



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

KNOWLEDGE IS POWER



LIVING POSITIVELY

Fighting Disease, Fighting Poverty, Giving Hope

Take your relationship to the next level



POSITIVE LIVING

Maintain a Healthy Lifestyle - Do moderate physical activity every day, eat nutritious foods, avoid tobacco and alcohol, practice safe sex. "**Abstain**, if you can't, **Be faithful**, if you can't the two, **Condomise**"

"Take your relationship to the next level... go for voluntary counseling and testing with your partner".

For more information, please contact your nearest clinic.

VCT

"Knowledge is power... know your HIV status";
"HIV testing is free and confidential"

Why should I know about my HIV status?

- So that I will protect my self and stay HIV negative
- So that I can protect those that I love
- So that I can take care of my health
- So that I can start ARV treatment in the right time
- So that I can be supported
- So that I can plan for my future

Mother and Baby

Put your life and that of your baby in your hands by being responsible, contact your nearest Hospital or clinic for HIV testing, should you test HIV positive you can enroll on the Dual therapy Prevention of Mother To Child Transmission of HIV (PMTCT) programme.

Take your relationship to the

Confidentiality and Shared Confidentiality

Confidentiality means that a health care worker cannot tell anyone about your result without your permission, but remember that your doctor and health team will need to know your HIV status so that they can assist you better medically (This is still confidential within the people that are looking after your health and it is called share confidentiality)

Who should you disclose your result to?

A trusted friend or family member so that they can support you. Your partner so that they can also go for HIV testing too.

ARV's

"Antiretrovirals work"; (Ensure that ARVs are taken at the same time everyday for the rest of your life) "ARVs are lifetime commitment, adhere to treatment" All government Hospitals and Community Health Centres are offering ART (Antiretroviral Therapy) programme.



STI's

STDs can be cured;
Finish your STI treatment.
Condoms can prevent HIV, STDs and Unplanned pregnancy.

Try and avoid getting STIs (sexually transmitted Infections).

STIs can weaken your immune system and also make it easier for you to get re-infected with HIV. If you do pick up an STI, get treated as soon as possible. It's important to finish your treatment, and to get your partner/s treated too otherwise they will just give it to you again.

SEX TALK
SEX TALK
SEX TALK

go for voluntary counseling and testing with your partner

Unbooked Mothers

The mothers who were booked late or who did not start AZT at 28 weeks, and those with unknown HIV status: they can be offered HIV counseling and testing after delivery. If they test HIV positive: the baby will be given NVP syrup within 72 hours after delivery AZT syrup 12 hourly for 28 days

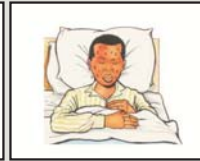
**OPPORTUNIST INFECTIONS
eg. Tuberculosis**



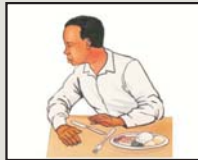
Constant coughing for more than 3 weeks



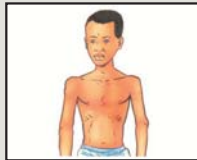
Feeling weak and tired



Night sweats



Loss of appetite



Loss of weight



Coughing blood

If you have been coughing for longer than 3 weeks, sweating at night and lacking appetite, you may have TB. Please go to your nearest clinic for FREE testing and FREE TB treatment. Help prevent the spread of TB. Remember to always cover your mouth when coughing. **TB can be cured if you complete your 6 months treatment, even if you are HIV positive.**

For more information, please contact your nearest clinic.



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For more information on VCT contact
HAST Unit at 033 341 4000
AIDS HELPLINE: 0800 0123 22



PEP

(Post Exposure Prophylactics); Assistance for rape victims is available at all government hospitals. Treatment **MUST** be taken within 72 hours to protect against HIV infection

(Rape victims will be tested for HIV to determine whether they have already been infected with HIV. Only those that are not infected at the time of the rape will be given ARV treatment to prevent HIV infection).

PMTCT

KwaZulu-Natal Health is now offering a dual therapy on PMTCT programme as of the 1st of April 2008 in the selected sites i.e all Hospitals and Community Health Centres and selected Primary Health Care facilities (Clinics).



PMTCT - DUAL THERAPY

The Department of Health is improving the PMTCT Programme by introducing a Dual Therapy, i.e. NVP and AZT.

All pregnant mothers are offered HIV counselling and testing by the Nurse or the Counsellor during first ANC visit. If tested HIV positive, the Nurse will take blood for CD 4 count test. If CD 4 test result is < 200, or she is in Stage 4 according to WHO

If CD 4 test result is > 200 or in stage 1, 2 or 3; she will be enrolled in the PMTCT Programme, as follows:
She will be given NVP at 28 weeks to take home and to swallow on the onset of labour. She will also be given the new drug, Ziduvudine (AZT) at 28 weeks to take daily, 12 hourly (it is important to take this drug exactly at the same time every day!)

During labour

On the onset of labour the pregnant mother will take the NVP tablet has been given during ANC visits and will also take one AZT tablet 3 hourly, until she delivers the baby.

It is important that the mother decides on the choice of infant feeding, i.e. breast milk or formula feeding. Ensure that mix feeding is not happening! Mix feeding increases the risk of mother to child transmission.

Baby

The baby will be given: NVP syrup within 72 hours after delivery and AZT syrup 12 hourly for 7 days

It is important that the mothers should bring the baby back to the clinic for HIV testing (DNA PCR) at 6 weeks.

