

INSTITUTE

HEALTH & DEVELOPMENT
COMMUNICATION

AIDS

in our
community



Soul City Institute is a not-for-profit organisation (012-983NPO) supported by:



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



UKaid

from the Department for
International Development



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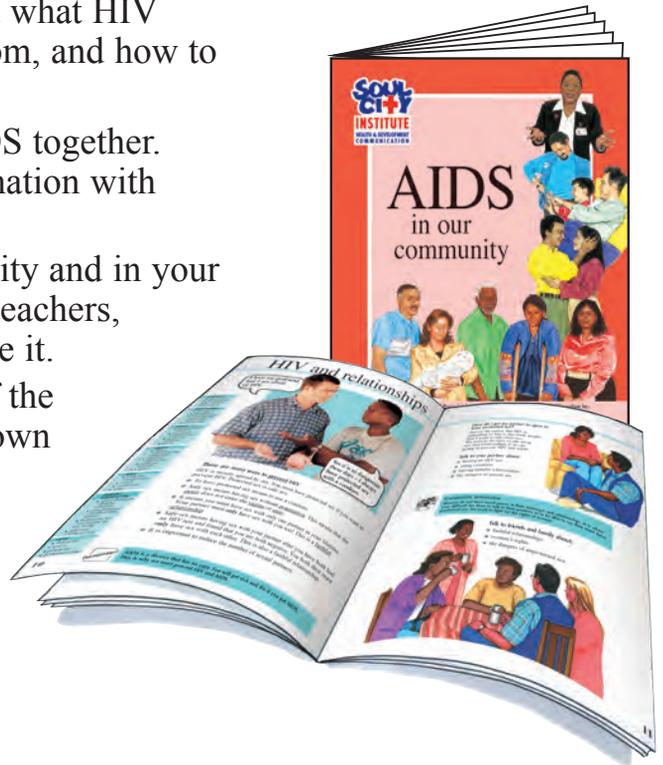
How to use this book

Everybody needs to know about HIV and AIDS. This book will help you to understand what HIV and AIDS are, where you get them from, and how to prevent them.

We all need to fight this HIV and AIDS together. Read these pages and share the information with your family and friends.

The book can be used by the community and in your home. Parents, adults, young people, teachers, health and community workers can use it.

You may want translations of some of the difficult words if English is not your own language. These words have been underlined. They are explained in Zulu, Xhosa, Sotho and Afrikaans in little boxes on the side of the page. The boxes will look like this:



English

- Zulu
- Xhosa
- Sotho
- Afrikaans

In this book there are coloured blocks to give you information to help make things better in the community. These blocks look like this:



Community Information

Fighting HIV is about fighting against discrimination.

There are also coloured blocks that help you to remember important things. These are shown like this:



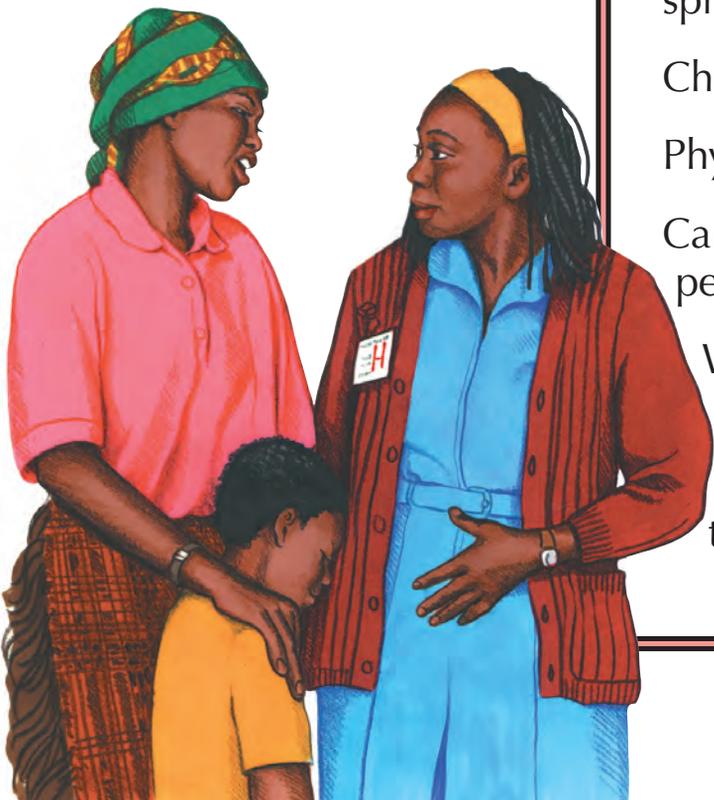
It is important to have protected sex – use a condom.

Sometimes there are other special things to think about. These are shown in coloured blocks like this:

Prevent AIDS because it cannot be cured.

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What are HIV and

Doctor, where does HIV come from?

Nobody knows where HIV comes from. The first time we knew that people had HIV and AIDS was in the 1980s.



germ

- igciwane
- intsholongwane
- kokwana-hloko
- virus

virus

- igciwane
- intsholongwane
- vaerase
- virus

sperm

- isidoda
- amadlozi
- peo ya bonna
- sperma

vaginal juices

- oketshezini oluphuma kumuntu wesifazane
- incindi ephuma emfazini
- mekedikedi ya setho sa bosadi
- vaginale vloeistof

infecting

- ukuthelelana
- ukusulela
- ho tshwaetsa
- besmet

What is this disease called AIDS?

- AIDS is caused by a germ or virus called HIV. The HIV virus can only live in blood, sperm and vaginal juices, and it is too small to see.
- The HIV virus is passed on from one person to another person through sex juices or blood. It then begins to attack the body from the inside.
- An unborn baby can also get HIV if his or her mother has the HIV virus.

Remember!

HIV and AIDS are found in every country in the world. HIV is spreading very fast and is infecting many people.

AIDS?

How does HIV make you sick?

Our bodies have many different parts, and every part has an important job to do. For example, the heart pumps the blood around, the brain thinks, the lungs breathe air, the breasts make milk, and so on. We have a very important system in our bodies called the immune system. The job of this system is to protect and defend the body against germs and diseases. It also heals the body after sickness or injuries.

The immune system is like our body's army. We cannot defend ourselves against germs when this army gets weak.

The HIV virus slowly damages the immune system if it gets into a person's body. This means that the body starts to lose its power to defend itself against other germs, such as TB. It also loses its power and strength to heal itself. Slowly the HIV virus gets stronger and stronger. The person starts to feel sick when the HIV virus has broken down most of his or her immune system. This may take many years to happen. This person with a very weak immune system has got AIDS.

The person with AIDS is very weak and can get sick from many different germs. These germs can cause problems such as losing weight, bad diarrhoea, sores in the mouth, coughs, pneumonia, TB, brain and nerve disease, swellings, fevers and sores. These do not get better, because the immune system is weak.

What is HIV negative? What is HIV positive?



HIV negative
George and Lizzy when they had no HIV virus in their bodies.



HIV positive
George and Lizzy now have the HIV virus and can pass it on to other people. They still look well.



AIDS
George and Lizzy after many years with the HIV virus. They are sick with AIDS.

defend

- ukuzivikela
- ukuzikhusela
- ho itshireletsa
- beskerm

diarrhoea

- uhudo
- urudo
- letshollo
- diarree

pneumonia

- inyumoniya
- inyumoniya
- nyomononia
- longontsteking

HIV negative

- ukungabinalo igciwane le-HIV
- ukungabinayo intsholongwane ye HIV
- ho se be le HIV
- HIV-negatief

HIV positive

- ukuba negciwane le-HIV
- ukuba nentsholongwane ye HIV
- ho ba le HIV
- HIV-positief

discrimination

- ubandlululo
- ubandlululo
- kgethollo
- diskriminasie

confidentiality

- ukuba yimfihlo
- ukuthemba abanye
- ho boloka ho itseng e le sephiri
- vertroulikheid

Community Information

Fighting AIDS is about fighting against discrimination. It is also fighting for the rights of people with HIV and AIDS. People infected with the HIV virus have the same needs, wants and rights as all other people. They have:

- the right to be respected
- the right to schooling
- the right to confidentiality
- the right to housing
- the right to work
- the right to happiness



How do you get HIV?

I am so afraid of AIDS. What if the man next to me on the taxi is HIV positive?

You can only get HIV if you have unprotected sex with a person who has the HIV virus, or if that person's blood passes into your blood.



unprotected

- ukungavikeleki
- engakhuselekanga
- esa bolokehang
- onbeskernde

How is HIV passed on?

HIV is passed on in these ways:

Sex

The HIV virus will be in the sperm or vaginal juices of a person who is HIV positive. He or she can pass the virus on to another person through unprotected sex.

A person with a sexually transmitted infection (STI), like the drop, may have a discharge or sores on his or her private parts. This makes it easier for the HIV virus to get into the body during sex.

sexually transmitted infection (STI)

- isifo socansi
- isifo esisulela ngokulalana
- lefu le fetiswang ka thobalano
- seksueel-oor-draagbare infeksie

discharge

- ukuphuma uketshezi
- incindi
- lero le ntshwang
- afskeiding

Remember!

It is important to have protected sex – use a condom. A condom stops the sperm and vaginal juices entering each other's bodies. Then the HIV virus cannot move from one person to the other. (see page 12 – protected sex)

Make sure you and your partner both get treatment as soon as possible if you have an STI.



Pregnancy and breast feeding

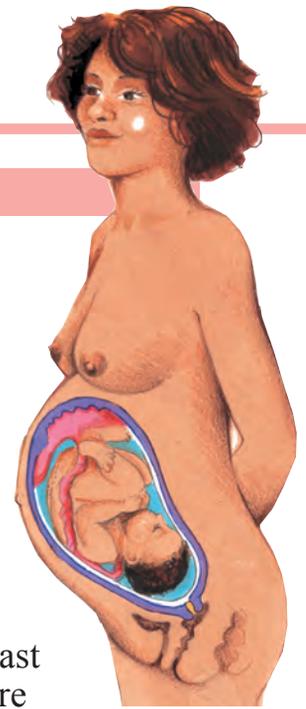
The HIV virus can pass into the baby if a pregnant mother is HIV positive. But **not all** HIV-positive mothers give birth to babies who are HIV positive.

The risk of transmission to the baby is greater if:

- the mother is sick with AIDS.
- the mother gets infected or re-infected with HIV during pregnancy.

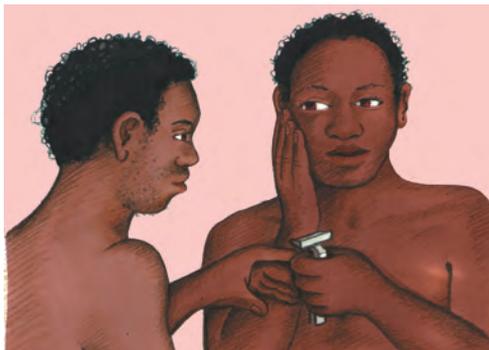
There are now medicines available to help stop the spread of HIV to the baby. Discuss this with your health worker.

The HIV virus can also be passed on to the baby through breast milk if a mother is HIV positive. Read page 9 to find out more about HIV and breast feeding.



Blood

The HIV virus can pass from one person to another through his or her blood. Sometimes sick people are given extra blood through a **blood transfusion**. In South Africa blood transfusions are safe because the blood is tested before it is given to anyone.



- The HIV virus can be passed on, in very small amounts of blood, when people share razor blades which are not properly cleaned.



- The HIV virus can also be passed on by injecting drugs and sharing needles.

blood transfusion

- ukufakwa igazi emuthanjeni
- ukufakwa igazi emuthanjeni
- ho kengwa madi
- blood-oortapping

sneezing

- ukuthimula
- ukuthimla
- ho thimola
- nies

coughing

- ukukhwehlela
- ukukhohlela
- ho hohlela
- hoes

hugging

- ukwanga
- ukuwola
- ho aka
- omhels/ dрукkie gee

mosquitoes

- umiyane
- ii-moskito
- menwang
- muskiete

All doctors agree that HIV is NOT spread by:



- kissing



- hugging, touching



- plates, cups, spoons, food



- laughing



- shaking hands



- toilets, baths, showers



- sneezing, coughing



- mosquitoes



- swimming pools

How do I find out if



How do I know if I have the HIV virus?

You can look and feel fine for many years when you first have the HIV virus in your body. The only way to tell if you have the HIV virus is by having the **HIV test**.

You should go to the clinic when you think about having an HIV test. The health worker should sit down and talk about the test with you. Then you can decide whether or not to have the test.

The health worker will then take a blood sample and ask you to come back in one week's time for the result. The HIV test is free at government clinics.

result

- umphumela
- isiphumo
- sephetho
- uitslag

I am HIV positive?

What are my rights?

- You have the right to decide for yourself to go for the test or not to go for the test.
- Nobody, not even a doctor, has the right to do the test without your permission.
- The result is confidential. This means it is against the law for a health worker to tell the result to anyone without your permission.

It is important that the health worker explains the meaning of the test to you so you can decide if you want to have it.

confidential

- okuyimfihlo
- ukuthemba abanye
- ke sephiri
- vertroulik

permission

- imvume
- imvume
- tumello
- toestemming



Getting your test result

- The health worker will explain the result and talk to you about what the result means to you. She should talk only to you and not to anyone else.
- You will need to know what to do next if the result is positive.

How do I find out if I am HIV positive?

What if the HIV test is positive?

- You are infected with the HIV virus.
- You can spread it to your sexual partner if you have unsafe sex.
- You must not give blood for transfusions.
- You must always use a condom if you have sex. You can give the HIV virus to a healthy person if you have unprotected sex.
- It is important to tell your sexual partners that you have the HIV virus. Discuss this with your health worker first.
- You should talk to the health worker about how to enjoy safe sex with your partner (see pages 10 to 12). You also need to know what to do about your family, friends, and work or school colleagues.
- Woman who are HIV positive may give birth to babies who have the HIV virus. You should discuss with your health worker or counsellor whether you want to carry on with your pregnancy. But remember that not all babies born from an HIV positive mother will have the HIV virus.
- HIV-infected mothers can pass on the virus during breast feeding.

colleagues

- ozakwenu/abalingani
- abalingane
- bomphatho ba hao
- kollegas



The test cannot tell you when you got the HIV infection.

The test does not tell you when you will start to feel sick.

infection

- ukungenwa yigciwane
- ukusulelwa
- tshwaetso
- infeksie

What if the HIV test is negative?

- You do not have the HIV virus if the test is negative.
- Remember to keep yourself safe from infection with HIV in the future!

Remember!

It is a good idea to visit the health worker again, after you have received your result. You can then make sure you understand the facts. You can talk about some of the important things again.

HIV and breastfeeding

The HIV virus can be passed on to the baby through breast milk if a mother is HIV positive. The risk of this happening is higher if the mother is ill with AIDS or gets infected with the HIV virus while breastfeeding. If you choose to breastfeed, it is safer to feed the baby with breast milk only for 6 months.

Stop breastfeeding at 6 months, and give your baby soft foods and pasteurised cows' milk or formula milk to drink. For some HIV-positive mothers other ways of feeding may be best for the baby.

There are medicines available to help stop the spread to the baby. Discuss this with a health worker or counsellor.

Do not use formula milk if:

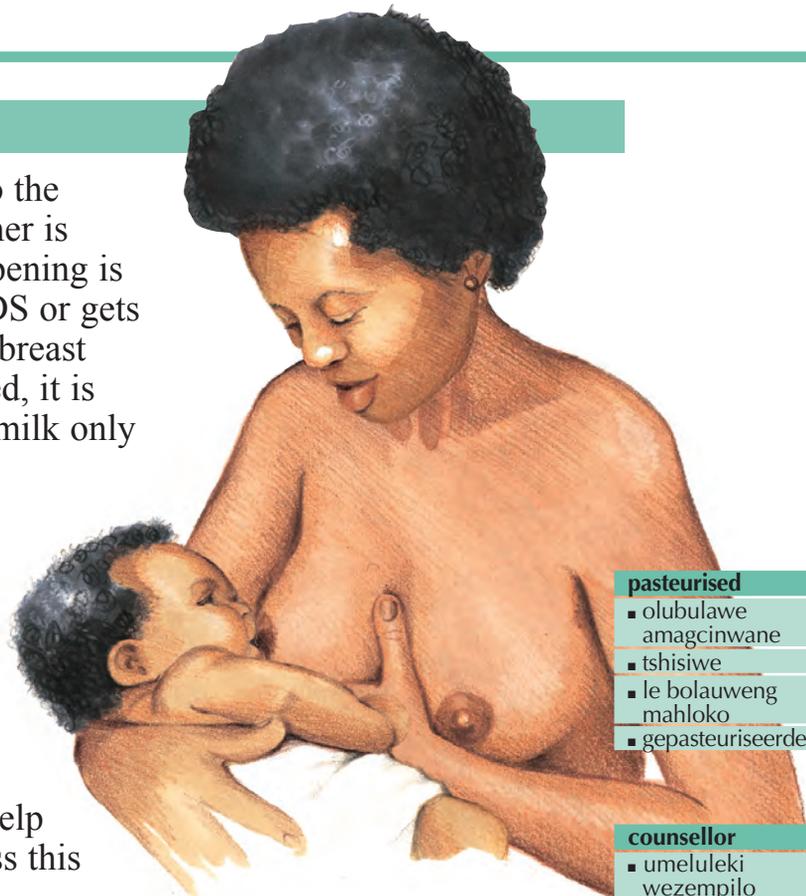
- You are not sure if you can afford formula for the full time that the baby will feed.
- You do not have plenty of good quality water.
- It is difficult for you to find fuel to cook with, or fuel is too expensive.

Discuss the best way to feed your baby with a health worker or counsellor, or phone the AIDS helpline: 0800 012 322.

Where to get help and advice

There are many people who can advise and help you. See the list on pages 32 and 33.

- They can help you find a way to tell your family you are sick.
- They can help you to join a support group of other people who are also HIV positive.
- They can give you advice on how to stay healthy for longer.



pasteurised

- olubulawe amagcinwane
- tshisiwe
- le bolauweng mahloko
- gepasteuriseerde

counsellor

- umeluleki wezempilo
- ikhawunsela
- moeletsisi
- berader



support group

- iqembu lokweseka
- iqela lokuxhasa
- sehlopha sa tshetso
- ondersteunings-groep

HIV and relationships



I love my girlfriend, but I am afraid of HIV.

Yes it is so dangerous these days – I always have protected sex with a condom.

prevent

- ukuvikela
- ukukhusela
- ho thibela
- voorkom

penetration

- ukungena
- ukungena
- ho kenya setho sa botona ho sa bosadi
- penetrasie

penis

- umphambili wesilisa
- ubudoda/umphambili
- setho sa botona
- penis

vagina

- isitho sowesifazane sangasese
- ubufazi/umphantsi
- setho sa bosadi
- vagina

anus

- imbobo yangemuva
- umva
- mohlamu
- anus

faithful relationship

- ubundlelwane obethembekile
- ubudlelwane obuthembekileyo
- balekane ha ba ratane le ba bang
- getroue verhouding

cure

- ikhambi
- iyeza
- phekolo
- geneesmiddel

There are many ways to prevent HIV

HIV is mostly spread by sex. You must have protected sex if you want to prevent HIV. Protected sex is safe sex.

- To have protected sex means to use a condom.
- Safe sex means having sex without penetration. This means that the penis does not enter the vagina or anus.
- It means you must have sex with only one partner in your lifetime. Your partner must **only** have sex with you too! This is a faithful relationship.
- Safe sex means having sex with your partner after you have both had an HIV test and found that you are both negative. You both then must **only** have sex with each other. This is also a faithful relationship.
- It is important to reduce the number of sexual partners.



AIDS is a disease that has no cure. You will get sick and die if you get AIDS. This is why we must prevent HIV and AIDS.

How do I get my partner to agree to have protected sex?

Part of the reason that HIV is spreading so fast is that many people don't want to talk about sex. We need to be open to talk about sex and relationships if we are going to prevent HIV and AIDS.

Talk to your partner about:

- having an HIV test
- using condoms
- having faithful relationships
- the dangers of unsafe sex

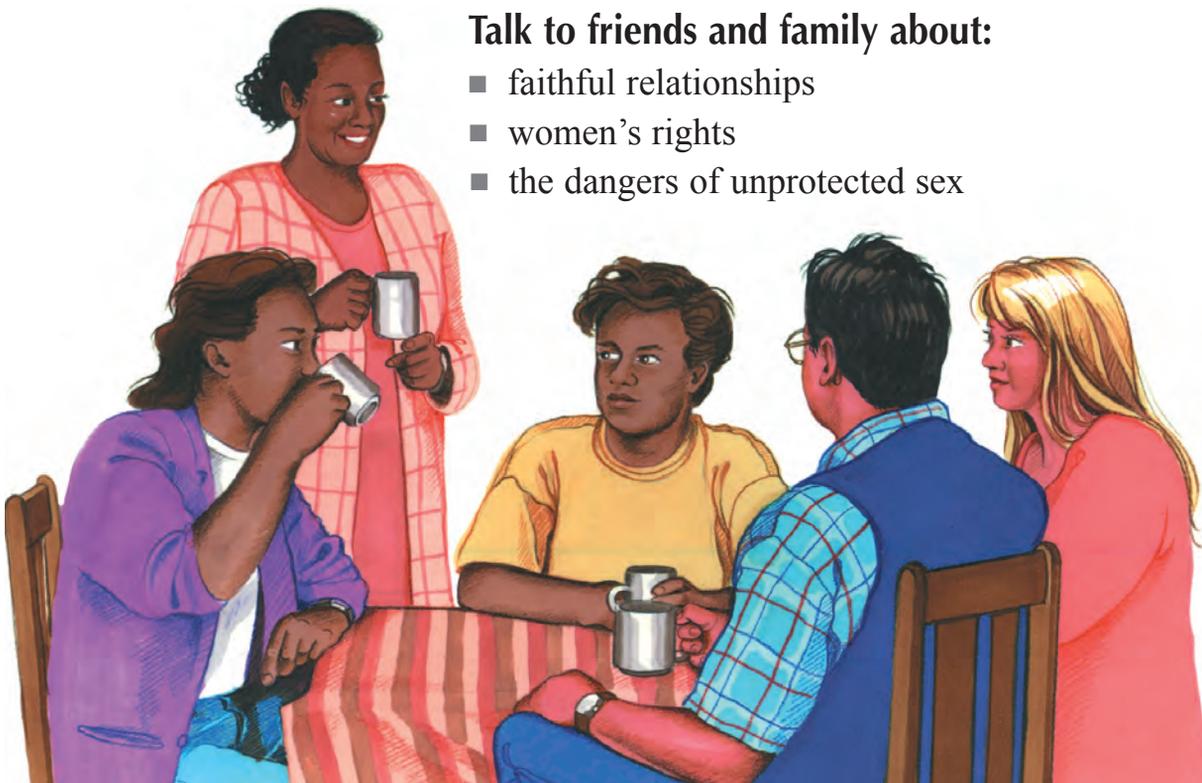


Community Information

Women do not have much power in their marriages and relationships. It is often very difficult for them to talk to their partners or to be able to say they must have protected sex. We need to fight for the rights of women.

Talk to friends and family about:

- faithful relationships
- women's rights
- the dangers of unprotected sex

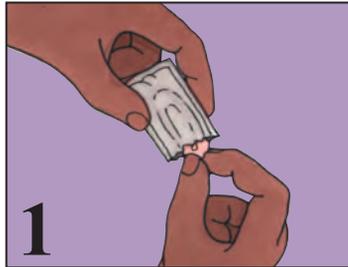


How to prevent HIV

The illustrations below are not meant to offend or upset people. They are here to make sure everybody understands the message clearly.

Protected sex

Protected sex is sex with a condom.
It is important to use a condom correctly.
You should use a condom this way:



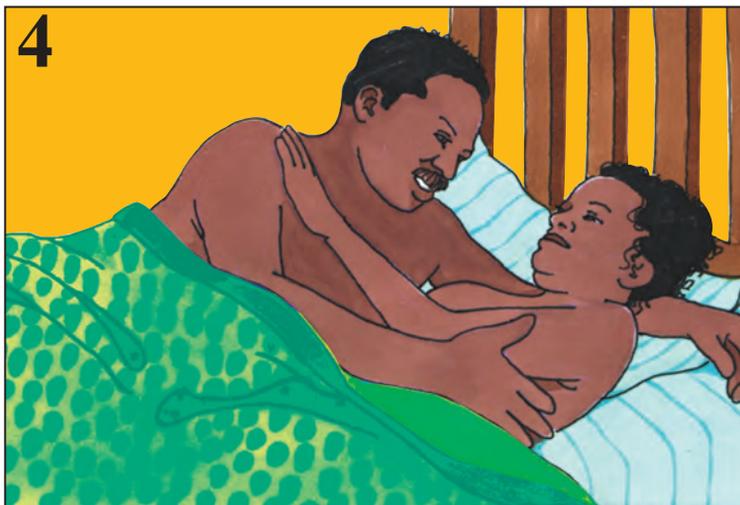
1
Use a new condom each time you have sex.



2
Just before you want to enter your partner put the condom onto your hard penis. Press the tip of the condom when you put it on so that you push any air out of the tip.



3
Roll the condom down over your penis so that the whole penis is covered with the condom. Now you are ready to enter your partner.



4
Take your penis out after you have had sex. Hold the condom when you take the penis out so that the condom does not fall off. You must take your penis out before it gets soft.



5
Now carefully take the condom off your penis. Be careful not to let any semen spill or leak from the condom. Tie a knot in it.



6
Wrap it in paper. Throw it in the dustbin or any place where children will not find it.

tip

- isihloko
- incam
- ntlha
- punt

semen

- isidoda
- imbewu yesidoda
- lero la botona
- semen

expiry date

- ukuphelelwa yisikhathi
- imini yoku-phelelwa
- letsatsi la ho fellwa ke nako
- vervaldatum

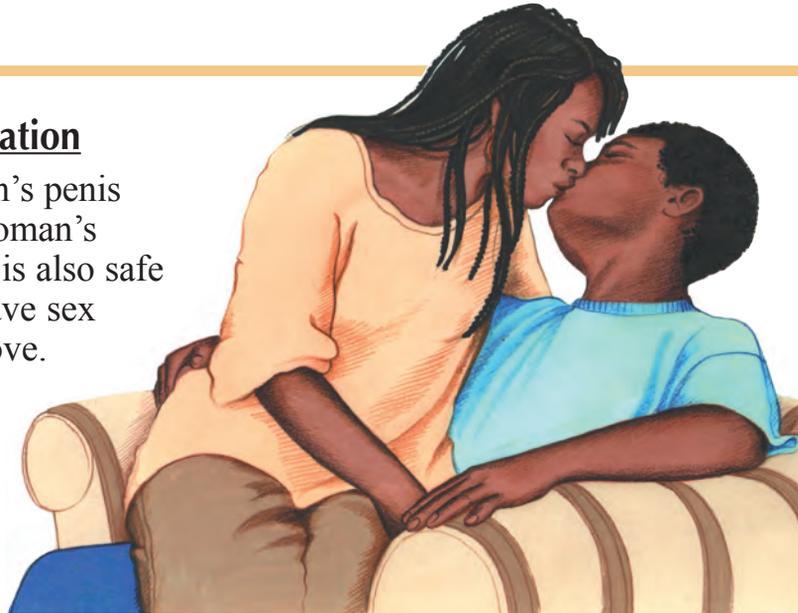
Remember!

- Always check the expiry date on the packet – old condoms are not safe.
- Some people want to use a cream with the condom to make sex easier. Do not use petroleum jelly or cream with oil for this because they damage the condom – find out which creams are safe.

Sex without penetration

This is when the man's penis does not enter the woman's vagina or anus. This is also safe sex. Many people have sex because they need love. Sex can be a way of showing love but it is not the only way. You can also show love by kissing, touching and holding each other.

You can have sexual climax without penetration by rubbing the other person's private parts with your hands or fingers.



penetration

- kokungena
- ukungena
- ho kenya setho sa botona ho sa bosadi
- penetrasie

sexual climax

- ukweneliseka ocansini
- ukutha-batheka kokulalana
- ilhorong ya monyaka wa thobalano
- seksuele klimaks (orgasme)

private parts

- izitho zangaphansi
- izitho zangaphambili
- ditho tsa bong
- geslagsdele

New relationships

You should use a condom when you start a new relationship. Both of you should go for an HIV test before you stop using condoms. It is safe to have sex without any protection if both HIV tests are negative – this means free from the HIV virus.

Remember that both partners must stay in a sexually faithful relationship with each other, otherwise the sex will no longer be safe.

You must have protected sex if the test shows that one of you is HIV positive (see page 10). Some couples have a test before they have a baby, to make sure that the baby will not have the HIV virus.



Healthy living

Take care if you drink alcohol or take drugs. These things can make you lose control of yourself, and you can find yourself having unprotected sex with another person. You are putting your life in danger when you have unprotected sex.

Young people, sex



Talk to your parents about sex

They can share their own feelings and values about sex with you. They can also tell you the facts about the way your body works.



Wait before having sex

Sex is very special. Many people feel that it should be kept for a long-term relationship like marriage.



All my friends tell me my girlfriend will leave me if I don't have sex with her

Your friends probably don't know about the dangers of sex. Tell your friends about AIDS. Sex is a very personal choice for you and your partner. You must decide together.



Young people can **abstain** from sex until they are older.

This means choosing not to have sex at all. If you do not have sex, you will not get the HIV virus. This is the safest choice.

abstain

- ukuzithiba
- ukuzikhwebula
- ho nena thobalano
- wegbly

and HIV



Where can I get condoms?

You can get condoms from clinics or you can buy them from supermarkets or chemists. Some workplaces also supply condoms.

Remember to use a condom every time you have sex.



What do I do if I feel sexy?

You can masturbate and have an orgasm. This is much healthier for boys and girls, than having unprotected sex.



masturbate

- ukuziphulula izitho zangaphansi
- ukuzipulule izitho zengaphantsi
- ho ipholla dithong tsa botona kapa tsa bosadi ka morero wa ho ikgotsofatsa ka tsela ya thobalano
- masturbeer

orgasm

- ukuvukelwa komntu
- ukuvukelwa komuntu
- ho rota botona
- orgasme

consequences

- imiphumela
- iziphumo/ iziqhamo
- ditlamorao
- gevolge

Think of the consequences of having unprotected sex

Knowledge is power, for boys and girls. Find out all there is to know before you start having sex.

Think carefully before having sex

Sex is beautiful. But you should not have sex until you are a young adult, as your body is not ready for it.



Sexually transmitted

Sister, my partner has a discharge and sores on his private parts. I am worried. What should I do?

You must both come to the clinic immediately for treatment.



private parts

- izitho zangaphansi
- izitho zangaphambili
- ditho tsa bong/ditho tsa ka tlase
- geslgsdele

infertility

- ukungatholi abantwana
- ukungenzi bantwana
- ho hloka tswala/ho hloka thari
- onvrugbaarheid

What are sexually transmitted infections?

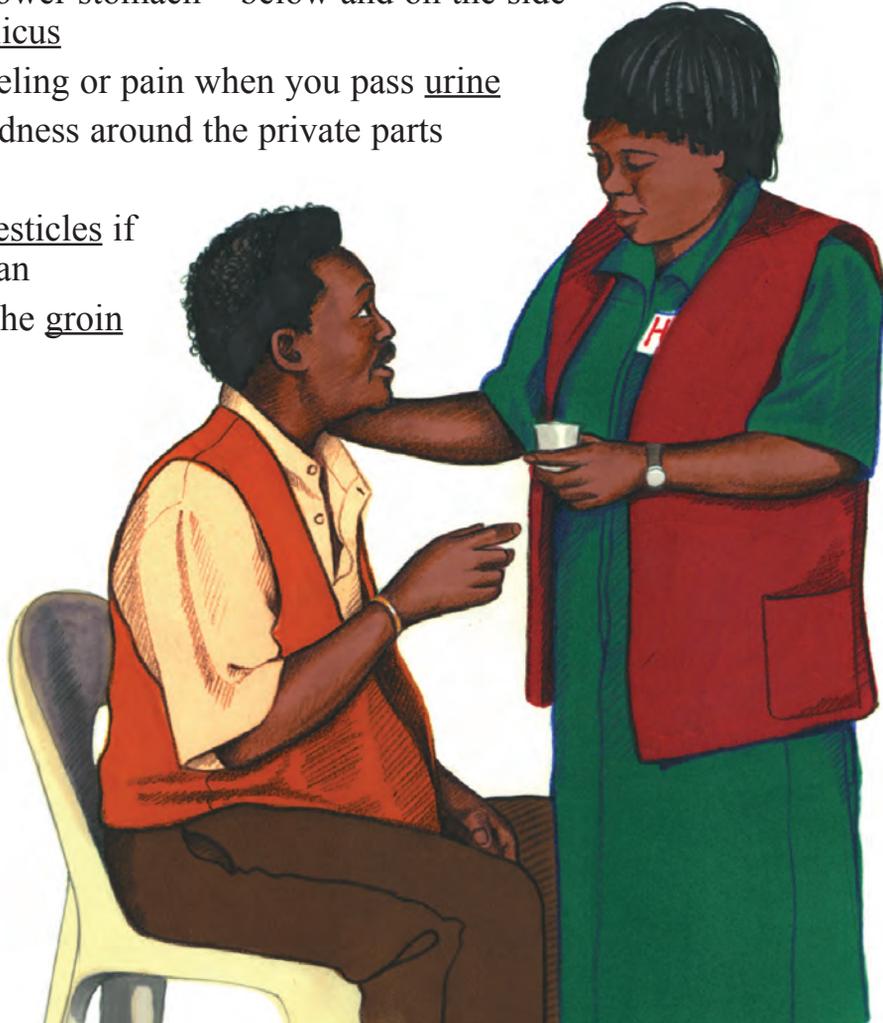
- A sexually transmitted infection (STI) is any sickness passed from one person to another during sex. Gonorrhoea, the drop, syphilis and herpes are STIs. So is HIV.
- STIs can be very dangerous. Some can cause infertility and very bad infections.
- The HIV virus can get into your body more easily if you already have an STI. This means that HIV can spread from one person to another person more easily.
- If you have an STI, you will also spread the HIV infection more easily.

infections

How do I know if I have a sexually transmitted infection?

You might have some of these problems:

- sores on the private parts or anus
- white, yellow or green discharge coming out of the penis or vagina
- pain in the lower stomach – below and on the side of the umbilicus
- a burning feeling or pain when you pass urine
- itching or redness around the private parts
- painful sex
- pain in the testicles if you are a man
- swelling in the groin



umbilicus

- inkaba
- inkaba
- mokhubu
- naeltjie

urine

- umchamo
- umchamo
- moroto
- urineer

itching

- ukusho-shozela
- ukutsho-tshozela
- ho hlohlona
- jeukerigheid

testicles

- amasende
- amatapile
- mapele
- testikels

groin

- embilaphini
- umphakatho
- tshweleseng
- lies

It is very important to have any STI treated.

Clinics and doctors can treat STIs, but not AIDS, with tablets or with an injection. Treatment for most STIs usually works quickly.

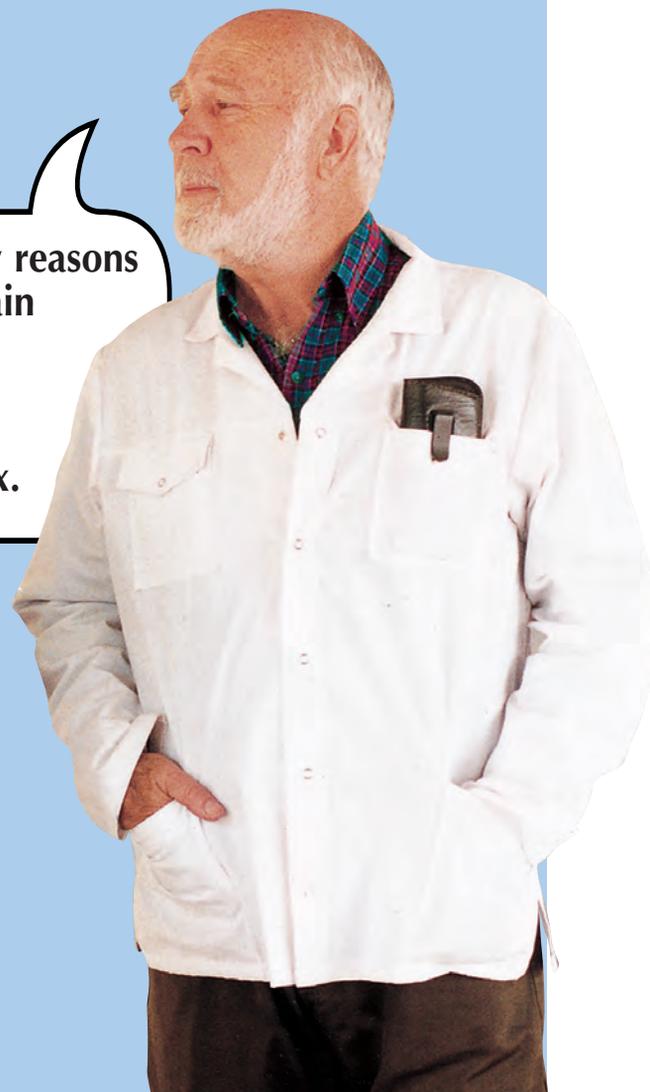
It is important to do these things if you have an STI:

- Do exactly what your health worker tells you.
- Take the medicines until they are finished to be sure that the disease is killed.
- Your partner must go to the clinic for treatment. He or she will get sick and you can get the STI again if it is not treated.
- Go back to the clinic if it does not get better.
- It is even more important to use condoms while you have an STI.

Why is HIV spreading

I read in the newspaper that many hundreds of people are catching the HIV virus every day. Why is HIV spreading so fast?

There are many reasons for this. The main reason is that a lot of people are having unprotected sex.



You must always use a condom if you are not sure about safe sex.



Community Information

Women do not have much power in their marriages and relationships. It is often very difficult for them to talk to their partners or to be able to insist on protected sex. We need to fight for the rights of women.

so fast?

People have sex for different reasons:



- Some people have sex because they feel love for the other person.



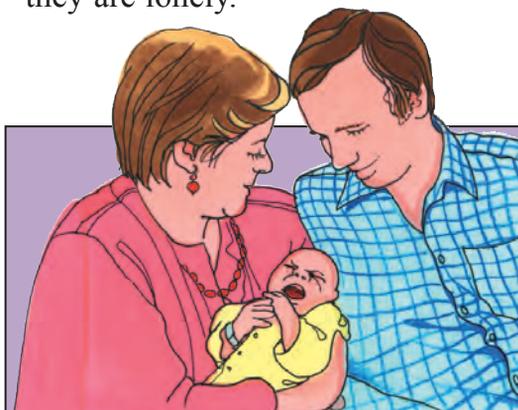
- Some people have sex for money or favours.



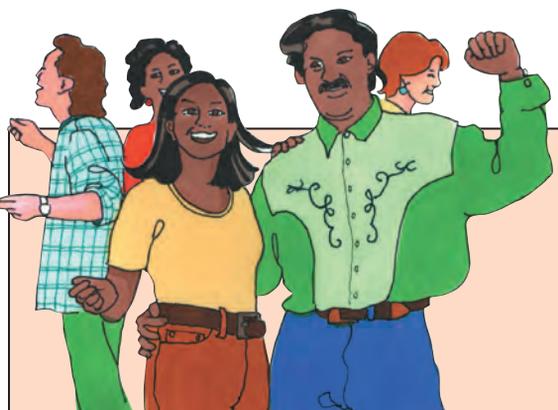
- Some people have sex because they are lonely.



- Some people have sex for power.



- Some people have sex because they want to make a baby.



- Some people have sex for fun.

- Some people have sex because they believe that it is their traditional right.

If you have been raped, there are medicines that may prevent you getting the HIV virus. It is best if these can be taken within the first few hours. Talk to your health worker about these medicines.

favours

- ukusizakala
- ukuncedwa
- ditshepiso tsa ho etsetswa ho itseng
- gunste

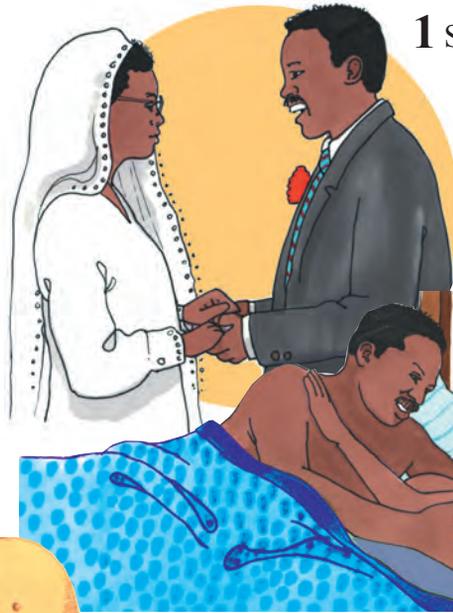
traditional right

- ilungelo ngokwesiko
- ilungelo ngokwesiko
- tokela ya setso
- tradisionele reg

Why is HIV spreading so fast?

The story of Siphiso and Lebo

This story shows how the HIV virus spreads easily without us knowing it.



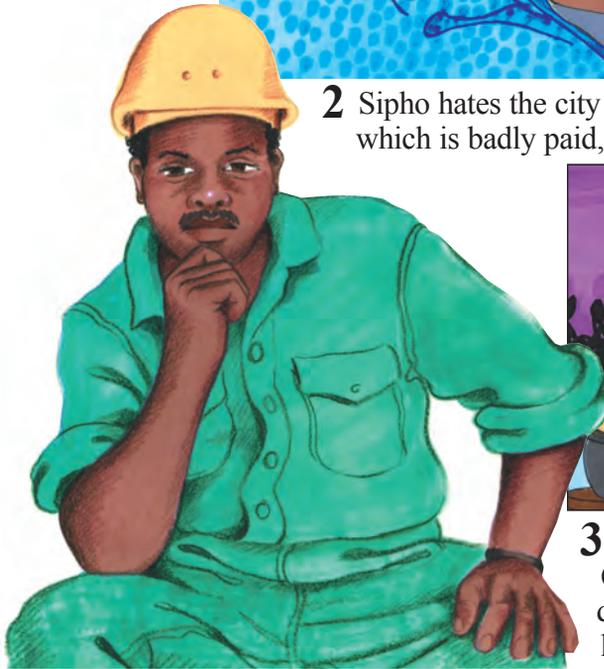
1 Siphiso and Lebo got married last year and they love each other very much. Siphiso doesn't know it, but he is HIV positive. He was infected by someone he had a relationship with before he and Lebo were married. Neither of them can get a job in the farm area where they live, so they decide that Siphiso must go to the city to try and find some work.

relationship

- ubuhlobo
- ubudlelwane
- dikamano tsa lerato
- verhouding



2 Siphiso hates the city – he is lonely and misses Lebo. He finds some work which is badly paid, but he is able to send some money back to Lebo at home.



3 Then Siphiso meets Thuli – she is fun and makes him laugh. One night after they have spent the evening at the shebeen drinking and having fun, they make love without using a condom.



4 But Thuli soon gets bored with Siphiso, who has very little money to spend.

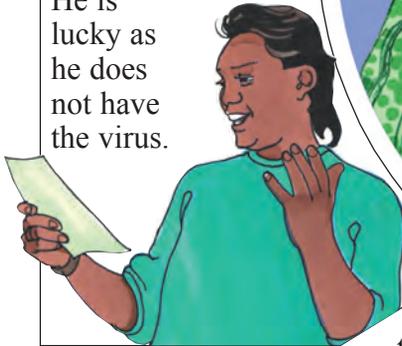
She meets Thabo, who has a job in a big company in the city centre.

After a while, Thabo and Thuli get married. They are both very happy when Thuli becomes pregnant.



5 They are very excited about having a new baby! Thuli allows the clinic to take some blood from her to test for HIV. The test result is positive. Thuli has the HIV virus and she is very afraid.

6 Thabo is tested and finds that he is HIV negative. He is lucky as he does not have the virus.



7 The sister explains to Thuli that she may have caught the HIV virus from Siphos. She says Thuli must tell him before he spreads it to other sexual partners.



8 Thuli is afraid, but tries to find Siphos to tell him that he may have the virus. But it is too late – Siphos has gone back home to be with Lebo.



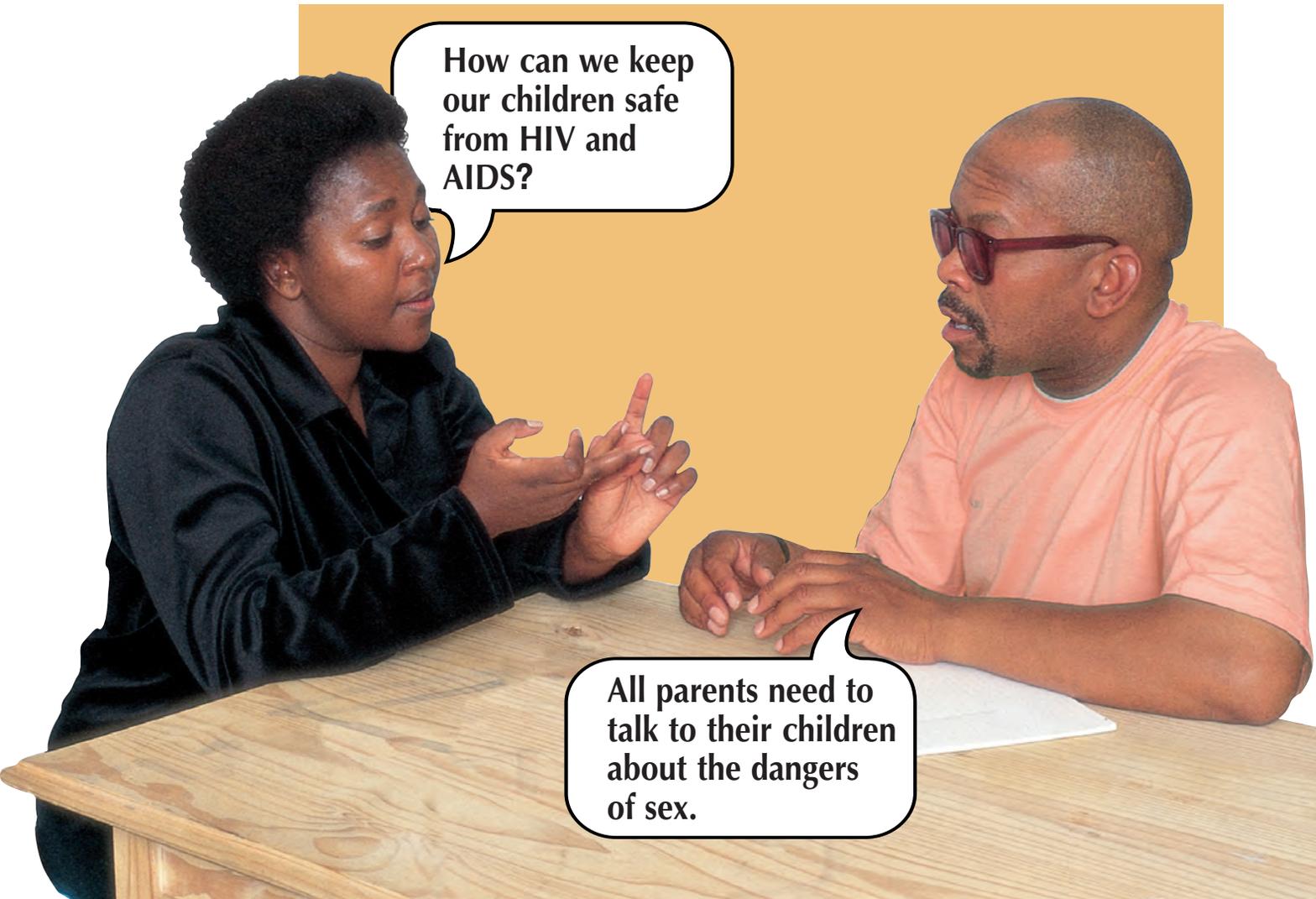
9 A few weeks later, Lebo falls pregnant.



10 The sister takes a blood test when she goes to the clinic for a check-up. Lebo is told that she is also HIV positive.

Remember to always have safe sex.

Children with HIV



abuses them sexually

- ukuba-nukubeza ngokocansi
- ukuba-nukuneza ngokwesondo
- ba hlekefetsa ka thobalano
- hom/haar seksueel misbruik

razors

- ireyiza
- iireyizara
- mahare
- skeermesse

How do children get HIV?

- Children whose mothers are HIV positive may get the HIV virus. These children usually get sick and die before they are 5 years old.
- They can get HIV from an older person who has the HIV virus if that person abuses them sexually.
- Breast feeding from a mother who is HIV positive is another way that a baby can get HIV.
- Children can get HIV if they are cut by something that has another person's infected blood on it – like razors, knives or used needles.

How do I protect my child from HIV and AIDS?

Many parents worry that if they talk to their children about sex the children will want to go out and try sex. This is not true. It is important that children know about sex so that they can make the right choices.

- Educate your children about safe sex.
- You can help protect your children from child abuse by telling them about possible dangers.
- Teach your children that nobody is allowed to touch them on their private parts – not even a relative or a friend.
- Teach your child that nothing is so bad that he or she can't talk to you about it.
- Be open with your child and listen to what he or she tells you.

How do I care for a child with HIV or AIDS?

There is no cure for AIDS, but with healthy living the baby can live a little longer.

- Feed your child fresh, healthy food.



- Make your home and yard safe for your child. Avoid smoke, and clean up rubbish in your community.



- Make sure your child is immunised.



- Give your child lots of love.



- Take your child to the clinic as soon as possible if he or she gets sick.



- Ask your health worker about anti-retroviral treatment (ART) for your child.



Community Information

Fighting HIV is about fighting for sex education in our schools, in the newspapers, on television and on the radio. Without information young people can't make the right choices.



immunised

- ukugonywa
- ukugonywa
- o entilwe
- ingeënt

sex education

- izifundo ngocansi nokuthandana
- izifundo ngokulalana
- thuto ka tsa thobalano
- seks-opvoeding

Physical signs of

A man in a red shirt and khaki pants is standing with two wooden crutches. He is looking down and to the right. A woman in a white lab coat is sitting at a blue desk, looking up at him. There are two speech bubbles. The first is above the man, and the second is above the woman.

Doctor, I am HIV positive. What will happen to me when I start to get sick?

There are many signs of AIDS, like losing weight, bad diarrhoea, TB, a bad cough, and skin and mouth sores.

Why don't we see people dying from AIDS?

At the moment many people with HIV look well. This is because people can live for a long time with the HIV virus before they get very sick and die. They can even live for 10 years. Many of the sicknesses that AIDS causes can be treated in a clinic or hospital, but these sicknesses have other names, such as pneumonia, TB or cancer.

People are sometimes unkind to other people who are HIV positive. This happens because of fear and lack of understanding. This is why some HIV-positive people are afraid to tell their family and friends.

AIDS

When do you start getting sick?

It can take many years for the HIV virus to make you sick. It means that you have AIDS when you start to feel very sick.

Early signs of AIDS

You can have any of these problems when you first get AIDS:

- painful skin rashes (shingles)
- sores on the lips which do not heal
- thrush – a white rash inside the mouth or on the private parts
- swellings in the neck, behind the ear, under the arm and in the groin
- signs of TB – coughs, sweating and weight loss
- fevers and sweating at night
- sores on the private parts which do not get better

Later signs of AIDS

You can also have any of these problems when you are very sick with AIDS:

- TB
- bad cough and fever (pneumonia)
- “pins and needles” and pains in the hands and feet
- diarrhoea that does not stop
- weakness and tiredness
- dark blue marks on the skin
- losing a lot of weight
- headaches, fits, blackouts, loss of memory and difficulty in concentrating
- difficulty with swallowing



groin

- embilaphini
- umphakatho
- tshweleseng
- lies

sweating

- ukujuluka
- ukubila
- ho fufulelwa
- sweet

weight loss

- ukonda
- ukuhla komzimba
- ho ota
- gewigsverlies

fits

- isifo sokuwa
- ukuwa
- ho shwa sethathwa
- stuiptrekkings

blackouts

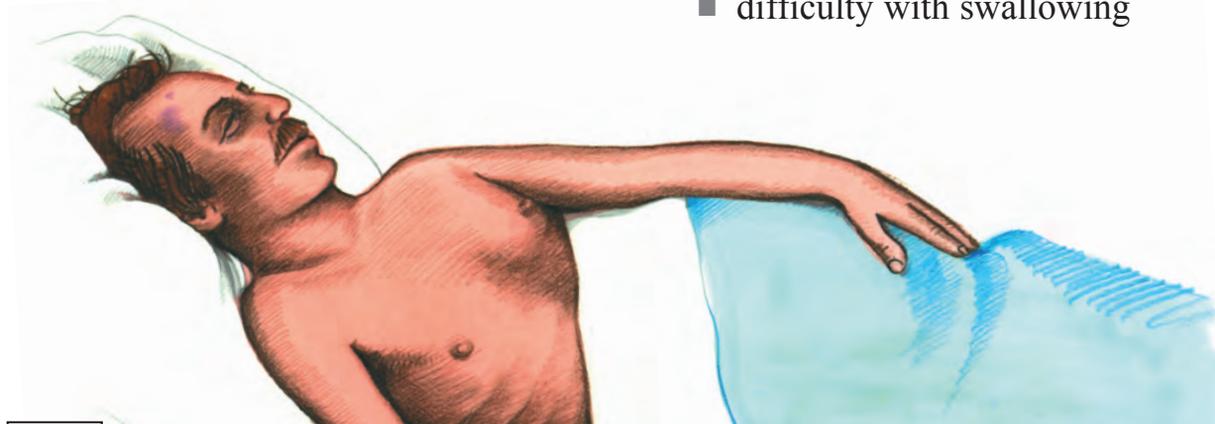
- ukuquleka
- isiyezi
- ho ilibana
- floutes

loss of memory

- ukukhohlwa
- ukulibala
- ho lahlehelwa ke kelello
- geheueverlies

concentrating

- ukucabangisisa
- ukuzikisa ingqondo
- ho tsepamisa monahano
- probleme met konsentrasie



Remember!

If you have TB, it can be treated and your health will improve.

Care & support for people



What should you do if someone in your family is HIV positive?

You can't get HIV from living with someone who is HIV positive unless you have unprotected sex with him or her.

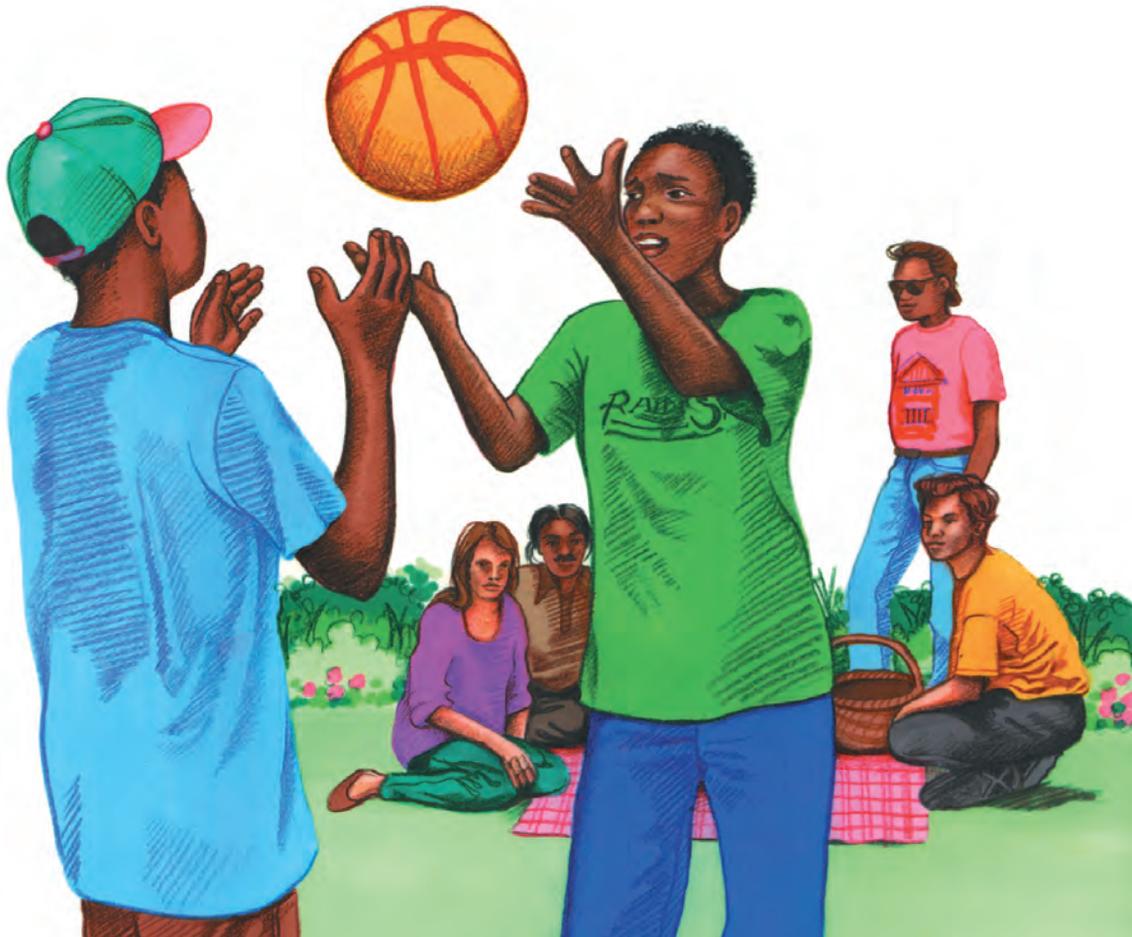
- Explain to the person how to have protected sex – read pages 12 and 13.
- Encourage the person to stay at work for as long as possible.
- Make sure the person eats good food to stay as strong as possible.
- Do not share razor blades or tooth-brushes with the person who is HIV positive.
- Love and support the person.
- Help the person to go to the clinic or hospital for regular check-ups.
- Support and encourage a person who has started anti-retroviral treatment (ART).



with HIV and AIDS

You must try to do these things if you are HIV positive:

- Eat fresh food like fruit and vegetables, beans, chicken and fish. Food will not cure HIV, but it can help to keep your immune system strong.
- Exercise your body. It is good to keep active and busy. You will then be more healthy, and you will not worry so much about your health.
- Stop smoking and do not drink alcohol. These things make your body weak. It is then easier for the HIV virus to get strong and for you to get AIDS earlier.
- Join a support group, or talk to a close friend or family member.
- Go to the clinic as soon as you get sick.
- Talk to your health worker about when to start anti-retroviral treatment (ART).



Stay calm and clean up carefully if a person who is HIV positive cuts themselves.

Care and support for people with HIV and

How can I support my partner or child if he or she is HIV positive?



- Be loving and caring.



- Be a good listener.



- Behave in a normal way with them.



- Always encourage them to take their medicines.

Can I work if I am HIV positive?



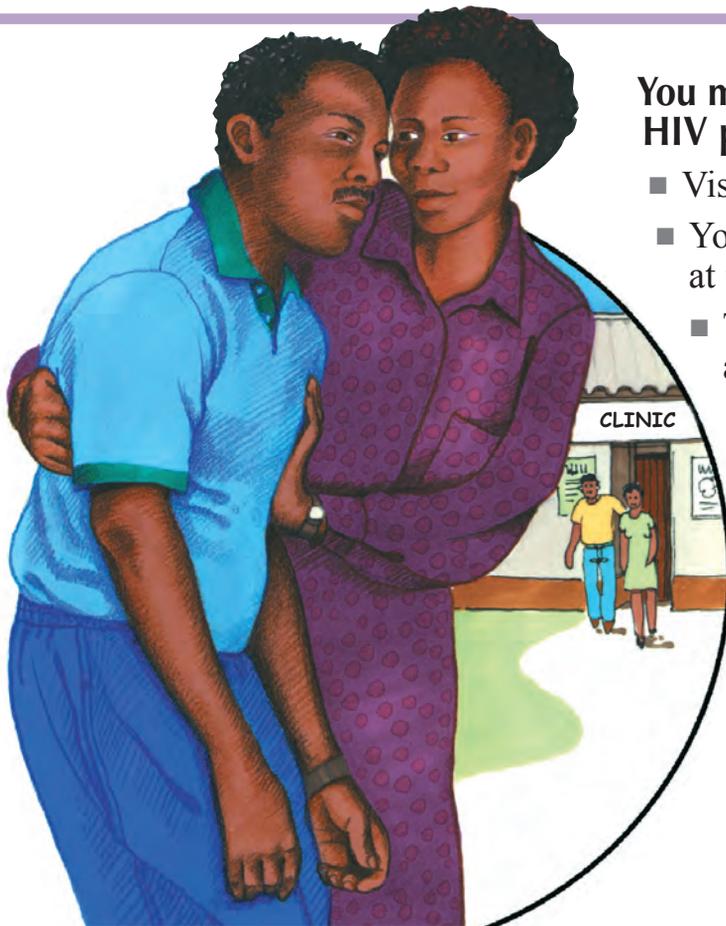
- Working is important for all people. Your employer cannot fire you because you are HIV positive.



- You must stay at work as long as possible if you are HIV positive.



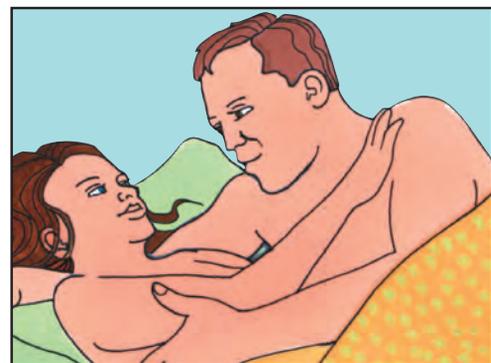
You do not have to tell your employer that you are HIV positive.



You must do these things if you are HIV positive:

- Visit the clinic or hospital regularly.
- You need to go to the clinic or hospital at the first sign of any illness.
- Talk to your health worker about anti-retroviral treatment (ART). This is not a cure for AIDS, but the medicines help slow down the disease.
- There are also new medicines to help stop the spread to the baby.

- Always practise safe sex.
- Make sure your partner is having sex only with you and that you use a condom every time.



The health worker will help you prevent illnesses like TB and pneumonia.



Stop HIV spreading – join the new struggle

You can make sure you don't get HIV and AIDS:

- Have protected sex using a condom.
- Always practise safe sex.
- Have one sex partner only.
- Make sure your partner is having sex only with you.

Wrong ideas about

My friends say there is no such thing as AIDS. I have never seen anyone die from AIDS.

Hospital tests show that millions of people have the HIV virus inside their bodies. They don't look sick yet, but they will get sick in 5 to 10 years time.



Here are some more wrong ideas about HIV and AIDS:

X Many people do not believe that AIDS is real. They think it is a story to fool people, to make them use condoms or to stop having sex. This is not true.



✓ Many millions of people have the HIV virus inside them. Many thousands have already died of AIDS.



X Some people say that condoms do not give much protection against HIV and other sexually transmitted infections. This is not true.



✓ A condom gives good protection if it is used correctly.



HIV and AIDS

X Some people think that only homosexual men can get HIV and AIDS. This is not true.

✓ **Anyone can get HIV, in fact most HIV infections these days are in heterosexual men and women. Heterosexual means making love with somebody of the opposite sex. Homosexual means making love with somebody of the same sex as you.**



homosexual

- amadoda athandana namanya amadoda
- amadoda alalana namanye amadoda
- banna ba ratanang le banna ba bang
- homoseksuele

X In South Africa some people say that AIDS is only a disease of white people. Others say it is only a disease of black people. This is not true.

✓ **We have seen that AIDS is a disease that affects all races, colours, faiths and nations.**



heterosexual

- ukuthandana kowesilisa nowesifazane
- ukuthandana kwendoda nomfazi
- banna ba ratanang le basadi, basadi ba ratanang le banna
- heteroseksuele

X You can't treat people who have HIV or AIDS. This is not true.

✓ **Good medical care for HIV sicknesses can do a lot to keep people well for a long time. Anti-retroviral treatment (ART) can help slow down the disease.**



X Some traditional healers, like sangomas, say they have a cure for AIDS. This is not true.

✓ **These people may be able to cure some of the infections that people get, but as far as we know nobody has found a cure for AIDS.**



traditional healers

- izinyanga nabathandazi
- amagqira
- dingaka tsa setso
- tradisionele dokters

X Some people think that HIV and AIDS can be spread in food and water, from toilets, showers, baths and pools, or from mosquitoes. They think that just touching a person who is HIV positive can give you HIV and AIDS. This is not true.

✓ **HIV can only be spread through unprotected sex and through blood. It can also spread from mother to child during pregnancy and breast feeding.**



unprotected

- ukungavikeleki
- engakhuselekanga
- esa bolokehang
- onbeskernde

List of places to

AIDS Helpline:
0800 012 322

Provincial Organisations

EASTERN CAPE

Port Elizabeth AIDS Training, Information and Counselling Centre (ATICC)
Ground Floor, Brister House
191 Govan Mbeki Street
Port Elizabeth, 6001
Tel: 041 506 1415

Umtata AIDS Training, Information and Counselling Centre (ATICC)
Room 41, 8th Floor,
Botha Sigcau Building
Cnr Leeds and Owen Streets,
Umtata, 5100
Tel: 047 531 2763

NORTH WEST

Boitumelong Clinic
927 Phuduhudu Street
Boitumelong Loc., Bloemhof
Tel: 053 433 1736

Lifeline
Mafikeng
Tel: 018 462 1234
17 Connaught Street, Golf View
Tel: 018 381 4263

Naledi Lifeskills Training and AIDS Information Centre
Stand 3770, Danville Ext.
(Opp. Mafikeng Provincial Hospital), Mmabatho
Tel: 018 383 3978

North West Region – Hospice
13 Hendrik Potgieter Street
Oudorp, Klerksdorp
Tel: 018 462 3916

LIMPOPO

Polokwane AIDS Training, Information and Counselling Centre (ATICC)
Cnr Potgieter and Diaz Streets
Polokwane, 0966
Tel: 015 290 2363

MPUMALANGA

White Rose Hospice
27 Jellicoe Street, Witbank, 1035
Tel: 013 656 6218

Witbank AIDS Training, Information and Counselling Centre (ATICC)
City Health Services,
Witbank City Council
Cnr Swartbos & Louise Roads,
Witbank, 1035
Tel: 013 690 6204

NORTHERN CAPE

Hospice Association of Kimberley
156 Du Toitspa Road, Kimberley
Tel: 053 832 2591

WESTERN CAPE

AIDS Action Group – Northern Areas
7 Meath Street, Bellville
Tel: 021 948 7699

Medicins SANS Frontiers
Town One Properties
Sulani Drive, Khayelitsha
Tel: 021 364 5490

The Pletade Foundation HIV/AIDS Forum
Simunya Centre
Cnr. Khathula Street,
PlettenbergBay
Tel: 044 533 5616

Western Cape AIDS Training, Information and Counselling Centre (ATICC)
Lady Michaelis Day Hospital
Centre, Timour Hall Road,
Plumstead, Cape Town, 7801
Tel: 021 797 3327/763 5320

GAUTENG

AIDS Training, Information and Counselling Centre (ATICC) Esselen Clinic
17 Esselen Street,
Hillbrow, Johannesburg, 2001
Tel: 011 725 6711/2/0

Pretoria AIDS Training, Information and Counselling Centre (ATICC)
Higher Ground Level H0001,
City Core, Cnr Vermeulen and Prinsloo Streets, Pretoria, 0002
Tel: 012 358 8743/4

Medico Post-exposure Prophylaxis Sites
Nthabiseng Clinic
Baragwanath Hospital, Soweto
Tel: 011 933 1206

Sinakekelwe Clinic
Natal Spruit Hospital, East Rand
Tel: 011 389 0500/0675

Skinner Street Clinic, Pretoria
Tel: 012 354 1654

Sebokeng Hospital, Vaal
Tel: 016 930 3000

KWAZULU-NATAL

Durban AIDS Training, Information and Counselling Centre (ATICC)
Tel: 031 311 3604/3632

Pietermaritzburg AIDS Training, Information and Counselling Centre (ATICC)
Tel: 033 345 0781/9

help you

Other Organisations

AIDS Consortium
Tel: 011 403 0265

Treatment Action Campaign (TAC)
Tel: 021 422 1700

AIDS Law Project
Tel: 011 356 4100

AIDS Action Plan
Tel: 012 312 0151

Black Sash
Tel: 021 461 7804

Nelson Mandela Foundation (46664)
107 Central Street
Houghton,
Johannesburg
Tel: 011 853 2621

Society for Family Health
8 Hillside Road
Metropolitan Park
Block B, 2nd Floor
Parktown, Johannesburg
Tel: 011 484 5320

Moral Regeneration Movement
Zandile Mdhladhla
Tel: 011 403 3559

Reproductive Health & HIV Research Unit (RHRU)
Hillbrow Health Precinct
Hugh Solomon Building
Esselen Street, cnr Klein Street, Hillbrow, 2001
Johannesburg
Tel: 011 358 5300

Johns Hopkins Health and Education South Africa (JHUCCP)
Block D, Equity Park
257 Brooklyn, Pretoria
Tel: 012 366 9300

LoveLife
48 Wierda Rd West
Wierda Valley, Sandton
Johannesburg
Tel: 011 523 1000

Community AIDS Response (CARE)
26 Grant Avenue
Norwood
Johannesburg
Tel: 011 728 0218

Treatment Action Campaign (TAC)
Westminster House
122 Longmarket Street
Cape Town 8001
Tel: 021 422 1700

GreaterGood South Africa Trust
Postnet Suite 293
Private Bag X16
Constantia 7848
Cape Town
Tel: 021 794 0580

Humana People to People
Zimondi Kilford
45 Barry Hertzog Drive
Florida Park, Johannesburg
Tel: 011 472 7474

Government Departments

Department of Social Development
National HIV/AIDS Co-ordinator
Tel: 012 312 7500/7546

Department of Health
Directorate: HIV/AIDS and STIs
Tel: 012 312 0121

Children's Organisations

CINDI (Children in Distress)
Tel: 033 345 7994

Child and Family Unit
Tel: 021 685 4103

Cotlands Baby Sanctuary
Tel: 011 683 7200

Child Welfare
Tel: 011 492 2888

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It is not possible, in a small booklet like this, to give you all the answers you may need. The purpose of this booklet is just to give you some ideas. You should not rely on everything that is written in this book for each and every situation. If you need more information, speak to one of the organisations on this page. Soul City and Jacana Media cannot be held responsible for any medical problems.

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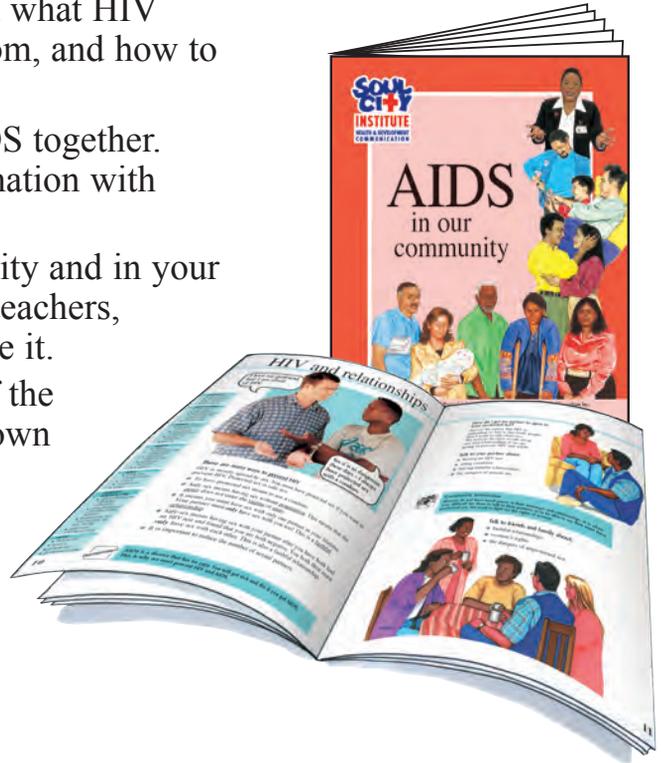
How to use this book

Everybody needs to know about HIV and AIDS. This book will help you to understand what HIV and AIDS are, where you get them from, and how to prevent them.

We all need to fight this HIV and AIDS together. Read these pages and share the information with your family and friends.

The book can be used by the community and in your home. Parents, adults, young people, teachers, health and community workers can use it.

You may want translations of some of the difficult words if English is not your own language. These words have been underlined. They are explained in Zulu, Xhosa, Sotho and Afrikaans in little boxes on the side of the page. The boxes will look like this:



English

- Zulu
- Xhosa
- Sotho
- Afrikaans

In this book there are coloured blocks to give you information to help make things better in the community. These blocks look like this:



Community Information

Fighting HIV is about fighting against discrimination.

There are also coloured blocks that help you to remember important things. These are shown like this:



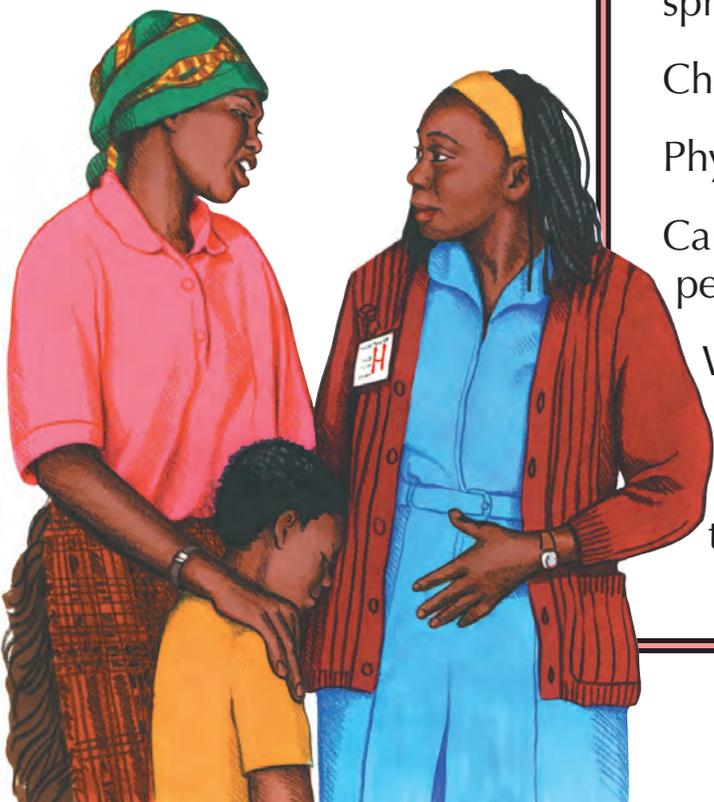
It is important to have protected sex – use a condom.

Sometimes there are other special things to think about. These are shown in coloured blocks like this:

Prevent AIDS because it cannot be cured.

Contents

What are HIV and AIDS?.....	2
How do you get HIV?	4
How do I find out if I am HIV positive?.....	6
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Care and support for people with HIV and AIDS.....	26
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What are HIV and

Doctor, where does HIV come from?

Nobody knows where HIV comes from. The first time we knew that people had HIV and AIDS was in the 1980s.



germ

- igciwane
- intsholongwane
- kokwana-hloko
- virus

virus

- igciwane
- intsholongwane
- vaerase
- virus

sperm

- isidoda
- amadlozi
- peo ya bonna
- sperma

vaginal juices

- oketshezini oluphuma kumuntu wesifazane
- incindi ephuma emfazini
- mekedikedi ya setho sa bosadi
- vaginale vloeistof

infecting

- ukuthelelana
- ukusulela
- ho tshwaetsa
- besmet

What is this disease called AIDS?

- AIDS is caused by a germ or virus called HIV. The HIV virus can only live in blood, sperm and vaginal juices, and it is too small to see.
- The HIV virus is passed on from one person to another person through sex juices or blood. It then begins to attack the body from the inside.
- An unborn baby can also get HIV if his or her mother has the HIV virus.

Remember!

HIV and AIDS are found in every country in the world. HIV is spreading very fast and is infecting many people.

AIDS?

How does HIV make you sick?

Our bodies have many different parts, and every part has an important job to do. For example, the heart pumps the blood around, the brain thinks, the lungs breathe air, the breasts make milk, and so on. We have a very important system in our bodies called the immune system. The job of this system is to protect and defend the body against germs and diseases. It also heals the body after sickness or injuries.

The immune system is like our body's army. We cannot defend ourselves against germs when this army gets weak.

The HIV virus slowly damages the immune system if it gets into a person's body. This means that the body starts to lose its power to defend itself against other germs, such as TB. It also loses its power and strength to heal itself. Slowly the HIV virus gets stronger and stronger. The person starts to feel sick when the HIV virus has broken down most of his or her immune system. This may take many years to happen. This person with a very weak immune system has got AIDS.

The person with AIDS is very weak and can get sick from many different germs. These germs can cause problems such as losing weight, bad diarrhoea, sores in the mouth, coughs, pneumonia, TB, brain and nerve disease, swellings, fevers and sores. These do not get better, because the immune system is weak.

What is HIV negative? What is HIV positive?



HIV negative
George and Lizzy when they had no HIV virus in their bodies.



HIV positive
George and Lizzy now have the HIV virus and can pass it on to other people. They still look well.



AIDS
George and Lizzy after many years with the HIV virus. They are sick with AIDS.

defend

- ukuzivikela
- ukuzikhusela
- ho itshireletsa
- beskerm

diarrhoea

- uhudo
- urudo
- letshollo
- diarree

pneumonia

- inyumoniya
- inyumoniya
- nyomonía
- longontsteking

HIV negative

- ukungabinalo igciwane le-HIV
- ukungabinayo intsholongwane ye HIV
- ho se be le HIV
- HIV-negatief

HIV positive

- ukuba negciwane le-HIV
- ukuba nentsholongwane ye HIV
- ho ba le HIV
- HIV-positief

discrimination

- ubandlululo
- ubandlululo
- kgethollo
- diskriminasie

confidentiality

- ukuba yimfihlo
- ukuthemba abanye
- ho boloka ho itseng e le sephiri
- vertroulikheid

Community Information

Fighting AIDS is about fighting against discrimination. It is also fighting for the rights of people with HIV and AIDS. People infected with the HIV virus have the same needs, wants and rights as all other people. They have:

- the right to be respected
- the right to schooling
- the right to confidentiality
- the right to housing
- the right to work
- the right to happiness



How do you get HIV?

I am so afraid of AIDS. What if the man next to me on the taxi is HIV positive?

You can only get HIV if you have unprotected sex with a person who has the HIV virus, or if that person's blood passes into your blood.



unprotected

- ukungavikeleki
- engakhuselekanga
- esa bolokehang
- onbeskernde

How is HIV passed on?

HIV is passed on in these ways:

Sex

The HIV virus will be in the sperm or vaginal juices of a person who is HIV positive. He or she can pass the virus on to another person through unprotected sex.

A person with a sexually transmitted infection (STI), like the drop, may have a discharge or sores on his or her private parts. This makes it easier for the HIV virus to get into the body during sex.

sexually transmitted infection (STI)

- isifo socansi
- isifo esisulela ngokulalana
- lefu le fetiswang ka thobalano
- seksueel-oor-draagbare infeksie

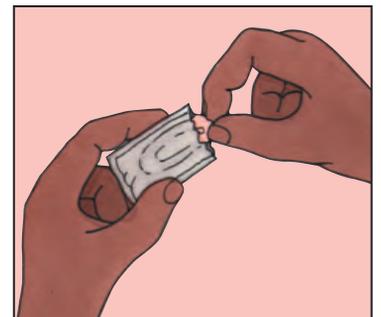
discharge

- ukuphuma uketshezi
- incindi
- lero le ntshwang
- afskeiding

Remember!

It is important to have protected sex – use a condom. A condom stops the sperm and vaginal juices entering each other's bodies. Then the HIV virus cannot move from one person to the other. (see page 12 – protected sex)

Make sure you and your partner both get treatment as soon as possible if you have an STI.



Pregnancy and breast feeding

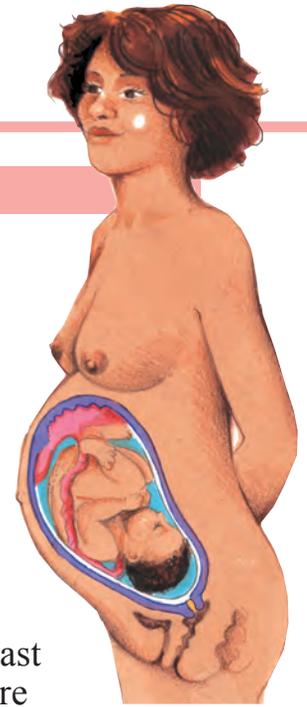
The HIV virus can pass into the baby if a pregnant mother is HIV positive. But **not all** HIV-positive mothers give birth to babies who are HIV positive.

The risk of transmission to the baby is greater if:

- the mother is sick with AIDS.
- the mother gets infected or re-infected with HIV during pregnancy.

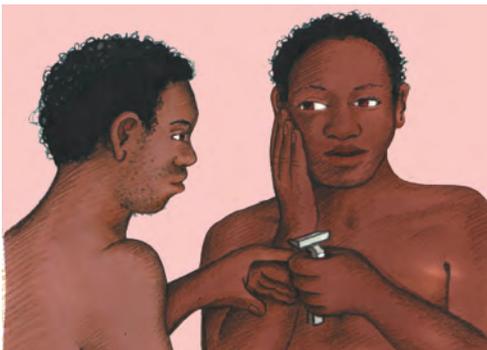
There are now medicines available to help stop the spread of HIV to the baby. Discuss this with your health worker.

The HIV virus can also be passed on to the baby through breast milk if a mother is HIV positive. Read page 9 to find out more about HIV and breast feeding.



Blood

The HIV virus can pass from one person to another through his or her blood. Sometimes sick people are given extra blood through a **blood transfusion**. In South Africa blood transfusions are safe because the blood is tested before it is given to anyone.



- The HIV virus can be passed on, in very small amounts of blood, when people share razor blades which are not properly cleaned.



- The HIV virus can also be passed on by injecting drugs and sharing needles.

blood transfusion

- ukufakwa igazi emuthanjeni
- ukufakwa igazi emuthanjeni
- ho kengwa madi
- blood-oortapping

sneezing

- ukuthimula
- ukuthimla
- ho thimola
- nies

coughing

- ukukhwehlela
- ukukhohlela
- ho hohlela
- hoes

hugging

- ukwanga
- ukuwola
- ho aka
- omhels/ dрукkie gee

mosquitoes

- umiyane
- ii-moskito
- menwang
- muskiete

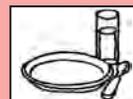
All doctors agree that HIV is NOT spread by:



- kissing



- hugging, touching



- plates, cups, spoons, food



- laughing



- shaking hands



- toilets, baths, showers



- sneezing, coughing



- mosquitoes



- swimming pools

How do I find out if



How do I know if I have the HIV virus?

You can look and feel fine for many years when you first have the HIV virus in your body. The only way to tell if you have the HIV virus is by having the **HIV test**.

You should go to the clinic when you think about having an HIV test. The health worker should sit down and talk about the test with you. Then you can decide whether or not to have the test.

The health worker will then take a blood sample and ask you to come back in one week's time for the result. The HIV test is free at government clinics.

result

- umphumela
- isiphumo
- sephetho
- uitslag

I am HIV positive?

What are my rights?

- You have the right to decide for yourself to go for the test or not to go for the test.
- Nobody, not even a doctor, has the right to do the test without your permission.
- The result is confidential. This means it is against the law for a health worker to tell the result to anyone without your permission.

It is important that the health worker explains the meaning of the test to you so you can decide if you want to have it.

confidential

- okuyimfihlo
- ukuthemba abanye
- ke sephiri
- vertroulik

permission

- imvume
- imvume
- tumello
- toestemming



Getting your test result

- The health worker will explain the result and talk to you about what the result means to you. She should talk only to you and not to anyone else.
- You will need to know what to do next if the result is positive.

How do I find out if I am HIV positive?

What if the HIV test is positive?

- You are infected with the HIV virus.
- You can spread it to your sexual partner if you have unsafe sex.
- You must not give blood for transfusions.
- You must always use a condom if you have sex. You can give the HIV virus to a healthy person if you have unprotected sex.
- It is important to tell your sexual partners that you have the HIV virus. Discuss this with your health worker first.
- You should talk to the health worker about how to enjoy safe sex with your partner (see pages 10 to 12). You also need to know what to do about your family, friends, and work or school colleagues.
- Woman who are HIV positive may give birth to babies who have the HIV virus. You should discuss with your health worker or counsellor whether you want to carry on with your pregnancy. But remember that not all babies born from an HIV positive mother will have the HIV virus.
- HIV-infected mothers can pass on the virus during breast feeding.

colleagues

- ozakwenu/abalingani
- abalingane
- bomphatho ba hao
- kollegas



The test cannot tell you when you got the HIV infection.

The test does not tell you when you will start to feel sick.

infection

- ukungenwa yigciwane
- ukusulelwa
- tshwaetso
- infeksie

What if the HIV test is negative?

- You do not have the HIV virus if the test is negative.
- Remember to keep yourself safe from infection with HIV in the future!

Remember!

It is a good idea to visit the health worker again, after you have received your result. You can then make sure you understand the facts. You can talk about some of the important things again.

HIV and breastfeeding

The HIV virus can be passed on to the baby through breast milk if a mother is HIV positive. The risk of this happening is higher if the mother is ill with AIDS or gets infected with the HIV virus while breastfeeding. If you choose to breastfeed, it is safer to feed the baby with breast milk only for 6 months.

Stop breastfeeding at 6 months, and give your baby soft foods and pasteurised cows' milk or formula milk to drink. For some HIV-positive mothers other ways of feeding may be best for the baby.

There are medicines available to help stop the spread to the baby. Discuss this with a health worker or counsellor.

Do not use formula milk if:

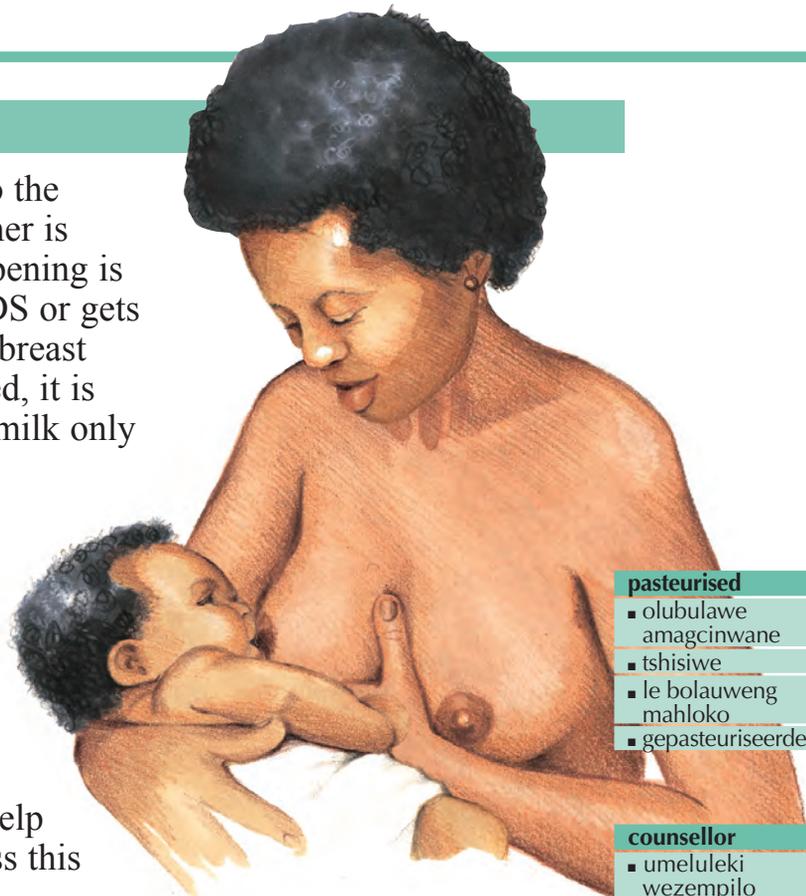
- You are not sure if you can afford formula for the full time that the baby will feed.
- You do not have plenty of good quality water.
- It is difficult for you to find fuel to cook with, or fuel is too expensive.

Discuss the best way to feed your baby with a health worker or counsellor, or phone the AIDS helpline: 0800 012 322.

Where to get help and advice

There are many people who can advise and help you. See the list on pages 32 and 33.

- They can help you find a way to tell your family you are sick.
- They can help you to join a support group of other people who are also HIV positive.
- They can give you advice on how to stay healthy for longer.



pasteurised

- olubulawe amagcinwane
- tshisiwe
- le bolauweng mahloko
- gepasteuriseerde

counsellor

- umeluleki wezempilo
- ikhawunsela
- moeletsisi
- berader



support group

- iqembu lokweseka
- iqela lokuxhasa
- sehlopha sa tshetso
- ondersteunings-groep

HIV and relationships



I love my girlfriend, but I am afraid of HIV.

Yes it is so dangerous these days – I always have protected sex with a condom.

prevent

- ukuvikela
- ukukhusela
- ho thibela
- voorkom

penetration

- ukungena
- ukungena
- ho kenya setho sa botona ho sa bosadi
- penetrasie

penis

- umphambili wesilisa
- ubudoda/umphambili
- setho sa botona
- penis

vagina

- isitho sowesifazane sangasese
- ubufazi/umphantsi
- setho sa bosadi
- vagina

anus

- imbobo yangemuva
- umva
- mohlamu
- anus

faithful relationship

- ubundlelwane obethembekile
- ubudlelwane obuthembekileyo
- balekane ha ba ratane le ba bang
- getroue verhouding

cure

- ikhambi
- iyeza
- phekolo
- geneesmiddel

There are many ways to prevent HIV

HIV is mostly spread by sex. You must have protected sex if you want to prevent HIV. Protected sex is safe sex.

- To have protected sex means to use a condom.
- Safe sex means having sex without penetration. This means that the penis does not enter the vagina or anus.
- It means you must have sex with only one partner in your lifetime. Your partner must **only** have sex with you too! This is a faithful relationship.
- Safe sex means having sex with your partner after you have both had an HIV test and found that you are both negative. You both then must **only** have sex with each other. This is also a faithful relationship.
- It is important to reduce the number of sexual partners.



AIDS is a disease that has no cure. You will get sick and die if you get AIDS. This is why we must prevent HIV and AIDS.

How do I get my partner to agree to have protected sex?

Part of the reason that HIV is spreading so fast is that many people don't want to talk about sex. We need to be open to talk about sex and relationships if we are going to prevent HIV and AIDS.

Talk to your partner about:

- having an HIV test
- using condoms
- having faithful relationships
- the dangers of unsafe sex

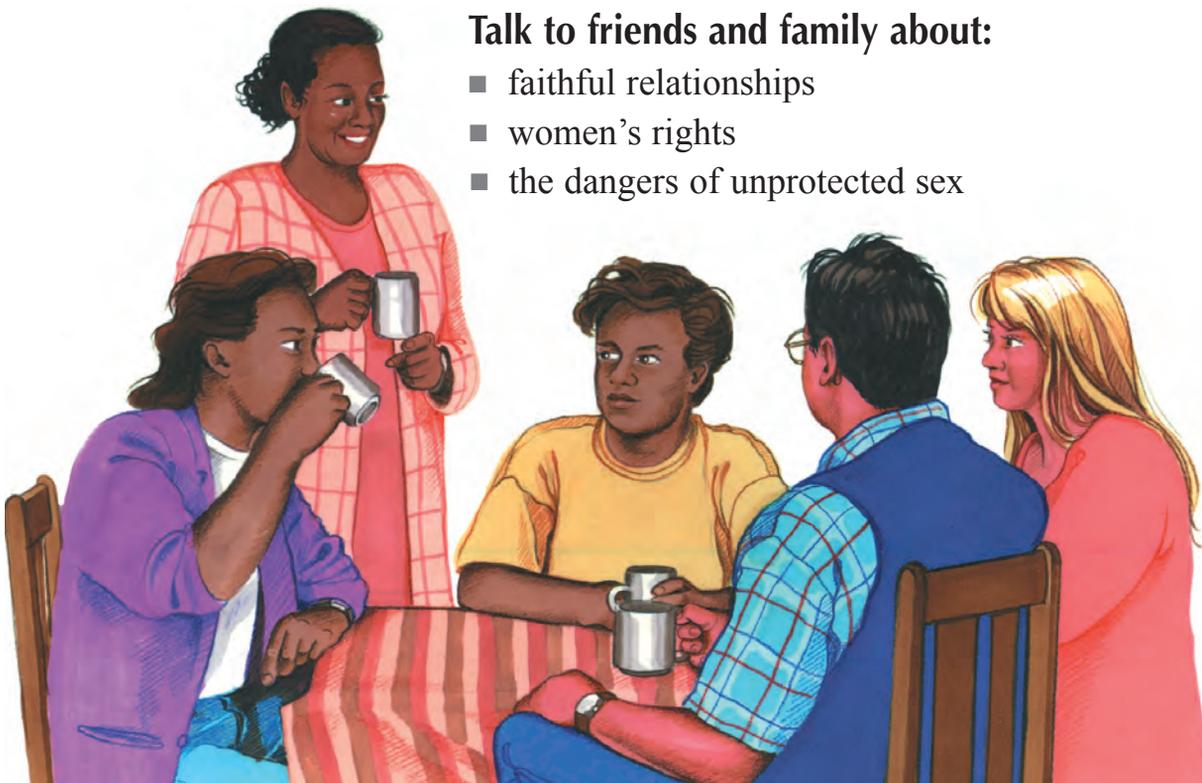


Community Information

Women do not have much power in their marriages and relationships. It is often very difficult for them to talk to their partners or to be able to say they must have protected sex. We need to fight for the rights of women.

Talk to friends and family about:

- faithful relationships
- women's rights
- the dangers of unprotected sex

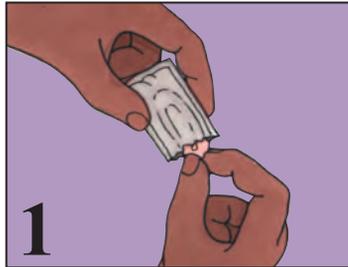


How to prevent HIV

The illustrations below are not meant to offend or upset people. They are here to make sure everybody understands the message clearly.

Protected sex

Protected sex is sex with a condom.
It is important to use a condom correctly.
You should use a condom this way:



1
Use a new condom each time you have sex.



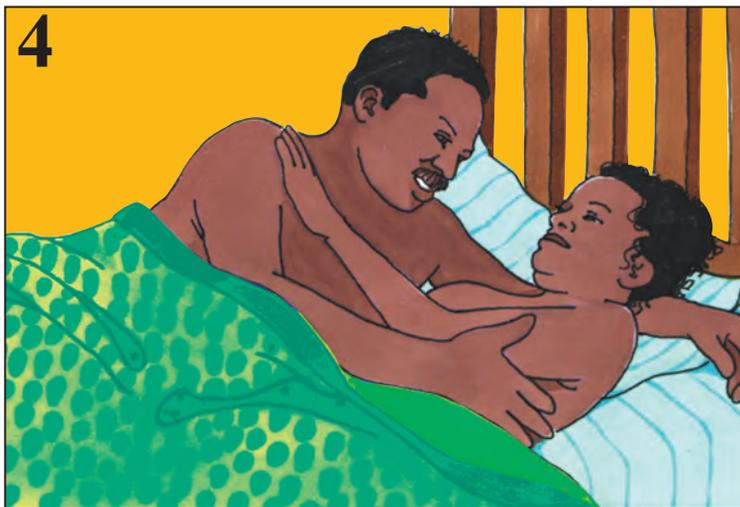
2
Just before you want to enter your partner put the condom onto your hard penis. Press the tip of the condom when you put it on so that you push any air out of the tip.



3
Roll the condom down over your penis so that the whole penis is covered with the condom. Now you are ready to enter your partner.

tip

- isihloko
- incam
- ntlha
- punt



4
Take your penis out after you have had sex. Hold the condom when you take the penis out so that the condom does not fall off. You must take your penis out before it gets soft.



5
Now carefully take the condom off your penis. Be careful not to let any semen spill or leak from the condom. Tie a knot in it.



6
Wrap it in paper. Throw it in the dustbin or any place where children will not find it.

semen

- isidoda
- imbewu yesidoda
- lero la botona
- semen

expiry date

- ukuphelelwa yisikhathi
- imini yoku-phelelwa
- letsatsi la ho fellwa ke nako
- vervaldatum

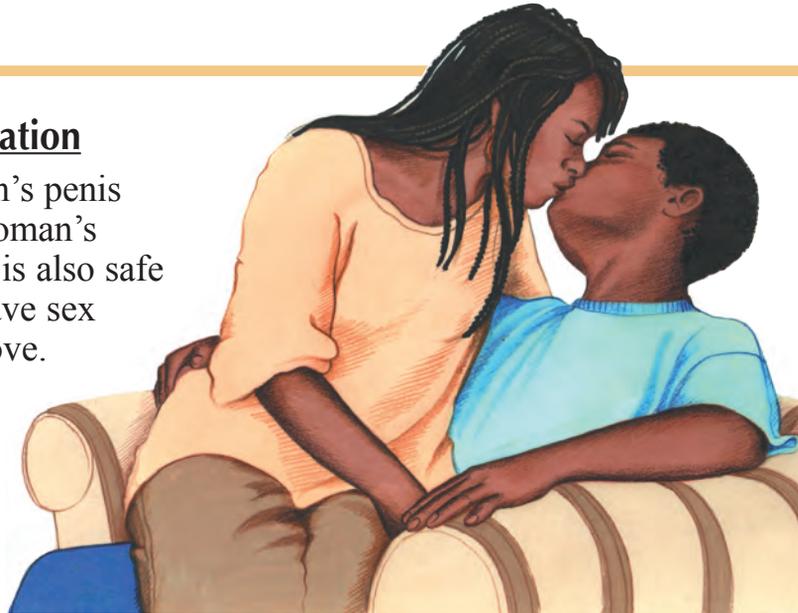
Remember!

- Always check the expiry date on the packet – old condoms are not safe.
- Some people want to use a cream with the condom to make sex easier. Do not use petroleum jelly or cream with oil for this because they damage the condom – find out which creams are safe.

Sex without penetration

This is when the man's penis does not enter the woman's vagina or anus. This is also safe sex. Many people have sex because they need love. Sex can be a way of showing love but it is not the only way. You can also show love by kissing, touching and holding each other.

You can have sexual climax without penetration by rubbing the other person's private parts with your hands or fingers.



penetration

- kokungena
- ukungena
- ho kenya setho sa botona ho sa bosadi
- penetrasie

sexual climax

- ukweneliseka ocansini
- ukutha-batheka kokulalana
- ilhorong ya monyaka wa thobalano
- seksuele klimaks (orgasme)

private parts

- izitho zangaphansi
- izitho zanga-phambili
- ditho tsa bong
- geslagsdele

New relationships

You should use a condom when you start a new relationship. Both of you should go for an HIV test before you stop using condoms. It is safe to have sex without any protection if both HIV tests are negative – this means free from the HIV virus.

Remember that both partners must stay in a sexually faithful relationship with each other, otherwise the sex will no longer be safe.

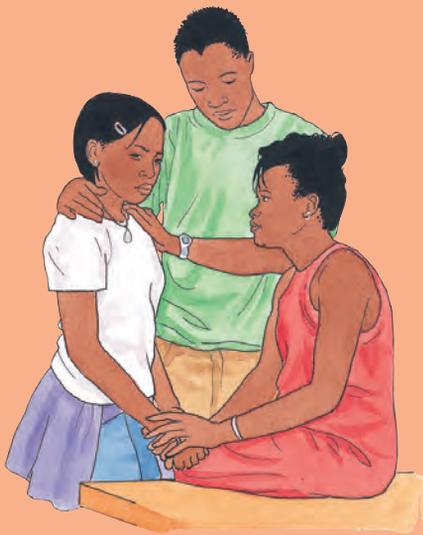
You must have protected sex if the test shows that one of you is HIV positive (see page 10). Some couples have a test before they have a baby, to make sure that the baby will not have the HIV virus.



Healthy living

Take care if you drink alcohol or take drugs. These things can make you lose control of yourself, and you can find yourself having unprotected sex with another person. You are putting your life in danger when you have unprotected sex.

Young people, sex



Talk to your parents about sex

They can share their own feelings and values about sex with you. They can also tell you the facts about the way your body works.



Wait before having sex

Sex is very special. Many people feel that it should be kept for a long-term relationship like marriage.



All my friends tell me my girlfriend will leave me if I don't have sex with her

Your friends probably don't know about the dangers of sex. Tell your friends about AIDS. Sex is a very personal choice for you and your partner. You must decide together.



Young people can **abstain** from sex until they are older.

This means choosing not to have sex at all. If you do not have sex, you will not get the HIV virus. This is the safest choice.

abstain

- ukuzithiba
- ukuzikhwebula
- ho nena thobalano
- wegibly

and HIV



Where can I get condoms?

You can get condoms from clinics or you can buy them from supermarkets or chemists. Some workplaces also supply condoms.

Remember to use a condom every time you have sex.



What do I do if I feel sexy?

You can masturbate and have an orgasm. This is much healthier for boys and girls, than having unprotected sex.



Think of the consequences of having unprotected sex

Knowledge is power, for boys and girls. Find out all there is to know before you start having sex.

Think carefully before having sex

Sex is beautiful. But you should not have sex until you are a young adult, as your body is not ready for it.



masturbate

- ukuziphulula izitho zangaphansi
- ukuzipulule izitho zengaphantsi
- ho ipholla dithong tsa botona kapa tsa bosadi ka morero wa ho ikgotsofatsa ka tsela ya thobalano
- masturbeer

orgasm

- ukuvukelwa komntu
- ukuvukelwa komuntu
- ho rota botona
- orgasme

consequences

- imiphumela
- iziphumo/ iziqhamo
- ditlamorao
- gevolge

Sexually transmitted

Sister, my partner has a discharge and sores on his private parts. I am worried. What should I do?

You must both come to the clinic immediately for treatment.



private parts

- izitho zangaphansi
- izitho zangaphambili
- ditho tsa bong/ditho tsa ka tlase
- geslagsdele

infertility

- ukungatholi abantwana
- ukungenzi bantwana
- ho hloka tswala/ho hloka thari
- onvrugbaarheid

What are sexually transmitted infections?

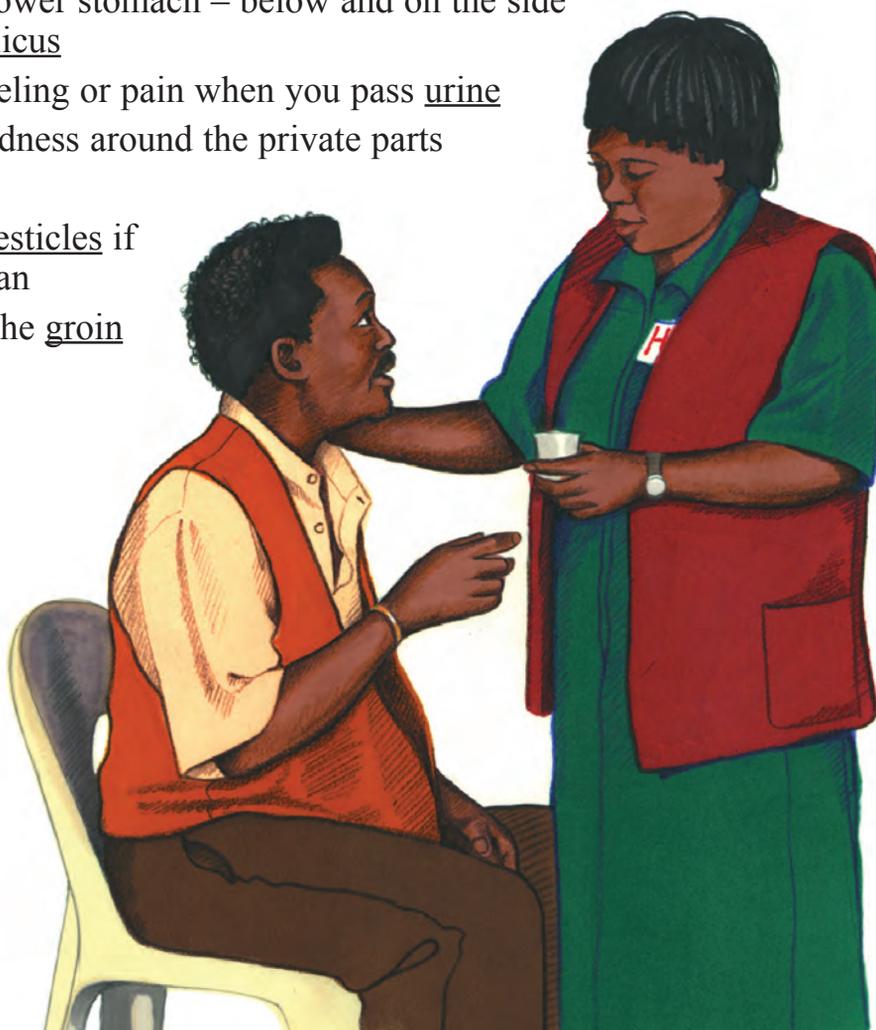
- A sexually transmitted infection (STI) is any sickness passed from one person to another during sex. Gonorrhoea, the drop, syphilis and herpes are STIs. So is HIV.
- STIs can be very dangerous. Some can cause infertility and very bad infections.
- The HIV virus can get into your body more easily if you already have an STI. This means that HIV can spread from one person to another person more easily.
- If you have an STI, you will also spread the HIV infection more easily.

infections

How do I know if I have a sexually transmitted infection?

You might have some of these problems:

- sores on the private parts or anus
- white, yellow or green discharge coming out of the penis or vagina
- pain in the lower stomach – below and on the side of the umbilicus
- a burning feeling or pain when you pass urine
- itching or redness around the private parts
- painful sex
- pain in the testicles if you are a man
- swelling in the groin



umbilicus

- inkaba
- inkaba
- mokhubu
- naeltjie

urine

- umchamo
- umchamo
- moroto
- urineer

itching

- ukusho-shozela
- ukutsho-tshozela
- ho hlohloha
- jeukerigheid

testicles

- amasende
- amatapile
- mapele
- testikels

groin

- embilaphini
- umphakatho
- tshweleseng
- lies

It is very important to have any STI treated.

Clinics and doctors can treat STIs, but not AIDS, with tablets or with an injection. Treatment for most STIs usually works quickly.

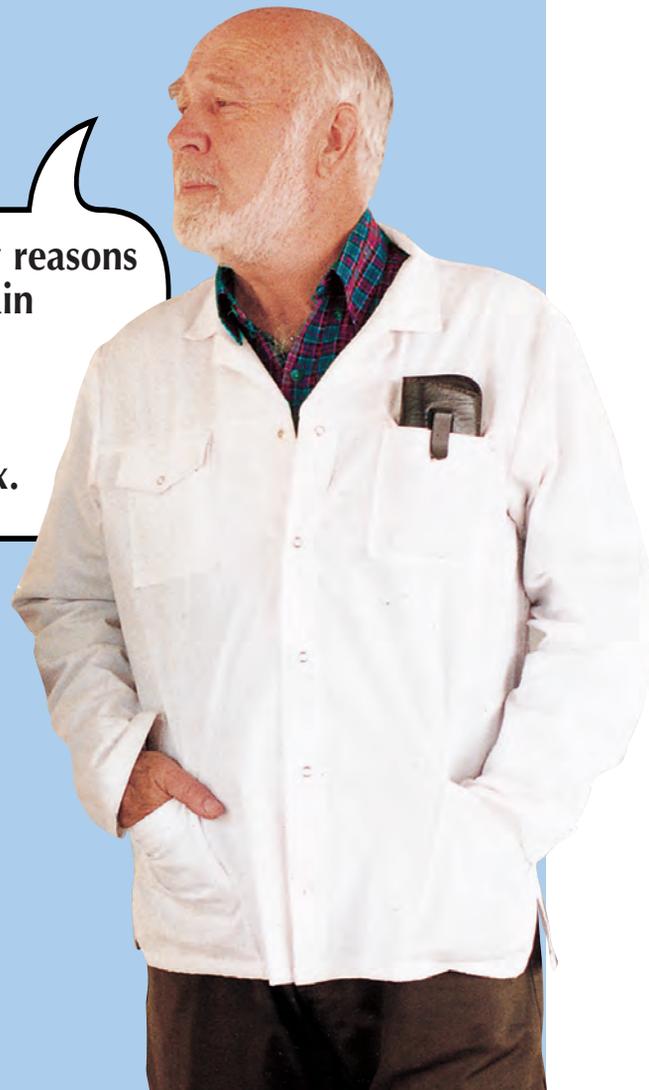
It is important to do these things if you have an STI:

- Do exactly what your health worker tells you.
- Take the medicines until they are finished to be sure that the disease is killed.
- Your partner must go to the clinic for treatment. He or she will get sick and you can get the STI again if it is not treated.
- Go back to the clinic if it does not get better.
- It is even more important to use condoms while you have an STI.

Why is HIV spreading

I read in the newspaper that many hundreds of people are catching the HIV virus every day. Why is HIV spreading so fast?

There are many reasons for this. The main reason is that a lot of people are having unprotected sex.



You must always use a condom if you are not sure about safe sex.



Community Information

Women do not have much power in their marriages and relationships. It is often very difficult for them to talk to their partners or to be able to insist on protected sex. We need to fight for the rights of women.

so fast?

People have sex for different reasons:



- Some people have sex because they feel love for the other person.



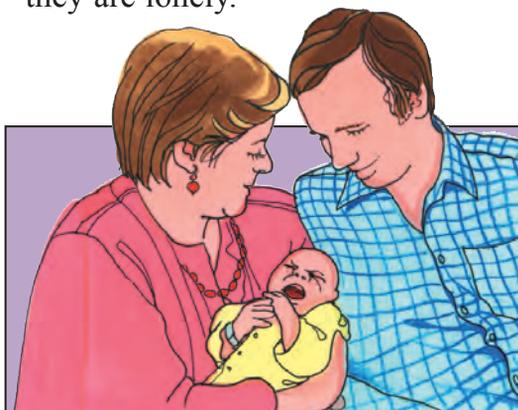
- Some people have sex for money or favours.



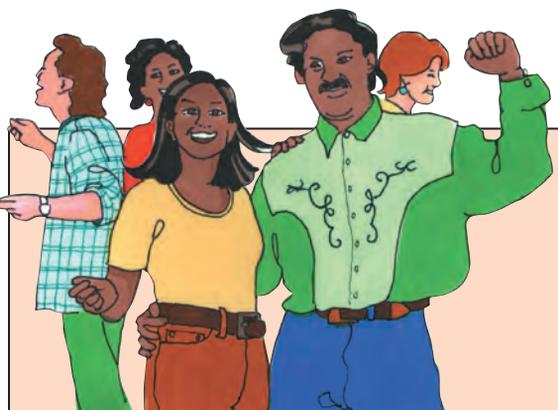
- Some people have sex because they are lonely.



- Some people have sex for power.



- Some people have sex because they want to make a baby.



- Some people have sex for fun.

- Some people have sex because they believe that it is their traditional right.

If you have been raped, there are medicines that may prevent you getting the HIV virus. It is best if these can be taken within the first few hours. Talk to your health worker about these medicines.

favours

- ukusizakala
- ukuncedwa
- ditshepiso tsa ho etsetswa ho itseng
- gunste

traditional right

- ilungelo ngokwesiko
- ilungelo ngokwesiko
- tokela ya setso
- tradisonele reg

Why is HIV spreading so fast?

The story of Sipho and Lebo

This story shows how the HIV virus spreads easily without us knowing it.



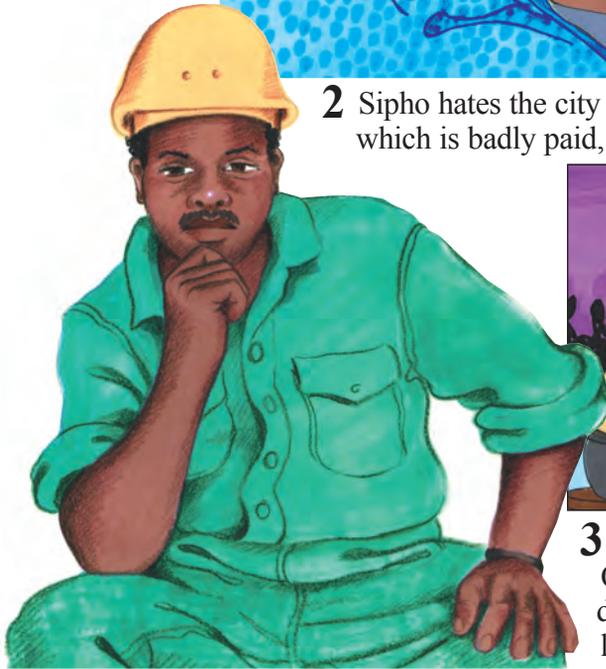
1 Sipho and Lebo got married last year and they love each other very much. Sipho doesn't know it, but he is HIV positive. He was infected by someone he had a relationship with before he and Lebo were married. Neither of them can get a job in the farm area where they live, so they decide that Sipho must go to the city to try and find some work.

relationship

- ubuhlobo
- ubudlelwane
- dikamano tsa lerato
- verhouding



2 Sipho hates the city – he is lonely and misses Lebo. He finds some work which is badly paid, but he is able to send some money back to Lebo at home.



3 Then Sipho meets Thuli – she is fun and makes him laugh. One night after they have spent the evening at the shebeen drinking and having fun, they make love without using a condom.



4 But Thuli soon gets bored with Sipho, who has very little money to spend.

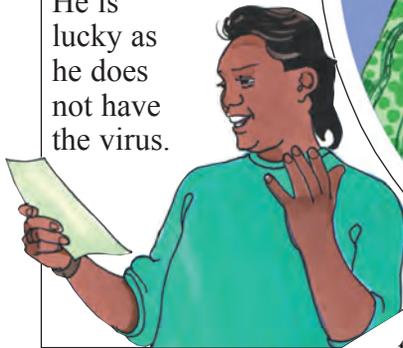
She meets Thabo, who has a job in a big company in the city centre.

After a while, Thabo and Thuli get married. They are both very happy when Thuli becomes pregnant.



5 They are very excited about having a new baby! Thuli allows the clinic to take some blood from her to test for HIV. The test result is positive. Thuli has the HIV virus and she is very afraid.

6 Thabo is tested and finds that he is HIV negative. He is lucky as he does not have the virus.



7 The sister explains to Thuli that she may have caught the HIV virus from Siphos. She says Thuli must tell him before he spreads it to other sexual partners.



8 Thuli is afraid, but tries to find Siphos to tell him that he may have the virus. But it is too late – Siphos has gone back home to be with Lebo.



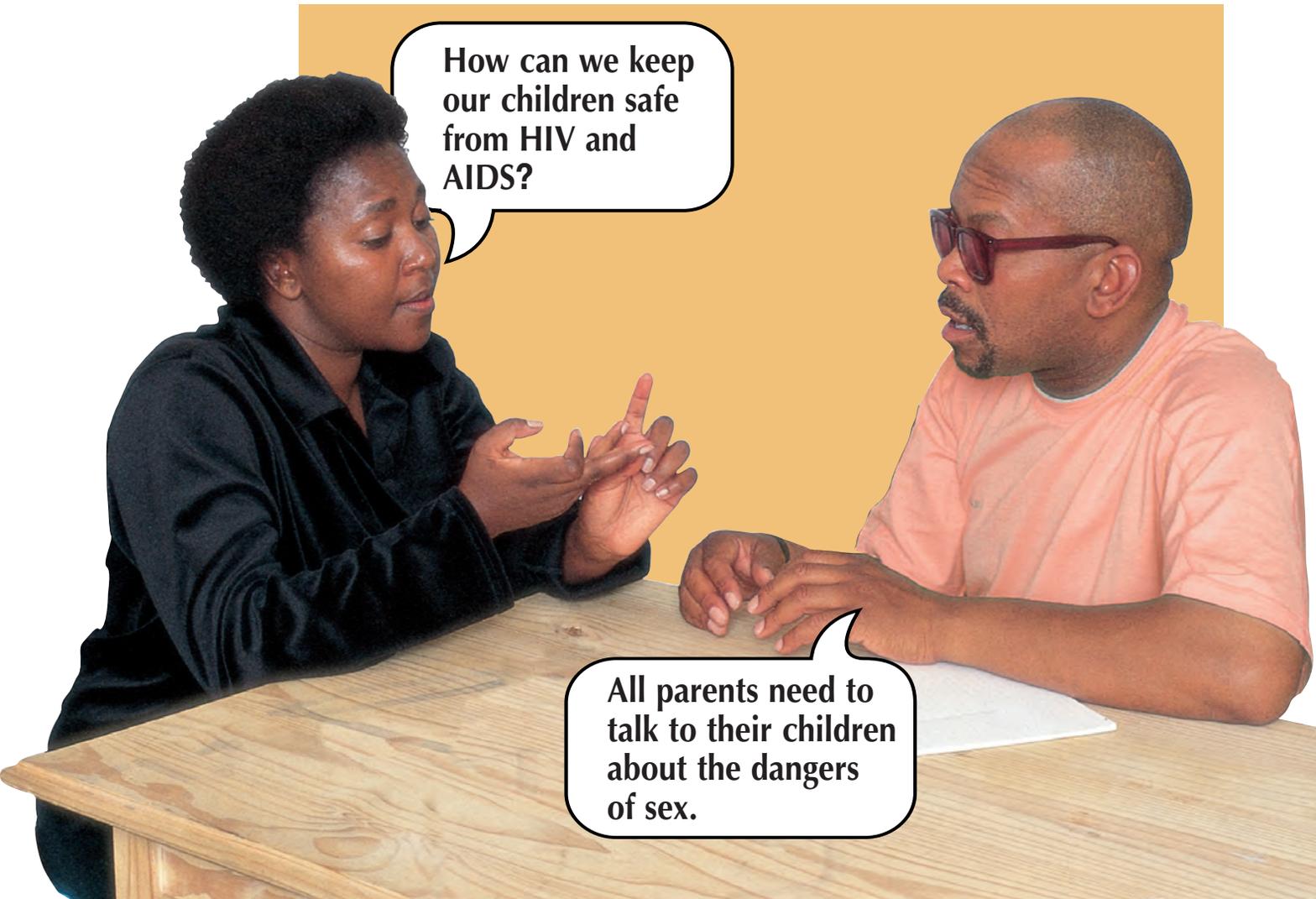
9 A few weeks later, Lebo falls pregnant.



10 The sister takes a blood test when she goes to the clinic for a check-up. Lebo is told that she is also HIV positive.

Remember to always have safe sex.

Children with HIV



abuses them sexually

- ukuba-nukubeza ngokocansi
- ukuba-nukuneza ngokwesondo
- ba hlekefetsa ka thobalano
- hom/haar seksueel misbruik

razors

- ireyiza
- iireyizara
- mahare
- skeermesse

How do children get HIV?

- Children whose mothers are HIV positive may get the HIV virus. These children usually get sick and die before they are 5 years old.
- They can get HIV from an older person who has the HIV virus if that person abuses them sexually.
- Breast feeding from a mother who is HIV positive is another way that a baby can get HIV.
- Children can get HIV if they are cut by something that has another person's infected blood on it – like razors, knives or used needles.

How do I protect my child from HIV and AIDS?

Many parents worry that if they talk to their children about sex the children will want to go out and try sex. This is not true. It is important that children know about sex so that they can make the right choices.

- Educate your children about safe sex.
- You can help protect your children from child abuse by telling them about possible dangers.
- Teach your children that nobody is allowed to touch them on their private parts – not even a relative or a friend.
- Teach your child that nothing is so bad that he or she can't talk to you about it.
- Be open with your child and listen to what he or she tells you.

How do I care for a child with HIV or AIDS?

There is no cure for AIDS, but with healthy living the baby can live a little longer.

- Feed your child fresh, healthy food.



- Make your home and yard safe for your child. Avoid smoke, and clean up rubbish in your community.



- Make sure your child is immunised.



- Give your child lots of love.



- Take your child to the clinic as soon as possible if he or she gets sick.



- Ask your health worker about anti-retroviral treatment (ART) for your child.



Community Information

Fighting HIV is about fighting for sex education in our schools, in the newspapers, on television and on the radio. Without information young people can't make the right choices.



immunised

- ukugonywa
- ukugonywa
- o entilwe
- ingeënt

sex education

- izifundo ngocansi nokuthandana
- izifundo ngokulalana
- thuto ka tsa thobalano
- seks-opvoeding

Physical signs of

A man in a red shirt and khaki pants is standing with two wooden crutches. He is looking down and to the right. A woman in a white lab coat is sitting at a blue desk, looking up at him. There are two speech bubbles. The first is above the man, and the second is above the woman.

Doctor, I am HIV positive. What will happen to me when I start to get sick?

There are many signs of AIDS, like losing weight, bad diarrhoea, TB, a bad cough, and skin and mouth sores.

Why don't we see people dying from AIDS?

At the moment many people with HIV look well. This is because people can live for a long time with the HIV virus before they get very sick and die. They can even live for 10 years. Many of the sicknesses that AIDS causes can be treated in a clinic or hospital, but these sicknesses have other names, such as pneumonia, TB or cancer.

People are sometimes unkind to other people who are HIV positive. This happens because of fear and lack of understanding. This is why some HIV-positive people are afraid to tell their family and friends.

AIDS

When do you start getting sick?

It can take many years for the HIV virus to make you sick. It means that you have AIDS when you start to feel very sick.

Early signs of AIDS

You can have any of these problems when you first get AIDS:

- painful skin rashes (shingles)
- sores on the lips which do not heal
- thrush – a white rash inside the mouth or on the private parts
- swellings in the neck, behind the ear, under the arm and in the groin
- signs of TB – coughs, sweating and weight loss
- fevers and sweating at night
- sores on the private parts which do not get better

Later signs of AIDS

You can also have any of these problems when you are very sick with AIDS:

- TB
- bad cough and fever (pneumonia)
- “pins and needles” and pains in the hands and feet
- diarrhoea that does not stop
- weakness and tiredness
- dark blue marks on the skin
- losing a lot of weight
- headaches, fits, blackouts, loss of memory and difficulty in concentrating
- difficulty with swallowing



groin

- embilaphini
- umphakatho
- tshweleseng
- lies

sweating

- ukujuluka
- ukubila
- ho fufulelwa
- sweet

weight loss

- ukonda
- ukuhla komzimba
- ho ota
- gewigsverlies

fits

- isifo sokuwa
- ukuwa
- ho shwa sethathwa
- stuiptrekkings

blackouts

- ukuquleka
- isiyezi
- ho ilibana
- floutes

loss of memory

- ukukhohlwa
- ukulibala
- ho lahlehelwa ke kelello
- geheueverlies

concentrating

- ukucabangisisa
- ukuzikisa ingqondo
- ho tsepamisa monahano
- probleme met konsentrasie



Remember!

If you have TB, it can be treated and your health will improve.

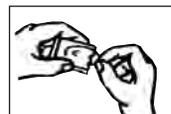
Care & support for people



What should you do if someone in your family is HIV positive?

You can't get HIV from living with someone who is HIV positive unless you have unprotected sex with him or her.

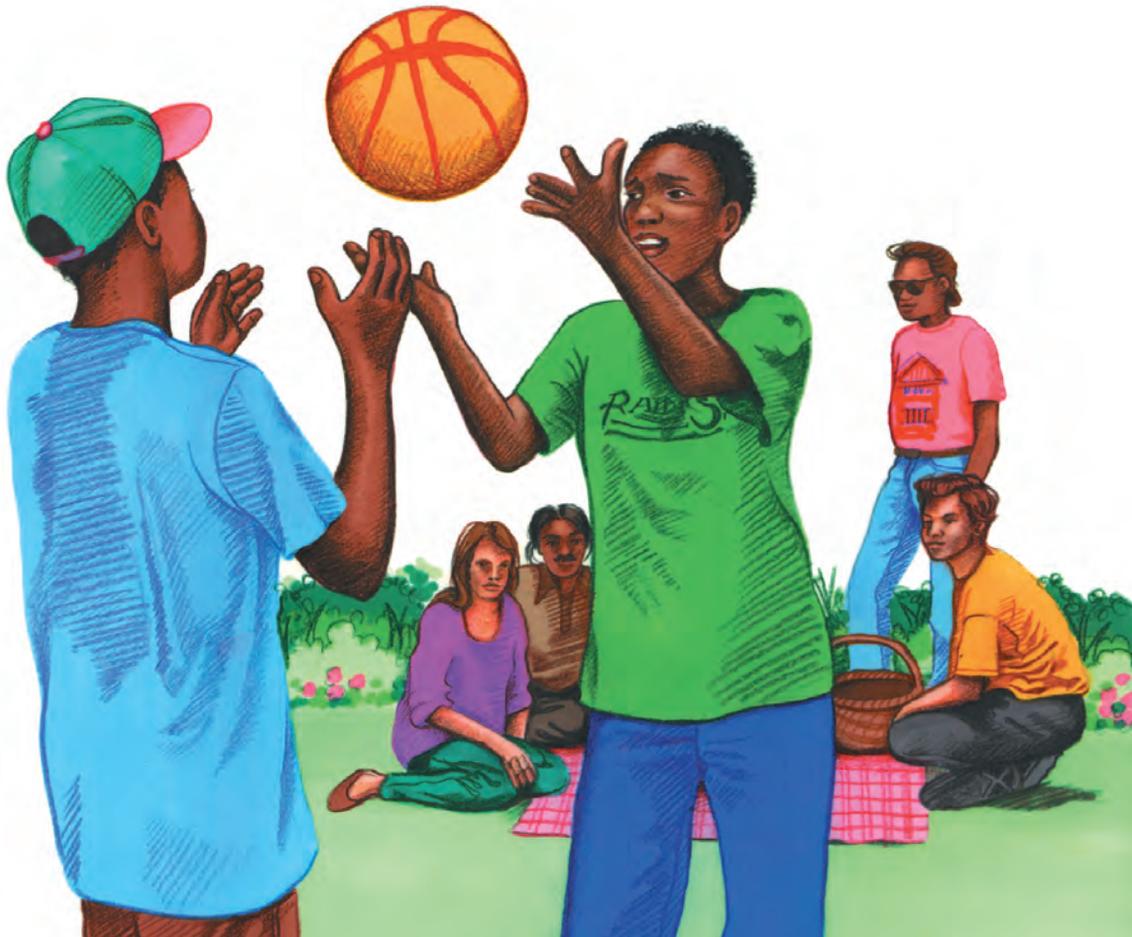
- Explain to the person how to have protected sex – read pages 12 and 13.
- Encourage the person to stay at work for as long as possible.
- Make sure the person eats good food to stay as strong as possible.
- Do not share razor blades or tooth-brushes with the person who is HIV positive.
- Love and support the person.
- Help the person to go to the clinic or hospital for regular check-ups.
- Support and encourage a person who has started anti-retroviral treatment (ART).



with HIV and AIDS

You must try to do these things if you are HIV positive:

- Eat fresh food like fruit and vegetables, beans, chicken and fish. Food will not cure HIV, but it can help to keep your immune system strong.
- Exercise your body. It is good to keep active and busy. You will then be more healthy, and you will not worry so much about your health.
- Stop smoking and do not drink alcohol. These things make your body weak. It is then easier for the HIV virus to get strong and for you to get AIDS earlier.
- Join a support group, or talk to a close friend or family member.
- Go to the clinic as soon as you get sick.
- Talk to your health worker about when to start anti-retroviral treatment (ART).



Stay calm and clean up carefully if a person who is HIV positive cuts themselves.

Care and support for people with HIV and

How can I support my partner or child if he or she is HIV positive?



- Be loving and caring.



- Be a good listener.



- Behave in a normal way with them.



- Always encourage them to take their medicines.

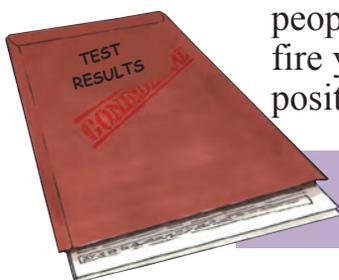
Can I work if I am HIV positive?



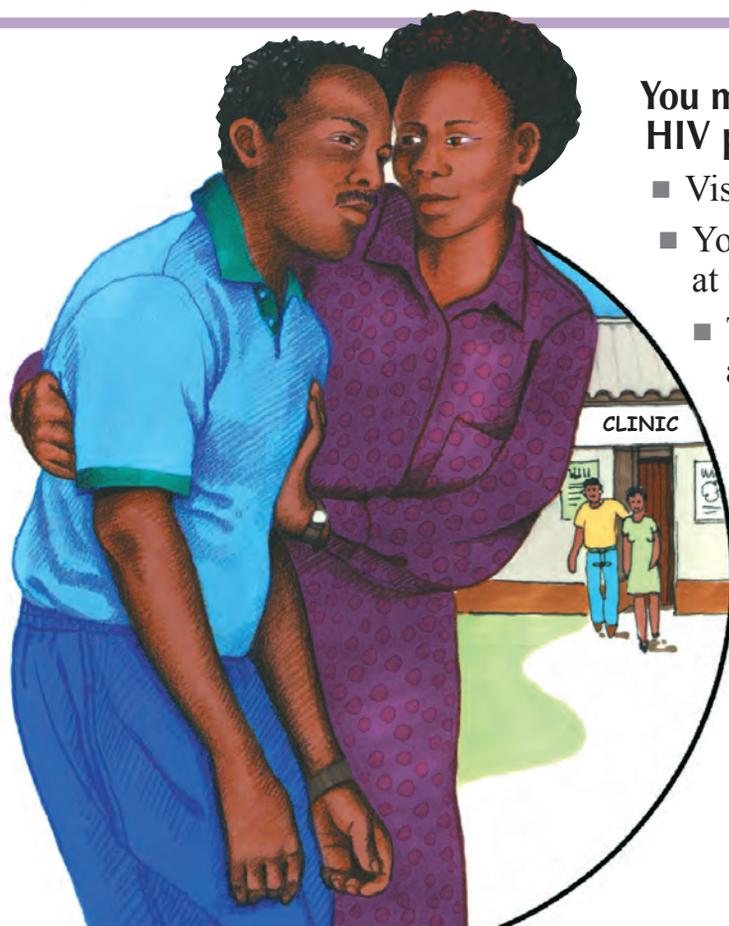
- Working is important for all people. Your employer cannot fire you because you are HIV positive.



- You must stay at work as long as possible if you are HIV positive.



You do not have to tell your employer that you are HIV positive.



You must do these things if you are HIV positive:

- Visit the clinic or hospital regularly.
- You need to go to the clinic or hospital at the first sign of any illness.
- Talk to your health worker about anti-retroviral treatment (ART). This is not a cure for AIDS, but the medicines help slow down the disease.
- There are also new medicines to help stop the spread to the baby.

- Always practise safe sex.
- Make sure your partner is having sex only with you and that you use a condom every time.



The health worker will help you prevent illnesses like TB and pneumonia.



Stop HIV spreading – join the new struggle

You can make sure you don't get HIV and AIDS:

- Have protected sex using a condom.
- Always practise safe sex.
- Have one sex partner only.
- Make sure your partner is having sex only with you.

Wrong ideas about

My friends say there is no such thing as AIDS. I have never seen anyone die from AIDS.

Hospital tests show that millions of people have the HIV virus inside their bodies. They don't look sick yet, but they will get sick in 5 to 10 years time.



Here are some more wrong ideas about HIV and AIDS:

X Many people do not believe that AIDS is real. They think it is a story to fool people, to make them use condoms or to stop having sex. This is not true.



✓ Many millions of people have the HIV virus inside them. Many thousands have already died of AIDS.



X Some people say that condoms do not give much protection against HIV and other sexually transmitted infections. This is not true.



✓ A condom gives good protection if it is used correctly.



HIV and AIDS

X Some people think that only homosexual men can get HIV and AIDS. This is not true.

✓ **Anyone can get HIV, in fact most HIV infections these days are in heterosexual men and women. Heterosexual means making love with somebody of the opposite sex. Homosexual means making love with somebody of the same sex as you.**



homosexual

- amadoda athandana namanya amadoda
- amadoda alalana namanye amadoda
- banna ba ratanang le banna ba bang
- homoseksuele

X In South Africa some people say that AIDS is only a disease of white people. Others say it is only a disease of black people. This is not true.

✓ **We have seen that AIDS is a disease that affects all races, colours, faiths and nations.**

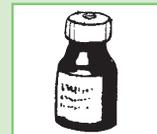


heterosexual

- ukuthandana kowesilisa nowesifazane
- ukuthandana kwendoda nomfazi
- banna ba ratanang le basadi, basadi ba ratanang le banna
- heteroseksuele

X You can't treat people who have HIV or AIDS. This is not true.

✓ **Good medical care for HIV sicknesses can do a lot to keep people well for a long time. Anti-retroviral treatment (ART) can help slow down the disease.**



X Some traditional healers, like sangomas, say they have a cure for AIDS. This is not true.

✓ **These people may be able to cure some of the infections that people get, but as far as we know nobody has found a cure for AIDS.**



traditional healers

- izinyanga nabathandazi
- amagqira
- dingaka tsa setso
- tradisionele dokters

X Some people think that HIV and AIDS can be spread in food and water, from toilets, showers, baths and pools, or from mosquitoes. They think that just touching a person who is HIV positive can give you HIV and AIDS. This is not true.

✓ **HIV can only be spread through unprotected sex and through blood. It can also spread from mother to child during pregnancy and breast feeding.**



unprotected

- ukungavikeleki
- engakhuselekanga
- esa bolokehang
- onbeskernde

List of places to

AIDS Helpline:
0800 012 322

Provincial Organisations

EASTERN CAPE

Port Elizabeth AIDS Training, Information and Counselling Centre (ATICC)
Ground Floor, Brister House
191 Govan Mbeki Street
Port Elizabeth, 6001
Tel: 041 506 1415

Umtata AIDS Training, Information and Counselling Centre (ATICC)
Room 41, 8th Floor,
Botha Sigcau Building
Cnr Leeds and Owen Streets,
Umtata, 5100
Tel: 047 531 2763

NORTH WEST

Boitumelong Clinic
927 Phuduhudu Street
Boitumelong Loc., Bloemhof
Tel: 053 433 1736

Lifeline
Mafikeng
Tel: 018 462 1234
17 Connaught Street, Golf View
Tel: 018 381 4263

Naledi Lifeskills Training and AIDS Information Centre
Stand 3770, Danville Ext.
(Opp. Mafikeng Provincial Hospital), Mmabatho
Tel: 018 383 3978

North West Region – Hospice
13 Hendrik Potgieter Street
Oudorp, Klerksdorp
Tel: 018 462 3916

LIMPOPO

Polokwane AIDS Training, Information and Counselling Centre (ATICC)
Cnr Potgieter and Diaz Streets
Polokwane, 0966
Tel: 015 290 2363

MPUMALANGA

White Rose Hospice
27 Jellicoe Street, Witbank, 1035
Tel: 013 656 6218

Witbank AIDS Training, Information and Counselling Centre (ATICC)
City Health Services,
Witbank City Council
Cnr Swartbos & Louise Roads,
Witbank, 1035
Tel: 013 690 6204

NORTHERN CAPE

Hospice Association of Kimberley
156 Du Toitspa Road, Kimberley
Tel: 053 832 2591

WESTERN CAPE

AIDS Action Group – Northern Areas
7 Meath Street, Bellville
Tel: 021 948 7699

Medicins SANS Frontiers
Town One Properties
Sulani Drive, Khayelitsha
Tel: 021 364 5490

The Pletade Foundation HIV/AIDS Forum
Simunya Centre
Cnr. Khathula Street,
PlettenbergBay
Tel: 044 533 5616

Western Cape AIDS Training, Information and Counselling Centre (ATICC)
Lady Michaelis Day Hospital
Centre, Timour Hall Road,
Plumstead, Cape Town, 7801
Tel: 021 797 3327/763 5320

GAUTENG

AIDS Training, Information and Counselling Centre (ATICC) Esselen Clinic
17 Esselen Street,
Hillbrow, Johannesburg, 2001
Tel: 011 725 6711/2/0

Pretoria AIDS Training, Information and Counselling Centre (ATICC)
Higher Ground Level H0001,
City Core, Cnr Vermeulen and Prinsloo Streets, Pretoria, 0002
Tel: 012 358 8743/4

Medico Post-exposure Prophylaxis Sites
Nthabiseng Clinic
Baragwanath Hospital, Soweto
Tel: 011 933 1206

Sinakekelwe Clinic
Natal Spruit Hospital, East Rand
Tel: 011 389 0500/0675

Skinner Street Clinic, Pretoria
Tel: 012 354 1654

Sebokeng Hospital, Vaal
Tel: 016 930 3000

KWAZULU-NATAL

Durban AIDS Training, Information and Counselling Centre (ATICC)
Tel: 031 311 3604/3632

Pietermaritzburg AIDS Training, Information and Counselling Centre (ATICC)
Tel: 033 345 0781/9

help you

Other Organisations

AIDS Consortium
Tel: 011 403 0265

Treatment Action Campaign (TAC)
Tel: 021 422 1700

AIDS Law Project
Tel: 011 356 4100

AIDS Action Plan
Tel: 012 312 0151

Black Sash
Tel: 021 461 7804

Nelson Mandela Foundation (46664)
107 Central Street
Houghton,
Johannesburg
Tel: 011 853 2621

Society for Family Health
8 Hillside Road
Metropolitan Park
Block B, 2nd Floor
Parktown, Johannesburg
Tel: 011 484 5320

Moral Regeneration Movement
Zandile Mdhladhla
Tel: 011 403 3559

Reproductive Health & HIV Research Unit (RHRU)
Hillbrow Health Precinct
Hugh Solomon Building
Esselen Street, cnr Klein Street, Hillbrow, 2001
Johannesburg
Tel: 011 358 5300

Johns Hopkins Health and Education South Africa (JHUCCP)
Block D, Equity Park
257 Brooklyn, Pretoria
Tel: 012 366 9300

LoveLife
48 Wierda Rd West
Wierda Valley, Sandton
Johannesburg
Tel: 011 523 1000

Community AIDS Response (CARE)
26 Grant Avenue
Norwood
Johannesburg
Tel: 011 728 0218

Treatment Action Campaign (TAC)
Westminster House
122 Longmarket Street
Cape Town 8001
Tel: 021 422 1700

GreaterGood South Africa Trust
Postnet Suite 293
Private Bag X16
Constantia 7848
Cape Town
Tel: 021 794 0580

Humana People to People
Zimondi Kilford
45 Barry Hertzog Drive
Florida Park, Johannesburg
Tel: 011 472 7474

Government Departments

Department of Social Development
National HIV/AIDS Co-ordinator
Tel: 012 312 7500/7546

Department of Health
Directorate: HIV/AIDS and STIs
Tel: 012 312 0121

Children's Organisations

CINDI (Children in Distress)
Tel: 033 345 7994

Child and Family Unit
Tel: 021 685 4103

Cotlands Baby Sanctuary
Tel: 011 683 7200

Child Welfare
Tel: 011 492 2888

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It is not possible, in a small booklet like this, to give you all the answers you may need. The purpose of this booklet is just to give you some ideas. You should not rely on everything that is written in this book for each and every situation. If you need more information, speak to one of the organisations on this page. Soul City and Jacana Media cannot be held responsible for any medical problems.

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Beyond HIV and AIDS there's hope.

The OneLove campaign is spreading its message of staying with one partner for the greater good of South Africans and all the people of Southern Africa. Soul City Institute of Health and Development Communication believes this is one way that HIV and AIDS can be defeated. Having multiple sexual partners increases your chances of becoming infected with HIV and hurting the ones you love. BP supports this initiative because we're committed to building a healthy, successful nation.

