



# FAITH SECTOR

KEY HIV MESSAGES

FOR MAINSTREAMING





# FAITH SECTOR

KEY HIV MESSAGES

FOR MAINSTREAMING

*maisha!*

National AIDS Control Council

## Gratitude

The National AIDS Control Council recognizes the growing, organized and progressive inter-faith religious voice in the spheres of governance and development in Kenya. Across the country, the Faith Sector has been involved in HIV prevention, treatment, care and support to programmes towards the HIV response.

On behalf of the board and the NACC family, I want to thank the Faith Sector Working Group (FSWG) and the Faith Religious Leaders for their contribution in HIV prevention by recognizing their comparative advantage in moulding behaviors among the various populations. We pride in your ability of being able to reach millions of Kenyans at any given time. This is the more reason why NACC wishes to sincerely thank you for working closely with us on the HIV response.

We appreciate the Faith Sector support to the provision of HIV and health care services provision which has facilitated access to health services even in the remotest parts our country. The role played by the Religious Leaders in addressing stigma and discrimination as the greatest barrier to access of HIV and Health services by PLHIV and other vulnerable populations is well acknowledged.

Finally, our gratitude goes to the theologians who participated in the development of the Faith Sector HIV messages booklet, which provides a tool to facilitate the Religious Leaders with knowledge to address the gaps in the HIV response among the congregants.

To you All, we say thank you.

***Angeline Siparo***  
***NACC Board Chairperson***

# Forward

The National AIDS Control Council (NACC) continues to strengthen partnerships with all stakeholders in the response to HIV and AIDS in Kenya. According to Kenya Demographic Health Survey (2014), over 97% of the Kenya population was reported to ascribe to religious affiliation. Moreover, there is a growing recognition of an organized progressive inter-faith religious voice in the spheres of governance and development issues in Kenya. Across the country, the faith sector has been involved in HIV prevention, treatment, care and support programmes towards the HIV response.

To support religious leaders in HIV mainstreaming, the Faith Sector working Group with guidance of Theologians; Christian and Muslim have come up with a Handbook of HIV messages that are supported with reference from the Bible and the Qur'an. The Handbook messages that are organized into five Key HIV thematic areas namely, Knowledge, HIV prevention, Treatment and Adherence, Timely Care and Elimination of Stigma and discrimination. This Handbook of HIV messages is a reference document for Religious leaders as they Mainstream HIV in the sermons

This is therefore to commend the Faith Sector Working Group and the Faith Sector Networks that participated in the development of the Handbook of the HIV messages. Special appreciation for the Theologians and religious leaders that validated the messages I urge the religious leaders to use the Handbook of HIV messages to mainstream HIV messages in sermons and other religious activities. This will contribute to stigma reduction and getting to Zero new HIV infections by 2020.



**Dr. Nduku Kilonzo**

**CEO, NACC**  
FAITH SECTOR

# Acknowledgement

---

The process of developing this HIV messages has been participatory; involving Faith Sector Networks; Faith communities as well as Faith Based organizations. NACC recognizes the active involvement of the Faith Sector Working Group under the leadership of deputy director Department of Coordination and Support and Stakeholder Division. We recognize and appreciate the commitment of the Faith Sector Working Group for their continuous participation in various consultations on the development and review of this HIV messages.

This HIV messages were reviewed by Theologians drawn from different Faith communities; particularly from Muslims and Christians communities. The Theologians identified relevant texts from the Bible and the Qur'an and referenced to the relevant HIV thematic areas. The draft messages were then validated and forwarded to NACC for the final processes of printing and dissemination

The NACC commends organizations that participated in the process of the development of the HIV messages, this includes, International Network of Religious Leaders Living with or Personally Affected by HIV (INERELA+ Kenya), Inter-religious Council of Kenya (IRCK), Supreme Council of Kenya Muslims (SUPKEM), Seventh Day Adventist (SDA), Health Ministries, National Council of Churches of Kenya (NCCK), Christian Health Association of Kenya (CHAK), Organization of African Instituted Churches (OAIC) Evangelical Alliance of Kenya (EAK), St Paul's University, The Catholic University of Eastern Africa (CUEA) and Religious Media Houses.

We also acknowledge the NACC staff, the various divisions that gave technical input to the document; communication, Technical, NATIONAL AIDS CONTROL COUNCIL procurement divisions and CEO's office that gave continuous guidance to the development of

this HIV Messages. This HIV messages are a reference document for religious leaders as they mainstream HIV messages in their sermons and other religious activities.

This is to say thank you.

A handwritten signature in black ink that reads "Emmy J. Chesire". The signature is stylized, with a large, square-shaped initial "E" and a period at the end.

*Dr. Emmy J. Chesire*  
*Deputy Director Coordination & Support,*  
*NACC*

# Definition of Terms

---

## **Congregation:**

This term refers to members of a specific religious group who regularly worship at a church, synagogue, mosque or temple.

## **Congregational leader:**

The term congregational leader refers to a person of faith who is formally recognized by the congregation of which they are a part, as the reference point, and often the link for the congregation with the religious leaders such as the youth leader, women/men's leader etc.

## **Faith Leader:**

A leader recognized within the faith community.

## **Faith Sector:**

This term is used to refer to both faith communities and faith-based organizations

## **Gender-Based Violence (GBV):**

This is defined as any act of violence vetted against a person because of their gender that results in physical, sexual or psychological harm or suffering, including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or private life. The forms of GBV are sexual, physical, emotional, psychological and socio-economic violence, harmful traditional practices and trafficking in persons.

## **Religious Leader:**

The term religious leader refers to a person of faith who is formally recognized by the religious community of which they are a part, as the reference point, and often the decision maker, for matters of doctrine, faith, practice and often governance.

## **Sexual Violence:**

Includes rape, attempted rape, defilement, incest, sexual abuse, sexual exploitation, forced prostitution, torture and trafficking for sexual exploitation.



# Abbreviations

---

AIDS	Acquired ImmuneDeficiency Syndrome
ART	Antiretroviral Therapy
ARV	Anti-retroviral
FBOs	Faith-Based Organizations
FCs	Faith communities
GBV	Gender-Based Violence
GoK	Government of Kenya
HIV	Human Immunodeficiency Virus
HTS	HIV Testing Services
KASF	Kenya AIDS Strategic Framework
KDHS	Kenya Demographic Health Survey
NACC	National AIDS Control Council
PLHIV	People Living with HIV
PwD	People with Disabilities
SGBV	Sexual and Gender-Based Violence
SRH	Sexual and Reproductive Health
VCT	Voluntary Counselling and Testing

# Contents

Gratitude	ii
Forward	iii
Acknowledgement	iv
Definition Of Terms	vi
Abbreviations	vii
Contents	viii

Introduction	1
HIV Situation In Kenya	3

HIV Knowledge	9
HIV Prevention	15
HIV Treatment & Adherence	23
Timely Care & Support	29
Elimination Of Stigma & Discrimination	37
Faith Sector Working Group Task Force	44

# Introduction

The National AIDS Control Council continues to strengthen engagement with Faith Communities (FCs) and Faith Based Organizations (FBOs) through the Faith Sector Working Group. A Faith Sector Action plan was developed, aligned to Kenya AIDS Strategic Framework (KASF) launched and disseminated. The Faith Communities and Faith Based Organizations shall deliver KASF through implementation of the Faith Sector Action Plan.

The Action Plan identifies key activities that can be implemented by the Faith Communities and Faith Based organizations This include; mainstream HIV messages into Faith Sector activities, reach out to the congregation with HIV prevention information and services targeting men, women, adolescent, youth and young people, reducing HIV Related Stigma.

To strengthen Mainstreaming of HIV messages in Sermons, the Faith Sector Working Group with support of Christian and Muslim Theologians have developed HIV Thematic messages that are Bible and Qur'an referred. The Themes covered are Knowledge, HIV prevention, Treatment and Adherence, Timely Care and Support and Elimination of Stigma and Discrimination.

The Objective of the HIV Message Booklet is to support religious leaders to Mainstream HIV messages into sermons and any relevant activities such as pre-marital Counseling, weddings celebrations etc. This booklet can be a guide and a resource. As a country we also need to meet global targets of " 90,90,90.



## TARGETS

By the year 2020...

**90%**

Of people living with HIV will know their status

**90%**

Of all people diagnosed with HIV infection will receive sustained antiretroviral therapy

**90%**

Of all people receiving antiretroviral therapy will have viral suppression



5.5%

6.3%

National HIV Prevalence

**5.91%**



Kenyans living with HIV (2015)

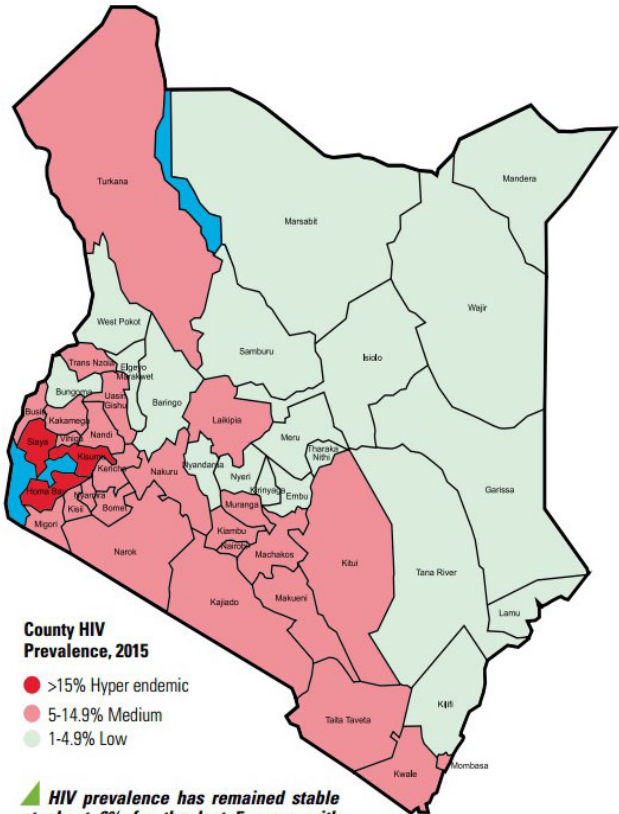
**1.5m**



Children (0-14 yrs) living with HIV

**98,170**

## HIV SITUATION IN KENYA



Kenya reduced her numbers of new HIV infections by 19% nationally between 2013 & 2015

2013



101,560

Kenyans were infected with HIV in 2013

12,940



Children were infected with HIV in 2013

50,530



Women were infected with HIV in 2013

38,090



Men were infected with HIV in 2013

260,000 sero - discordant couples (one partner HIV+) in 2012

2015



77,647

Kenyans were infected with HIV in 2015

6,613



Children were infected with HIV in 2015

39,868



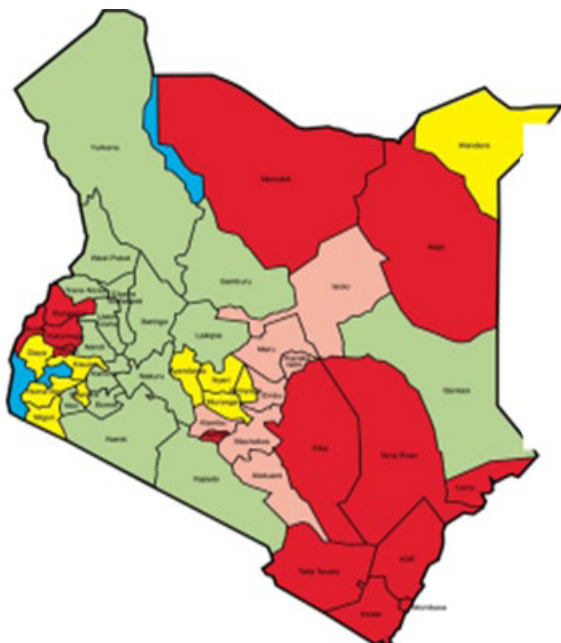
Women were infected with HIV in 2015

31,167



Men were infected with HIV in 2015

There was a mixed progress in HIV prevention efforts accross Counties between 2013 and 2015



**New HIV infections among adults  
2013 vs 2015**

- Reduced new infections by more than 50%
- Reduced new infections by - 1 - 49%
- Increased new infections by 1 - 49%
- Increased new infections by more than 50%

New infections among adolescents and young people increased



**13,000**  
Children (under 14 years get infected with HIV annually



**88,000**  
HIV infections occur among adults annually



**21%**  
of new adult HIV infections occurred among young women aged 15-24 in 2013



**5,613**  
New infections occurred among children aged 0-14 years



**71,034**  
New infections occurred among adults



**51%**  
of new adult HIV infections occurred among youth 15 - 24 years

97 young people get infected daily

Two thirds of these are among girls and young women







“ Knowledge about HIV empowers one to avoid risk behavior that put them at risk of HIV acquisition, transmission, reducing stigma, seeking treatment and care services.



THEME

**HIV** KNOWLEDGE

1



### **FACTS:**

---

- ⊙ Knowing the truth about HIV sets you free
- ⊙ When you get tested you will know your status
- ⊙ With accurate information one can make the correct and right decision.
- ⊙ Knowledge empowers one.
- ⊙ HIV is real.



### **MESSAGES TO CONGREGANTS:**

---

- ⊙ With the correct information, one can lead a good and healthy life.
- ⊙ With the right knowledge and information one can get necessary support



### **ACTION POINTS:**

- ⊙ HIV testing assures one of his/her status.
- ⊙ HIV testing is the correct way for prevention, care and treatment.
- ⊙ It is important to be tested together with your family.
- ⊙ Get the correct information about HIV
- ⊙ Get tested and know your HIV status



## MYTHS AND MISCONCEPTIONS:

---

- ⊙ HIV is a death sentence
- ⊙ PLHIV cannot have children
- ⊙ HIV is a curse/witchcraft
- ⊙ HIV is associated with the black people (in the Western countries)
- ⊙ HIV as HIV is a sin and a punishment from God
- ⊙ HIV is a third world country problem
- ⊙ HIV is for the poor/associated with the poor
- ⊙ You can always tell someone who is HIV+
- ⊙ PLHIV are incompetent
- ⊙ HIV was invented to get rid of the black people
- ⊙ Only those who are promiscuous get HIV
- ⊙ Christians and Muslims do not get HIV because they are religious



## REFERENCES

---

### *Christian Scripture: On Knowledge*

Add introduction; highlight the portion of the verse that brings out the point.

#### ***Hosea 4:6a***

“my people are destroyed from lack of knowledge.”

#### ***Rom 12:2***

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

#### ***Proverbs 1:7***

“The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction.”

#### ***John 8:32***

“Then you will know the truth, and the truth will set you free”

#### ***Proverbs 12:1***

“Whoever loves discipline loves knowledge, but whoever hates correction is stupid”

#### ***Job 38:2***

“Who is this that obscures my plans with words without knowledge?”

#### ***Proverbs 4:20***

“My son, pay attention to what I say; turn your ear to my words.”

#### ***Ephesians 4:15***

“Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.”

## Muslim Scripture: On Knowledge

### **Muslim(Qur'an)**

“Are those who have knowledge and those who have no knowledge alike? Only the men of understanding are mindful. “(Qur'an, 39:9).

### **Muslim(Hadith)**

It was narrated that Anas bin Mâlik said: The Messenger of Allah said “Seeking knowledge is a duty upon every Muslim”. ” (Sunan Ibn e Majah, Book of Sunnah, Hadith no 224, Classified as Sahih By Allama Albani)



“ It is cheaper to prevent than to treat.

As a country we are working towards zero new infections by 2030, young people have the highest number of new HIV infections.





THEME

HIV PREVENTION

2



## **FACTS:**

---

Prevention is the best cure against HIV

(Note: have a section on HIV transmission/ Universal precautions)



## **MESSAGES TO CONGREGANTS:**

---

- ⊙ I have the power to make the right choices for my health.
- ⊙ Risky behavior has long term health consequences.
- ⊙ Your health is your future; invest in it.
- ⊙ Today's decisions and actions determine your future health.
- ⊙ We can help stop the spread of HIV now.
- ⊙ Purity and Chastity pays.
- ⊙ Bad company ruins good character.
- ⊙ Patience, Purity and Godliness pays.
- ⊙ True love waits.



## MYTHS & MISCONCEPTIONS:

---

- ⊙ Having a cold shower after unprotected sex prevents HIV infection.
- ⊙ HIV cannot be contracted through Oral sex.
- ⊙ Religious people do not get infected with HIV.
- ⊙ HIV only infects promiscuous people
- ⊙ Once negative always negative.
- ⊙ My spouse's HIV status is my status.
- ⊙ You cannot get HIV by caring for PLHIV.



## REFERENCES

---

### *Christian Scripture: On Prevention*

(Scripture given here below may not be direct but can be applied to the topic)

#### *Ex 1: 15-21*

“the king of Egypt said to the Hebrew midwives, whose names were Shiphrah and Puah,<sup>16</sup> “When you are helping the Hebrew women during childbirth on the delivery stool, if you see that the baby is a boy, kill him; but if it is a girl, let her live.”<sup>17</sup> The midwives, however, feared God and did not do what the king of Egypt had told them to do; they let the boys live.<sup>18</sup> Then the king of Egypt summoned the midwives and asked them, “Why have you done this? Why have you let the boys live?”<sup>19</sup> The midwives answered Pharaoh, “Hebrew women are not like Egyptian women; they are vigorous and give birth before the midwives arrive.”<sup>20</sup> So God was kind to the midwives and the people increased and became even more numerous.<sup>21</sup> And because the midwives feared God, he gave them families of their own”

#### *1 Sam: 1: 21-23 (exclusive breastfeeding)*

“Hannah did not go. She said to her husband, “After the boy is weaned, I will take him and present him before the LORD, and he will live there always.<sup>23</sup> “Do what seems best to you,” her husband Elkanah told her. “Stay here until you have weaned him; only may the LORD make good his word.” So the woman stayed at home and nursed her son until she had weaned him.”

#### *Lev 13*

Use of Mid-wives to give delivery at Health Facilities is emphasized

#### *Prov. 5: 15-20*

“Drink water from your own cistern, running water from your own well.<sup>16</sup> Should your springs overflow in the streets, your streams of water in the public squares?<sup>17</sup> Let them be yours alone, never to be shared with strangers.<sup>18</sup> May your

fountain be blessed, and may you rejoice in the wife of your youth.<sup>19</sup> A loving doe, a graceful deer— may her breasts satisfy you always, may you ever be intoxicated with her love.<sup>20</sup> Why, my son, be intoxicated with another man's wife? Why embrace the bosom of a wayward woman?"

### ***Psalm 119:9***

"How can a young person stay on the path of purity? By living according to your word."

### ***1 Cor 6:18-20, 7:8-10***

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.<sup>19</sup> Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;<sup>20</sup> you were bought at a price. Therefore honor God with your bodies.

### ***1 Cor 7:8-10***

"Now to the unmarried and the widows I say: It is good for them to stay unmarried, as I do.<sup>9</sup> But if they cannot control themselves, they should marry, for it is better to marry than to burn with passion.<sup>10</sup> To the married I give this command (not I, but the Lord): A wife must not separate from her husband"

### ***1 Cor 15:33***

"Do not be misled: Bad company corrupts good character."

### ***Rom 12:1 NIV/NKJV; Rom 12: 2***

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.<sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

### ***Psalm 1:1***

"Blessed is the one who does not walk in step with the

wicked or stand in the way that sinners take or sit in the company of mockers,”

### ***Muslim Scripture:***

“None of you has faith until he loves for his brother what he loves for himself.” (Holy Prophet in Bukhari.)

Lodge them [in a section] of where you dwell out of your means and do not harm them in order to oppress them. And if they should be pregnant, then spend on them until they give birth. And if they breastfeed for you, then give them their payment and confer among yourselves in the acceptable way; but if you are in discord, then there may breastfeed for the father another woman. (Qur’an 65:6)

Mothers may breastfeed their children two complete years for whoever wishes to complete the nursing [period]. Upon the father is the mothers’ provision and their clothing according to what is acceptable...(Qur’an 2: 233)

Certainly will the believers have succeeded: They who are during their prayer humbly submissive. And they who turn away from ill speech. And they who are observant of zakah [obligatory charity]. And they who guard their private parts except from their wives or those their right hands possess, for indeed, they will not be blamed—But whoever seeks beyond that, then those are the transgressors. (Qur’an 23:1-7)





“ Treatment controls the virus and helps prevent transmission so that people with HIV and those at risk can enjoy healthy and productive lives. ARVs help to prolong and improve the quality of life of those infected with HIV.





THEME

**HIV** TREATMENT &  
ADHERENCE

3

---



## **FACTS:**

---

- ⊙ Anti-retroviral (ARVs) are free in all public and faith based hospitals providing HIV care
- ⊙ Anti-retroviral (ARVs) work by reducing levels of HIV virus in the body
- ⊙ Good adherence to Anti-retroviral (ARVs) reduces resistance to HIV medication
- ⊙ Daily correct use of ARVs promotes good health and prolongs life



## **MESSAGES TO CONGREGANTS:**

---

- ⊙ Starting treatment early promotes good health, prolongs life, keeps families together and reduces the number of Orphans and Vulnerable Children (OVC)
- ⊙ ARVs work and lead to viral suppression giving hope to millions of PLHIV and their families.
- ⊙ A person living with HIV can be treated and live a healthy normal life.
- ⊙ In case one believes he/she is healed/cured; he/she should seek medical confirmation from a certified health care worker before stopping their medication..
- ⊙ Positive living brings change and hope.
- ⊙ It is important to have faith and hope as you continue with treatment.
- ⊙ Ensure those who need treatment are able to access it
- ⊙ Support those infected to adhere to treatment through the buddy system (accountability partner)
- ⊙ Provide resources needed to adhere to treatment such as food, transport among other



### **ACTION POINTS:**

---

- ⊙ Form Psychosocial support groups for children, Adolescents and Young people, families and adults



### **MYTHS & MISCONCEPTIONS:**

- ⊙ HIV is curable.
- ⊙ Having sex with a virgin or a child can cure HIV.
- ⊙ PLHIV cannot have children who are HIV negative .
- ⊙ HIV always leads to AIDS.
- ~~⊙ Herbal medicine cures HIV.~~
- ⊙ When one believes in faith healing there is no need to continue taking ARVs.
- ⊙ It is okay to share ARVs with my spouse.



## *Christian Scripture: On Treatment and Adherence*

### *Luke 17:12-14*

#### *1 Tim 4:8*

“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come”

#### *Jeremiah 30:17*

“But I will restore you to health and heal your wounds,” declares the LORD, “because you are called an outcast, Zion for whom no one cares.”

#### *Jeremiah 17:14*

“Heal me, LORD, and I will be healed; save me and I will be saved, for you are the one I praise.”

#### *Ezekiel 37:6*

“I will attach tendons to you and make flesh come upon you and cover you with skin; I will put breath in you, and you will come to life. Then you will know that I am the LORD.”

#### *Isaiah 38: 20-21*

“The LORD will save me, and we will sing with stringed instruments all the days of our lives in the temple of the LORD.”<sup>21</sup> Isaiah had said, “Prepare a poultice of figs and apply it to the boil, and he will recover.”

#### *John 9:7*

“Go,” he told him, “wash in the Pool of Siloam” (this word means “Sent”). So the man went and washed, and came home seeing.

## *Muslim Scripture:*

### *a) On Treatment and Adherence*

“Allah burdens not an individual more than his capability”

### *Qur’an 2.286*

O Mankind: There has come to you a direction from your Lord and a healing for the (disease) in your hearts—and for those who believe a guidance and mercy! (Qur’an 10:57)

### *b) On Medication*

There are many Ahadith (traditions of Prophet Muhammad peace be upon him (pbuh) which encourage the Muslims to seek medical treatment. Some of them are mentioned below:

#### **Abu Hurayrah narrates that The Prophet pbuh said:**

“There is no disease that Allah has created, except that He also has created its remedy.”

#### **Bukhari 7.582**

#### **Usamah ibn Shuraik narrated:**

“... ‘O Allah’s Messenger! Should we seek medical treatment for our illnesses?’ He replied: ‘Yes, you should seek medical treatment, because Allah, the Exalted, has let no disease exist without providing its cure, except for one ailment, namely, old age’.”

#### **Tirmidhi**

Taking proper care of one’s health is considered by the Prophet Muhammad pbuh to be the right of the body.

Bukhari as-Sawm 55, an-Nikah 89, Muslim as- siyyam 183, 193, Nisai

The Prophet not only instructed sick people to take medicine, but he himself invited expert physicians for this purpose.

#### **D.o.H.p.50, As-Suyuti’s Medicine of the Prophet p.125**



“ Timely care, spiritual and psychosocial support leads to effective treatment in management of HIV when the body immunity is still strong.



THEME

**TIMELY** CARE & SUPPORT

4

---



## **FACTS:**

---

- ⊙ Immediate support enhances self-acceptance of status and health seeking behaviour.
- ⊙ Timely psychosocial and spiritual care and support is a protective factor for PLHIV.
- ⊙ Timely care and support would prevent further transmission of HIV.
- ⊙ Early care and support enhances adherence to treatment and prolongs life.



## **MESSAGES TO CONGREGANTS:**

---

- ⊙ When PLHIV are supported, it upholds human dignity, gives hope and reassures the presence of God in the in people's lives.
- ⊙ All people are equal before God, He cares for us equally regardless of status.
- ⊙ You are either infected or affected and hence the need to create safe spaces for PLHIV.
- ⊙ HIV is a chronic condition. If managed in an environment of love, acceptance and care one's quality of life in the community will be enhanced.
- ⊙ Encouraging exclusive breast feeding and sensitizing the family, improves their quality of life .
- ⊙ Service to PLHIV is service to God.



## **ACTION POINTS:**

---

- ⊙ Involve PLHIV in social and spiritual groups at family and congregational and community level.
- ⊙ Mobilize congregation to provide food, clothing, shelter



and education for PLHIV and OVC.

- ⦿ Carry out regular home visitations and prayers to families in the congregation affected by HIV.
- ⦿ Refer those in need of support and care to relevant institutions.
- ⦿ Encourage volunteerism among health professionals and other specialists within congregations.
- ⦿ Form psychosocial support groups for children, young people, women and men.



### **MYTHS & MISCONCEPTIONS:**

*Myth 1: You'll Know You Have HIV Because Of Your Symptoms*

#### **Explanation:**

Some people don't show any signs of HIV for years after being infected. Many can have some symptoms within 10 days to a few weeks after infection. These first symptoms are similar to the flu and may include fever, fatigue, rash, and sore throat. They usually disappear after a few weeks and you may not have symptoms again for several years. The only way to tell you have HIV is to get tested.

*Myth 2: HIV Can Be Cured*

#### **Explanation:**

At this time, there is no cure for HIV, but treatment can keep virus levels low and helps maintain your immune system. In Kenya all HIV infected persons need to be on treatment regardless of their immune (CD4) status.

*Myth 3: My partner and I are both HIV positive, so we don't have to practice safe sex.*

Explanation:

Practicing safe sex prevents you from re-infection of HIV and of drug resistant strains of the virus.

*Myth 4: I am using birth control, I cannot get HIV.*

Explanation:

HIV can be spread during any unsafe or unprotected sex with a HIV positive partner.

Most forms of birth control only protect against unwanted pregnancy, Not sexually transmitted infections such as HIV, Herpes, Gonorrhoea and Syphilis.

*Myth 5: My HIV positive child does not need to take ARVs because we are going to die anyway.*

*Myth 6: I still look healthy so why take medication?*



## REFERENCES

---

### *Christian Scripture: On Timely care and support*

#### ***Matthew 25:40***

“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’”

#### ***James 1:27***

“Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”

#### ***Psalm 103:3***

“who forgives all your sins and heals all your diseases,”

#### ***Proverbs 14:31***

“Whoever oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honors God.”

#### ***1 John 3:17***

“If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?”

#### ***Ephesians 4:32***

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

#### ***Proverbs 17:22***

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

#### ***John 5:7***

“Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.”

#### ***Isaiah 58: 6-7***

“Is not this the kind of fasting I have chosen to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and

break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood?”

### ***Matthew 11:28***

“Come to me, all you who are weary and burdened, and I will give you rest.”

### ***1 Cor. 12:26***

“If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.”

## ***Muslim Scripture: On Timely Care and Support***

### ***(Qur'an 3:91)***

“You cannot attain to righteousness unless you spend (in charity) out of those things which you love.”

### ***(Qur'an 76:8-9)***

“They (the true believers) give food, out of love for Allah, to the poor, the orphan and the slave, saying: We feed you only for Allah's pleasure - we desire from you neither reward nor thanks.”

## ***Muslim-Hadith***

### ***(Holy Prophet in Bukhari.)***

“You will see the believers in their having mercy for one another, and in their love for one another and in their kindness towards one another, like the human body: when one limb is ailing, the whole body feels it, one part calling out the other with sleeplessness and fever.”

### ***(Holy Prophet in Bukhari.)***

“None of you has faith until he loves for his brother what he loves for himself.”

### ***(Qur'an 9:71)***

The believing men and believing women are allies of one another. They

enjoin what is right and forbid what is wrong and establish prayer and give zakah and obey Allah and His Messenger. Those—Allah will have mercy upon them. Indeed, Allah is Exalted in Might and Wise.

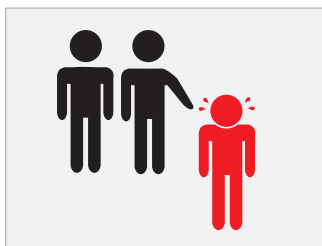
***(Qur'an 107:1–7)***

Have you seen the one who denies the Recompense? For that is the one who drives away the orphan and does not encourage the feeding of the poor. So woe to those who pray [but] who are heedless of their prayer—those who make show [of their deeds] and withhold [simple] assistance.

***Abu Hurairah (May Allah Be Pleased With Him) reported:***

The Messenger of Allah said, “Every Muslim has five rights over another Muslim to return the greetings of salam, to visit the sick, to accompany funeral processions, to accept an invitation, to respond to the sneezer. [al-Bukhari and Muslim]

To stop a person falling in the trap of worry and anxiety we have been advised that: “Imaan (Faith) is between fear and Hope!” Mishkat



“ HIV stigma remains a key challenge and is the main barrier to testing, access to counseling, care and treatment.



THEME

**ELIMINATION OF  
STIGMA & DISCRIMINATION**

5

---

## DEFINITION:

### *What is Stigma?*

Stigma is a negative attitude toward people who have characteristics that make them different from what people think is right or normal. Most people who are living with HIV end up being stigmatized, regardless of the behaviors in which they may have engaged.

### *What is discrimination?*

Discrimination describes the actual ways that people are treated worse than others because they are stigmatized and/or different. Discrimination against people living with HIV means that they are treated unfairly/badly or do not have certain rights because they are HIV positive.



## FACTS

1. PLHIV are stigmatized and discriminated against consciously or unconsciously. As a result:
  - ⊙ We fear testing for HIV.
  - ⊙ We fear being judged by others.
  - ⊙ There is failure to adhere to medication such as ARVs.
  - ⊙ Fear of going for care.
  - ⊙ There is reduced quality of life.
2. Stigma and discrimination leads to:
  - ⊙ Non-disclosure of HIV status
  - ⊙ Loss of income/livelihood
  - ⊙ Increases vulnerability especially for children, young girls and women (NB: Add a point on sexuality & gender)





## MESSAGES TO CONGREGANTS:

---

- ⊙ HIV is a virus. Anyone can be infected. We are all at risk.
- ⊙ We are ALL created in the image of God. I am a child of God regardless of my HIV status.
- ⊙ God is love therefore HIV is not a punishment from God
- ⊙ A child living with HIV cannot transmit the virus to other children through normal church, school and social activities.
- ⊙ People living with HIV are much more than their HIV status, they deserve to live full healthy lives, have and fulfill their dreams and aspirations.
- ⊙ HIV is like any other health condition. Action Points:
- ⊙ Get tested for HIV today and know your status.
- ⊙ Embrace and bear with each other.
- ⊙ Be each other's Keeper. True religion takes care of everyone.
- ⊙ Create a conducive environment at home, in the places of worship and in the community.
- ⊙ Let us come together and stand against HIV stigma and discrimination
- ⊙ Do not give up. The future still holds a lot for us.



## MYTHS & MISCONCEPTIONS:

---

Myth 1: Having HIV Means You Have AIDS

Explanation:

- ⊙ Human immunodeficiency virus (HIV) is a virus that destroys the body's CD4 immune cells, which help

fight disease. With the right medication, you can have HIV for years or decades without HIV progressing to AIDS. AIDS (acquired immunodeficiency syndrome) is diagnosed when you have HIV as well as certain opportunistic infections or your CD4 cell count drops below 200.

Myth 2: People who are living with HIV are promiscuous

Explanation:

- ⊙ HIV can be transmitted from mother to child during pregnancy, labor and delivery or breastfeeding
- ⊙ HIV can be transmitted through blood transfusion with unscreened blood
- ⊙ HIV can be transmitted by sharing unsterilized needles, syringes, tattooing instruments

Myth 3: *I am HIV positive. My life is over. HIV is a death sentence.*

Myth 4: HIV is a curse thus the need for spiritual cleansing.

Explanation:

- ⊙ HIV is a virus and is not caused by a curse.



## REFERENCES

---

### *Christian Scripture: On Elimination of Stigma and Discrimination*

#### **Matthew 7:12**

“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

#### **Romans 2:11;**

“For God does not show favoritism.”

#### **Acts 10: 34-35**

“Then Peter began to speak: “I now realize how true it is that God does not show favoritism 35 but accepts from every nation the one who fears him and does what is right.”

#### **Galatians 5:14**

“For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.”

#### **James 3:17**

“But the wisdom that comes from heaven is first of all pure; then peace loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.”

#### **Proverbs 12:25**

“Anxiety weighs down the heart, but a kind word cheers it up.”

#### **John 9:2,3**

“His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” 3 “Neither this man nor his parents sinned,” said Jesus, “but this happened so that the works of God might be displayed in him.”

#### **Luke 7:39**

“When the Pharisee who had invited him saw this, he said to himself, “If this man were a prophet, he would know who is touching him and what kind of woman she is—that she is a sinner.”

### **1 Cor. 12:12-15,**

“Just as a body, though one has many parts, but all its many parts form one body, so it is with Christ.<sup>13</sup> for we were all baptized by one Spirit so as to form one body whether Jews or Gentiles, slave or free— and we were all given the one Spirit to drink.<sup>14</sup> even so the body is not made up of one part but of many.”<sup>15</sup> Now if the foot should say, “Because I am not a hand, I do not belong to the body,” it would not for that reason stop being part of the body.”

### **1 Cor 12: 21-26**

The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you!”<sup>22</sup> On the contrary, those parts of the body that seem to be weaker are indispensable,<sup>23</sup> and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty,<sup>24</sup> while our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it,<sup>25</sup> so that there should be no division in the body, but that its parts should have equal concern for each other.<sup>26</sup> If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.”

### **Rom 14:13**

“Therefore let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in the way of a brother or sister.”

### ***Muslim Scripture:***

#### ***(Qur'an 49:13)***

“O mankind! We have created you from a male and a female, and made you into races and families so that you may know each other. The most honoured of you in Allah’s sight are those who best keep their duty.”

#### ***(Qur'an 49:12)***

“O you who believe! Avoid most of suspicion (against others), for surely suspicion in some cases is sin; and do not spy (into other people’s affairs), nor let some of you backbite others.”

### ***Muslim Hadith:***

The prophet PBUH said we are all sinners and the best of sinners are the ones who often ask for forgiveness (Hadith)

☺ One cannot stipulate that he is a sinner, hence he is being punished;

#### ***(Qur'an 39:53)***

“O My servants who have transgressed against their souls do not despair of Allah’s mercy, for Allah forgives all sins.

Indeed it is He who is the Forgiving, the Merciful.”

## Faith Sector Working Group Taskforce

NO	NAMES	FAITH COMMUNITY/ORGANIZATION
1.	Dr. Emmy J. Chesire	NACC-Deputy Director Coordination and Support
2.	Dr. Bathsheba Osoro	Head-Stakeholders Coordination
3.	Dr. Celestine Mugambi	Head-Technical Support
4.	John Ohaga	Head-Communication Division
5.	Reverend Elias Otieno Agola	NCCK
6.	Dr. Hassan Kinywa	SUPKEM
7.	John Okello	SDA
8.	Father Joseph Mutei	OAIC
9.	Pastor Geoffrey W. Munialo	INERELA+ Kenya
10.	Reuben Musundi	NACC
11.	Major Rebecca Nzuki	Salvation Army
12.	Imelda Namayi	NCCK
13.	Patricia Chamia	IRCK
14.	Faith Macharia	NACC
15.	Jane Ng'ang'a	INERELA+ Kenya
16.	Bakary Chemaswet	SUPKEM
17.	Bishop James Okombo	NECLETAH
18.	Pastor Marube Nyabuto	Church of Christ in Kenya
19.	Pastor Yobes Nyagaka	Egesa radio Fm
20.	Catherine Wangui Theuri	KCCC
21.	Ezekiel Mwadime	NACC
22.	Maryann Mwangi	St. Paul's University
23.	Dr. Charity Waithima	African Nazarene University
24.	Felix N. Mutiso	ERIS- INERELA+ Kenya
25.	Benjamin Mutugi	SDA
26.	Tabitha Rono	CHAK
27.	Joab Khasewa	NACC
28.	Charline Muia	Maisha Youth
29.	Brian Otieno	Youth- INERELA+ Kenya







SEVENTH-DAY  
ADVENTIST<sup>®</sup>  
CHURCH



INERELA + KENYA

# maisha!

National AIDS Control Council

National AIDS Control Council

Landmark Plaza, 9th Floor,

Argwings Kodhek Road

P.O. Box 61307 - 00200

Nairobi, Kenya

Tel: +254 20 2715109, 2715144

Email: [communication@nacc.or.ke](mailto:communication@nacc.or.ke)

[www.nacc.or.ke](http://www.nacc.or.ke)