



TBHIVCARE

WHAT IS HIV?



WHAT IS TB?



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What is HIV?

HIV (Human Immunodeficiency Virus) is a virus that gets into the body and attacks the immune system

What is the Immune System?

The **immune system** is the system in your body that keeps you healthy by fighting germs. If the immune system is weak it is easy to become sick

What is AIDS?

If the immune system of an HIV positive person weakens, their body can get infections like pneumonia, diarrhea, meningitis or very bad thrush. **This is called AIDS (Acquired Immune Deficiency Syndrome)**

What does HIV status mean?

Your **HIV status describes whether HIV is in your body.** If the virus is in your body, your HIV status is HIV positive. If it isn't, your HIV status is HIV negative

How is HIV spread?

Sex:

The virus can be spread when a person who has the virus has unprotected sex (vaginal, oral, or anal sex) with another person

REMEMBER:
Use a condom every time you have sex.

Pregnancy and breastfeeding:

A mother who is HIV positive can pass the virus to her baby during pregnancy, while giving birth or when breastfeeding

REMEMBER:
By following a **PMTCT (prevention of mother to child transmission of HIV) programme, an HIV positive mother can give birth to an HIV negative baby. She can also keep her baby HIV negative through safe infant feeding and being on antiretroviral treatment (ART) with the support of the clinic**

Blood:

The virus can pass from the blood of one infected person to another person. This can happen when people share razor blades, toothbrushes, needles and syringes or through touching an open wound. Health workers should wear gloves and protective eye wear when handling body fluids or giving injections

REMEMBER:
Do not touch body fluids or blood without protecting your hands (gloves, plastic bag). Do not share needles, razor blades or toothbrushes

How can I protect myself from HIV?

- **Delay** having sex until you are at an age where you feel ready.
- **Reduce** your number of sexual partners or only have one.
- **Protect** yourself and your partners by using a condom every time you have sex.
- **Don't share** needles, razor blades or toothbrushes.
- **Wear gloves** when dealing with wounds.
- **Begin PrEP** (a daily pill which prevents HIV) if you are HIV negative and feel you are at high risk. (This pill is not available in most public clinics.)
- **Take PEP** (treatment which helps prevent infection if taken very soon after you come into contact with the virus) if you have had unprotected sex or been exposed to blood.

Why should I have an HIV test?

Everyone should be tested for HIV every 6 months or sooner. If you know your status you can plan for your future and protect yourself and those you love

If you are HIV positive, ongoing treatment can keep you healthy

What happens during an HIV test?



- 1 INFORMATION**
A lay counsellor will give you information about HIV
- 2 SIGN A FORM**
The lay counsellor will ask you to sign a form which says that you have agreed to be tested
- 3 PRICK YOUR FINGER**
Either a nurse or the lay counsellor will prick your finger to draw a drop of blood
- 4 TEST STRIP**
The drop of blood is put on a test strip
- 5 ASK QUESTIONS**
The lay counsellor will ask you questions to find out whether you may have TB or a sexually-transmitted infection
- 6 TEST RESULT**
After 15 minutes, the test result is known and you will be informed of your status
- 7 COUNSEL**
Whatever your status, the lay counsellor will counsel you on what your options are and help you make plans for your future

What do I need to do if I am negative?

- 1** Live as **low-risk a lifestyle** as you can and make it your goal to stay negative
- 2** **Test again** in 6 months, or sooner
- 3** **Continue to use condoms** between tests

Know your HIV status and be screened for TB and STIS

What do I need to do if I test positive?

- **You should begin ART (medication) immediately to keep you healthy.** You no longer have to wait until your CD4 count drops to begin treatment.
- **Try not to panic.** Although there is no cure, HIV is NOT a death sentence. You can still live a healthy life if you care for yourself. It is normal to feel angry, afraid, shocked or guilty, but these feelings will not last forever
- **Always use a condom** when you have sex as you can pass HIV on to others and you can be re-infected
- **Discuss your HIV status** with your sexual partners so that they can also be tested
- **Try not to hide your status.** It creates stress and that is not good for the body. The body needs its strength to fight the virus
- **You can live positively** by maintaining a healthy lifestyle, attending your clinic appointments, being screened for TB & taking medications consistently as prescribed by your doctor or nurse

Why must my partner and I wear a condom if we are both HIV positive?

There are different strains of HIV and you can be infected again with the same or different strains if you do not use a condom

Follow these simple steps to live positively!

- 1 Come to terms with your status.** There is hope. With care and treatment you can live a healthy life
- 2 If you can, tell someone you trust.** A partner, parent, brother, sister, or a good friend. The support of someone else can help you handle what you are going through.
- 3 Go to your nearest clinic.** You will get the best treatment, good information and ongoing support



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WHAT IS TB?



What is TB?

TB is tuberculosis. It is a disease that usually affects the lungs, but it can also affect other parts of the body

Can I get TB?

Anyone can get TB. Famous people like former President Nelson Mandela, and Archbishop Emeritus Desmond Tutu have also had TB, but were cured

How is TB spread?

TB is spread when small droplets of spit are coughed into the air by people who have TB, and then breathed in by people who do not have TB. People who are on effective TB treatment cannot infect others



health

Department: Health
REPUBLIC OF SOUTH AFRICA

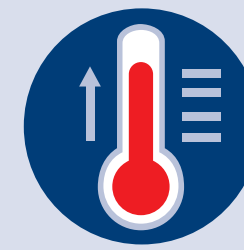
If you have any of these symptoms you need to be screened for TB



ONGOING COUGH



WEIGHT LOSS



FEVER



NIGHT SWEATS

How do you know if you have TB?

IF YOU HAVE EVEN ONE OF THESE SYMPTOMS YOU MAY HAVE TB

- Fever
- Night Sweats
- Ongoing Cough
- Unexplained Weight Loss

How can I protect myself from TB?

- 1 Eat healthy foods
- 2 Don't drink or smoke too much
- 3 If you are HIV positive, and have no symptoms of TB, ask for IPT at your clinic
- 4 Ask for a TB test if you have symptoms of TB
- 5 Open the windows and avoid overcrowded areas

How would I be tested for TB?

- 1 A nurse will ask questions about your symptoms and ask you to cough and spit in a bottle
- 2 Your sputum sample is sent to the laboratory for testing.
- 3 You will get the test results within two days
- 4 The nurse should also ask you if you wish to have an HIV test. It is important for the clinic and you to know your HIV status so that they can give you the right treatment, and so that you will be able to look after yourself

What do I do if I have a symptom of TB?

Go to your nearest clinic for a test. It is free

Can TB be cured?

Yes! TB can be cured. You must take the TB medicine exactly as the doctor, nurse or counsellor tells you

If you have TB you CAN be cured

How will I be treated for TB?

You will be given different drugs which are free of charge at government clinics and hospitals. The drugs must be taken as instructed to kill the TB germs. Your sputum will be tested several times to make sure that the medicine is working

Why must I finish my TB treatment even though I feel better?

The TB germ dies very slowly. It will take at least six months for the drugs to kill all the TB germs. After a while, you may start to feel better, but it is very important to finish the treatment. If you do not take your pills every day the germs will become active again and they may become resistant to the drugs. This is very serious because you will need stronger medicine which has to be taken for a longer period to kill the new germs

What must I do to get better from TB?

- Take your medication as the doctor, nurse or counsellor says
- Eat as much healthy food as possible
- Sleep with open windows for fresh air
- Try not to drink alcohol or smoke

What is the link between TB and HIV?

HIV weakens the immune system which means that the body is not strong enough to fight infections and to stay healthy. That is why a person who is HIV positive is more likely to get sick with TB. It is very important to be screened for TB if you are found to be HIV positive. You may be given treatment to protect you from contracting TB (isoniazid or INH preventive therapy). However, it is possible to have TB without being HIV positive, and it is possible to be HIV positive without getting sick with TB. If you are found to have TB, you can be given medication to treat and cure TB, even if you are HIV positive.

Remember: TB is curable!

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