

HIV and AIDS



What is HIV?

HIV stands for Human Immunodeficiency Virus. The virus attacks the body's immune (defence) system. Most people who are infected with the virus go on to develop AIDS but people can have HIV for years without having AIDS.

People with HIV use laboratory-based medicines which help control the levels of the virus in the body but there is no cure.

Regularly testing for HIV will help you to know your HIV status. This will allow you to get treatment as soon as possible and ensure that you don't spread the virus to others.

HIV is found in body fluids. It is mainly passed on through unprotected sex. You can also get the virus by sharing needles and from mother to child during childbirth.

You can't catch HIV by just being near someone or through coughing, sneezing, hugging, kissing or from a toilet seat.

What is AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome. AIDS is the last stage of the HIV infection when the body's immune system is seriously damaged.

How do people test HIV and AIDS?

There are only three ways to get HIV and AIDS:

- sex without a condom
- contact between your blood and infected blood or blood contact with body fluids
- mother to child transmission

HIV and AIDS

AIDS moves through four different stages

- 1 Stage one: the person is HIV positive but doesn't have any symptoms, except for some swollen lymphatic nodes (in the armpits, neck, chest) and a rash on the skin. They are not that worried about being HIV positive but are aware of it.
- 2 Stage two: the person starts getting a lot of illness such as colds, infections, frequent flu and other problems.
- 3 Stage three: the person may start losing a lot of weight and get sick for longer stretches of time. Illnesses such as mouth ulcers, pneumonia or lung failure, liver and tuberculosis.
- 4 Stage four: the person is very sick due to a very weak immune system. Illnesses such as pneumonia, lung infections, lymphomas and meningitis are common in these patients. Patients at this stage are normally in their 40s if they were first infected and used to get better HIV (partial recovery is known as HIV-1 CRF).

Adults and children living with HIV	1 000 000
Males aged 15 and over living with HIV	7 300 000
Females aged 15 and over living with HIV	4 700 000
Men aged 15 and over living with HIV	1 800 000
Children aged 15 and over living with HIV	600 000

Source: UNAIDS 2007 data

HIV and AIDS

How Do You Treat HIV and AIDS?

HIV can't be cured but people can live for many years with proper medical care. Antiretroviral medications can greatly reduce the level of HIV in the body when they are taken properly.

The type of medicines used to treat damage to your immune system in the patient's body is it is very important that people discuss their own position in quality of medicine and that they consider taking medication. People who take antiretroviral treatments will live longer for their whole lives.



Did You Know...?

HIV does not kill people - but other infections that are easily easy to prevent from, like pneumonia and diarrhoea, can often happen due to falling HIV patients due to their poor immune system.

Treatment and Support

If you have been positive for HIV it is very important that you visit your doctor and that you receive treatment as soon as possible. Taking this medication is the only way to manage the damage the virus will do to your body and its immune system. With treatment, people living with HIV can live long and healthy lives.

Rights of people with HIV and AIDS

People living with HIV and AIDS have the same rights as other health conditions.

People with HIV and AIDS should not be discriminated against and should be able to get jobs, have access to medical care and education.

We can not be forced to take an HIV test if we do not want to.

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Understanding Aids

Sidney Marsden Fuerst



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