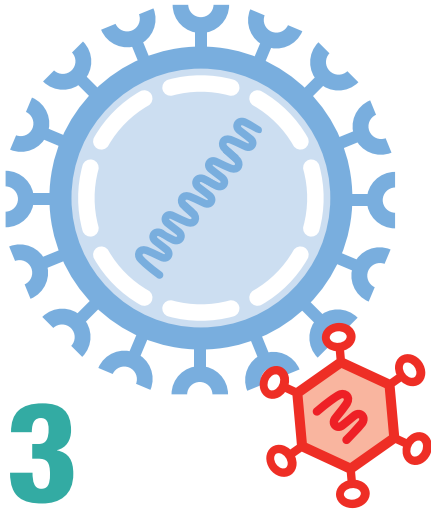


ican + take control of my health

1

What is HIV?

HIV is a virus that attacks the soldier cells of the body that are supposed to prevent you from getting sick. Once HIV (virus) is in your body, it doesn't go away.



3

What is AIDS?

AIDS is a group of illnesses that takes advantage of your body when your body's soldiers are weak or too few. Without antiretroviral treatment (ARVs), HIV will lead to AIDS. AIDS is the final stage of an HIV infection.

2

How is HIV spread?

HIV spreads through body fluids that contain the virus e.g. blood, sexual fluids, and breast milk. HIV can be spread through the following ways:

- » Having unprotected sex with someone who already has HIV
- » Blood transfusions
- » Sharing needles and syringes
- » Pregnancy, childbirth and breastfeeding





4

How do I know if I have HIV?

To know your HIV status, you must be tested with an HIV test kit. Everyone who has an HIV test should receive counselling BEFORE and AFTER the test.



6

What are the benefits of starting ARVs today?

It's very important to start ARVs as soon as possible to prevent the illnesses and disabilities caused by weak soldiers in the body. ARVs help you live a healthier and longer life.

8

P . A . S . O . P
PREVENT · AVOID · STOP · OVERCOME · PROTECT

How can I play it safe?

- P PREVENT** new infections and transmissions
- A AVOID** re-infections, deaths mother-to-child
- S STOP** risky behavior and practices
- O OVERCOME** living with HIV and the stigma
- P PROTECT** yourself, loved ones and others

5

How is HIV treated?

HIV cannot be cured but we can stop the virus from multiplying by taking ARVs.

It is very important then for you to keep taking ARVs for the rest of your life

7

Who qualifies for ARVs?

All HIV positive persons qualify for ARVs, regardless of their CD4 count.

