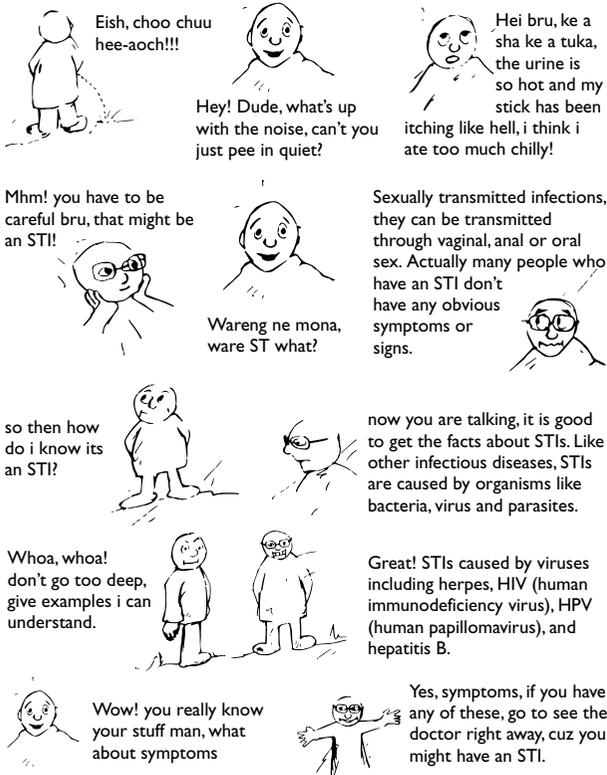


What Are STIs¹



You Might Have an STI if You Have Any of These Symptoms:

- unusual discharge from the penis, vagina, or anus
- itchiness around the genital area
- a burning sensation when passing urine
- a rash, sores, or small lumps on or around the penis, vagina, or anus
- unusual bleeding from the vagina (e.g., after sex or between periods)
- pain and swelling in the testicles
- pain during sex
- sore throat
- swollen glands, fever, and body aches
- unexplained fatigue, night sweats, and weight loss

For more information and questions concerning the contents of this brochure

Contact

Botswana HIV-MARPs Project

Tel: +267- 3188135

In Tlokweng, please contact:

Nkaikela Youth Group Tel: 267- 3911029

In Gaborone, please contact:

Botswana Council of Churches Tel: 267- 3170432

In Selibe-Phikwe, please contact:

Silence Kills Support Group Tel: 267- 2622317

In Francistown, please contact:

Matshelo Community Development Association Tel: 267- 2410295

True Men Trust Tel: 267- 2415529

In Kasane, please contact:

Tebelopele Tel: 267- 6250488

BOFWA Tel: 267- 6252253

These materials have been cleared by the National Clearing House Committee

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Promoting Health and Reducing Risk of HIV Infection

Botswana HIV-MARPs Project



USAID
FROM THE AMERICAN PEOPLE



BATSWANA AND AMERICANS
IN PARTNERSHIP TO FIGHT HIV/AIDS

¹ The STI information has been excerpted from <http://www.sti.health.gov.au/internet/sti/publishing.nsf/content/resources4>.

Gender-based Violence and Rape

Know your rights!

- Any form of violence is unacceptable, whether from a client, intimate partner, or anyone else.
- Payment by a client does not give them the license to abuse you. You deserve respect and fair treatment like anyone else.
- All People have a right to be free from inhumane and degrading treatment, including the right to be treated properly when reporting cases of sexual violence to the police, and fair and equal treatment when they go to the clinic.



If You Have Been Raped or Are a Survivor of Violence

- Do not take a bath.
- Report the matter to the police immediately or contact any of the numbers listed on back panel for help.
- Go to the nearest health facility where you will be counselled and tested for HIV and given post-exposure prophylaxis (drugs that can prevent you from getting infected with HIV and other STIs if you are negative).
- If you are HIV positive, you will be given supportive counselling and referral for antiretrovirals (ARVs).
- The health facility will also give you drugs to prevent pregnancy if you are not pregnant.

Correct and Consistent Condom Use



Eitah dah! Yes you! I am talking to you.

Do you really really want to protect yourself against HIV & AIDS?

For real? Then I have good news for you. I, Mr. Condom, can protect you from getting HIV or an STI infection. I do that by preventing... contain HIV such as semen... There is a catch though: to get these, you gotta use me correctly. I will show you how, but before that there are two things to remember:

1. Always carry me around with you, so that if you need me I will be available.
2. Please do not use more than one of me at the same time.

How to Use a Male Condom



Check the condom's expiry date.



Open condom carefully so that the condom does not tear. Do not unroll the condom before putting it on the penis.



Squeeze the tip of the condom and leave a small empty space at the top for semen.



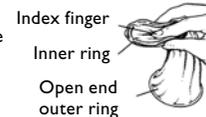
Put the condom on the penis and unroll until it covers the entire penis.



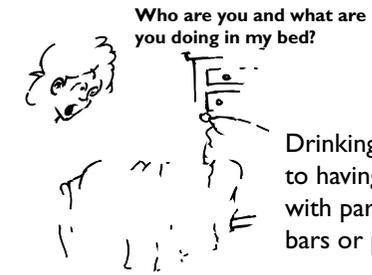
After ejaculating, hold the base of the penis and withdraw the penis before erection is lost. Remove the condom and dispose it in a safe place.

How to Use a Female Condom

- Check the condom's expiry date and make sure the wrapping is not damaged.
- Open the female condom package carefully; do not use scissors or a knife to open it.
- The outer ring should cover the area around the opening of the vagina. The inner ring is used for insertion and to help hold the sheath in place during sex.
- While holding the condom at the closed end, grasp the flexible inner ring and squeeze it to make the inner ring long and narrow.
- Choose a position that is comfortable for insertion (you can squat and raise one leg, or sit, or lie down).
- Gently insert the ring into the vagina.
- Place the index finger on the inside of the condom and push the inner ring up. The outer ring should remain on the outside of the vagina.
- To remove the female condom, twist the outer ring and gently pull the condom out. Wrap it in paper or tissue and throw it away.



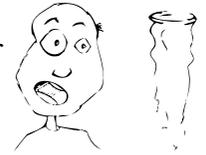
Alcohol and Unprotected Sex



Drinking alcohol can lead to having unprotected sex with partners you meet at bars or parties.

Alcohol can affect your judgment:

- you may forget to use condoms or use them incorrectly
- alcohol makes you less aware of your surroundings, limits your ability to defend yourself, and can make you more vulnerable to rape.



If you are HIV positive, alcohol can reduce the effectiveness of antiretroviral drugs ARVs, and increase the chances of illness and drug resistance.

Strategies to Reduce Risk

- Know your limit and when to say NO and stop drinking before alcohol impairs your judgment.
- Drinking less alcohol or stop drinking altogether can improve your health.
- Do not drink alcohol on the job.
- Understand the risks associated with drinking alcohol and HIV infection.