

# COMMUNITY HEALTH INFORMATION CARDS



EDUCATING EACH OTHER ON HEALTHY LIVING



## Community Health Information Cards can help Neighborhood Health Committees (NHCs) to:

- Share health information with the community
- Think about and discuss important health issues with the community, why they happen, and what the community can do about them
- Encourage community members to plan, carry out, monitor and evaluate action plans that try to solve health issues using existing resources
- Help refer community members to appropriate resources such as health workers and health care facilities

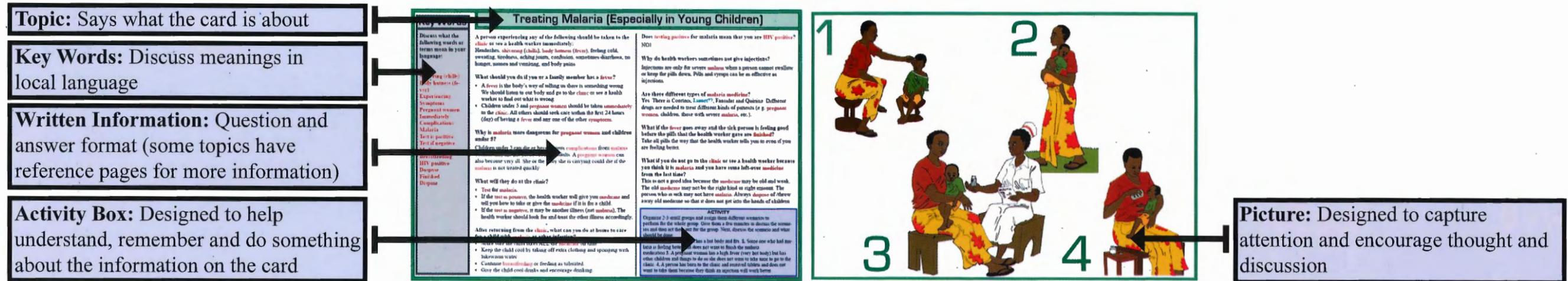
## How to lead successful discussions using Community Health Information Cards:

### Before a Discussion

- Read and become familiar with the information on the cards.
- Ask a health worker for help with understanding any difficult or unclear information or to explain difficult topics to the community.

**Health Issues:**

- **Red: HIV and AIDS**
- **Orange: Reproductive Health**
- **Blue: Child Health**
- **Purple: Community Concerns**
- **Green: Malaria**



### During a Discussion

- Remind everyone to listen quietly and respectfully, give everyone a chance to speak, and avoid interrupting others.
- Make all participants feel comfortable to express their opinions and ask questions.
- Help participants understand that the goal is not to be right but to try to understand the topic and one another's views on it.
- Remain neutral and help keep the discussion going without forcing your own views on others.
- Try to ensure that everyone has a chance to be heard and that no one dominates. Encourage quieter people to contribute, but do not force them.
- Explain the health issue and get community members interested in and excited about doing something individually and together that helps solve the problem.
- Ask the community questions based on the information in the cards. Correct any misinformation gently without embarrassing the person who has answered incorrectly.
- Keep track of important points and summarize from time to time.
- Bring the group back to the key topic if discussion goes off course.
- If someone asks a question you cannot answer, tell them you will ask a health worker and get back to them or invite a health worker to discuss the topic.
- Do not use too many cards or provide too much information at one time as this can make it hard for community members to understand and remember the information.

### At the End of a Discussion

- Ask participants to summarize key information and discussion points. Add any information they missed.
- Refer participants to health workers or health care facilities for more information, assistance and services.
- Thank participants for coming, listening carefully, and being willing to share their views.

## Key Words

Discuss what the following words or terms mean in your language:

Virus  
Soldier cells  
Illness  
HIV positive  
Healthy  
Cure  
Stay well  
Unprotected sex  
Condom  
Voluntary  
Counselling and Testing  
Counsellor  
HIV status  
HIV negative  
Immune system  
Diseases

# What is HIV and AIDS? Why is VCT Important?

## What is HIV (Human Immunodeficiency Virus)?

- A **virus** that attacks and kills your body's **soldier cells** (CD4) that help you fight **illness**
- Makes it difficult for your body to fight **illness**
- You get sick more often

## What does **HIV positive** mean?

- When someone has HIV in their blood, they are said to be **HIV positive**
- Does NOT necessarily mean you have AIDS
- To stay **healthy** you must take special care of yourself
- Take care not to infect others with HIV
- There is no **cure** for HIV, but special medication can help you **stay well**

## How do you get HIV?

- Most often by having **unprotected sex** (sex without a **condom**) with an **HIV positive** person
- Direct contact with infected blood (by using unclean sharp items like needles, blades or knives)
- Mother to baby during pregnancy, birth or breastfeeding

## How can you tell if you or someone else is **HIV positive**?

- You cannot tell by looking
- The only way to know is to get tested for HIV or if someone tells you that they are **HIV positive**

## What is **VCT (Voluntary Counselling and Testing)**?

- A VCT centre is a place where people can go to find out more information about HIV from trained **counsellors**
- A person can choose to be tested for HIV and get the results from the **counsellor** as well
- Everything that you and the health worker talk about will be kept just between the two of you
- The HIV test is a blood test

## Why is **VCT** important?

- Anyone could be **HIV positive**
- If you are **HIV positive**, you can take steps to **stay well**
- Knowing your **HIV status** and your partner's **HIV status** can make you more comfortable together (you can ask your partner to be tested with you – just because one of you tests **HIV positive**, it does not necessarily mean that you are both **HIV positive**)
- If you are **HIV negative**, you can learn how to stay **HIV negative**

## What are some reasons that people get tested for HIV?

- Getting married
- Feeling unwell more than usual
- Planning to get pregnant or already pregnant
- Multiple (more than one) sexual partners
- Worried about partner's sexual behavior
- Cut or poked with a used needle, razor, or other sharp object
- Just to know, and have peace of mind

## What is AIDS (Acquired Immunodeficiency Syndrome)?

- HIV has weakened your **immune system** (body's army against sickness) by destroying almost all of your CD4 (**soldier**) **cells**
- Your body can no longer keep you safe from **diseases**
- You are more likely to get sick
- It is harder to get well when sick

### ACTIVITY

Ask the group to answer the following questions:

- What concerns do people have about going for VCT? Has anyone ever gone for VCT? How was it?
- Where is the closest VCT centre or health facility?

Stand up if:

- You know someone who has HIV or AIDS
- You are caring for children in your home who are not your own
- You have friends or family that have died of AIDS-related illnesses
- You know your own HIV status



1 Meet



2 Test

3 Results

## Key Words

Discuss what the following words or terms mean in your language:

Abstinence  
Transmit  
Counselling  
Condom  
Erect  
Ejaculation  
Expiry date  
Sexually Transmitted Infections (STIs)  
HIV positive  
Virgin  
Defilement

# Preventing Sexual Transmission of HIV

## What are the people in the picture doing?

The people in the picture are buying male or female condoms to protect themselves and their partners from getting HIV.

## What is **abstinence**?

- Not having any sex
- The only 100 percent way to **NOT** get sexually **transmitted** HIV
- Waiting to have sex until you are older or married

## How can you show love to your partner if you are **abstinent**?

- Hugging, kissing, and touching do **NOT** **transmit** HIV
- Talking and enjoying each other's company
- Going for walks or outings together

## What other ways can you protect yourself from HIV?

- Have only one sexual partner at a time who is only having sex with you
- Go together with your partner for HIV **counselling** and testing before having sex
- Use male or female **condoms** correctly and every time you have sex
- Put **condom** on before penis (male **private part**) touches vagina (female **private part**)

## How do you use a male **condom**? (Demonstrate if possible.)

- Pinch the tip of the **condom**
- Place the **condom** on the tip of the **erect** penis, unroll over it
- After **ejaculation**, hold **condom** and remove penis from vagina

## How do you use a female **condom**? (Demonstrate if possible.)

- Squeeze inner ring at the closed end
- Gently insert the inner ring into the vagina
- Outer ring stays outside of the vagina
- Make sure penis goes inside the **condom**
- After sex, twist the outer ring and pull out gently

## Where can you get **condoms**?

- Health facilities, pharmacies and some shops

## For both male and female **condoms**:

- Use a new **condom** every time you have sex
- Check the **condom** packet for **expiry date**
- If it is past the **expiry date** do not buy or use the **condom** because it may no longer protect you from HIV and other **Sexually Transmitted Infections (STIs)**
- Be careful when opening packet to not tear the **condom**
- Do not store **condoms** with pins, needles or objects that might make a hole in the **condom**
- Tie and throw a used **condom** away in a toilet, pit latrine or trash pit away from children

## Do I have to use **condoms** if both me and my partner are **HIV positive**?

- YES! **Condoms** can prevent HIV re-infection
- There are many types of HIV and the type you have may be different from the type your partner has (re-infection with a different type of HIV can mean that HIV medicines will not work)

## Does having sex with a **virgin**, young girl or boy, or infant cure HIV?

- **NO!**
- If you have HIV and have sex with a younger person or **virgin**, it does not cure your HIV and can risk making the younger person sick with HIV.
- Sex with a young girl or boy is considered **defilement** and there are serious negative legal, social, emotional and even physical consequences.

### ACTIVITY

Role-play in small groups talking about abstinence, going for testing, and using condoms with partner.

# *female condoms*



# *male condoms*

## Key Words

Discuss what the following words or terms mean in your language:

Transmission  
HIV positive  
Pregnant  
Breastfeeding  
Treatment  
Unborn baby  
Prevention  
Health worker  
Support group  
Variety  
Chlorinated  
Condom  
Re-infection  
Illnesses  
Infections  
Antenatal care  
Labour  
Delivery  
Trained birth attendant  
Cracked nipples  
Swollen  
Breasts  
Recover

# Preventing Mother to Child Transmission of HIV (PMTCT)

## What is Mother to Child **Transmission** of HIV?

- HIV can be passed from an **HIV positive** mother to her baby when she is **pregnant**, during childbirth or when **breastfeeding**.
- This is called mother to child **transmission**.

## Are all babies born **HIV positive** if their mother or father is **HIV positive**?

- No!
- Without **treatment** or knowledge there is a 40 percent chance that an **HIV positive** mother will pass HIV to her baby.

## How can you protect your **unborn baby** from HIV?

- There are many things that can help keep the baby safe from HIV.
- First, the mother and father should be tested for HIV before getting **pregnant** so they can know if they need to take steps to protect their **unborn baby** from HIV.
- **Prevention** of Mother to Child **Transmission** (PMTCT) services can reduce the chance of **HIV positive pregnant** women and new mothers passing the virus on to their children.
- Only 5 percent of **HIV positive pregnant** women and new mothers who access PMTCT services pass HIV to their babies.

## What if you are **HIV positive** and you want to have children?

- Access PMTCT services at the health facility
- Talk to a **health worker** as he or she will be able to give you advice about how to lower the chance of passing HIV on to your child
- Join or start a **support group** for **HIV positive pregnant** women

## Before and during **pregnancy**:

- Talk to a **health worker** about ways to lower the chance that your baby will be **HIV positive**
- Try to be healthy by eating a **variety** of foods and drinking boiled and cooled or **chlorinated** water
- Use a **condom** every time you have sex to **prevent re-infection** with the HIV virus
- Get treatment for any **illnesses** or **infections**
- Go to the health facility once a month or as advised by a **health worker** for **antenatal care**
- Take medications (ARVs) given by the **health worker**
- Make sure that the health worker providing **antenatal care** knows that you are **HIV positive**
- Carefully plan your birth

## During **labour** and **delivery**:

- Give birth at a health facility if possible
- If you give birth at home, make sure that you have a **trained birth attendant** who knows that you are **HIV positive**
- If mother has been given any medicines to take during **labour**, be sure that someone helping with **labour** knows and makes sure she takes them

## After birth and during **breastfeeding**:

- Take the newborn baby to a health facility within 3 days of birth for nevirapine syrup (if this has not already been given)
- Talk to a **health worker** about **breastfeeding** without giving any other food or drinks for the first 6 months
- Talk to **health worker** about **cracked nipples**, **swollen** or **infected breasts**, or if the child has an **infection** in the mouth
- Space your children's births at least 3 years apart so that your body has time to **recover**

### ACTIVITY

Ask the group to answer the following questions:

- What is happening in the pictures on the card?



## Key Words

Discuss what the following words or terms mean in your language:

HIV positive  
Respected  
Brave  
Smart  
Care  
Support  
Judging  
Active  
Acceptance  
Isolated  
Encourage  
Trust  
Affected  
Infected  
Normal  
Stay well  
Caregivers  
Productive  
HIV negative

# Care and Support for People Living with HIV and AIDS

A person who has been tested and knows that they are **HIV positive** should be **respected** because they are **brave** and **smart** to find out their status, and now they can protect themselves and the ones they love.

How can you help to **care** for and **support** people living with HIV and AIDS and their families?

- Listen without **judging** if someone wants to talk
- Include the family and/or the person with HIV and AIDS in activities (Remember: **HIV positive** people can live long and **active** lives)
- **Acceptance** and friendship keep people from feeling **isolated**
- **Encourage** them to tell people they **trust** or who need to know that they are **HIV positive**
- Help improve their diets using local food
- Make sure they drink water that has been boiled or treated with *clorin*
- Visit them so that they feel like they are still a part of the community
- Help them access medical supplies and health care services

As a person with HIV becomes sick they will also need help:

- Cleaning their homes and surroundings
- Bathing
- Cooking and producing food
- Taking **care** of children
- Other things they are no longer able to do on their own

Who can provide **care** and **support**?

- Every person in the community

What are the benefits of **caring** and **supporting** people living with HIV and AIDS and their families?

- Almost everyone in Zambia is either **affected** or **infected** by HIV and AIDS
- **Acceptance** is the first step to stopping HIV from spreading to more people
- Helps people who have HIV live more **normal** lives
- **Encourages HIV positive** people to take **care** of themselves so they **stay well** longer
- Improves the lives of the family with a person who has HIV
- Helps everyone in the community understand how HIV can and cannot be passed on
- Protects other people from getting HIV
- **Encourages** people to be tested for HIV because they will not be as afraid and can take **care** of themselves and not spread HIV if they are **HIV positive**
- Ensures that people living with HIV and AIDS and their **caregivers** can continue as **productive** members of the community
- Reduces fear and **isolation** of people with HIV and AIDS and their families

What if I am **HIV negative**?

- You will **NOT** get sick with HIV by talking to, hugging, laughing with, shaking hands with, touching or having mosquito bites around a person who is **HIV positive** (mosquito bites cannot spread HIV)

### ACTIVITY

Form a committee and ask it to answer the following questions:

- Are there any people in our community who are infected or affected by HIV and need help? Who are they?
- Are we helping them? How can we help them?
- Do they seem like they do not want help? Why? Are they afraid? Are we afraid?
- How can they ask for help if they need it?



# *Form support groups*

*Help  
those  
in need*



## Key Words

Discuss what the following words or terms mean in your language:

Stigma  
Treatment  
Unwanted  
Silence  
Rejection  
Isolation  
Fear  
Ignorance  
Transmitted  
Prejudice  
Shame  
Unfaithful  
Blame  
Assume  
HIV positive  
HIV status  
Speaking openly  
Sicker quicker  
Infect  
Feelings  
Depression  
Worthlessness  
Suicide  
Discrimination  
Unjust  
Hiding  
Avoiding  
Denial  
Violence  
Resources

# Ending HIV and AIDS Stigma and Discrimination

## What is **stigma**?

- **Treating** people differently
- Grouping someone as **unwanted**
- Negative thoughts towards someone
- Talking about people behind their backs
- **Silence**
- **Rejection**
- **Isolation**

## Why are people living with HIV and AIDS **stigmatised**?

- **Fear**: HIV and AIDS can make you very sick and die and people are scared of getting it
- **Ignorance**: People do not know enough about HIV and how it is **transmitted** (**ignorance** leads to **fear**)
- **Prejudice**: HIV is often linked with so-called “**shameful**” behaviour (e.g. having many sexual partners, drug use, men having sex with men, etc.)
- **Blame**: Since HIV is sexually **transmitted**, people might **assume** that an **HIV positive** person has had many sexual partners and **blame** their behaviour for their condition, when, in fact, this may have nothing to do with how they got HIV

## What does **stigma** cause?

- Prevents people going to find out their **HIV status**
- If people are **HIV positive** and do not know it, they may pass HIV to more people without knowing it
- Prevents people who know they have HIV from **speaking openly**
- Prevents **HIV positive** people from going to health facilities for **treatment** (this may cause them to get **sicker quicker** or **infect** other people with HIV)
- **Shame** for the person being **stigmatised** and their family
- **Feelings** of sadness, **rejection**, **depression**, and **worthlessness**
- **Suicide**, or thoughts of wanting to hurt others
- Reduces the ability of the community and/or individuals to effectively deal with HIV

## What is **discrimination**?

**Discrimination** is unfair or **unjust** treatment towards a person because, for instance, they are **HIV positive**.

## What are some examples of **discrimination**?

- Giving **HIV positive** people different cups, spoons, and plates to eat from
- **Hiding** a family member who is sick because of **fear** of what others may think
- **Avoiding** or **rejecting** a friend or family member who has HIV
- Refusing employment because someone has HIV
- Dismissing an employee because of their **HIV status**
- Separating **HIV positive** children in schools
- **Denial** of the right to marry
- **Violence** and unkind words
- **Isolating** and not allowing someone to use **resources** like water

## ACTIVITY

Ask the group to answer the following questions:

- Does this happen here? If yes why? If no why not?
- Can we keep it from happening? How?
- If we see this happening what can we do to stop it?

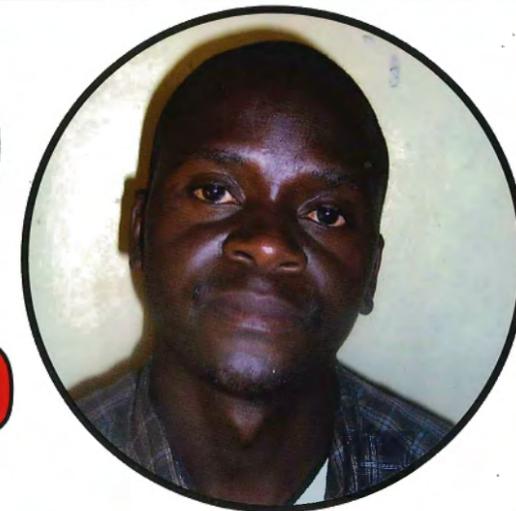
Role-play:

- Talk with someone about HIV and how you can get it. Show that just because you are HIV positive does not mean you did something shameful.
- Have another group pretend like someone is HIV positive and being discriminated against by some of the people in the small group. Have the rest of the group watch and then try to think of ways to stop the discrimination.
- Have a third group with one person who is HIV positive who is well accepted going about daily life with friends and family. When this group is presenting to the whole group do not let the audience know whom the HIV positive person is and have them guess at the end.



"I am HIV positive."

# Can you tell who is HIV positive ?



"I am HIV positive."



## Key Words

Discuss what the following words or terms mean in your language:

ARVs  
HIV Positive  
Immune system  
Active life  
Cure  
Infect  
Prevent  
Infection  
Army against sickness  
Soldier cells  
Normal  
Unborn baby  
Health worker  
Lifetime commitment  
Prescribed  
Discrimination  
Stigma  
Side effects  
Depression

# HIV Drugs: Antiretrovirals (ARVs)

## What are Antiretroviral (ARV) drugs?

- AFTER a person has tested **HIV positive** and his/her **immune system** is weak, **ARV** drugs (medicines) can help a person stay well and live an **active life**
- Drugs that help reduce the level of HIV in your body
- NOT a **cure** for HIV!
- Cause HIV to sleep in your body and not cause too many problems

If you are **HIV positive**, you can still **infect** someone with HIV even when you are feeling well and taking ARV drugs.

## What is our **immune system**?

- Our body has an **immune system** that helps to **prevent infections** the same way that a house protects us from the rain and cold.
- Our **immune system** is like our body's **army against sickness**.
- CD4 cells are one of the **soldiers** in our body's **army** that fight **against sickness**.

## How do ARV drugs help **HIV positive** people?

- Slow down HIV's attack on a person's **immune system**
- Increase CD4 cells (**soldier cells**)
- Strengthen the **immune system**
- Allow people to go back to work or school
- Help people live **normal** and **active lives** (they do not get sick as often and stay better for longer periods of time)
- Lower the chance of giving HIV to an **unborn baby**

## Do all people who are **HIV positive** need to take ARV drugs?

- No!
- If you test **HIV positive** talk to a **health worker**
- A series of tests will be done to see if you need to take ARV drugs
- ARV drugs are a **lifetime commitment**

## What does a **lifetime commitment** mean?

- Once you start taking **ARV** drugs you must keep taking the drugs for the rest of your life at the same time every day
- DO NOT share your drugs with anyone
- Stopping and starting or missing tablets stops the **ARV** drugs from working and may make you sick again

## How do you get **ARV** drugs?

ARV drugs are free at public health facilities when **prescribed** by a **health worker**.

## What might stop an **HIV positive** person from continuing to take their **ARV** drugs?

- Feeling well
- **Discrimination** or **stigma**
- **Side effects** from the medicine
- **Depression**/sadness or negative thoughts
- Forgetting tablets
- Not having enough food

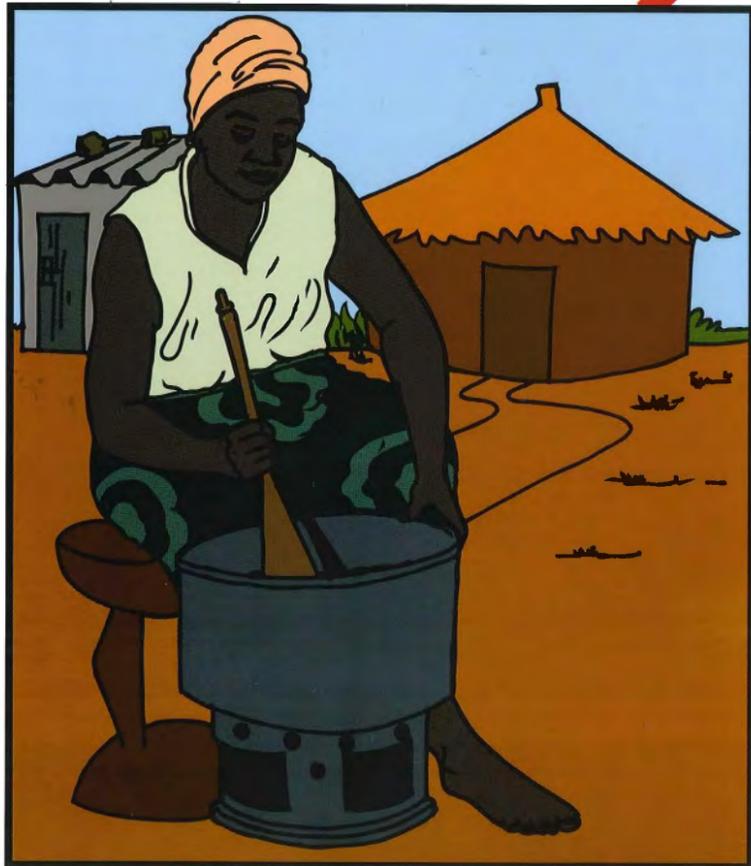
## What are some ways to remember to take **ARV** drugs every day?

- Make it part of your daily life
- Find someone (a **treatment** buddy) to help you remember

## ACTIVITY

Ask the group to answer the following questions:

- What is happening in these pictures/illustrations?  
(Person taking ARVs, eating right, leading a normal life.)
- How can a community help a person who needs to take ARVs?



# Children and HIV

## Key Words

Discuss what the following words or terms mean in your language:

**HIV positive**  
**Not growing**  
**ARVs**  
**Continue**  
**Vaccine**  
**Health check-ups**  
**Twice as much food**  
**Clean teeth**  
**Normal life**  
**Spread the virus**  
**Blood contact**  
**Angry**  
**Private**  
**Trust**  
**Health worker**  
**Counsellor**  
**Supportive**  
**Encourage**  
**Truth**  
**Honestly**  
**Understanding**  
**Take care**  
**Accept**  
**Help**  
**Care**

### How can you know if a baby or child has HIV?

- Test the baby or child once he or she is 18 months
- There is also a test that can tell whether a child younger than 18 months has HIV, but this test is available only in a few places

### Why would you have a child tested for HIV?

- If either parent is **HIV positive**
- **Not growing** or losing weight
- Sick more than other babies or children

### What can you do if a baby or child is **HIV positive**?

- There are **ARV** drugs for babies and children
- Like adults, once a baby or child starts taking **ARV** drugs they must **continue** to take them every day for the rest of their lives
- Get all **vaccines** to help the child fight sicknesses
- Regular **health check-ups**
- They need to eat **twice as much food** as other children
- Help them **clean** their **teeth** daily
- Wash your hands and theirs before eating and after going to the toilet

### How can you help them?

- Make sure the child gets enough food to eat
- Give more food if the child is hungry
- Feed child a piece of fruit or vegetables between meals
- Help them take their medicines at the same time every day

### Can a child with HIV lead a **normal life**?

- Yes
- Once they are used to taking ARV drugs, they can enjoy playing and going to school

### Can a child with HIV **spread the virus** to others?

- Not by playing together, touching, wrestling, hugging, talking or kissing
- Only through blood to **blood contact** (same as adults)

### How do you tell a child they are **HIV positive**?

Things to think about before telling him or her:

- How will the child react? Upset, **angry**, not believe or not understand?
- What questions might the child have?
- Where could you tell him or her that would be **private**?
- Someone who the child **trusts** and is always around for the child to talk to is the best person to give him or her the information
- Do not wait too long
- Ask a **health worker** or trained **counsellor** to help you

When you tell the child:

- Be **supportive** and **encouraging**
- It is important to tell the child the **truth** from the beginning
- Answer questions **honestly**
- Be **understanding** and listen to what the child has to say
- Depending on their age, talk to them about ways to **take care** of themselves and live a **normal** healthy **life**
- Stress that this is not the end of their life
- **Encourage** them to continue school and other activities that they enjoy

### What can the community do for children with HIV?

- **Accept** them
- Treat them like other children and let them play together
- **Help** the family that is **caring** for the **HIV positive** child with friendship, and food

## ACTIVITY

Role-play:

- Have people act out how they might tell a child he or she is HIV positive. Have someone act like the child and react to the information and ask the questions that a child might ask. Have the rest of the group comment on what the adults did well and what they could do better.



# Live healthy with ARVs



HIV  
Positive

# Concurrent Sexual Partnerships

## Key Words

Discuss what the following words or terms mean in your language:

Concurrent sexual partnerships

Overlapping

Regular

Same time period

Favours

Communication

Sexual satisfaction

Revenge

Sexual appetite

Window period

HIV positive

Infectious

Newly infected

Risk

Unprotected sex

Condom

Sexually

Transmitted

Infections (STIs)

Trust

Connected

Sexual network

At a time

What are **concurrent (overlapping) sexual partnerships**?

- Having two or more **regular** or long-term sexual relationships that **overlap** in the **same time period** (each relationship could last only a few weeks or up to many years)
- Examples: A married man or woman has a girlfriend or boyfriend in addition to their spouse, a young girl or boy has more than one boyfriend or girlfriend, etc.
- Most sexual transmission of HIV in Zambia occurs within these types of relationships

Why might someone have more than one sexual relationship at a time?

- Each additional partner may provide financial support, **favours** or gifts
- Lack of **communication**, love and/or **sexual satisfaction** in one relationship can lead people to seek it in other relationships
- When a person finds out their partner has another regular sexual partner, he or she may want to take **revenge** by doing the same
- Pressure to find a husband or wife
- Drugs that are seen to increase **sexual appetite**

What is the **window period**?

- An **HIV positive** person is most **infectious** (or likely to pass on HIV) in the first few weeks after infection. About half of all new HIV infections occur during this time.
- The most commonly available HIV tests look for the body's response to the virus and not the virus itself. This response happens only after the first few weeks, so the tests cannot tell if a person has HIV during this time, which is called the "**window period**."
- As a result, a person **newly infected** with HIV could unknowingly put their partner(s) at high **risk** of HIV through **unprotected sex** (sex without a **condom**).

How does having more than one **regular sexual partner** at the same time put you at high risk for HIV and other **Sexually Transmitted Infections (STIs)**?

- After the first few weeks or months of a new relationship, **condom** use tends to be low because the partners begin to **trust** each other.
- If a person has more than one **regular sexual partner** in the **same time period**, each of his or her partners may also have other partners and so on. In this way, the person may be **connected** to a large **sexual network** which includes many people.
- Whenever any member of the **sexual network** is infected with HIV or another **STI** and has **unprotected sex** (sex without a **condom**); it puts everyone else in the network at high **risk** of infection.
- It is, therefore, not only your sexual partners but also people you do not even know (let alone **trust**!) that could be putting you at high **risk** for HIV and other **STIs**!
- The more **regular sexual partners** you have in the **same time period**, the larger your **sexual network** and the higher your risk for HIV and other **STIs**.
- A person who has only one **regular sexual partner at a time** may still be **connected** to a **sexual network** and at high **risk** for HIV or other **STIs** if that partner has other **sexual partners**.

What can I do to lower my **risk** of being infected with HIV?

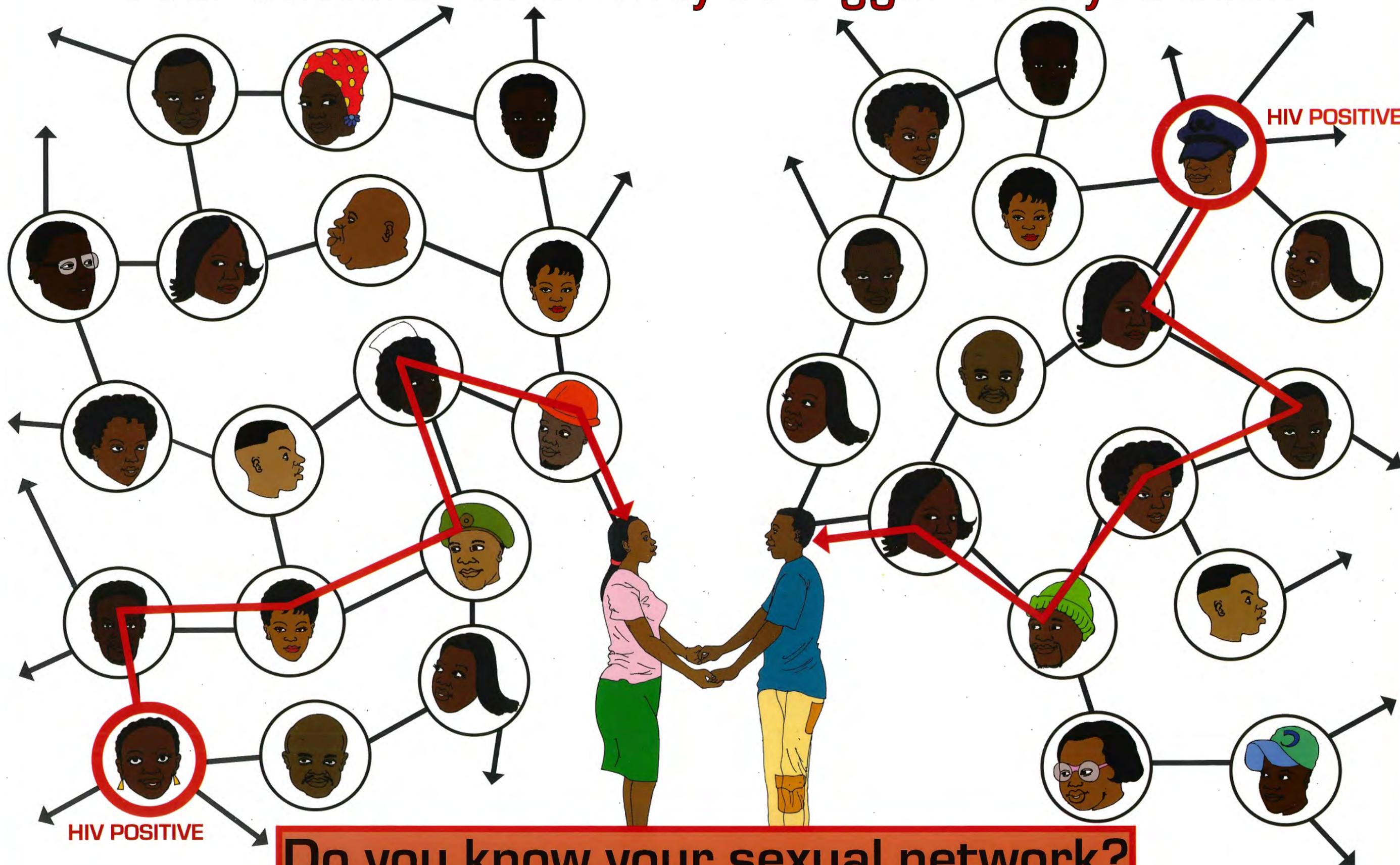
- Have one **regular sexual partner at a time** who is HIV negative and having sex only with you
- Decrease your number of **regular sexual partners**
- Use **condoms** correctly and every time you have sex with all sexual partners – even those you **trust** and/or believe are only having sex with you

### ACTIVITY

Ask the group to answer the following questions:

- Do people in our community have more than one regular sexual partner in the same time period? If yes, why?
- In the picture on this card, how many different ways could HIV travel to the couple in the middle? Which members of the sexual network are at highest risk?
- What could motivate people to have one partner at a time?

# More than one partner means many routes for HIV to travel Your sexual network may be bigger than you think



**Do you know your sexual network?**

## Key Words

Discuss what the following words or terms mean in your language:

Circumcision  
Surgery  
Foreskin  
Penis  
Trained  
Health worker  
Safe  
Clean  
Stitches  
Condom  
Sexually  
Transmitted  
Infections (STIs)  
Cancer  
Masturbate  
Last longer  
Ejaculation

# Male Circumcision

## What is male **circumcision**?

- A simple and common **surgery** that is done to remove the **foreskin** that covers the tip of the **penis** (male private part)
- Male **circumcision** is practiced in many parts of the world, including Zambia
- Male **circumcision** should be performed by **trained health workers** under **safe** and **clean** conditions

## At what age can a boy or man be **circumcised**?

- Anytime after birth

## Does it hurt?

- In health facilities, you will be given medicine that will prevent you from feeling pain during the **surgery**
- There will be some bleeding, but this will be controlled by **stitches** that will help heal the wound

## What are the benefits of male **circumcision**?

- Reduces the risk of getting HIV through sex without a **condom** by 60 percent (in other words, a **circumcised** man is half as likely to be infected with HIV as an **uncircumcised** man with similar sexual behaviour)
- Reduces the risk of getting other **Sexually Transmitted Infections (STIs)** through sex without a **condom**
- Makes it easier to keep the **penis clean**, which can prevent infections
- Women whose partners are **circumcised** have lower rates of the infection that causes cervical **cancer** – a very common **cancer** among women

## How long does it take to recover?

- 4-6 weeks
- During that time you should not have sex or **masturbate** as this may cause infection and delay recovery

## What will sex be like after being **circumcised**?

- Every person is different
- You will be able to have sex after you are completely healed
- Some men say there is less feeling, some men say there is more
- Some men say that they can **last longer** before **ejaculation**

## Do you still have to use a **condom** to protect against HIV?

**YES!** Male **circumcision** does **NOT** provide 100 percent protection; it only reduces the risk by half so there is still a high chance you may be infected with HIV or other **STIs** if you have sex without a **condom**

## Are **circumcised** men better than **uncircumcised** men?

- No. Male **circumcision** is practiced among many different people and does not make one group or person better or worse than another.

## Will male **circumcision** make me want more sex?

- No. Male **circumcision** should not affect a person's behaviour and does not make someone want or have more or less sex.

## Will male **circumcision** make my **penis** larger?

- No. Male **circumcision** makes the skin on the head of the **penis** slightly thicker/tougher, but the size of the **penis** remains the same.

## How can you find out more information?

- Talk to a **health worker** at a health facility or VCT centre.

### ACTIVITY

Ask the group to answer the following questions:

- What do women think about men who are circumcised?
- What are the other ways to protect yourself and the ones that you love from HIV?

60%

prevention  
against HIV



+ MC =



# Alcohol and HIV and AIDS

## Key Words

Discuss what the following words or terms mean in your language:

Alcohol

Drug

Slows down

Misuse

Abuse

Depression

Suicidal thoughts

Risky

Condoms

Side-effects

Treatment failure

Sicker quicker

Monitor

### What is alcohol?

- **Alcohol** can be found in many forms (e.g. beer, wine, spirits, *chibuku*, *kachasu*, *katubi*) and is used by many people
- **Alcohol** is a **drug** like those found in cigarettes, tea, coffee, medicines, *dagga*, cocaine, heroin, inhalants (like glue, petrol, and *jenkem*) and many others
- **Alcohol slows down** the mind and body
- When taken in large enough amounts, **alcohol** can kill a person
- Local or home brews can be very harmful to your health because it is difficult to know exactly how much **alcohol** is in them

### Why do people drink **alcohol**?

People drink **alcohol** for many reasons including to have fun, relax, forget problems, deal with feelings and stress, make friends, overcome shyness, or meet sexual partners.

### What problems are linked to alcohol use, **misuse**, or **abuse**?

- Serious health problems like liver damage, cancer, sexual problems, and, in extreme cases, even death
- **Alcohol** use, even in small amounts, can be very dangerous if used by children, pregnant women, the elderly, people with existing health problems (such as liver, kidney or heart disease, mental illness, TB, HIV and AIDS), and people taking certain medicines (e.g. ARVs or TB medicine)
- Emotional problems such as **depression**, worry, and **suicidal thoughts**
- Social problems including road accidents and deaths, theft, murder, violence, family/relationship problems, and the **abuse** and neglect of children
- Economic problems including increased poverty, unemployment, and inability to work

### How is **alcohol misuse** or **abuse** linked with HIV and AIDS?

- Can lead to weak immune system (body's defence against illness)
- Can cause **risky** sexual behaviour such as not using or incorrectly using **condoms** or having many sexual partners
- Can cause accidents or injuries which increase the possibility of blood-to-blood HIV transmission
- Can cause people to forget to take their HIV medicines
- Can cause more negative **side-effects** and **treatment failure**
- People living with HIV and AIDS can get **sicker quicker**

### What can I do if I think I or someone I know has a problem?

Change is a journey with times of success or progress and times of slipping back to old behaviors. There are no easy answers to the problem of **alcohol misuse** or **abuse**. Some things you can do include:

- Educate yourself and others about **alcohol** use, **misuse** and **abuse**
- **Monitor** your use and drink responsibly (e.g. never drink and drive)
- Identify the people, places and things (e.g. feelings) which make you want to drink and try to avoid these
- Seek help or support from health workers, elders, leaders or others in the community who are informed about and sensitive to the needs of people struggling with **alcohol misuse** or **abuse**
- Be patient and gentle with someone who **misuses** or **abuses alcohol**

### ACTIVITY

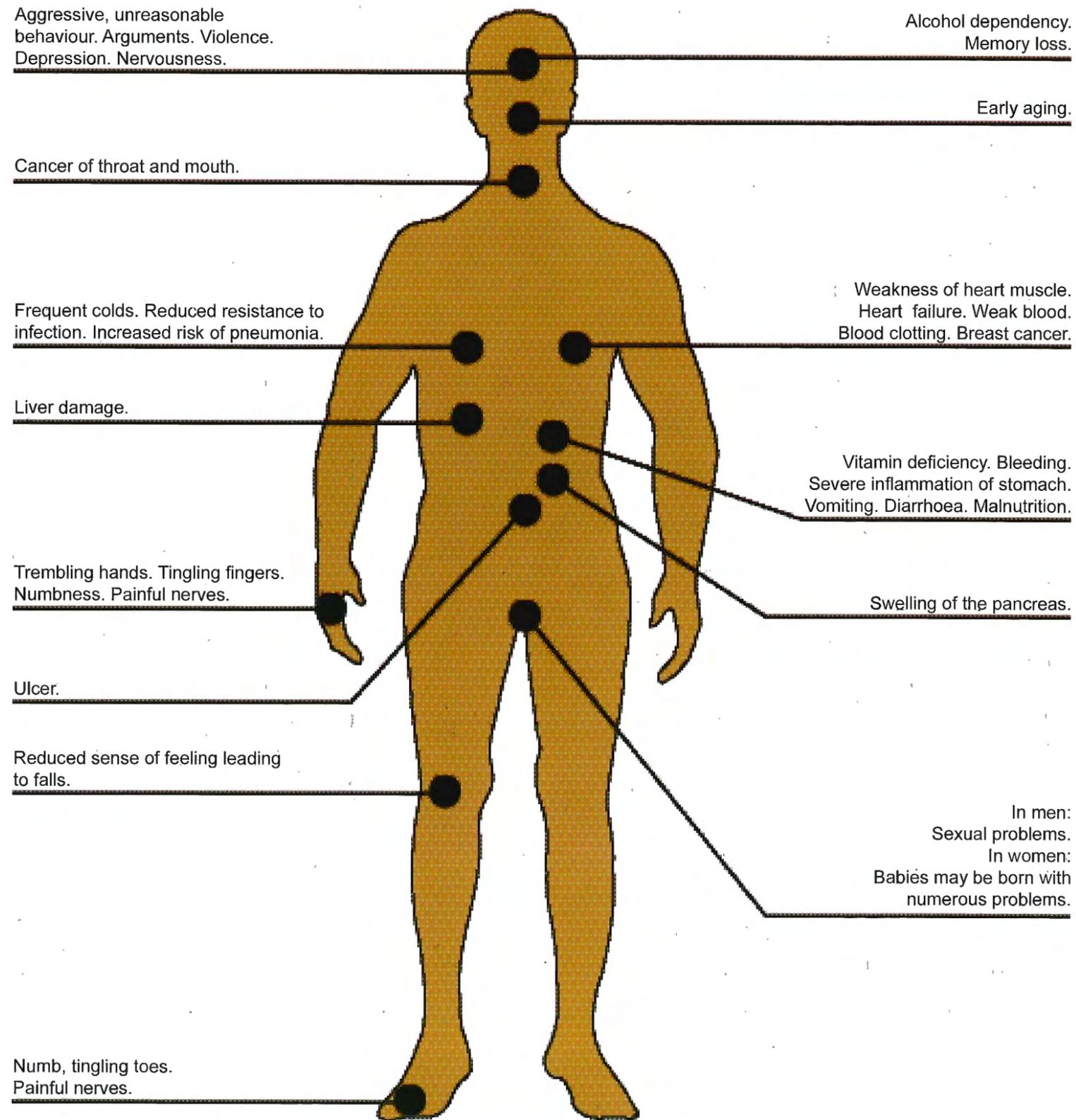
How do I know if I am misusing or abusing alcohol?

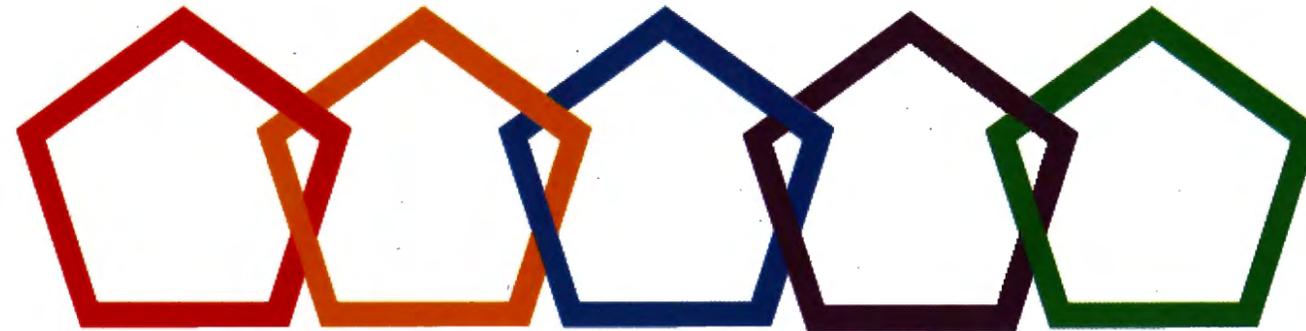
One simple way is to answer "Yes" or "No" to the following questions:

1. Have you ever felt that you should cut down on your use of alcohol?
2. Have you ever been annoyed by other people's comments about your alcohol use?
3. Have you ever felt guilty about your use of alcohol?
4. Have you ever had a drink first thing in the morning to steady your nerves, or to function?

If you answered "Yes" to any one or more of these questions, it does not necessarily mean you have a problem with your use of alcohol, but you should get more information, monitor your use and/or seek support from someone who knows about alcohol misuse and abuse.

# Some problems related to alcohol misuse and abuse





EDUCATING EACH OTHER ON HEALTHY LIVING



Ministry of Health

