



 **ZAZI**
KNOW YOUR STRENGTH

SEX AND YOUR HEALTH



health
Department:
Health
PROVINCE OF KWAZULU-NATAL



USAID
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Acknowledgements

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A guide to good sexual health

Good sexual health is your right and your responsibility. Before you start having sex you need to decide whether you are ready for sex, or if you want to wait until you are older, married, or find a partner who you want to have sex and/or children with.



The decision to have sex is yours and yours alone. No-one can force you to have sex and it's OK if you don't want to have sex.

KNOWLEDGE IS POWER.

This booklet will give you information to help you make informed decisions about your sexual health. It applies to anyone who has sex, whether it is for pleasure, to show love or to have children.

You can get more information about any of the topics in this booklet from your local clinic or hospital.

All the contraceptive methods and treatments for HIV and STIs listed here are offered free of charge at government clinics. To find a clinic or service near you go to **www.healthsites.org.za**

w to stop H
THINK YOU MIGHT BE P
ALL PRESENT W



I AM CIRCUMCISED BUT I STILL USE A CONDOM

TO PREVENT UNDESIRABLE PREGNANCIES
TO PREVENT OVERTHEW PROTECTION
FROM HIV AND STD



16 POINTS OF ACTION TO STOP VIOLENCE AGAINST WOMEN AND CHILDREN

1. Understand why violence against women and children (VAWC) is so common. It is not just a personal problem, it is a societal one. It is a result of gender inequality, discrimination, and violence against women and children.

2. Support women and children who are experiencing violence. Provide support to women and children who are experiencing violence.

3. If you witness violence against women and children, report it to the police. Do not be afraid to report it. The police are there to help you.

4. If you are experiencing violence, seek help from a support group or a counselor. You are not alone.

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STOP GENDER BASED VIOLENCE HELPLINE (TOLL FREE) 150

Yanga **Yanga**
Do the right thing

BROTHERS FOR LIFE



1. Know your rights and responsibilities

Understanding your rights and responsibilities will allow you to make informed choices about your sexual health and well-being.

You have the right to:



Enjoy safe, pleasurable sex with the partner of your choice.



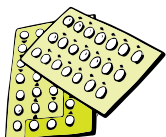
Decide if and when you want to have sex. Healthy sex is always consensual - the other person must also want to have sex with you.



Get married, and decide with your partner how many children you want.



Ask a health care provider for and get information about sex, contraceptives, condoms, STIs and pregnancy.



Choose the contraceptive method that works best for you and your partner. Condoms prevent pregnancy, STIs and HIV. Other contraceptives, such as the pill, the implant or the injection prevent pregnancy but do not prevent STIs and HIV.



Be treated professionally and with courtesy at any clinic.

It is your responsibility to:



Talk about your disability and your sexual health with your partner.



Ask for advice and information from a health care worker about your health, contraceptives and medicine.



Use condoms to prevent pregnancy, being infected by HIV or contracting STIs.



Choose a contraceptive method that works best for you to prevent pregnancy but **DOUBLE UP** your protection by using a condom to prevent HIV and STIs.



Keep appointments with your health care providers.



To get ARVs, the Morning After pill and antibiotics (also known as Post Exposure Prophylaxis) to prevent HIV, pregnancy and STIs in the event of rape.



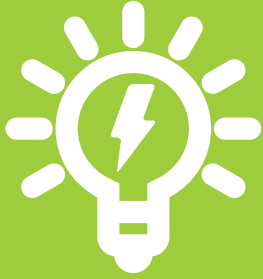
Have an annual check-up to test your blood pressure, sugar levels, screen for TB and test for HIV.



To ask a health care worker, friend or your partner to check the expiry date on all medication and condoms.



Talk to your partner about what you like and what you don't like.



TIP: Go for regular health checks together – during a health check they will check your blood pressure, check your sugar levels for diabetes and screen you for HIV and TB. Checking your health together will help you to look after each other's health

You and Your Partner have the responsibility to:



Decide whether you are ready and plan your children so that you can have a healthy family.



Talk about how to minimise the risk of pregnancy, STIs and HIV – for yourself, your partner and your baby.



Respect each other's choices. It is OK if your partner does not want to have sex or wants to use a condom to keep you both healthy and prevent pregnancy.



2. Sex and You!

People have sex for many different reasons. It can be for pleasure, it can be to have children (pregnancy) or to show someone you love them.

Using condoms will protect you and your partner from pregnancy, sexually transmitted infections (STIs) and HIV.

This section provides you with a guide about sex and what you need to know about your body when having sex.

Waiting to have sex

It is your right to decide if and when you choose to have sex. Young people may decide not to have sex so that they can focus on their studies and future goals without the risk of pregnancy and the distraction of a relationship.



Some people decide not to have sex because of their religious beliefs or because they want to wait until they are married. This is OK.

Never feel pressurised - if your partner really loves you they will wait until you are ready to have sex.

The decision not to engage in sex is entirely yours and should be respected. If you are forced to have sex against your will it is rape, which is a criminal offense and punishable by law.

If you do not have sex you cannot get pregnant, contract HIV or get STIs.

Vaginal Sex

Vaginal sex is when a man inserts his erect penis into a woman's vagina and ejaculates. The picture below shows the main organs involved when a man and a woman have vaginal sex.

Sex without a condom between a man and a woman can lead to pregnancy, or being infected with HIV and STIs.

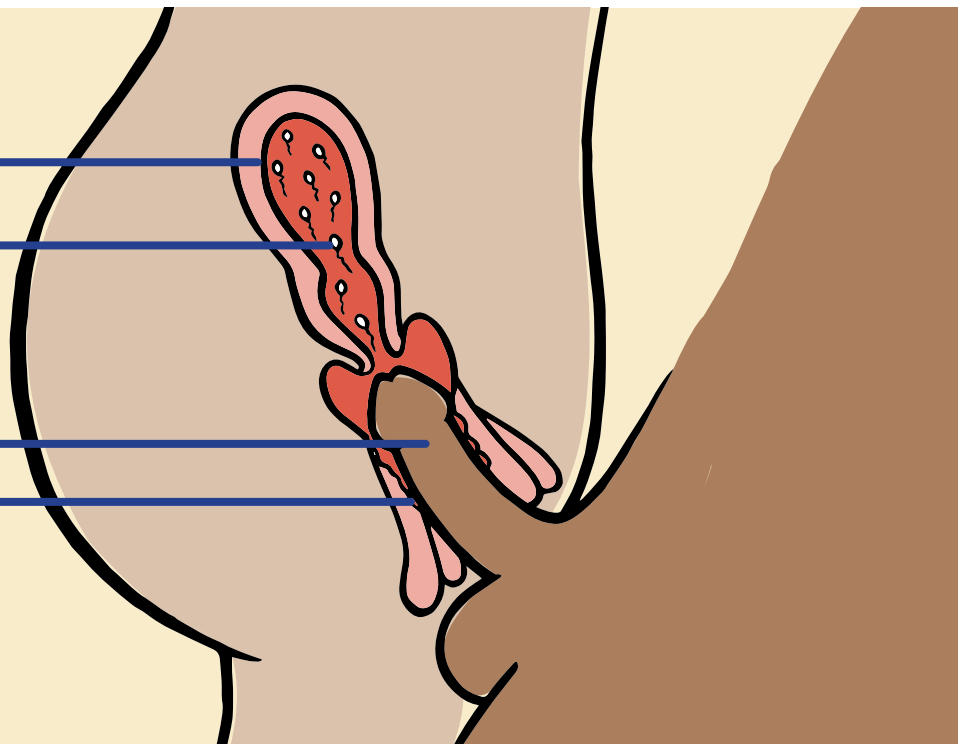
Vaginal Sex

Uterus

Semen

Penis

Vagina



The woman's body

The vulva is that part of the female genitals that can be seen from the outside. It covers the opening to the vagina and is made up of the lips (or labia) and the small sensitive mound of skin called the clitoris.

Because the clitoris is sensitive to touch, it can increase sexual pleasure and lead to orgasms for a woman.

When a woman is sexually aroused, her body produces a clear, very slippery fluid, also known as lubrication. This lubrication occurs when the glands that surround the opening of the vagina have increased blood flow to the surrounding tissues as a response to sexual arousal. Lubrication is important for comfortable, pleasurable sex.

The vagina is naturally clean. It will only smell bad if there is an infection and this can be cured with medication. It is not necessary to douche (squeeze water up the vagina) to clean it. Not all infections are as a result of a sexual activity.

Avoid shower gels and soaps as these may cause irritation and itching of the vagina.

Female sex organs

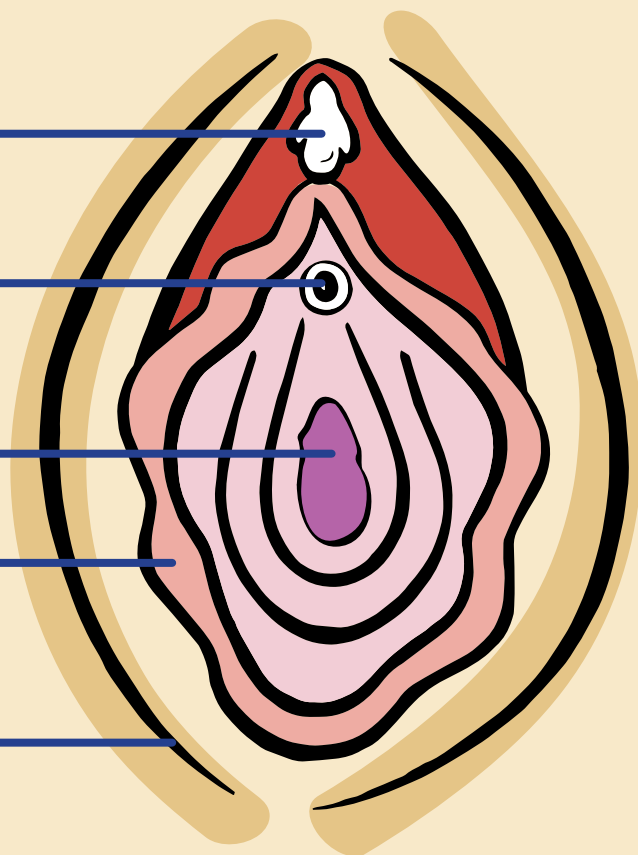
Clitoris

Urethra

Vagina

Labia Manora
(smaller Lips)

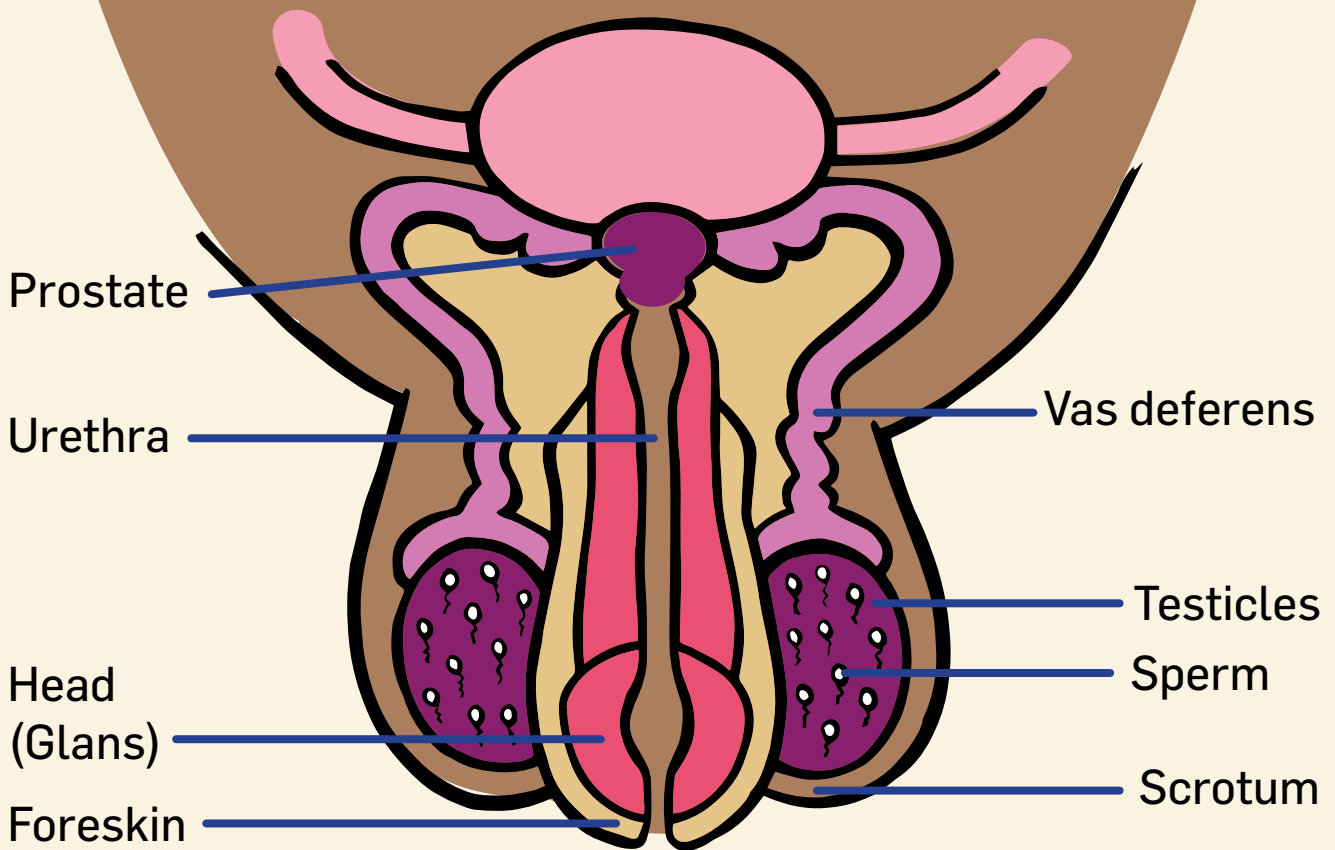
Labia Majora
(larger Lips)



The man's body

The head of the penis (glans) is covered by the foreskin. Under the penis are the testicles which are two small balls inside a bag called the scrotum.

Male sex organs



A man's penis is usually soft, but when aroused (sexually excited), the inside of the penis fills with blood, which causes an erection.

During sex a man will produce pre-cum, a transparent liquid that provides natural lubrication during sex.

The lubrication provided by the pre-cum prevents small tears from happening to the vaginal walls or the inner lining of the foreskin that can cause discomfort or allow an opening for HIV and other infections.

If you do not produce enough pre-cum to lubricate your partner use water-based lubricant, such as KY Jelly to help with lubrication. If you are using a condom never use baby oil or petroleum jelly as this may cause the condom to break.

Sperm is the male seed that is needed in order for babies to be made. Sperm is produced by the seminiferous tubules that is in the testes – or your balls. The testes are at a slightly lower temperature, because the enzymes needed to produce sperm can only function at a lower temperature.

The hair on the ball bag (scrotum) helps to regulate the temperature. When it's cold, the ball bag shrinks bringing the testes closer to the body for warmth. When it is hot, it relaxes and pushes the ball bag slightly further away from the body to cool.

Vas deferens or sperm ducts: Carry the sperm to the urethra (the tube through which men urinate).

Seminal vesicles: Produce the semen that protects the sperm.

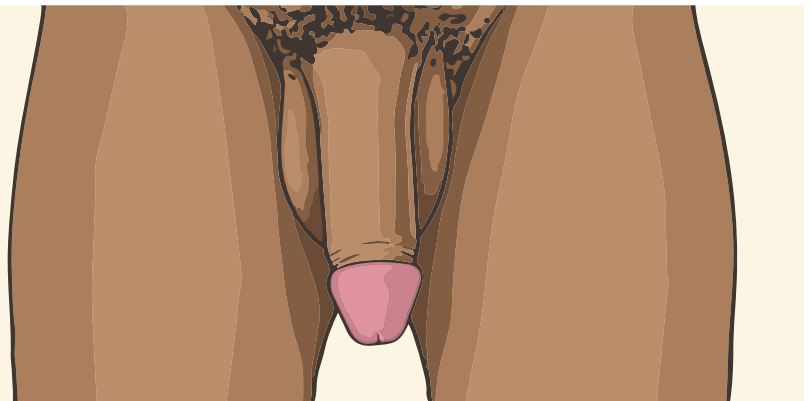
Prostate gland: A small gland between the penis and the bladder that squeezes the semen through the urethra and produces the milky white colour when a man ejaculates.

Medical Male Circumcision

Medical circumcision is the full removal of the foreskin, fully exposing the head of the penis. Getting circumcised reduces the risk of HIV infection during vaginal sex but you must still wear a condom for ultimate protection against HIV and STIs. Women prefer men who are circumcised because they say it is cleaner and more pleasing to look at.

Important: Male circumcision does not prevent pregnancy.

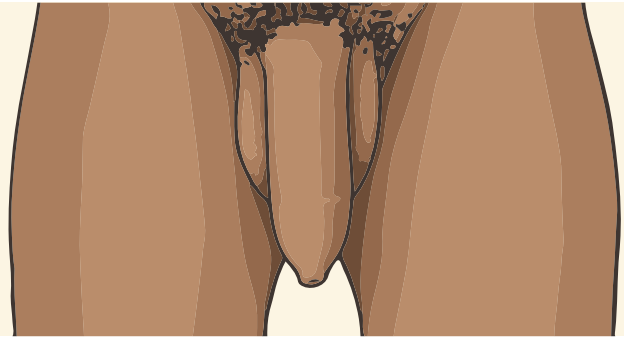
Fully Circumcised



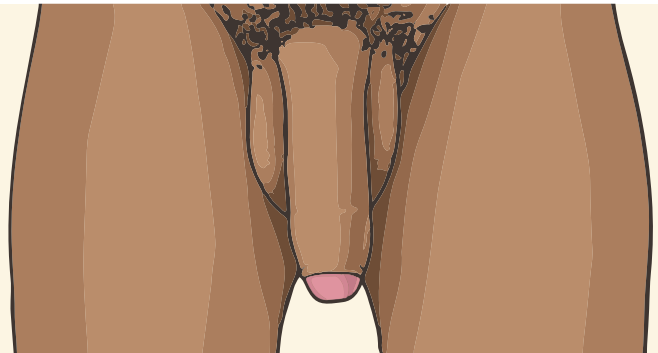
Full health benefits:

- The foreskin has been completely removed, under medical conditions, from the head of the penis.
- Improves hygiene.
- Cells that attract HIV have been removed. Reduces the risk of HIV infection by eliminating small cuts and bruising.
- Lowers the risk of STIs and other infections.
- Reduces your partner's risk of cervical cancer.

Uncircumcised



Partially Circumcised



No health benefits:

- The foreskin covers the head of the penis and it's more difficult to keep clean.
- The skin inside the foreskin is soft, and prone to bruising and small cuts during sex that allows an entry point for HIV and can cause discomfort during sex.
- There is a higher risk of HIV infection and higher risk of STIs and diseases that affect uncircumcised men.
- Men are more likely to get the Human Papilloma Virus which they transmit to their partner, which increases their partner's risk of cervical cancer.

Medical male circumcision reduces the risk of HIV infection by 60%

Masturbation

Masturbation is part of a normal process of sexual self-discovery and pleasure for both men and women.

Men masturbate by wrapping the hand around the penis and moving it up and down until he reaches an orgasm and ejaculates.

Women masturbate by using their fingers or a sex toy to stimulate the clitoris.

There are absolutely no risks of pregnancy, HIV or STIs if a person masturbates.

Oral Sex

Oral sex for women is when the clitoris is stimulated by her partner using their tongue. A partner may also sexually please the woman by stimulating the clitoris using their finger which is known as a hand job.

Oral sex for men is when the erect penis of a man is inserted into the mouth of his partner.

There is no risk of pregnancy with oral sex but there is a small risk of HIV and STI infection. Sores in the mouth can be an entry point for HIV or STIs.

Anal Sex

Anal sex is when a man inserts his erect penis into the anus of his partner (male or female). Anal sex carries a very high risk of HIV and STIs because of the tightness of the anus that causes a lot of tearing of the anal walls during sex and can cause considerable discomfort.

Condoms should be used during anal sex because the receptive partner is at a very high risk of getting HIV or sexually transmitted infections.

Lubrication is essential for anal sex and this will allow the penis to more easily enter the anus and will help to prevent the tearing of the anus.

Know your body

It is a good idea to touch and get familiar with the feel and smell of your own body and your body fluids. If something feels or smells different to you, or you get any pain in your genital area, you should see your health care provider and explain what has changed for you.



3. Pregnancy

A woman can fall pregnant when the sperm of a man is ejaculated into the vagina during sex. When this happens, the sperm connects with one of the woman's eggs and it is fertilised.

The fertilised egg is known as an embryo and continues to grow in the woman's uterus (womb) until it becomes a foetus and starts to look like a baby.

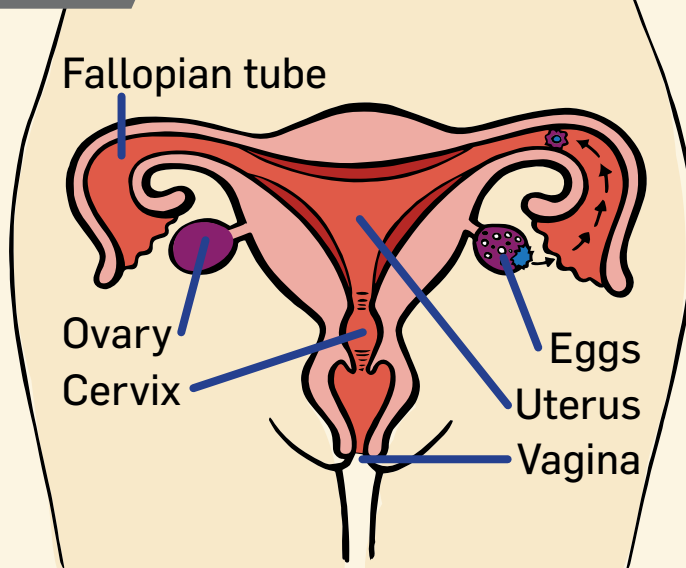
If you do not want to fall pregnant, then you must **DOUBLE UP** by using a condom, together with another contraceptive method. Condoms prevent pregnancy AND protect you from HIV and STIs. Other forms of contraceptives **ONLY** prevent pregnancy.

Women are more likely to fall pregnant at a certain time in their cycle - or period.

To understand when a woman will fall pregnant we have to understand the ovulation and menstrual cycle.

All women are born with about 2 million eggs. The eggs are stored in the ovaries that are on either side of the uterus (womb) in the lowest part of the stomach (abdomen). The ovaries are connected by the two fallopian tubes to the womb (uterus).

Ovulation

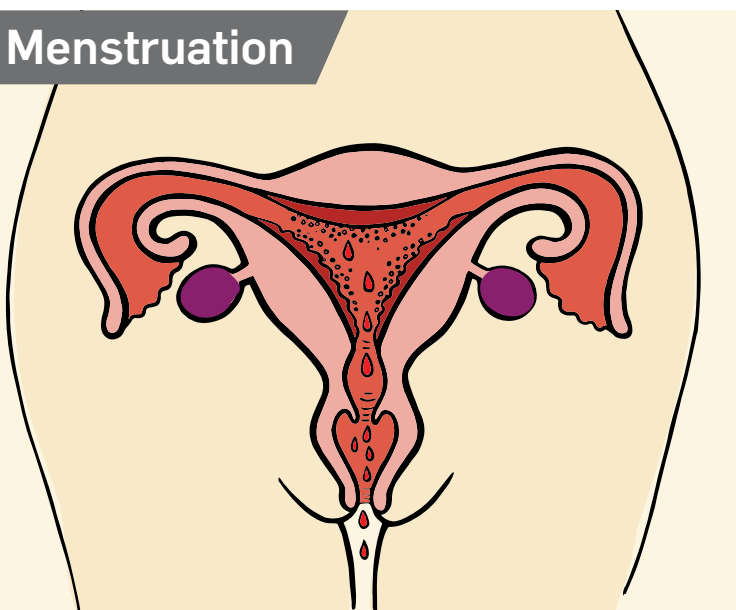


Once a month an egg leaves the ovary and travels down the fallopian tubes toward the uterus, to be fertilised by a sperm cell. This is known as Ovulation.

When this happens the female hormones prepare the uterus to receive the egg by building up the lining of the uterus with extra blood and tissue. If the egg is fertilised by a sperm cell it travels to the uterus and attaches to the wall of the uterus, where the embryo will grow into a foetus.

If the egg is not fertilised, the woman will have a period, and the extra blood and tissue is released through the muscular ring at the base of the uterus (the cervix) and exits through the vagina.

Menstruation



A woman's menstrual cycle differs from woman to woman and can vary from 23 – 35 days. The length of the menstrual cycle will be from the first day of a woman's period to the start of her next period. A period can also differ from one month to the next. Some months it may be heavier and longer than others.

A woman is most likely to fall pregnant between day 7 and day 20 of her menstrual cycle at the time when ovulation takes place and she is most fertile.

Planning for a Healthy Pregnancy If you miss a period you may be pregnant. Visit your local clinic as soon as possible, preferably within the first 12 weeks of your pregnancy. This is essential for your health and that of your baby.

During your antenatal clinic visit you will have a pregnancy test to confirm if you are pregnant. The health care worker will screen your health, take blood tests and urine samples, test for HIV and advise you on how to plan for a healthy pregnancy. You should go for follow up visits on weeks 20, 26, 32 and 38 of your pregnancy.

Preventing Mother to Child Transmission

Even if you are HIV positive you can still plan to have to have a baby free of HIV, if you:

1. Test within the first 20 weeks to know your status
2. Take antiretroviral treatment (ARV) throughout your pregnancy if you test positive
3. Take all other supplements and medication as instructed by health workers
4. Feed your baby only from your breast for the first six months. This is known as exclusive breast feeding and has many health benefits for your baby. Do not feed your baby with formula or water or any other substance while breast feeding.



4. DOUBLE-UP: Preventing PREGNANCY, HIV AND STIs

There are many options available to you if you do not wish to fall pregnant. You and your partner should pick a contraceptive method that works best for you both.

“DOUBLE UP” or “DUAL PROTECTION”

Means using a condom together with another method of contraception. The condom prevents pregnancy, HIV and STIs. Other forms of contraceptives only prevent pregnancy.

The Male Condom

A male condom prevents pregnancy, HIV and STIs



The condom is a rubber covering made of latex that fits snugly over an erect penis during sex. It is the only method that men of any age can use to prevent pregnancy, STIs and HIV. You can get free condoms or you can buy them at garages, supermarkets and chemists.

The condom forms a barrier between the penis and the vagina and prevents the sperm, which may have bacteria or viruses, from passing into the vagina of a woman. The condom also prevents bacteria or viruses in the vagina from passing to the man. Condoms protect both of you from sexually transmitted infections such as HIV or Gonorrhoea (idrop).

If a condom breaks or tears, you should get tested for HIV and STIs. See the section on Emergency Contraception on page 34.

Note: Some people have an allergic reaction to latex which causes itching, burning, or swelling, ask your health care provider for an alternative option.

How to use a male condom:

Practice opening and unrolling a condom on your own penis so that you can put it on confidently and correctly when you are with your partner.

How to use a male condom

1 Check the expiry date and make sure the package is sealed with no air escaping from it.



6 Pinch the air out of the tip of the condom as this may cause a bubble which can burst while having sex.

2 The penis must be erect before you roll the condom on.



7 Use only water based lubricants such as KY Gel. Non-water based lubes may cause condom breakage. Only apply lube after the condom is on – never before.

3 Open the package carefully, make sure not to damage the condom. Do not use teeth or nails for this.



8 Use only water based lubricants such as KY Gel. Non-water based lubes may cause condom breakage. Only apply lube after the condom is on – never before.

4 For an uncircumcised penis, make sure the foreskin is pulled back.



9 When pulling out hold the condom at the base and pull out while you are still erect to stop it from slipping off your penis.

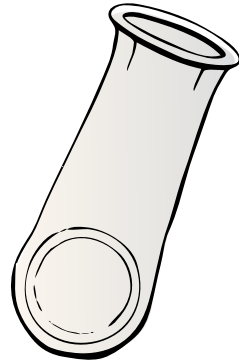
5 Make sure the condom is the right way out in order to 'unroll'.



10 Wrap the condom in toilet paper and throw away in the rubbish bin. Do not flush it down the toilet.

The Female Condom

Using a female condom prevents HIV, STIs and pregnancy.



It puts a woman in control of her own protection as she doesn't need to negotiate its use.

It is a thin, clear sheath that feels like plastic and is designed to fit into the vagina before sex. A female condom can be put in just before sex, or up to eight hours before sex.

Like the male condom the female condom acts as a barrier to sperm, bacteria and viruses including HIV.

A new condom must be used each time you have sex. It must be taken out immediately after sex and before you stand up.

They are free from clinics and hospitals or can be bought from some chemists. Some female condoms are made of latex which can cause an allergic reaction such as itching.

If a condom breaks or tears, you should use emergency contraception to prevent pregnancy, receive treatment to prevent STIs and receive Post Exposure Prophylaxis (PEP) to prevent HIV. See the section on Emergency Contraception on page 34.

How to use a female condom:

Try it out on your own so that you are able to insert and remove it with confidence when you are with your partner. There are many types of female condoms. There are different types of female condoms that differ to the one illustrated below. Make sure to follow the manufacturer's instructions as they may differ from type to type.

How to use a female condom



1 Ask someone or your partner to check the expiry date and make sure the package is sealed with no air escaping from it.



2 Open the package carefully, make sure not to damage the condom. Do not use teeth or nails for this.



3 Hold inner ring and squeeze into figure eight.



4 Insert as far as it will go.



5 Do not twist the condom.



6 During sex guide penis into the condom.



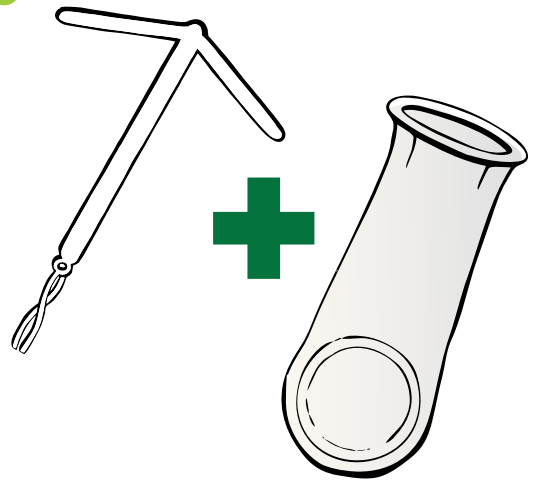
7 To remove, squeeze and twist outer ring, and pull out.



8 Wrap the condom in toilet paper and throw away in the rubbish bin. Do not flush it down the toilet.

Intrauterine Copper Device (Cu-IUD) or The Loop

Prevents pregnancy only - must be used with a condom to prevent HIV and STIs.



The Cu IUD (also known as the loop) is a small, thin T-shaped plastic and copper device that is inserted into the vagina and placed in the womb (uterus) by a healthcare provider.

It cannot be felt during sex and prevents the sperm and the egg from meeting, thereby preventing pregnancy.

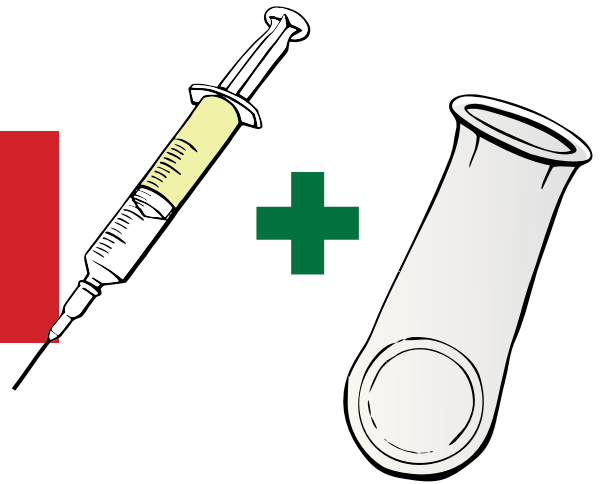
It is highly effective and can last up to ten years. It can be taken out by a healthcare provider at any time if you want to have a baby.

There are no hormone-related side-effects such as headaches, mood swings, weight gain or irregular periods, although some people may experience cramping, spotting (small dots of blood), and/ or pain during and after insertion of the Cu IUD.

You must DOUBLE UP or use DUAL PROTECTION. This means using a condom even if you are using the IUD every time you have sex to prevent sexually transmitted infections (STIs) including HIV.

Injectables

Prevents pregnancy only - must be used with a condom to prevent HIV and STIs.



The injectable or injection contains hormones and is given to you at regular intervals by a healthcare provider. There are two types of injectable in South Africa: DMPA (which is injected every three months) and NET-EN (injected every two months).

The hormone prevents ovulation. It also thickens the lining of the cervix (the opening to the womb), making it difficult for sperm to pass into the womb.

You need to go for the injection every two or three months depending on the type used.

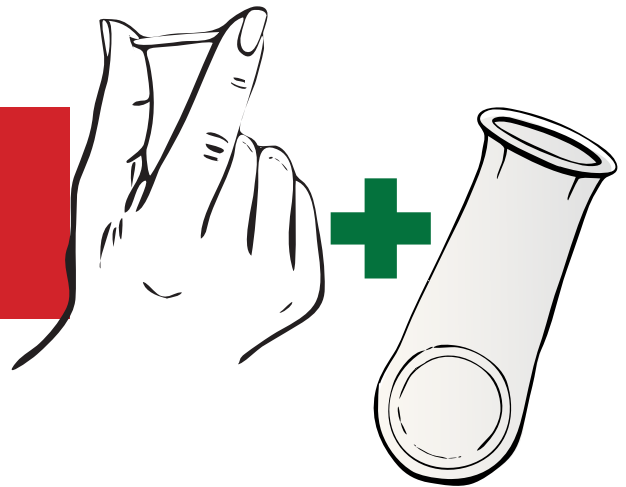
If you miss your next injection or wait too long before getting the next one, you will not be protected against pregnancy and will need to use alternative contraception.

Side effects: May cause longer or heavier periods, headaches, spotting, mood changes, dizziness, weight gain and/ or breast tenderness.

Injectables can be used by breast-feeding mothers.

Implant

Prevents pregnancy only - must be used with a condom to prevent HIV and STIs.



Hormonal implants are small, thin, flexible plastic rods about the size of a matchstick inserted under the skin by a health care provider. They can be removed by a health care provider whenever you want to fall pregnant.

Like the injectables, they work by preventing the release of an egg cell from the ovaries so ovulation does not take place and changing the cervical mucus to make it difficult for sperm to enter the womb.

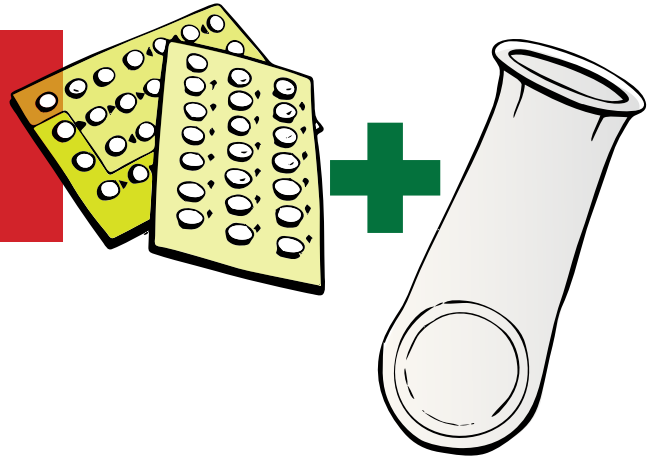
They provide extremely effective birth control for 3 to 5 years. Because they release a lower dose of hormones slowly into the body, there are fewer side effects compared to other methods that use hormones to prevent conception.

This is safe for all women although it may not work if you are extremely overweight.

Side effects may include weight gain, headaches, dizziness, mood changes, nausea, and unpredictable and irregular menstrual bleeding. May cause menstrual periods to stop or be very light. There may also be some redness and bruising where it is inserted under the skin.

Oral Contraceptive Pill or The Pill

Prevents pregnancy only - must be used with a condom to prevent HIV and STIs.



The pill contains hormones that regulate a woman's system to prevent pregnancy. The pill comes in a 28- or 21-day pack. There are many different types available.

It works by stopping ovulation. This in turn prevents pregnancy.

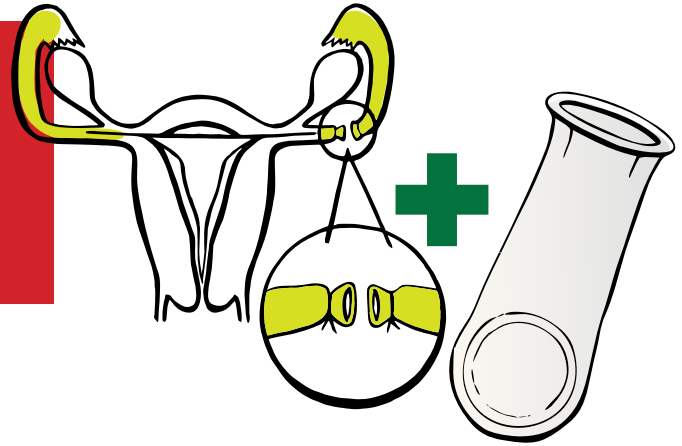
It is a reliable method but you must take the pill every day as indicated. It can help to make your menstrual period more regular.

Important: If you forget to take a pill or skip a day or two, you could still fall pregnant. If you have a stomach bug it will not be effective

Side effects: Like all hormonal products, side effects can include irregular periods, nausea, weight change, headaches, dizziness, mood swings and tender breasts.

Voluntary Sterilisation for Women

Prevents pregnancy only - condoms must be used when you have sex afterwards to prevent HIV and STIs.



CAUTION: Before choosing this option you must receive proper counselling because once you are sterilised, you can never fall pregnant again. This is a big step and you must discuss it very thoroughly with a trained professional. It must be your decision and your decision only. Never allow anyone to force you into choosing to get sterilised.

Voluntary female sterilisation is an effective and permanent form of contraception. It involves an operation in which the fallopian tubes are cut and tied.

Once the fallopian tubes are cut and tied, the eggs can no longer be released into the womb and pregnancy is prevented.

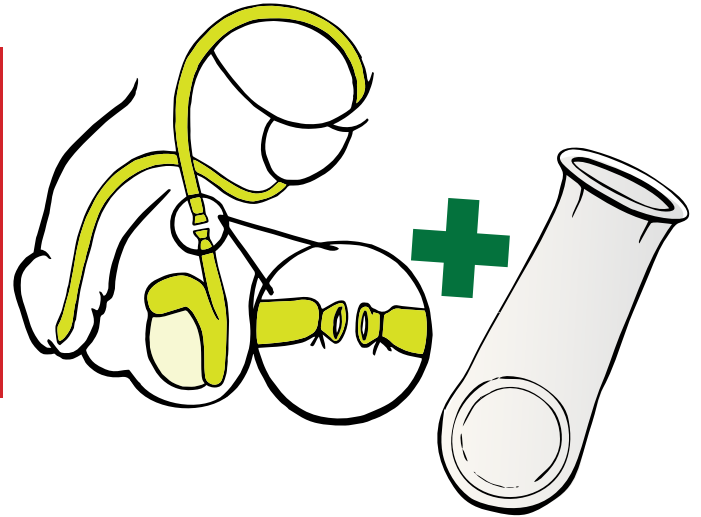
Sterilisation has no side effects, causes no lasting pain, and will not cause any change to menstrual periods. It does not affect enjoyment of sex.



You will not be able to get pregnant again.

Voluntary Sterilisation for Men

Prevents pregnancy only - condoms must be used when you have sex afterwards to prevent HIV and STIs



Male sterilisation (vasectomy) is the cutting and tying of the sperm tubes so that sperm cannot get into the man's semen. This quick - and mostly painless - procedure is performed at a clinic or hospital.

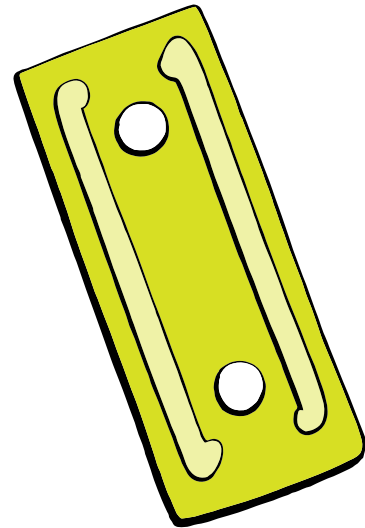
There are no side-effects and no lasting pain and once done, the man cannot make any woman pregnant. A man can still have erections, reach orgasm and ejaculate normally.

CAUTION: No-one may force anyone to choose voluntary sterilisation. It must be your choice and your choice alone. Although it is possible to reverse a vasectomy, it is difficult and expensive and there is no guarantee that the reversal will be successful.

NOTE: Condoms still need to be used for three months after the operation, or for the next fifteen to twenty times that the man has sex to prevent pregnancy and should be used if you have sex thereafter to prevent HIV and STIs.

Emergency Contraceptive Pill (Morning After Pill)

To be used to prevent pregnancy in case of unprotected sex, the condom breaking or rape.



The 'morning after pill' is used to prevent an unplanned pregnancy after unprotected sex, the condom bursts or if you are raped. It should not be used as a regular contraceptive. It prevents an egg from being released, so that it cannot get fertilised.

It must be taken as soon as possible but within five days after having unprotected sex, to prevent pregnancy. The sooner you take it, the more effective it will be.

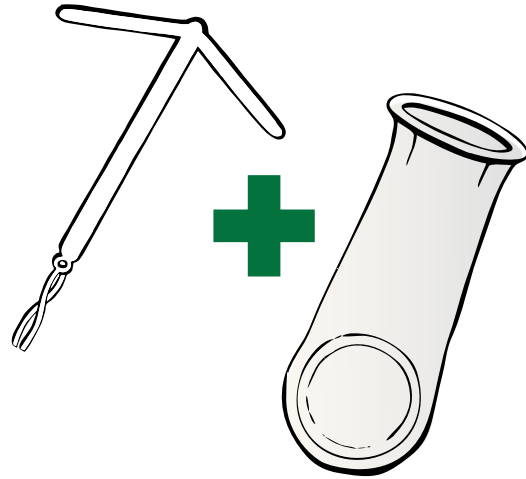
You should have an HIV test at the same time to know your HIV status.

If you are negative you should start post exposure prophylaxis a combination of ARVs, the morning after pill and antibiotics to prevent pregnancy, HIV and antibiotics. You should have a follow-up test after six weeks.

Side effects may include nausea, vomiting, headaches, dizziness, cramping, breast tenderness, or vaginal bleeding.

Emergency Intrauterine Device - The IUD

To be used to prevent pregnancy in case of emergency



The IUD is a small, T-shaped device placed into the uterus by a doctor within 5 days after having unprotected sex. The sooner it is inserted, the more effective it will be.

The IUD works by keeping the sperm from joining the egg or keeping a fertilized egg from attaching to the uterus. Your doctor can remove the IUD after your next period. Or, it can be left in place for up to 10 years to use as your regular birth control method.

You should have an HIV test at the same time to know your HIV status.

If you are negative you should start post exposure prophylaxis a combination of ARVs, the morning after pill and antibiotics to prevent pregnancy, HIV and antibiotics to prevent HIV. You should have a follow-up test after six weeks.

Note! It does not work if a woman is already pregnant.



Timely diagnosis and high-quality treatment can be transformative for living a healthy life. Medication that works can lead to not getting a full-blown HIV infection or a slower progression if you do have HIV.

Most people who have HIV will be negative, some will be positive. If you're positive, it's not the end of the world. One pill a day and we'll help to avoid AIDS drugs. The other pill combines the power of two ARVs to keep you healthy, strong and alive so that you can take your chance.



This is your health, this is your future so make your choices wisely...



BROTHERS FOR LIFE

CIRCUMCISED AND CONDOMISED



5. What you need to know about Sexually Transmitted Infections (STIs)

STIs are infections caused by viruses and bacteria (germs) that are mostly transmitted during unprotected vaginal, oral, anal sex or the sharing of unwashed sex toys with one or more partners. You can prevent STIs by always wearing a condom and by washing sex toys after use with warm, soapy water. Men can reduce their risk of getting and transmitting STIs and HIV through Medical Male Circumcision (MMC)

STIs can be caused by bacteria or viruses.

- Bacterial STIs, such as Gonorrhoea (idrop), Chlamydia and syphilis, are curable
- Viral STIs, such as hepatitis, HIV and the Human Papillomavirus (HPV), are treatable, but will never completely go away

STIs are serious and if left untreated:

- Can cause discomfort during sex
- Can be transmitted to your sex partner or people that you love
- Can cause infertility, liver diseases and diseases that affect the brain
- They may also cause cancer, e.g. human papillomavirus (HPV) that may cause cervical cancer
- STIs can also be transmitted to babies during pregnancy or childbirth
- STIs increase the risk of HIV as they provide an entry point for HIV (through sores/lesions on the genitals)
- STIs can result in infertility and penile dysfunction if not treated early



6. HIV and you

What is HIV?

HIV is a virus that attacks and weakens our immune system. It exists in body fluids such as blood, semen, vaginal fluids and breast milk.

You can only get HIV by:

- Vaginal or anal sex without a condom, or if the condom breaks or slips off
- Mother to child transmission - when the baby is born or in the womb
- Mother to child transmission through breast milk if you are also using baby formula (mixed feeding)
- Sharing syringe needles

You are at high risk of HIV if you:

- Have more than one sexual partner at the same time or many different sexual partners
- Do not use a condom
- Abuse alcohol or drugs as this may lead to you having unprotected sex
- Are in a risky relationship where your partner can call the shots about when you have sex and if you use a condom, such as when people have relationships for money, material goods or status

You cannot get HIV from:

- Kissing someone who is HIV positive
- Touching someone who is HIV positive
- Sharing cups, plates, spoons or food
- Being bitten by mosquitoes
- Coughing or sneezing

HIV Counselling and testing

The only way to know if you have HIV is if you test for HIV. The fact that your partner may be HIV positive does not mean that you are HIV positive. You should test for HIV if you:

- have had unprotected sex.
- want to start a new relationship.



When you test for HIV the process is as follows:

1. Pre-test counselling – is where the counsellor discuss the reasons for you testing and discusses the HIV test with you.
2. Blood test. A drop of blood is placed in a test kit. In some cases the results will be available in about 15 minutes.
3. Post-test counselling. If you test negative you should return after three months for a second test and always **DOUBLE UP**.

What if you test positive?

If you test positive the clinic will do two tests to determine the stage you are at:

- CD4 cell count **test**. If your CD count is below 500, you should start antiretroviral treatment (ARVs). Once you start ARVs your cell count should go up and your viral load will drop.
- Viral **load** test to measure how much HIV is in your body.

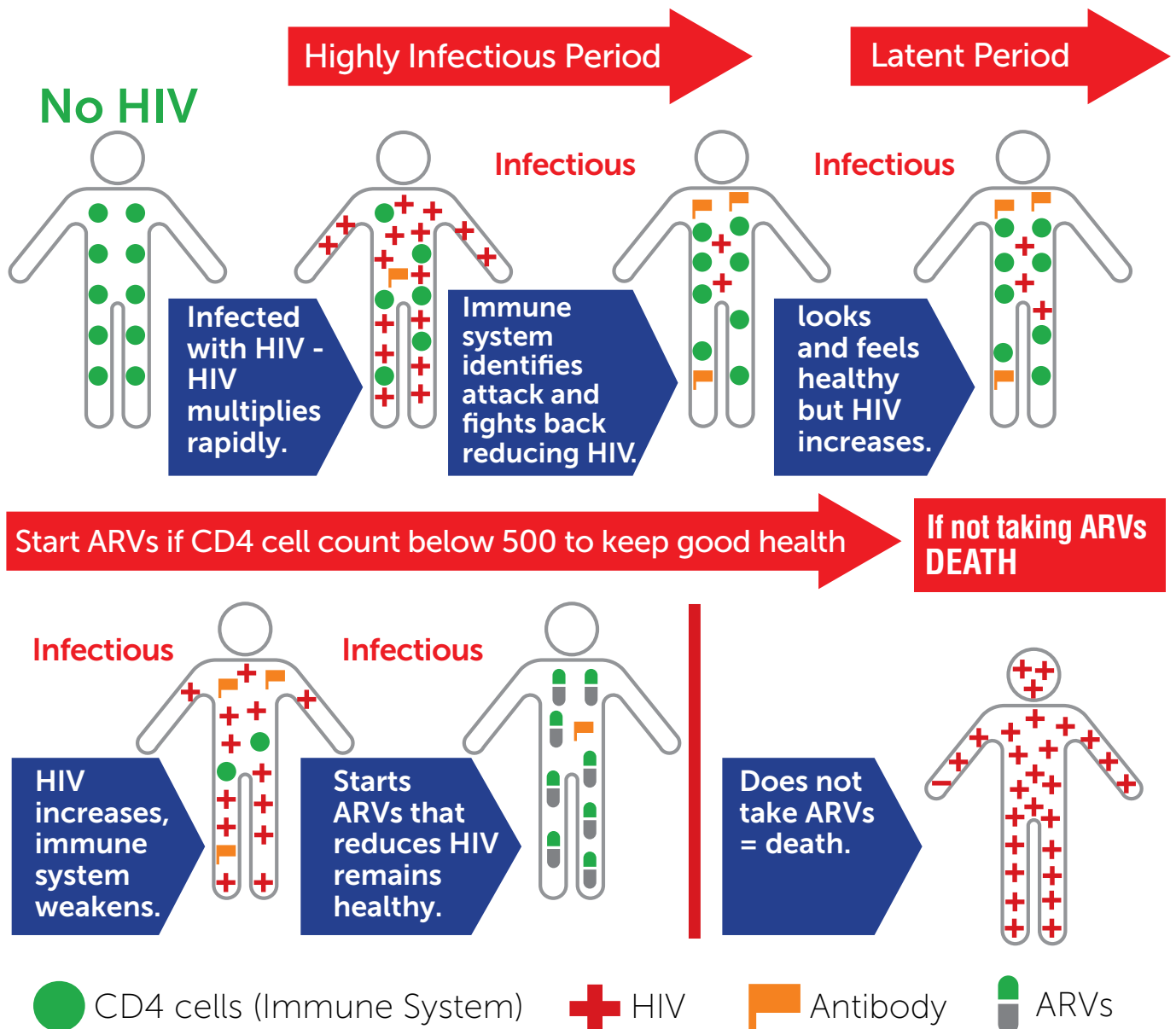
Living with HIV

If you have HIV you can live a healthy and productive life by following some simple guidelines:

- Go for regular check-ups to keep an eye on your viral load and CD4 count
- Join a support group
- Live healthily
- Always use a condom
- Inform your partner

HIV in the body

The diagram below shows how HIV multiplies (viral load), attacks the CD4 cells and weakens our immune system until we become vulnerable to diseases such as TB, pneumonia and cancer. When our immune system has weakened to this extent it is called AIDS - Acquired Immunodeficiency Syndrome. If your CD4 count falls below 200, you will get illnesses such as TB, pneumonia and cancers. It is recommended that you start treatment when your CD4 cell count is 500 so that you can keep healthy.



Highly Infectious Period

After being infected with HIV the virus multiplies rapidly.

The risk of infecting your sexual partner is at its highest.

If you test now you will test negative as the immune system has not identified HIV.

Latent Period

The immune system identifies the virus and produces antibodies that respond to HIV. Should you test for HIV now, you will test HIV positive.

The levels of HIV are reduced but increase slowly over time. A person can live a long time with HIV without ARVs.

Treatment

Over time HIV starts increasing again. If your CD4 count is below 500 you must start taking ARVs to keep healthy.



EMERGENCY

7. What to do if you are raped

If someone forces you to have sex against your will this is rape.

Rape is when someone sexually penetrates another person without their consent. Sexual penetration includes a person putting their genital organs, any other object or part of an animal into the genital organs, mouth or anus of another person.

Here are some guidelines about what you can do if you are raped:

- **Get to a safe place.**
- **Tell someone you trust.** You will need support and the person may be called to give evidence in court, so explain what happened.
- **Do not wash yourself or throw away your clothes.** Any hair, blood or semen on your body or clothes can be used as evidence to convict your attacker. Keep the clothes wrapped in newspaper, not a plastic bag, which can damage the evidence.
- **Keep the toilet paper** if you go to the toilet before you have seen a doctor because it may contain evidence. Let it dry and put it in an envelope or paper bag – not a plastic bag.
- **Try not to eat or drink** until you have seen a doctor.
- **Go to the nearest hospital/clinic or Thuthuzela Care Centre within 72 hours of the rape.** The doctor needs to collect blood and semen samples from your body before you bathe/shower in case you want to lay a charge. This is forensic evidence that will be used to prosecute the rapist.

PEP: Post-Exposure Prophylaxis

If you are raped you can prevent getting pregnant, HIV and sexually transmitted infections by taking Post-exposure prophylaxis (PEP) as soon as possible, but within 72 hours of the rape. You do not have to report a case of rape to the police in order to receive PEP.

Before being given PEP you will be tested for HIV to check for your HIV status. If you test negative you will get PEP consisting of the:

1. The Morning After Pill - to prevent pregnancy.
2. Antiretroviral treatment (ARVs) to prevent HIV infection. You will have to take tablets every day for 28 days.
3. Antibiotics to prevent STIs.

Once you have finished taking the ARVs you must return to your clinic within 6 weeks to test for HIV to check that you are HIV free. If you are HIV positive you will not be given ARVs but will be given the morning after pill and antibiotics to prevent pregnancy and sexually transmitted infections. You will also, be referred for further support and counselling.

You are encouraged to return to the clinic/hospital or doctor for further psychological support and medical care following rape.



8. Useful Numbers

Childline 0800 055 555

National AIDS Helpline 011 642 4345

National Association of People Living with AIDS (NAPWA)
0861 322 322 / 021 461 1113

People Opposing Women Abuse (POWA) 011 642 4345/6

Rape Crisis 24 Hours Life Line 0861 322 322

Stop Gender Violence Helpline 0800 150 150

The South African Depression and Anxiety Group (SADAG)
011 262 6396

If you feel that your needs are not being met or that you are being discriminated against on the grounds of your disability, then please contact:

Office of Standard Compliance at Department of Health
Directorate: Quality Assurance
Tel: 012 395 9204
Email: MoshiL@health.gov.za



I Choose Dual Protection

More information can be obtained through
visiting the following websites:

www.zazi.org.za

www.brothersforlife.org.za

www.healthsites.org.za