

What if I am pregnant?

Prevention of Mother to Child Transmission (PMTCT)

- All pregnant HIV positive women with a CD4 count of 350 or with symptoms are eligible for Antiretroviral Treatment
- All other pregnant HIV positive women are eligible for Antiretroviral Treatment at 14 weeks of pregnancy
- PMTCT reduces the transmission of HIV from mother to child
- With correct treatment given to mother and baby, transmission from mother to child is reduced by up to 95%
- It is both parents' responsibility to protect the unborn baby from infection

7 Life at the end of the test



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What are side effects?

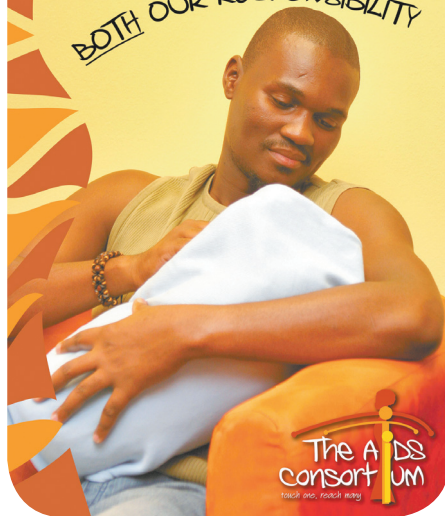
- Not everyone taking antiretroviral treatment will experience side effects
- Mild side effects include diarrhea, nausea or fatigue; severe ones include liver damage, body fat redistribution or damage to the nerves. Learn all you can about symptoms so you know when to seek timely help.
- Starting treatment very late might cause your body to react because of infection in your body fighting against treatment



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HIV-free children:
BOTH OUR RESPONSIBILITY



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HIV and children

- Antiretroviral treatment is also available for children
- All HIV positive children under 1 year old are eligible for Antiretroviral Treatment, regardless of the level of their CD4 count
- Antiretroviral treatment restores children to good health
- With treatment a child can live a normal life



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Why fight stigma?

- HIV positive people should enjoy the same rights as HIV negative people
- It is important that HIV positive people are open about their status and share information about HIV
- All community members need to be informed about the facts of HIV and AIDS

HIV TREATMENT WISE



1 Know your status (Why test?)

- Access to health is a human rights issue as outlined in the Constitution
- Testing puts you in control of your life
- Testing helps one make the right choices about your future



2 HIV positive - Now what?

- Get information on your side
- Find support networks around you, friends, church, family, support group etc
- Eat well and exercise
- You can still enjoy a healthy sex life by practicing safe sex



3 What is Antiretroviral Treatment (ART)?

- Antiretroviral treatment is a combination of drugs that reduce the level of HIV in your body
- Antiretroviral drugs are not a cure, but will restore you to normal life
- Remember you have to take ART for the rest of your life

4 Traditional medicine vs Antiretroviral treatment?

- There is no scientific proof that traditional medicine can treat HIV
- Studies on whether traditional medicine can treat HIV are encouraged
- Currently antiretroviral treatment is the only medicine that is scientifically proven to treat HIV

5 When should I access Antiretroviral Treatment?

- You start treatment when you get sick or are experiencing severe opportunistic infections
- All those with TB and HIV are eligible for Antiretroviral Treatment if their CD 4 count is 350
- Early diagnosis prevents treatment being an emergency
- You must be emotionally ready to start antiretroviral treatment



6 Why stick to my medicine?

- Adherence is taking your drugs regularly and as instructed by your doctor
- Resistance occurs when you fail to take drugs regularly and this causes drugs not to work
- When drugs no longer work, your immune system becomes weaker and you can be attacked by many diseases