

A Guide to HIV/AIDS Prevention, Treatment, Care & Support





Hello guys and welcome to the guide, My name is Rudo and this is my friend Tafara. We want to talk a bit about STIs, HIV and AIDS, as well as what prevention, treatment and care is available....

....Ok guys, before we start...what do you know about STIs, HIV and AIDS????.....wow impressive stuff. Now what are some of the challenges young people are faced with related to STIs, HIV and AIDS or prevention, treatment and care?????????.....Ok you guys are on point, lets jump into some definitions..... here goes!!!



What is STI, HIV or AIDS??

Sexually Transmitted Infections (STIs) are diseases that are passed on from one person to another through sexual contact, and sometimes by genital contact.

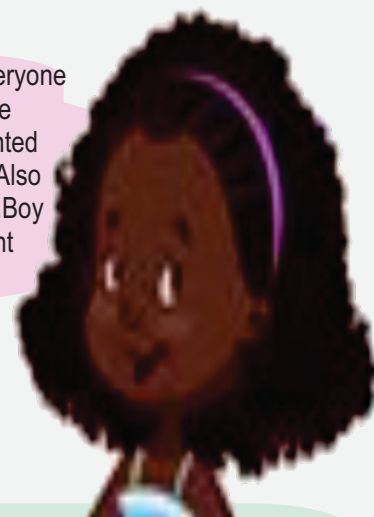
HIV (human immunodeficiency virus) is a sexually transmitted infection that damages your immune system & interferes with your body's ability to fight the organisms that cause diseases.

AIDS is a syndrome caused by the HIV virus. It is when a person's immune system is too weak to fight off many infections, and develops when the HIV infection is very advanced.



Ok guys these are some of the ways in which someone can get infected... The following are some of the ways, but if you know more then come on lets shareready? OK!!!

....Right after the definations, I am pretty sure everyone has a clear picture, but guys what are some of the ways in which STIs, HIV and AIDS can be prevented and how do you know you have been infected....Also how does someone get infected with HIV????.....Boy oh boy, boy...so many questions....lets go throught them together...ready??? OK!!!!



Remember it is important to note that if you suspect you could have been infected it is wise to seek help from your teacher or any adult you trust on how to get tested and get the right treatment and care....Speaking of treatment guys, do you know how someone who is infected can be treated or cared for? Is that a YES?..... Great then lets share, and then we join Rudo on the next page for some more information....

How to prevent STIs, HIV/AIDS...

Abstain from pre-marital sex;
Avoid sharing sharp objects;
Don't give in to peer pressure;
Learn to say "No";
Refrain from taking alcohol & drugs

Also remember in the event that you have been sexually abused, report the case within 72 hrs, this will allow you to get medical help in which a Post Exposure Prophylaxis (PEP) is given to you to prevent HIV





Hey guys lets talk a bit more about HIV treatment. Do you know that Antiretrovirals (ARVs) are medicines that work against HIV. ARVs make the number of virus in the blood to be reduced to undetectable levels. ARVs help to restore and preserve the body's immunity. When ARVs are started early enough, the damaged immune system can return to normal or near normal, over a period of time. When the immune system is restored, the body is able to fight most opportunistic infections which leads to improved quality life.



Hey guys, bet that was easy kapizzy to understand and hope you have learnt something new about treatment. Ok now....what are some of the care initiatives you know.....? Wow great stuff, although it's important to receive medical treatment for HIV/AIDS, it's also important to have active care. The following suggestions help people to stay healthy longer:

Eat healthy foods.

Emphasize fresh fruits and vegetables, whole grains, and lean protein. Healthy foods help keep you strong, give you more energy and support your immune system.

Avoid certain foods.

Food borne illnesses can be especially severe in people who are infected with HIV. Avoid unpasteurized dairy products, raw eggs and raw fish. Cook meat until it's well-done.

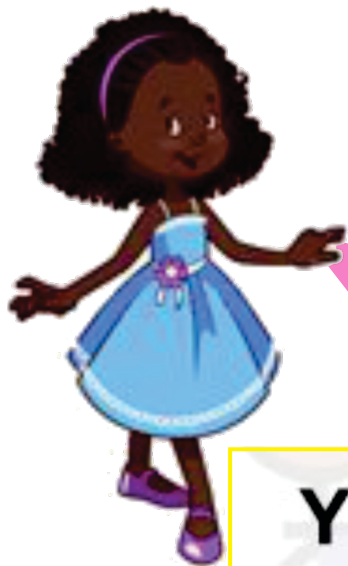
Get immunizations.

These may prevent infections such as pneumonia and the flu. Make sure the vaccines don't contain live viruses, which can be dangerous for people with weakened immune systems.

Take care with companion animals.

Some animals may carry parasites that can cause infections in people who are HIV-positive. Cat feces can cause toxoplasmosis, reptiles can carry salmonella, and birds can carry the fungus cryptococcus or histoplasmosis. Wash hands thoroughly after handling pets or emptying the litter box





Hey guys, we have come to the end of this educational journey and hope you have learnt as much as we have

We do hope that this knowledge has you are inspired to teach others and remember if you need any help or additional information regarding STIs, HIV & AIDS, feel free to contact the organisations listed below...

Now we all know all work and no play is no fun so here is a word puzzle ...enjoy, till next time Bye!!!



Y	T	T	R	O	P	P	U	S	G
E	S	N	I	V	A	V	U	M	G
W	S	G	E	M	S	T	T	R	U
V	E	P	J	M	A	X	X	U	R
D	N	R	U	T	T	S	A	Q	C
S	E	L	S	T	I	A	U	I	Y
A	R	L	O	V	E	F	E	A	V
N	A	U	V	T	X	E	L	R	E
T	W	E	Q	L	F	X	M	I	T
H	A	E	Z	T	S	E	T	E	O

**Safe
Awareness**

**Test
Support**

**Meetups
Treatment**

**Status
Love**

Service Providers

