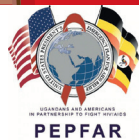




My Journey to Defeating HIV



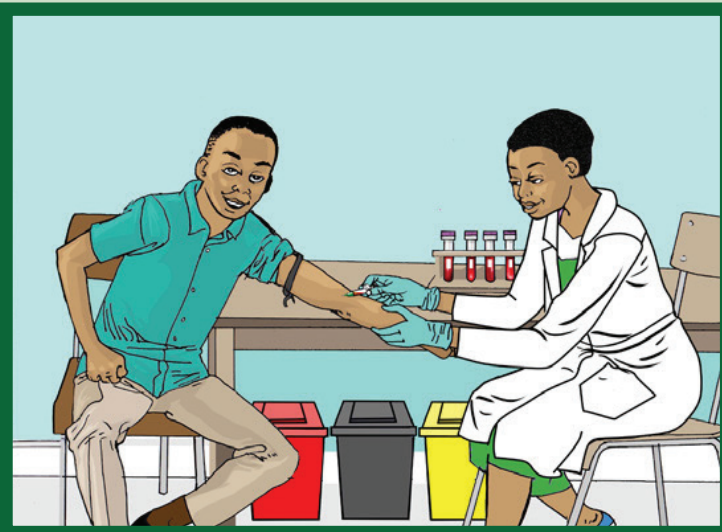
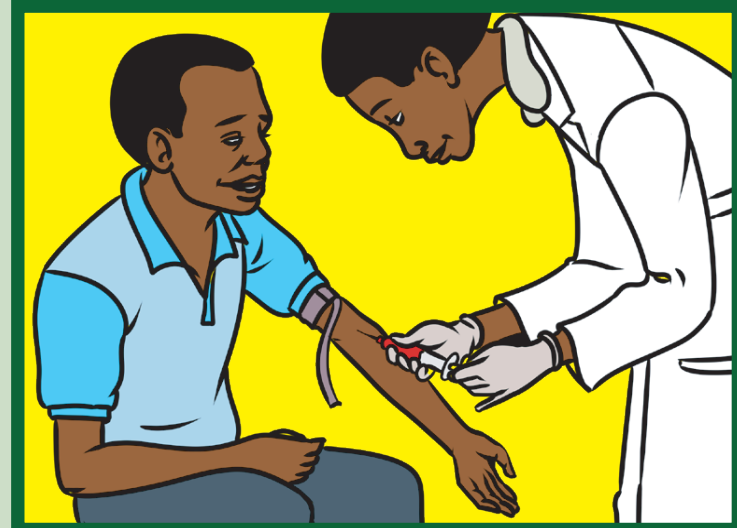
MY JOURNEY TO KNOWING MY STATUS

1



HIV Testing

- Knowing your HIV status is a critical step towards attaining a healthy life
- Testing for HIV will help you know your HIV status and obtain the support and care you need to live a healthy life.



MY JOURNEY TO COPING WITH HIV + STATUS

2



Coping with HIV status

- Now that I have tested HIV positive
- What am I going to do now?
- How will my partner, family feel or think when they get to know my HIV status.
- Will I continue working?
- Am I going to die now?



Common challenges or fears that you might face once you are tested positive include:

- Stigma (fear of being known to have HIV)
- Fear of Disclosure
- Fear of losing your job
- Fear of Violence
- Fear of death
- How do continue providing for my family.
- How do I talk to my family about my status? (Disclosure)



It is normal to have fears about your HIV status. However you can seek support on how to deal with the challenges

Some of the immediate actions you can take include:

- Talk to a friend or health worker about your fears and seek counsel.
- Ask to be initiated into care and treatment.
- Talk to the health worker about testing for TB

Benefits

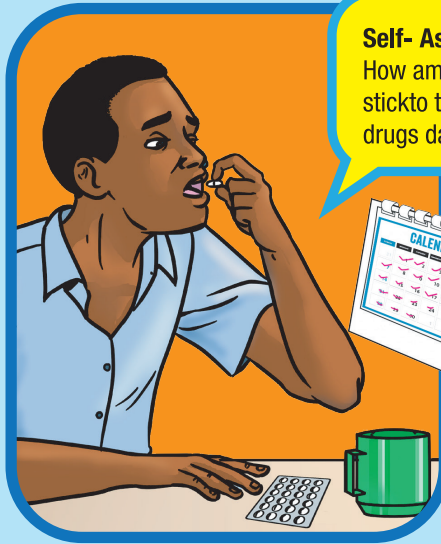
- Seeking counsel will help you to appreciate your situation and prepare you for positive living

MY JOURNEY TO ADHERENCE

3

Adherence

Starting your treatment as soon as you test HIV positive will help you to stop the HIV virus from weakening your body



Self-Assessment
How am I going to stick to taking my drugs daily.

ARVs may come with some side effects such as

- Nausea
- Bad Dreams
- Rashes
- Dizziness



These usually appear when you start treatment

Other Challenges

- Lack of transport

Some of the actions you can take include

- Ensure you take your drugs at the right time as advised by the health worker.
- Always remember to keep the appointment dates
- Avoid alcohol and drug abuse.
- Avoid multiple sexual partners.
- Ensure to have a balanced diet.
- Keep good hygiene
- Support your partner to go for an HIV test.
- Always plan ahead and save some money for the next appointment
- Talk to the health worker about the possibilities of joining groups or where you can get additional support.
- Get contacts of a health worker you trust to enable you seek support from time to time.

Benefits

- ARVs stop HIV from making more virus. This allows the HIV infected person you to become healthier.
- No opportunistic infections such as TB, Cough, skin rash among others.

MY JOURNEY TO VIRAL LOAD SUPPRESSION

4



Viral load testing

- ARVs stops HIV from making more viruses. This keeps the viruses from harming you and allow you to be healthier.
- Viral load test is used to measure how much HIV(viruses) is in your blood and to tell if ARVs are working well.

Have you had a viral load test? In six months, viral load measurements are taken to see if ARVs are working well.

High viral load count mean:

- HIV is not controlled and it is harming the body
- You could be missing doses on your treatment.
- The virus may be resistant meaning it has changed and ARVs are no longer working.

Low viral load count means: Treatment adherence is good.

- The virus has been suppressed.
- Maintain treatment plan and ensure zero missed drugs.

Talk to a health worker for support

- If the reason is missing treatment, begin to take them as advised by health worker.

Continue adherence and positive living practices



Benefits

- Having healthy children
- Being able to provide for your family
- Zero missed school
- Zero missed work
- Zero appointments

Call 0800-211-046 & 0800-100-066,
text 8080 Toll-free or
visit a health centre near you
for more information.