

The 90-90-90 COMPENDIUM

4

Volume 4

**Healthy me, healthy us:
a guide for community members about
good health and staying healthy with
chronic illness**



**HEALTH
SYSTEMS
TRUST**

The 90-90-90 COMPENDIUM

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Healthy me, healthy us: A guide for community members about good health and staying healthy with chronic illness

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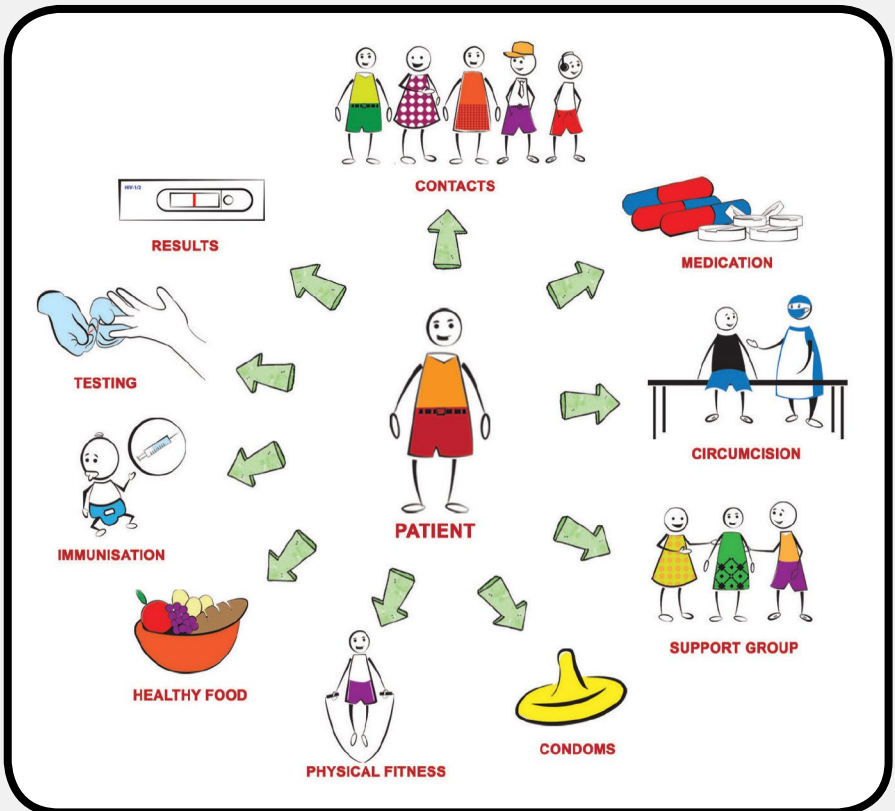
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INTRODUCTION

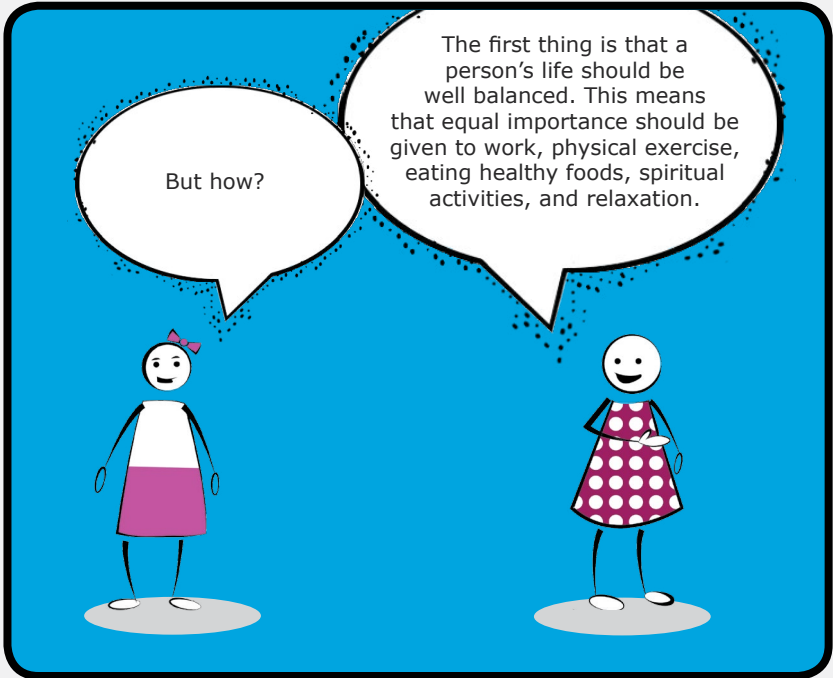
To be healthy is our right as human beings. There are many things we can do as individuals and communities to stay as healthy as possible. This will ensure that we can live a long and happy life and take care of our loved ones.

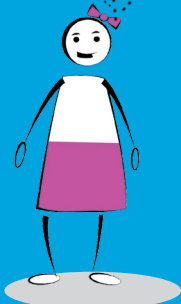
Diseases like HIV and AIDS, tuberculosis (TB), high blood pressure ('high-high') and diabetes ('sugar') can make us very ill, and if we don't get treatment, we can die from these illnesses.

South Africa has adopted the 90-90-90 principles for these diseases. This means that if 90% (nine out of 10 people) of people with HIV and TB know their status, get treated and stay on treatment, this will help prevent the spread of the diseases and keep people healthy.




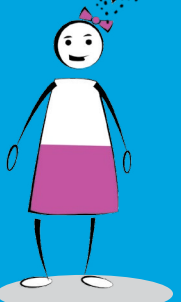







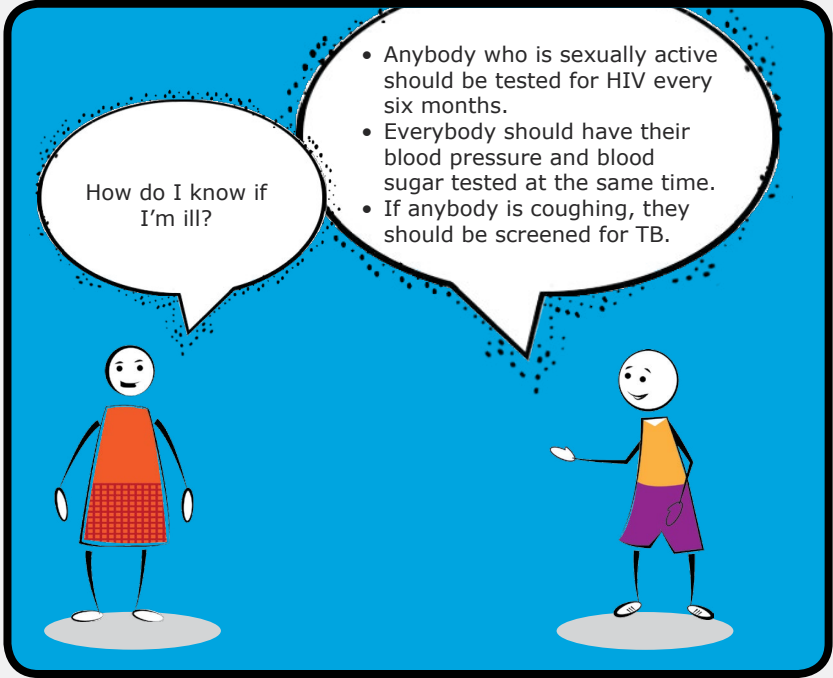
How can I protect my children?

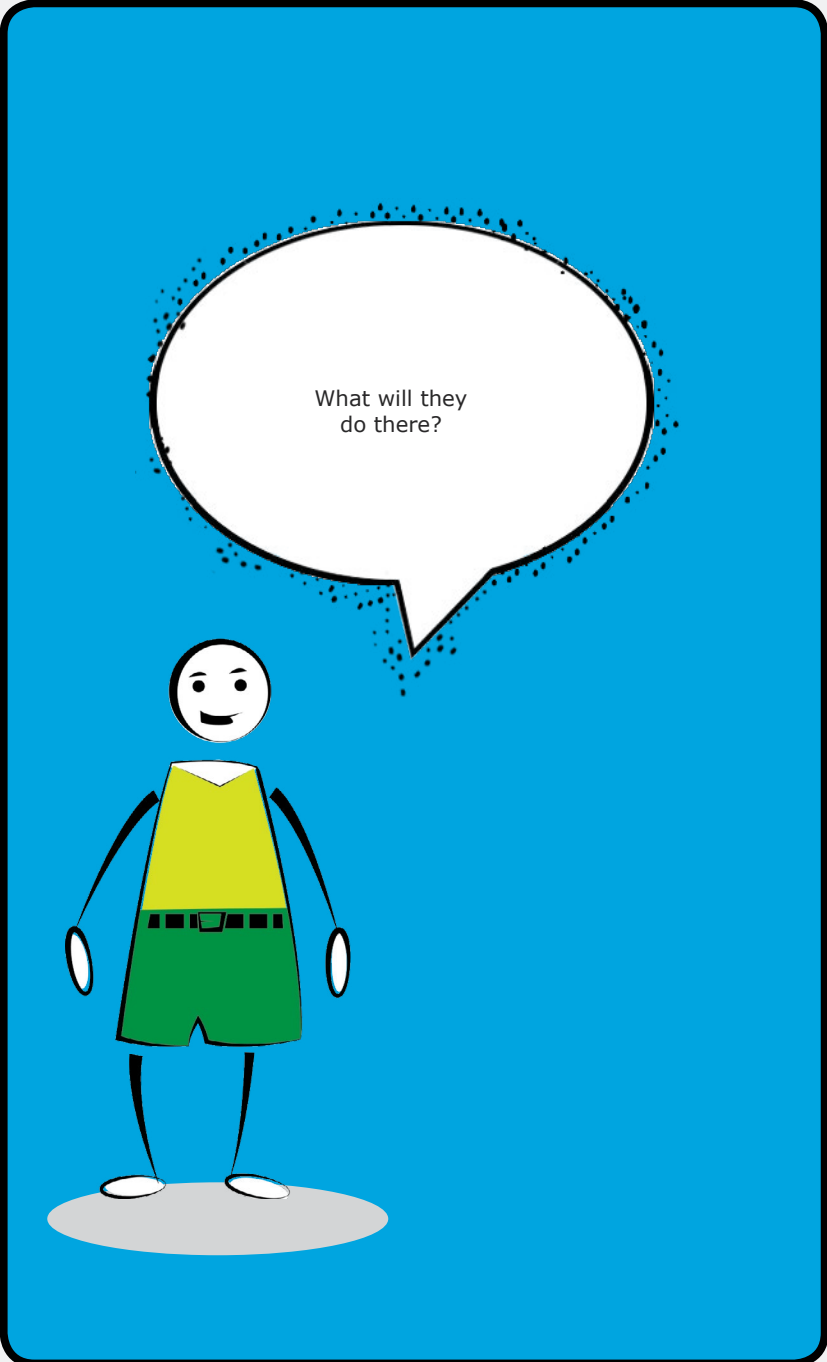
- 
- Children should be immunised.
 - Boys should be circumcised.
 - Women should go to the clinic as soon as they miss a period.



But how can I protect my partner?

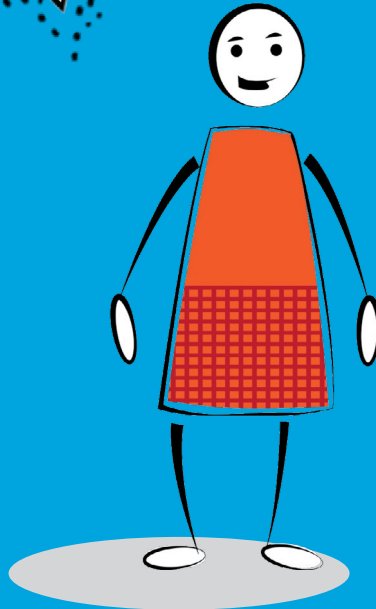
- 
- Abstain from sex until in a stable relationship.
 - Use condoms.
 - If anyone is sick in the home, the rest of the family should be checked.





What will they
do there?

- Explain your illness
- Do more tests
- Check which family member may also be sick
- Give you treatment and explain how important it is to keep taking the treatment
- Guide you on how to take the treatment
- Counsel you on how to make sure that your family doesn't get sick
- Advise you when to return for a check-up and what other tests you should have.



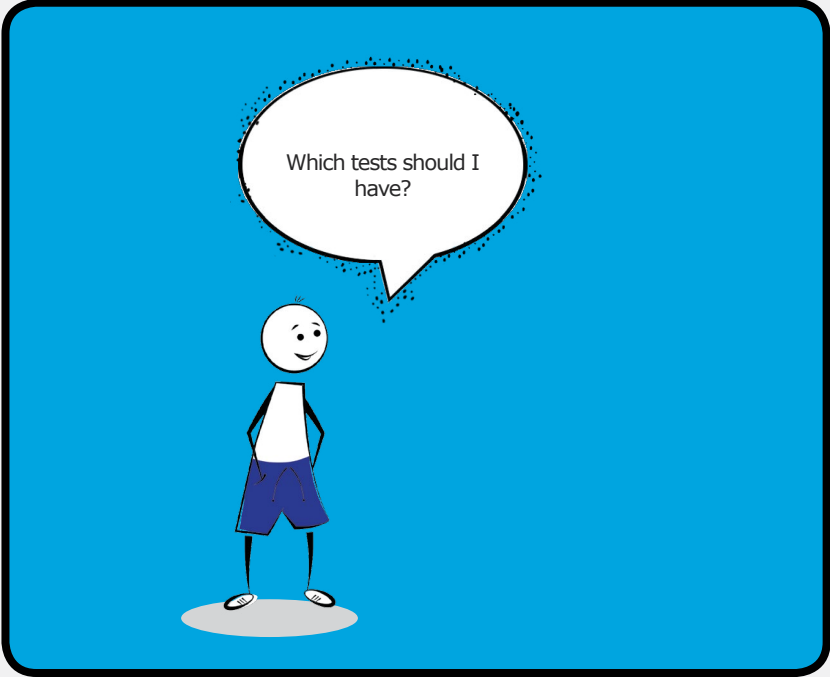
How do I stay healthy when I have a chronic illness?



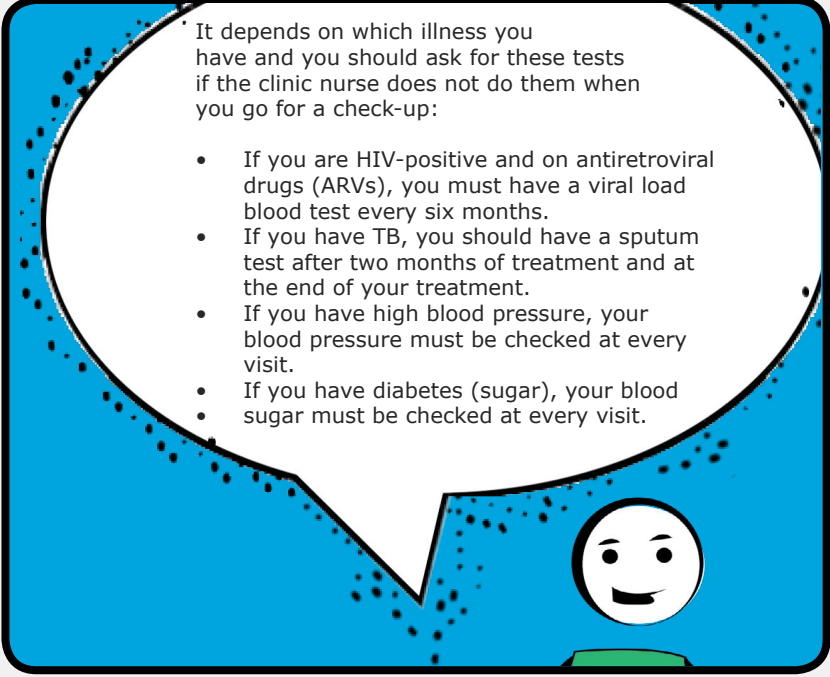
You must remember:

- Take your treatment as the clinic nurse explained
- Return on your appointment date for your check-up and tests
- When you have been well on your treatment for 12 months, the clinic nurse will offer you an easy way to collect your treatment. This could be:
 - A 'fast lane' in the clinic
 - Joining an adherence club closer to your workplace or home
 - Collecting medicine from a pick-up point closer to your workplace or home.



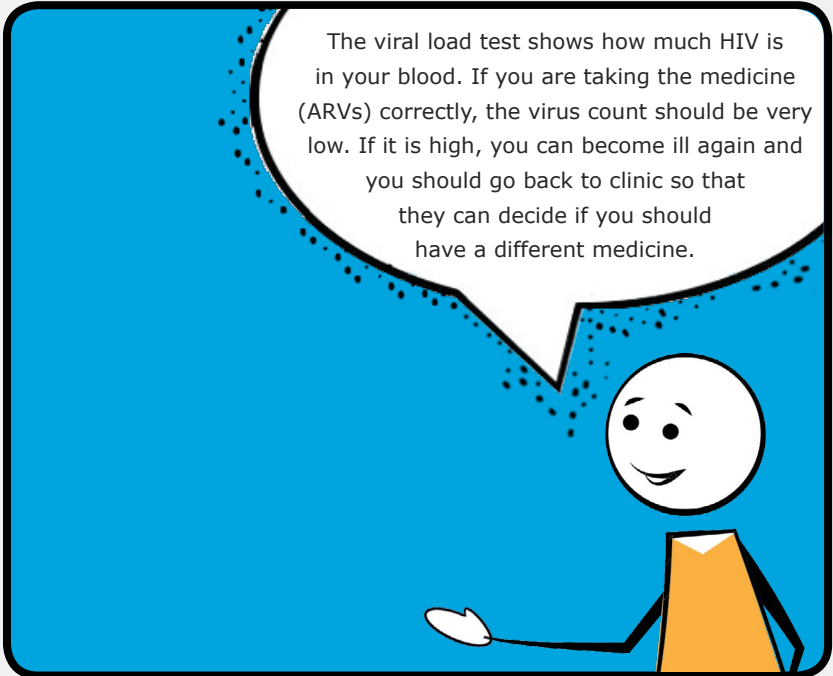
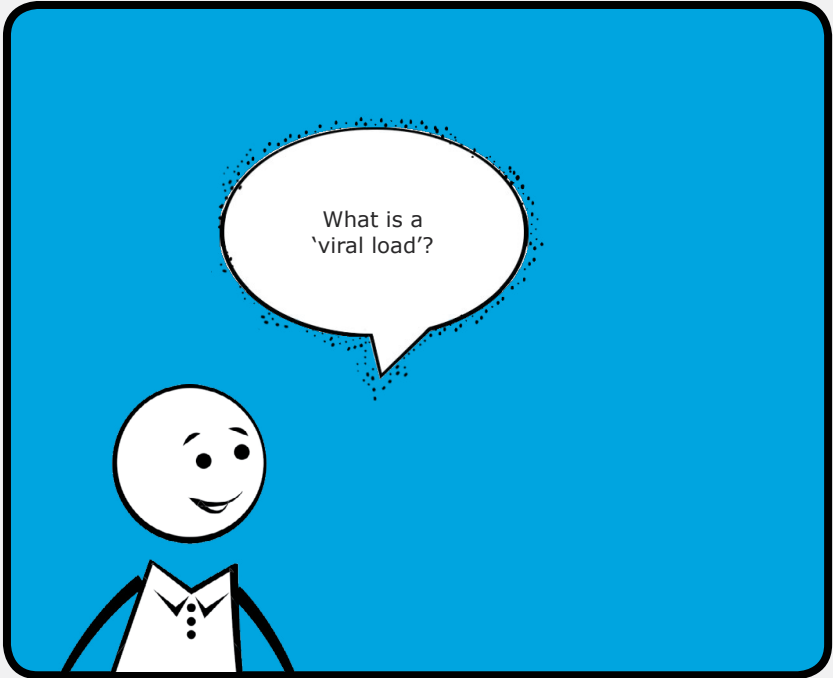


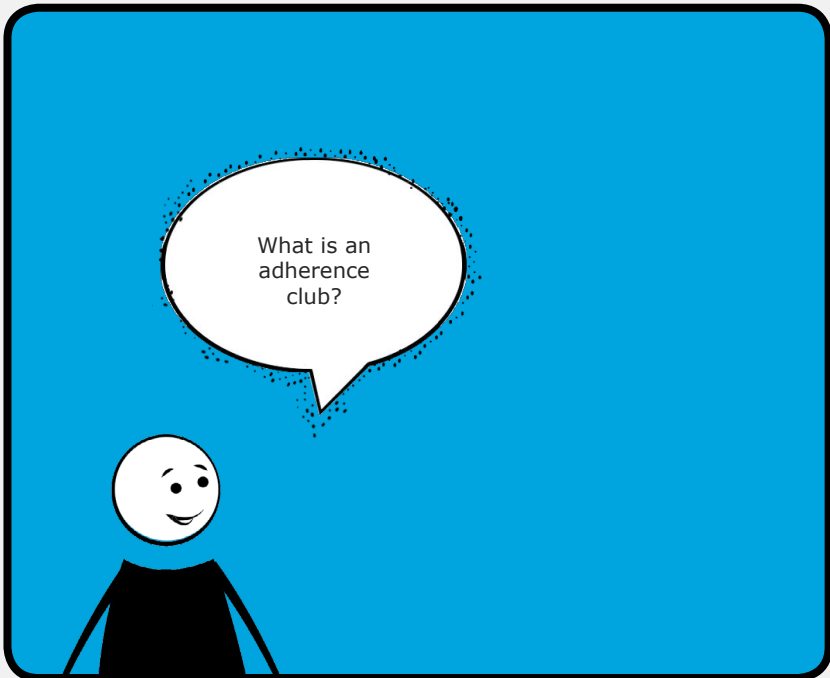
Which tests should I have?



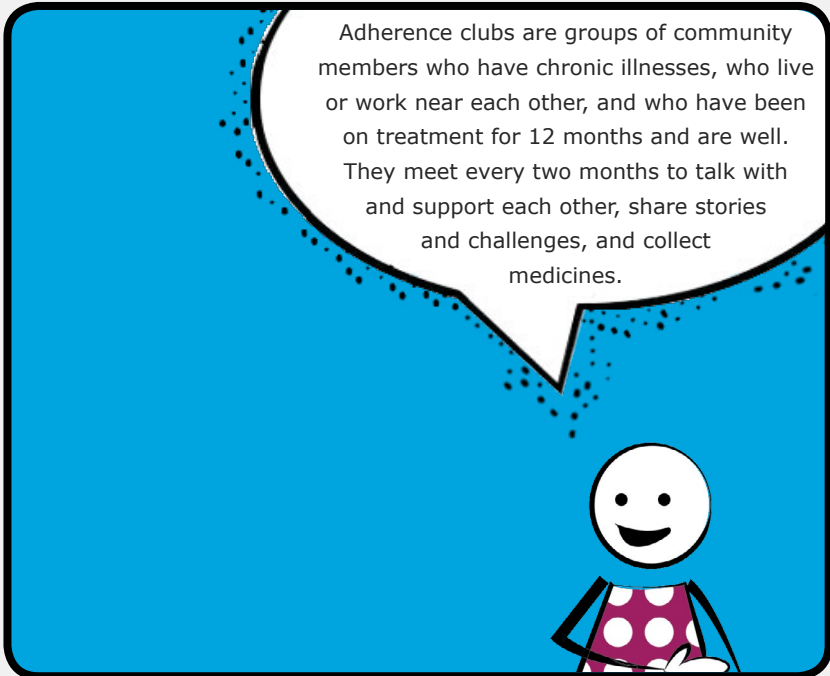
It depends on which illness you have and you should ask for these tests if the clinic nurse does not do them when you go for a check-up:

- If you are HIV-positive and on antiretroviral drugs (ARVs), you must have a viral load blood test every six months.
- If you have TB, you should have a sputum test after two months of treatment and at the end of your treatment.
- If you have high blood pressure, your blood pressure must be checked at every visit.
- If you have diabetes (sugar), your blood sugar must be checked at every visit.

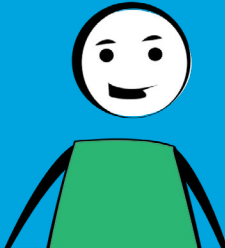




What is an adherence club?



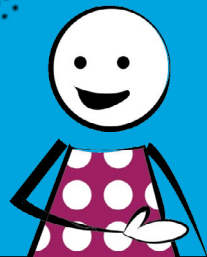
Adherence clubs are groups of community members who have chronic illnesses, who live or work near each other, and who have been on treatment for 12 months and are well. They meet every two months to talk with and support each other, share stories and challenges, and collect medicines.

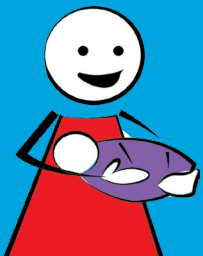


What if I am pregnant?


Congratulations!

The earlier in your pregnancy that you can go to the clinic, the better. The clinic will test you for HIV and TB and give you the correct medicines to help you get well and to protect your baby. If you are HIV-positive and you start treatment early, there is a very good chance that your baby can be born HIV-negative.



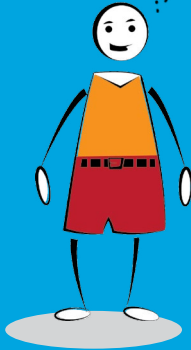


What happens
when my baby
is born?



When your baby is born, the clinic or hospital staff will test him or her for HIV. If your baby is HIV-positive, the staff will give you treatment that you must give to your baby every day. Even if your baby is HIV-negative, the clinic staff will do the test again at 10 weeks old and again at 18 months old. The nurses will also explain about how important it is to breastfeed your baby.

What if I see that patients are not being cared for properly at the clinic?



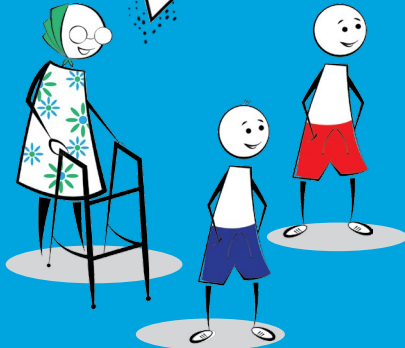
You can make your voice heard about poor service standards, and also about good care provided at the clinic.

The Clinic Committee acts as the link between the community and the health facility.

Find out from the clinic staff who represents your community on the Clinic Committee, and share what you know with that person.



What can I do to help others in my community improve their health?



There are many things you can do through partnership:

Keep in touch with other patients to hear their good and bad experience of the clinic services. Then keep the Clinic Committee members informed about the community's health needs as well as what is working well at the clinic.

Get others together to mobilise community groups around any social problems that make it difficult to stay healthy - like poverty, domestic violence, depression, and alcohol and drug abuse.

Attend the health education talks offered at the clinic, and then pass on the information to others in your community.



Where can I get more information on other kinds of support to stay healthy?



For HIV and TB testing and treatment - contact the **Better Off Knowing** campaign:
Mobisite: www.betteroffknowing.org.za
Facebook: **Betteroffknowing**
Twitter: **@HIVStatus**

For lists of health, wellbeing and development service organisations that are active in any South African province - contact the **info4africa directory service**.

The info4africa database contains details of over 12 800 service organisations, as well as key information on national and provincial government contacts and National Helpline numbers. The info4africa access links are shown in the following panel.





Search info4africa's Service Finder:

Online Directory: www.info4africa.org.za

Mobile Phone Service Finder Directory:

- info4africa App on WeChat & Google PlayStore
- "info4africa" Facebook Messenger
- On basic phones, call *120*448# and follow the menu prompts.
- Ask advice:
- SMS 45080 / 071 624 2255
- **e-mail:** community@info4africa.org.za

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