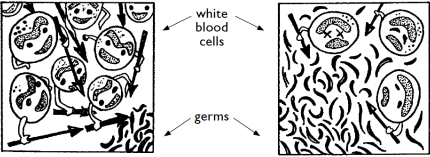
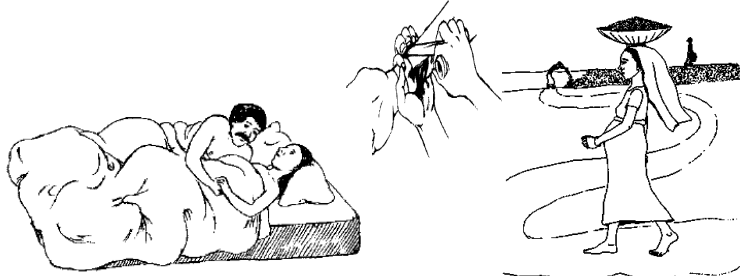



WHAT IS HIV

<p>1. HIV Human Immunodeficiency Virus</p>	<ul style="list-style-type: none"> • A small germ that you cannot see. It develops into a virus called AIDS. • It attacks the immune system slowly. • It takes 5-10 years to get sick. • It kills the cells that help us fight infection and is fatal. 	<p>white blood cells help us HIV kills white blood cells</p> 
<p>2. HOW HIV IS SPREAD</p>	<p>Through bodily fluids:</p> <ul style="list-style-type: none"> • Blood – open wounds, unclean needles or transfusion • Semen and vaginal fluids – unsafe intercourse (sex without a condom) • Breast milk • Pregnancy, delivery 	
<p>3. HIV IS NOT SPREAD</p>	<p>Does not live outside of the body You can not get HIV from:</p> <ul style="list-style-type: none"> • Sharing food • Sharing a bed, towels, covers • Insect bites • Touching, kissing, hugging • Sharing clothing • Sharing toilets 	

PREVENTING HIV

4. SAFE SEX

- Only have intercourse with one person
- Practice safe intercourse where semen, blood and vaginal fluids do not enter your body
- Do not sell or trade sex
- Use condoms
- Do not share razors
- Do not touch other people's blood



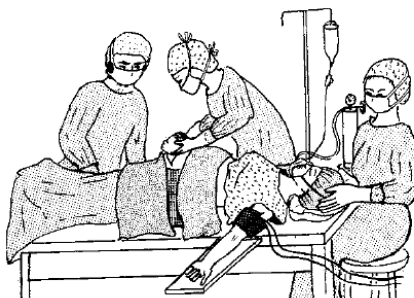
5. GET TESTED REGULARLY

- It can take up to 6 – 12 months for the virus to show up in your system.
- Get tested.






6. DELIVER BABY AT HOSPITAL

- There is a greater chance for baby to live if delivery occurs at a hospital where c-section and medicines can be administered.



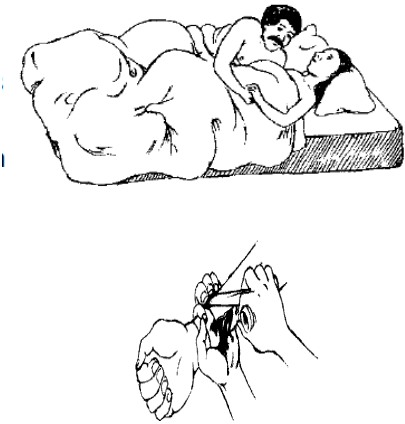
LIVING WITH HIV

<p>7. TAKE MEDICINES & STAY HEALTHY</p>	<ul style="list-style-type: none"> • There is no cure for HIV, but antiretroviral medicines can help you live longer. • It is important to take the suggested medicines exactly as you are told. • Exercise and eat well to stay strong. 	
<p>8. INFECTIONS</p>	<p>Common health issues with HIV positive patients include:</p> <ul style="list-style-type: none"> • Thrash in mouth • TB • Pneumonia • Wounds and sores 	
<p>9. FIND A SUPPORT GROUP</p>	<ul style="list-style-type: none"> • Counseling provides hope and healing. • They can help you stay healthy as long as possible. • They can help you learn how to be sexual in a safe way. 	



POSTER:

HIV IS SPREAD



HIV IS NOT SPREAD



PRACTICE SAFE SEX



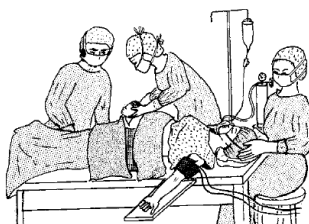
GET TESTED



TAKE MEDICINE



DELIVER BABY IN HOSPITAL



FIND SUPPORT GROUP



PRESENTER POINTS:

PRESENTATION IDEAS

- Use poster and follow presentation

GROUP PROJECT IDEAS

- Show proper use of condoms and have them practice unpacking and unrolling them

GIVE - AWAY IDEAS

FOR PATIENTS:

- Condoms

FOR COMMUNITY:

- Poster
- Teaching tools used in class

BACKGROUND RESEARCH FOR PRESENTER:

<http://www.cdc.gov/hiv/topics/basic/>

<http://aids.gov/hiv-aids-basics/>

<http://www.aidsinfo.nih.gov/hiv-aids-health-topics/353/basic-hiv-aids-information>