

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

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



## We are all at risk

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

## Preventing HIV

- 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.
- Never penetrate your partner's vagina or anus without using a condom.
- Get treatment immediately for any infection or discharge from your penis, vagina or anus. Health workers are trained and are used to seeing genitals. There is nothing to be shy about.

## HIV Testing Services

- 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 can live a full and normal life, including having a family and achieving your dreams.
- Thanks to ARVs, HIV is a manageable chronic condition like diabetes or high blood pressure (hypertension).
- Have a CD4 count and viral load test so you can know when to start ARVs.
- 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.
- Reduce your number of sexual partners.
- Use a condom and water-based lube every time you have sex.
- Ask your clinic about female condoms (femidoms).
- Test again in 6 months.

**Protect yourself. Protect others.**



Western Cape  
Government  
Health

Hi my name is Ntuthu.  
**I am living positively with HIV.**  
Let me tell you how.



## Living Positively with HIV

Care and support are available for those who test positive for HIV.  
Together we stand a better chance of helping you live healthier with HIV.

## 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.
- 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.

After I tested HIV positive  
I got a CD4 count.



## 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 6 months.
- Not taking your treatment every day can cause TB to come back. The pills may not work when you start again.
- If you have TB you must also start on ARVs.

## Get your CD4 count (Staging)

When you have a CD4 count it counts the number of soldier cells in each drop of blood.

### What could happen in Stage 1?

- You could feel completely healthy
- Swollen glands

### What could happen in Stage 2?

Things that are serious and usually treatable. HIV negative people can also get them.

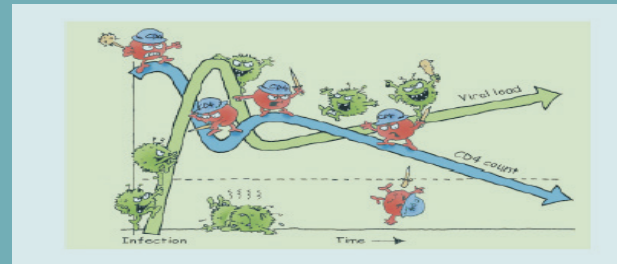
- A little weight loss
- Shingles
- Itchy skin rash (PPE = pruritic papular eruption)
- Sores on corners of mouth
- Nail infection

### What could happen in Stage 3?

- Things that are more serious but usually treatable. HIV negative people can also get them.
- A lot of weight loss
- Thrush in the mouth
- Lung infections, e.g. TB, pneumonia
- Diarrhoea for longer than one month
- High temperature for longer than a month

## Get your viral load test

- Your viral load count measures the amount of HIV in each drop of blood. Your viral load is important to measure how well you are doing on treatment.
- Your viral load should be undetectable within six months of starting ARVs.
- 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 each and every time you have sex.



## Early and effective treatment

- If you are HIV positive you can get opportunistic infections like TB, thrush and pneumonia.
- It is easier to treat any illness at the beginning when they are not so bad. If you get treated early every time you get better more quickly.
- Early treatment of illnesses also helps you stay strong and healthy.
- Reduce your stress.

## Nutrition

- Eat healthily.
- 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)

## Live a healthy life

- Exercise is important – it helps deal with stress.
- Stop smoking.
- Don't get drunk. Try to not have more than 2 drinks a day. 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 (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 the same or a different strain of HIV again. That may cause you to get sick more quickly. Use a condom every time.

## Get tested. Get treated.

You can live many years with HIV if you have a healthy lifestyle.

Be active in the fight against HIV and AIDS and enjoy a positive life!

