your partner. You must decide together.



Our time ■ Our choice ■ Our future

and HIV



Where can I get condoms?

You can get condoms from clinics or you can buy them from supermarkets or chemists. Some workplaces also supply condoms.

Remember to use a condom every time you have sex.



What do I do if I feel sexy?

You can masturbate and have an orgasm. This is much healthier for boys and girls, than having unprotected sex.



Think of the consequences of having unprotected sex

Knowledge is power, for boys and girls. Find out all there is to know before you start having sex.

Think carefully before having sex

Sex is beautiful. But you should not have sex until you are a young adult, as your body is not ready for it.



masturbate

- ukuziphulula izitho zangaphansi
- ukuzipulule izitho zengaphantsi
- ho ipholla dithong tsa botona kapa tsa bosadi ka morero wa ho ikgotsofatsa ka tsela ya thobalano
- masturbeer

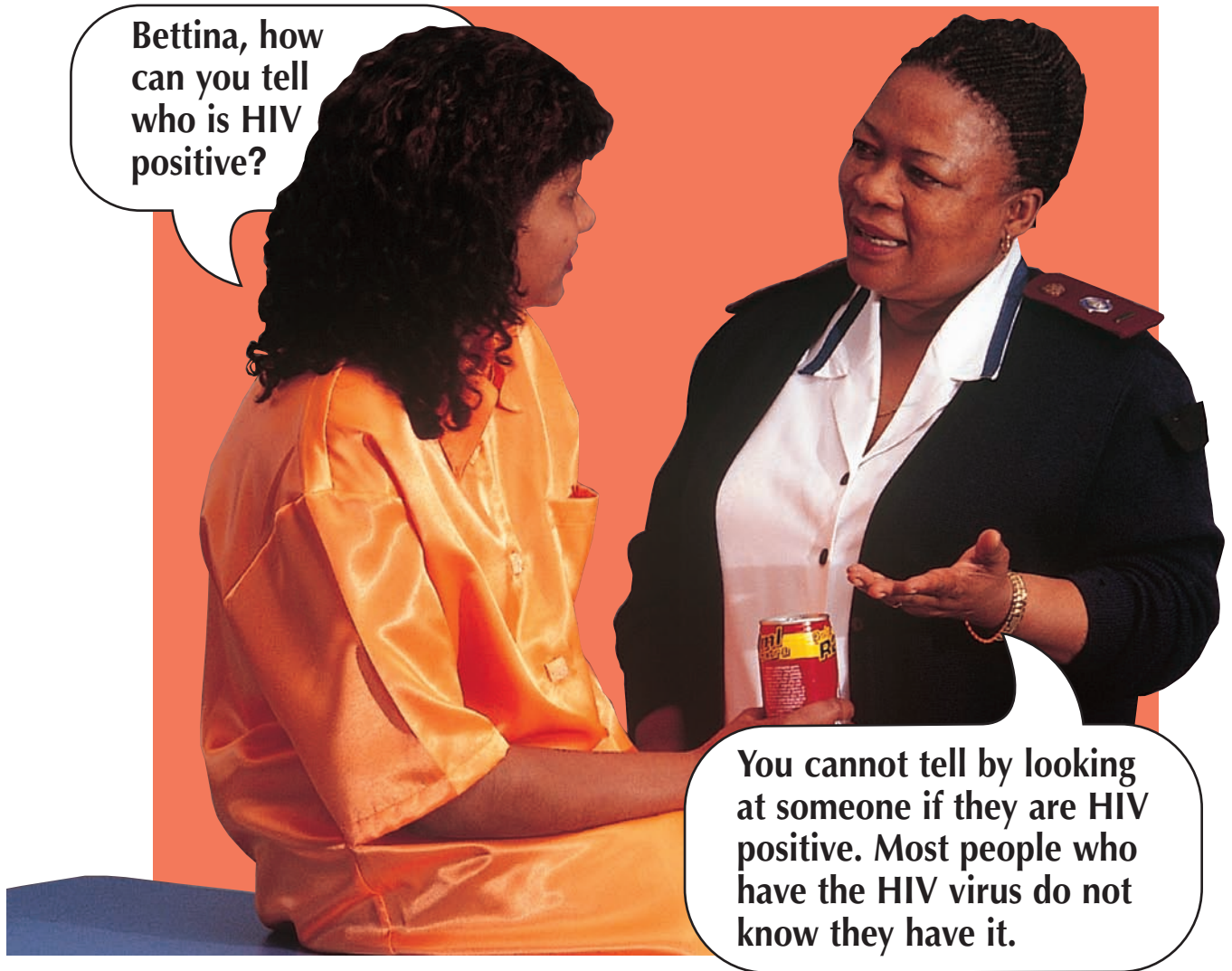
orgasm

- ukuvukelwa komntu
- ukuvukelwa komuntu
- ho rota botona
- orgasme

consequences

- imiphumela
- iziphumo/ iziqhamo
- ditlamorao
- gevolge

How do you know if you



Bettina, how can you tell who is HIV positive?

You cannot tell by looking at someone if they are HIV positive. Most people who have the HIV virus do not know they have it.

decision

- isinqumo
- isigqibo
- qeto
- besluit

responsibility

- umsebenzi osemahlombe
- uxanduva
- maikarabelo
- verantwoordelikheid

Having an HIV test is not an easy decision to make. But the only way to know if you have the HIV virus is to have a blood test.

Why is it important to have the HIV test?

- Having the HIV test means you are taking responsibility for yourself.
- It is the only way to know if you are HIV positive or not.
- You need to know how to protect your health. Then you can stay healthy for longer.
- You also need to know how to protect other people from becoming HIV positive.



Community Information

It is your right to get pre-test counselling. It is also your right to get post-test counselling, even if your test results are negative.

are HIV positive?

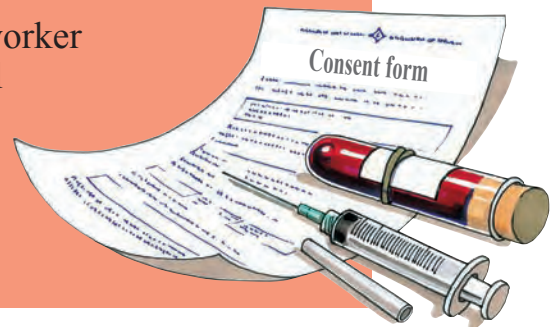
Having the HIV test

It is important to speak to a counsellor or a health worker about having a test. They can help by answering any questions you may have about HIV and AIDS, and about the test.

The counsellor or health worker knows that you may be afraid and worried. They will give you support, and help you prepare for the results of the test. This is called pre-test counselling.

Some people may choose to take a friend or someone they trust with them. This person can give them support and care before and after the test.

You will need to talk to a counsellor or health worker when you go and get your test results. They will discuss the results with you, and what this means. This is called post-test counselling.



counsellor

- umeluleki
- wezempilo
- ikhawunsela
- moelets
- berader

support

- bayokweseka
- uncediso
- tshetso
- bystand

What if my test is negative?

This means you do not have the HIV virus in your blood. You must still do these things:

- You must continue to have protected sex. Do this so that you do not get the virus later.
- If you had unprotected sex recently, the virus may not show up in the first test. Wait for three months and go for another test.
- Continue to learn more about HIV and AIDS.
- Support those in your community who are HIV positive.

What if my test is positive?



- You may feel afraid and shocked. You may not believe what you hear. This is normal. Find someone who can help you deal with how you feel.
 - Find out more about HIV and AIDS. This book has a lot of advice that can help you.
 - Have a CD4 test to see when you need to start anti-retroviral treatment (ART). Read pages 20 to 21.
 - Try not to panic. You can still live a healthy life for a long time with the virus in your body.

shocked

- ukwethuka
- umothuko
- tshohile
- geskok

panic

- ukuphaphazela
- ukuphaphazela
- ho tshoha
- baie bang word

Starting anti-retroviral



What is anti-retroviral treatment?

Anti-retroviral treatment (ART) is a combination of medicines that are given to someone who is sick with AIDS. They fight HIV in the body.

ART is not a cure for AIDS. It helps make your immune system stronger so that you can be healthier. It also helps your body to fight off and prevent illnesses such as pneumonia, TB and diarrhoea.



combination

- yinhlanguisela
- ngumdibaniso
- motswako
- kombinasi

pneumonia

- inyumoniya
- inyumoniya
- nyomonina
- longontsteking

diarrhoea

- uhudo
- urudo
- letsholla
- diarrree



If you have any questions about HIV and AIDS and treatment, call the free AIDS Helpline on 0800 012 322.

treatment (ART)

How does ART help?

ART is good for the patient and the family.

- The patient can live a healthier and longer life.
- If the person taking ART is a **breadwinner** or a parent, they can continue to provide and care for their family.



breadwinner

- inhloko eyondlayo
- umondli wosapho
- motho ya tlisang tjelete lapeng
- broodwenner

Where can I get ART?

Only some health centres will offer the treatment. Health workers need to be properly trained to be able to know how to help people who need ART. As more health workers are trained, more centres will offer ART.



I am HIV positive but my CD4 count is still high. What should I do to take care of myself?

If your CD4 count is higher than 200, it is not necessary to take treatment. But there are a lot of things you can do to stay healthy.

- Join a support group. You will learn a lot about HIV, and share any of your problems with others.
- Eat healthily and exercise. This will keep your body and mind strong.
- Stop smoking and drinking.
- Go for regular check-ups. Your health worker should take a CD4 blood test regularly. Then he/she will know when you should start ART. If you take the medicines too late, you may be too sick for them to help you.



Community Information

Find out which centre near you offers ART by calling the AIDS Helpline on 0800 012 322. You can also find this out from your health worker.

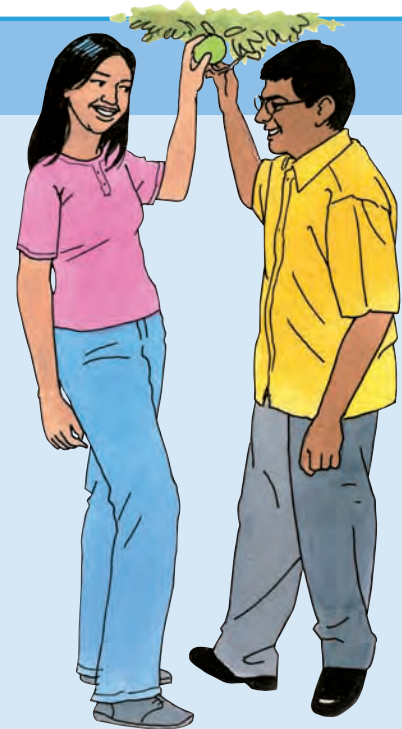
The four stages

When should I start anti-retroviral treatment (ART)?

HIV has four different stages. It is important to know about these stages so that you can go onto ART at the right time.

1 HIV positive and healthy

- You are HIV positive and your CD4 count is high.
- Your immune system is strong, and you feel well.
- You need to live positively and stay as healthy as possible. Read pages 26 to 31.
- You need to always have safe sex.
- You should use contraception so you can plan your children.
- **You do not need ART.**



live positively

- ukuphila ngokuzethemba
- uphile unethemba
- phela hantle
- positief lewe

contraception

- imithi yokuvimbela inzalo
- indlela yokunqanda ukukhulelwa
- dithibelapelehi
- voorbehoedmiddel

2 HIV positive with some sickness

- Your immune system has started to get weak.
- You may get a few sicknesses, like colds, chest infections and skin problems.
- You need to get treatment for these sicknesses and live a healthy life. Read pages 32 to 35.
- You should be going for a check-up every 6 months.
- **You do not need ART yet.**



3 HIV positive and sick

- You are HIV positive and your immune system is much weaker.
- You will start to get sick more often. At this stage, you should have blood tests to find out your CD4 count and your viral load.
- **If your CD4 count is below 200 or you have an AIDS sickness, you should start ART.**
- You should also get treatment for any illnesses you may have. Read pages 32 to 35.



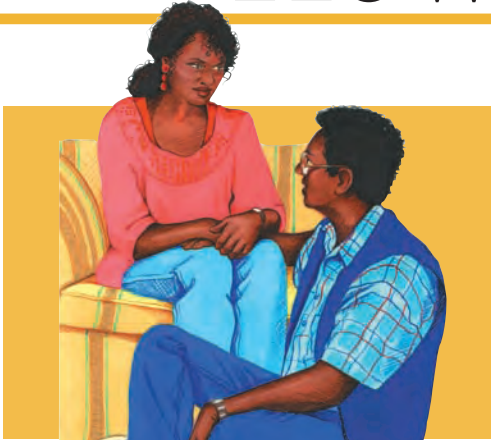
4 AIDS and very sick

- Your immune system is very weak, and your CD4 count is probably 200 or lower.
- **At this stage you have AIDS, and you should start taking ART.**
- You will still need treatment for the different illnesses you may have.
- When a person with a very low CD4 count (below 50) goes onto ART, the treatment may not work. This is because his or her immune system is too damaged to get better.



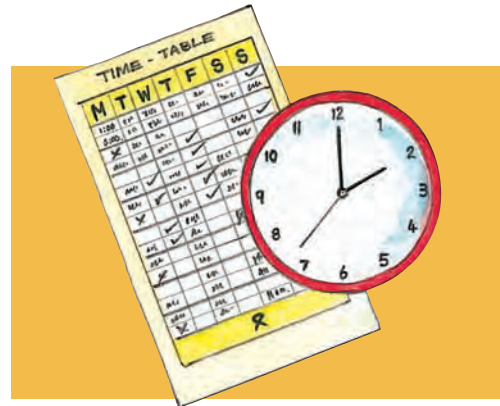
You do not need to take ART when you are healthy and your immune system is strong. ART, like all medicines, has side-effects. Read pages 24 to 25. Once you start to take ART, you must take it for life.

How to make ART



Have a treatment helper

Before you start taking treatment, make sure that at least one person knows you are about to take ART. This person could be a friend or family member. Ask him or her to remind you to take your medicines every day. Also to help you if you have side-effects. Read pages 24 to 25.



Take treatment at the same time every time

Each time you forget to take your medicine, you make the HIV stronger. After a while, the treatment will not work for you. Make a time-table of when you need to take your medicines. Show it to your treatment helper. He/she will help you to remember to take your medicine.



Do not share your medicines

There may be other people in your household who need treatment. If you give them some of your medicines, the ART will not work for you or for them. It makes HIV in your body stronger if you don't take the right dose. So even if you take the treatment properly the next time, it will not work for you.



Stop drinking alcohol before starting ART

Alcohol weakens your immune system. It may also make you forget to take your medicine.

dose

- umthamo
- ithamo
- tekanyo
- dosis

work for you



Always use condoms when you have sex

ART may make you strong, but it does not cure HIV. Even if you feel strong, you still have HIV in your body. You can still infect a person who is HIV negative. You can also increase HIV in your body if you have unprotected sex with another HIV-positive person. Then the treatment might not help you.



Have regular check-ups

You should have regular check-ups at the clinic. Then the health worker will be able to treat any new illnesses or problems. He or she will also make sure your treatment is working well.



Tell your health worker if you are taking any other treatment

This includes vitamins, any medicines you get from a chemist and traditional medicines like the African potato. If you take them when you take ART, the treatment may not work. Or it may make you sick. It is important that you know the correct names of the medicines you are taking. If you do not know them, take them with you to show the health worker.



Read the Soul City book “Anti-retroviral Treatment for Life!” for more information. Also read about the other things you can do on pages 28 to 31:

- Eat healthy food
- Exercise
- Stop smoking and drinking
- Get support

Problems when



Bettina, I have been having bad dreams, and I have a rash all over my body. What is causing it?

It is good that you came back to me Sol. It could be the side-effects of anti-retroviral treatment (ART).

- side-effects**
 - imiphumela engemihle
 - iziphene
 - ditlamorao
 - neve-effekte
- chemicals**
 - ukungabhalansi
 - ukungalungelela
 - ho se lekane ha
 - chemiese

What do side-effects mean?

All medicines are chemicals. Sometimes they make you feel unwell. This is called the side-effects of the medicines. Some people complain of side-effects when they start ART.



Remember!

ART will help you to live a longer, healthier life.

starting ART



What are the side-effects of ART?

- Anti-retroviral medicines are very strong, and they may have side-effects.
- Many of the side-effects can be treated if found early. So it is very important to make sure you understand this before you take them.
- It is also very important to take the medicines like the doctor tells you to.

These are some of the side-effects you may have when you take ART:

- Nausea and vomiting
- Painful stomach
- Painful legs
- Bad dreams
- Headaches
- Feeling very tired
- Skin rash
- Diarrhoea
- Not sleeping well

These side-effects often go away after a few weeks. Then you feel better. But you should tell your health worker immediately if you have these side-effects. Do not stop the treatment without speaking to the health worker first.



nausea

- ukucanuzela kwenhliziyo
- ukucaphuzela kwentliziyo
- ho nyekelwa ke pelo
- naarheid

skin rash

- ukuqubuka kwesikhumba
- irashalala
- lekgopho letlalong
- veluitslag

diarrhoea

- uhudo
- urudo
- letsholla
- diarree

Remember!

Do not forget to tell your health worker about all the medicines you are taking, even if they are vitamins. The medicines may work well if they are taken on their own – but they may cause side-effects when they are taken with ART.

You can live a longer,

Bettina, I am HIV positive. How will I know how to take care of myself?



I am here to help you. Your friends and people in the community can also help you.

This is how you may feel when you find out you are HIV positive:



Shocked – you may not believe what you hear.



Angry – you may be angry with yourself for having had unprotected sex.



Afraid – you may be afraid of how your family will react. You may also be afraid of dying.



Guilty – you may also feel like it is a punishment for something you have done wrong.

- guilty**
- ukuzizwa unecala
 - netyala
 - molato
 - skuldig

Always remember that these feelings are normal

There are many ways of trying to deal with your feelings.

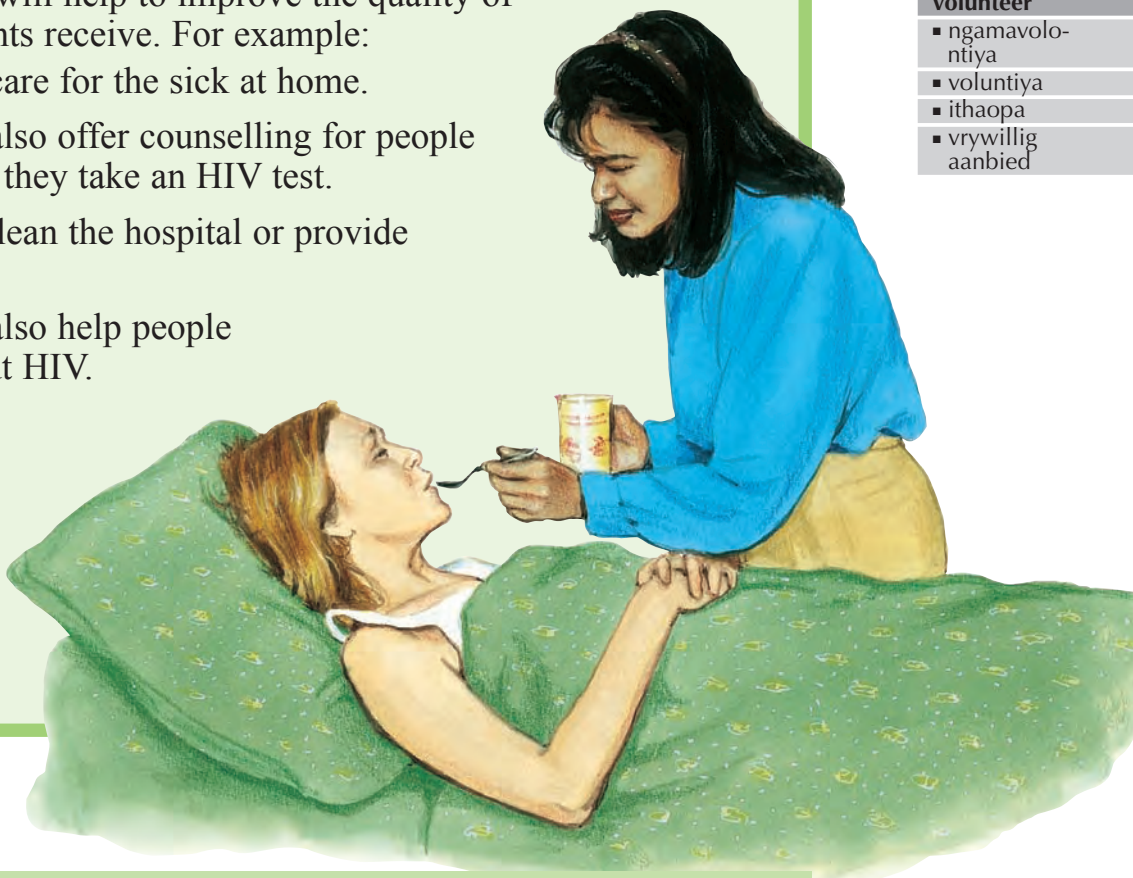
- Learn to be hopeful. Hope gives you strength to cope with problems. It also helps you to live a normal and healthy life.
- ART is also a reason to hope. It means that you can live longer and healthier with HIV.

The health worker is there to support you

Most health workers want to provide a good service to their patients, but they need everyone's support.

The community can volunteer to help the health workers with some of the services. This will help to improve the quality of care that the patients receive. For example:

- Volunteers can care for the sick at home.
- Volunteers can also offer counselling for people before and after they take an HIV test.
- They can help clean the hospital or provide security.
- Volunteers can also help people understand about HIV.



service

- isevisi
- inkonzo
- tshebetso
- diens

volunteer

- ngamavolontiya
- voluntiya
- ithaopa
- vrywillig aanbied



Community Information

Work together to fight for your health rights.

Take care of your



When you are HIV positive or have AIDS, you need to keep your body and mind strong. This helps you not to get sick.

How to take care of your mind and body



Eat the correct food

Food will not cure HIV, but it can help to keep your immune system strong. Eat fresh food like fruit and vegetables, beans, chicken and fish.



Exercise

Exercise your body. It is good to keep active and busy. You will then be more healthy, and you will not worry so much about your health.



mind and body



Stop smoking and drinking

Smoking and drinking make your body weak. It is then easier for the HIV virus to get strong, and for you to get AIDS earlier. Alcohol weakens your immune system. It may also make you forget to take your medicine.



Get support from people

Join a support group of people living with HIV and AIDS. Talk to someone when you feel lonely, sad or angry.



Go for regular medical check-ups

- A person with HIV should visit the clinic for a check-up every 3 to 4 months.
- The health worker will give you advice, and will help you to deal with any problems you may have.



Treat any new diseases or problems

People with HIV get sick very easily.

- It is important to go to the clinic if you are sick. This is because every sickness makes the body weaker and less able to fight the HIV virus.
- If the clinic finds that you have any new sicknesses or problems, they should treat them. If they are not treated quickly, they may get worse and make you very sick.
- Read “Treating illnesses when you are HIV positive” on pages 32 to 35.



Find out about anti-retroviral treatment (ART)

ART is available. It is not a cure, but it will help you to live a longer and healthier life. Most people do not need ART when they find out that they are HIV positive. They can still live for a long time before they start treatment. Read pages 20 to 21 and talk to your health worker about when to start ART.



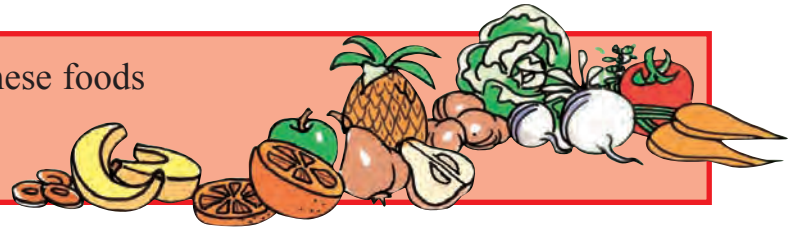
Eat healthy food

Everyone needs healthy food

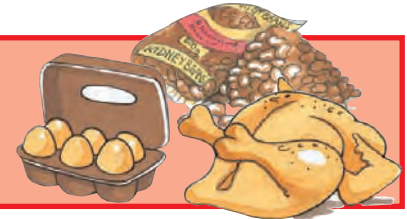
Healthy food is important for everyone, but especially for HIV-positive people. This will help them to be strong, to fight sickness and to stay a healthy weight. Many of the foods we eat every day are healthy.

HIV-positive people should eat as many of these different kinds of food as they can every day:

- Fruit and vegetables. These foods help to fight sickness.



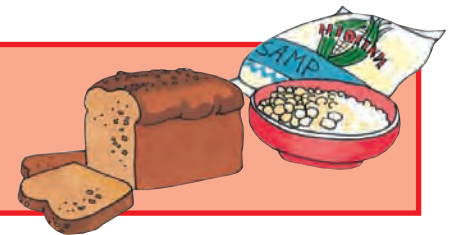
- Beans, lentils, meat, chicken, fish, milk and eggs. These foods build the body and keep us strong.



- Maas or yoghurt. These help us to digest our food.



- Brown bread, brown rice, pap and samp. These foods give us energy to grow, play, work and learn.



- Butter, oil, peanut butter and nuts. These give us energy. They can be added to porridge or other foods.



Prepare and store food safely

If food is not cooked or stored properly, it can carry germs that cause sickness. People who are HIV positive get sick more easily because their immune systems are weaker than other people. This means it is important to store and cook food properly.

- Cook meat and chicken until there is no pink inside.
- Do not use cracked eggs. Cook eggs very well.
- Heat left-over food to boiling point to kill any germs.
- Wash your hands before and after you prepare or eat food.
- Wash all fruit and vegetables in a mixture of one teaspoon of bleach to a litre of water. This will kill all germs.



Healthy eating does not have to be expensive

- Choose vegetables and fruit that are in season as this is when they are cheapest. If fruit is too expensive, eat more vegetables.
- Lentils, beans and soya mince are cheaper than meat and chicken.
- Drink water and rooibos tea rather than fizzy cooldrinks.
- Prepare your own fresh food rather than buying meals or take-aways.



Remember!

These things will help to keep everyone who is HIV positive in the family healthy.