

I'm **HIV** positive,  
my baby is **HIV** negative



What next?...



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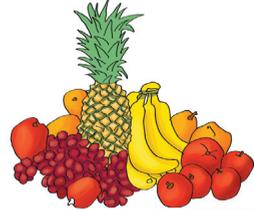
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Communications Support for Health

## Feeding

1. Breastfeed exclusively for 6 months. Do not give your baby any other food, water, glucose, gripe water, other liquids, semi solid or solids unless prescribed by your doctor.



2. At six months, start giving your baby other foods which are rich in nutrients and continue breast feeding up to at least 12 months since the mother is HIV positive.



1. Give your baby HIV prevention medicine everyday as instructed by the health worker. Discontinue giving medicine one week after stopping breastfeeding.



2. Take your baby for HIV testing at 6 weeks, 6 months, 1 year, and 1 year 6 months. All testing times are important.



3. Vaccinate your baby according to the regular schedule.



## Support

1. Discuss all your health plans such as family planning, nutrition and post natal care for you and your baby with your family so that you can receive the support you need.



think talk act

# Be a **SAFE** LOVER!

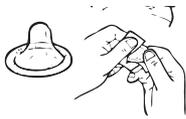
Use **condoms** to protect yourself  
...and your partner from **HIV!**



## How do **condoms** protect you from **HIV** and **pregnancy**?

- Condoms prevent the exchange of body fluids during sex.
- Body fluids such as blood, semen, and vaginal fluids carry HIV.
- Condom use prevents both HIV infection and pregnancy.

## How to **use a condom correctly**:



- 1.** Decide to use condoms with your partner.
- 2.** Carefully open the package so the condom does not tear. Do not use teeth, nails, or sharp objects to open the package because this may rip the condom.

- 3.** Place the condom on the erect penis before intimate contact. Hold the tip of the condom to allow room for semen.



- 4.** With the other hand, unroll the condom over the erect penis right down to the base.

- 5.** After ejaculation, hold the condom at the base of the penis and pull out of your partner before your penis becomes soft. Slide the condom off your penis without spilling any semen.



- 6.** Tie a knot at the top of the condom. Dispose of the used condom immediately into a trash container or pit latrine.

## Condom Tips:

- Check the expiration date on the condom package before use.
- Store condoms in a cool, dry place.
- Do not reuse a condom. Use a new condom every time you have sex.
- Only use one condom for every sexual act.
- If extra lubrication is desired, only use water-based lubricants such as K-Y Jelly found in pharmacies and supermarkets. Never use Vaseline, lotion, or other oil-based products as this may cause the condom to break.

think talk act

She's **not afraid**  
to **talk** about  
**condoms**  
are **you?**



Have you thought about **HIV?**



think **talk** **act**



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Are you  
**man**  
enough?

# Be a **SAFE** LOVER!



think talk act



# How do condoms protect you from HIV and PREGNANCY?

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Body fluids such as blood, semen, and vaginal fluids can carry HIV from one person to another.

Only condom can protect you from HIV and pregnancy at the same time.

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- If you have never used a condom, practice in privacy to reduce anxiety, nervousness, or shyness.

### Thinking Tips:

- How do you talk to your partner about condom use?
- Who should carry condoms?
- Practice makes perfect: who can do the best condom demonstration?

Use condoms to protect yourself and your partner from HIV!



think talk act



When I use  
condoms,  
I feel...  
protected



Be a **SAFE**  
**LOVER!**



think talk act



# Are you a **SAFE LOVER?**



## What are **multiple** and **concurrent sexual partnerships?**

- Multiple and concurrent sexual partnerships, known as MCP, refers to when a person (male or female) has more than one regular sexual partner at the same time.

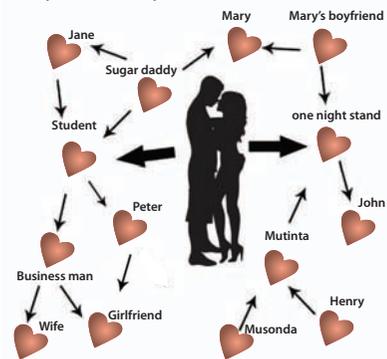
## Why is **MCP dangerous?**

- MCP is dangerous because it increases your chances of getting infected with HIV.
- Every person you have sex with may infect you with HIV.
- You may unknowingly be connected to a large sexual network.

## What is a **sexual network?**

- A sexual network is a chain or web of people who are having sex with each other.
- Your sexual network includes you, your sexual partners, their other sexual partners, and so on.
- Whenever one person in the network gets HIV, it spreads quickly to everyone in the network who is having unprotected sex.
- The more people you are having sex with, the larger your sexual network and the higher your risk of getting HIV.

### Do you know your **sexual network?**



## How to avoid **HIV infection** in a **sexual network**:

- Use condoms with every sexual partner
- Know your HIV status and you partners' too

## Things to **think about**:

- Even having one extra partner who is unfaithful to you can put you at high risk of HIV.
- Trusting your partner is not enough to protect you from HIV.

# How **many sexual partners** do you have?



Have you thought about **HIV?**



**think talk act**



Ministry of Health



National HIV/AIDS Council



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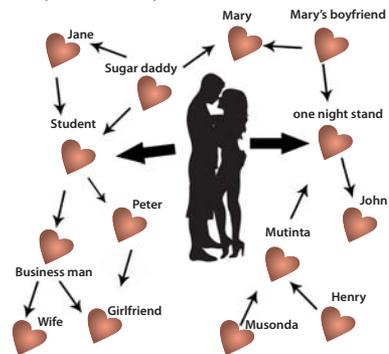
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# How **many sexual partners** do you have?



The Wife



Workmate



Party Freak

## Have you thought about **HIV**?



think talk act



Ministry of Health



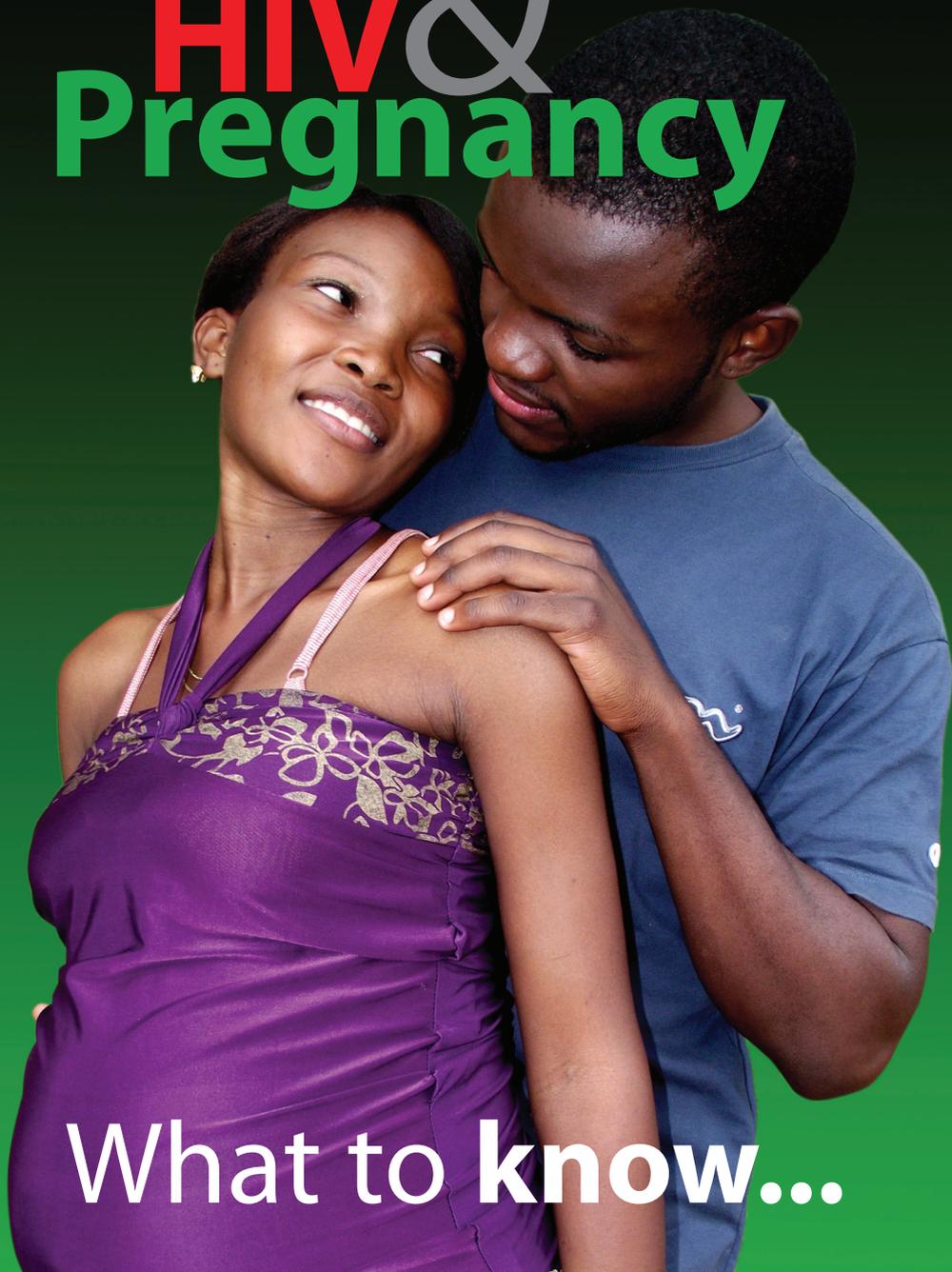
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# HIV & Pregnancy



What to know...



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## Before Pregnancy

1. Plan your pregnancy carefully. Go for HIV testing with your partner before getting pregnant and use family planning. If you desire to get pregnant seek medical counseling.



2. If you or your partner are HIV positive, seek medical counseling to make sure you get pregnant safely.

## During Pregnancy

3. Go to antenatal care with your partner as soon as you know you are pregnant. Prepare a birth plan (where to deliver, how to get there).



4. With your partner, go for an HIV test and learn your results.



5. Seek advice from a healthcare provider on how to have a baby born free of HIV. If you are HIV negative, talk to your health care provider about how to stay negative.



6. Prepare for birth, take your medicine as instructed and deliver in a health facility.



## After Delivery

7. Breastfeed your baby exclusively for 6 months. Do not give your baby anything but breast milk.



8. Give your baby his or her daily HIV prevention medication and take him or her to all follow up visits at the health facility.

9. Take your HIV medicine, if prescribed, and follow all other instructions given to you by your healthcare provider.



10. Talk to your healthcare provider about family planning options.



think talk act

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Use condoms to protect yourself and your partner from HIV!



think talk act

When I use  
condoms,  
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# Be a SAFE LOVER!



think talk act



# Are you a **safe** lover ?

Question	Yes	No
1. Are you having sex with more than one person?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you use a condom every time you have sex?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you know your HIV status?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you know the HIV status of each person you have sex with?	<input type="checkbox"/>	<input type="checkbox"/>

Think about **HIV**



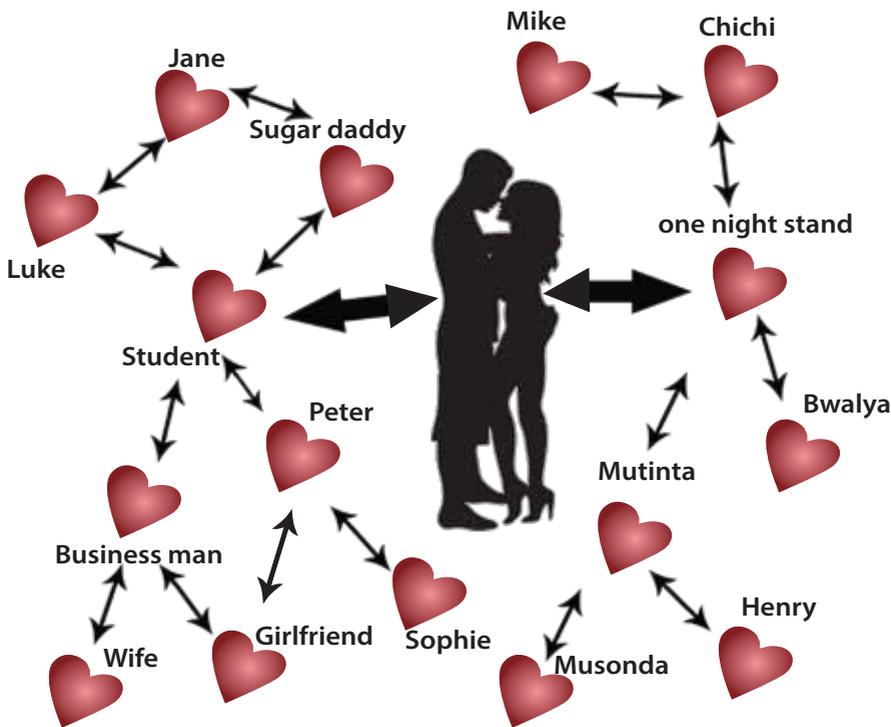
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# Are you a **SAFE** lover?



**If just one of these people has HIV,  
everyone is at risk!**



think talk act



## Why is it dangerous to have many sexual partners?

- Having multiple sexual partners is dangerous because it increases your chances of getting infected with HIV.
- Every person you have sex with may infect you with HIV.
- You may unknowingly be connected to a large sexual network if the person(s) you are having sex with is also having sex with others.

## What is a sexual network?

- A sexual network is a chain or web of people who are having sex with each other.
- Your sexual network includes you, your sexual partners, their other sexual partners, who also have other sexual partners, and so on.
- Whenever one person in the network gets HIV, it spreads quickly to everyone in the network who is having unprotected sex.
- The more people you are having sex with, the larger your sexual network and the higher your risk of getting HIV.

## How to avoid HIV infection in a sexual network:

- Use condoms with every sexual partner.
- Know your HIV status and you partner's too.

## Things to think about:

- Even having one extra partner who is unfaithful to you can put you at high risk of HIV.
- Trusting your partner is not enough to protect you from HIV.
- Do you know your sexual network?
- Having more than one partner means you have less time, energy, and money to spend on each partner, or your family.



think talk act



## Your results: the possibilities



### Both of you are negative

- ♥ Plan how you and your partner will maintain your HIV negative status.
- ♥ Go back for another test after 3 months to confirm your status. You may test HIV negative when you are still in the window period.
- ♥ The window period is a time ranging from 3-12 weeks after a person has been exposed to HIV. During this time the HIV test cannot yet detect if you are HIV positive.



### Both of you are positive

- ♥ It is still possible to lead a healthy life when you are HIV positive. You can do this by using condoms whenever you have sex with your partner to prevent possible reinfection and mixing of different HIV types.
- ♥ If you choose to have sex with anybody else besides your partner, you must also use a condom to prevent them from getting infected with HIV.



### One of you is positive and the other negative

- ♥ This is known as discordance. Discordant couples can still have healthy and happy lives together. Ask the counsellor for specific tips on how you and your partner can remain healthy.
- ♥ Using condoms during sex will play an important role to prevent the person who is negative from becoming HIV positive. Remember that if your partner is found positive, this does not automatically mean they have been unfaithful.

HIV testing is available at your nearest government clinic or any other HIV testing centre.

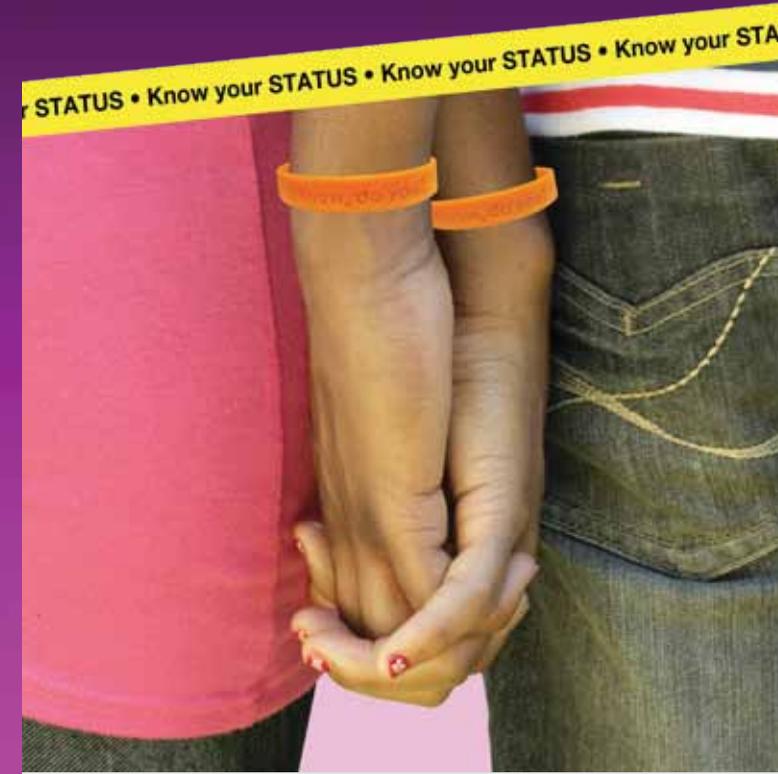


# think talk act



...is going for

# HIV TESTING together



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# How to take an HIV test

The only way to know your HIV status is to go for HIV testing, also known as Voluntary Counseling and Testing (VCT). The test is a simple process and takes about 30 minutes. If you are in a sexual relationship, you are advised to go with your partner. This will allow the two of you to plan a healthy future together whatever your results may be.

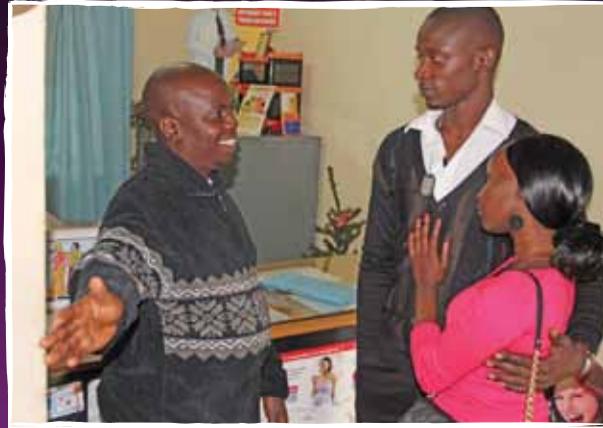
If you are not comfortable going with your partner, go for testing on your own or with a friend. Knowing your HIV status will give you peace of mind. Why waste time worrying and not knowing your HIV status?

## 1. Talk and Plan



Talk to your partner about going for HIV testing. This should be part of your regular health plan, just like checking your blood pressure and testing your eye sight. Select which health centre to go to for testing. HIV testing is free in all government health institutions.

## 2. Go to the testing site



When you or you and your partner arrive at the health centre, a professional counselor will take you to a private room for a private discussion called counseling. Your discussion will not be shared with or listened to by anybody else.

## 3. Get pre-counseling

The counselor will begin with a pre-testing counseling session. During this session, the counselor will explain the testing process to you and answer any questions, worries or doubts that you and your partner may have. You are free to share any information and ask any questions to the counselor, he or she is there to help you.



## 4. Take the test

The testing will take place either in the same room used for counseling, or possibly in another room specifically used for testing. To test you for HIV, the counselor will prick your finger with a small needle to collect a very small blood sample. The blood sample will then be placed on a piece of testing paper. The chemicals on the paper will react with your blood and determine whether you are HIV positive or negative. The results will be ready within 2 minutes of the test.

## 5. Get your results



The counselor will discuss with you and your partner the meaning of positive and negative test results. The counselor will then give both of you your results. If you test positive, the counselor will advise you on how to access treatment. If you test negative, the counselor will advise you on how to maintain your status. Again at this point, you are free to ask the counselor any questions you or your partner may have.

**Remember Safe Love  
is the best Love !**

