

THE BIG

5

Working towards
an AIDS-free
generation by
2030, including a
75% reduction in
new HIV infections.

1

HIV index client testing and HIV self-testing

- Index client testing is an effective case finding strategy that targets the exposed contacts of HIV-positive people.
- Self-testing kits make it easier to know your HIV status, are easy to use and can give you results in 15 minutes.

2

Pre-exposure prophylaxis (PrEP)

- An HIV prevention medication that seeks to keep HIV-negative people from being infected with HIV.
- PrEP is highly effective as long as you take the pill every day, for as long as you want to be protected.

3

MINA - men taking responsibility

- A nationwide movement to reconstruct men's relationship with health care and to destigmatise HIV.
- The movement aims to increase the number of men accessing and being retained on life-saving treatment services.

4

DREAMS

- DREAMS stand for Determined, Resilient, Empowered, AIDS-free, Mentored and Safe.
- IT empowers adolescent girls and young women between 15 and 24 years old to develop essential skills and resources to prevent sexual violence, delay sexual debut and make healthy choices.

5

Tuberculosis (TB)

- People diagnosed with drug-sensitive TB will need to take treatment for six months. The tablets must be taken once daily from Monday to Sunday.
- If you are HIV positive you need lifelong treatment with ARV treatment, and if you also have TB, you will need TB treatment too until you are cured of TB.



Western Cape
Government

Health

