



**If you are HIV positive,
get tested for TB!
If you have TB,
test for HIV as well!**

WE ARE ALL AT RISK

- Everyone has sex. You need to protect yourself and your sexual partner.

PREVENTING HIV

- Medical Male Circumcision (MMC) reduces a man's risk of getting HIV by up to 60%. Circumcisions are free and are available at many government clinics and hospitals. Ask at your clinic for your nearest MMC site.
- Circumcision only provides partial protection. You must still use a condom every time you have sex - even if you are circumcised.
- Reducing your number of sexual partners reduces your chances of getting HIV.
- Being drunk lowers your inhibitions and may increase risky sexual behaviour. Reduce your alcohol intake.
- You can have sex and not give HIV to your partner if you use a condom every time you have sex.
- Get treatment immediately for any infection or discharge in your penis, vagina or anus. Health workers are trained and are used to seeing genitals. There is nothing to be shy about.



Protect Yourself. Protect Others.

HIV TESTING

- You should receive counselling before testing. Counselling prepares you for the result, so you can think how a positive or a negative result will affect you.
- You should also receive counselling after your test.

IF YOU TEST HIV POSITIVE

- You need to start on ARVs and remain on them for life.
- You can live a full and normal life, including having a family and achieving your dreams.
- Thanks to ARVs, HIV is a chronic manageable condition like diabetes or high blood pressure (hypertension).
- Get informed. Plan your future. Speak to your health worker.

IF YOU TEST HIV NEGATIVE

- Believe you can stay negative. Protect yourself. Protect others.
- Make a plan to reduce your risk of HIV.
- If you are a man, think about being circumcised. Medical Male Circumcision (MMC) reduces a man's risk of getting HIV by up to 60%.
- Reduce your number of sexual partners.
- Use a condom every time you have sex - even if you are circumcised.
- Ask your clinic about female condoms.
- Test again in 6 months.



Community Media Trust

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ENGLISH

I'VE TESTED HIV POSITIVE

NOW WHAT?

*Let us tell you how to
live positively with HIV.*



Protect Yourself. Protect Others.

SHARE THE NEWS WITH SOMEONE

- Speak to someone you can trust. Silence about HIV may make it harder to start ARVs at the right time.
- Starting ARVs late will damage your health.
- After testing HIV positive you must get a CD4 (soldier cell) count.
- A CD4 (soldier cell) count tells you how strong your immune system is.

GET TESTED FOR TB

- TB is one of the most common infections for people living with HIV. It can be fatal.
- Early detection and treatment of TB makes it easier to cure.
- Ask for a TB test. If you have TB you must take your TB treatment every day for six months.
- Not taking your treatment every day can cause TB to come back. The pills may not work when you start again.

GET YOUR CD4 CELL COUNT

Have a CD4 count every 6 months. This counts the number of soldier cells in each drop of blood. Ask your clinic for your CD4 cell count.

- You need to start take ARVs as soon as you find out that you are HIV positive.
- You will need to keep taking ARVs for the rest of your life.
- Starting ARVs early means less side effects.
- You can live a long and healthy life.

GET YOUR VIRAL LOAD TEST

You should also have a viral load test when you test positive for HIV. This counts the HIV in each drop of blood. When you start ARVs it is also good to have a viral load test because it shows how the ARVs are working. You are entitled to a viral load count every year.

- Your viral load should be undetectable within six months of starting ARVs.
- An undetectable viral load means that the test cannot find HIV in your blood.
- An undetectable viral load does not mean you are cured of HIV. It means that the ARVs are working and your immune system is getting stronger.
- There is still HIV in your blood and you can infect others.
- Reduce your number of sexual partners and use a condom every time you have sex.



Testing is the first step to planning your future - with or without HIV.

EARLY AND EFFECTIVE TREATMENT

- If you are HIV positive you can get opportunistic infections like TB, thrush and pneumonia.
- If you are on ARVs it is less likely that you will get opportunistic infections.
- It is easier to treat any illness at the beginning when they are not so bad. If you get treated early you get better quicker.
- Early treatment of illnesses also helps you stay strong and healthy.



If you are feeling sick, don't wait! Go to the clinic and get treatment right away

NUTRITION

- Eat enough. HIV robs you of some of the food you are eating. If possible, eat a little more than you usually do.
- Eat balanced meals. A balanced meal is one that contains:
 - Protein (meat, fish, dairy, chicken, eggs)
 - Vitamins (fresh fruit and vegetables)
 - Energy (pap, rice, potatoes)



Get Tested. Get Treated.

LIVE A HEALTHY LIFE

- Exercise is important - it helps deal with stress.
- Stop smoking.
- Don't get drunk. Modest alcohol use is ok. Drinking too much is bad for your health. Drinking alcohol can make you forget to take your ARVs or TB medicine.
- Don't use narcotic substances of any kind. Street drugs like tik, crack, cocaine etc. will make you sick quickly.
- Enjoy sex with your partner, use a condom every time.
- If your partner is also HIV positive you can get infected with HIV again or with a different strain of HIV. Use a condom every time.



Start ARVs as soon as you know you are HIV positive