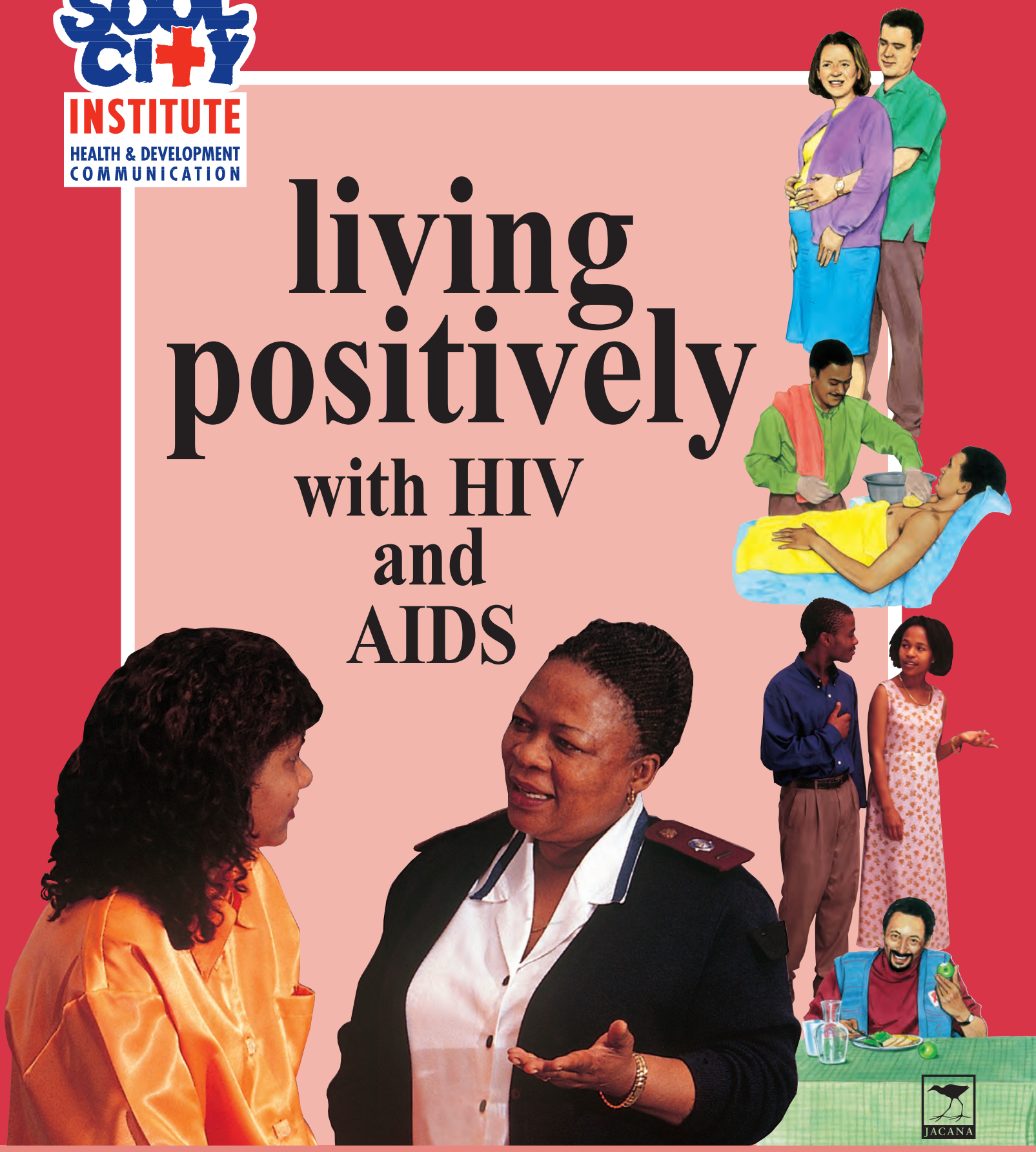
SOUL CITY INSTITUTE
HEALTH & DEVELOPMENT COMMUNICATION

living positively with HIV and AIDS



Soul City Institute is a not-for-profit organisation (012-983NPO) supported by:

bp

health
Department:
Health
REPUBLIC OF SOUTH AFRICA

UKaid
from the Department for International Development

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

MTN

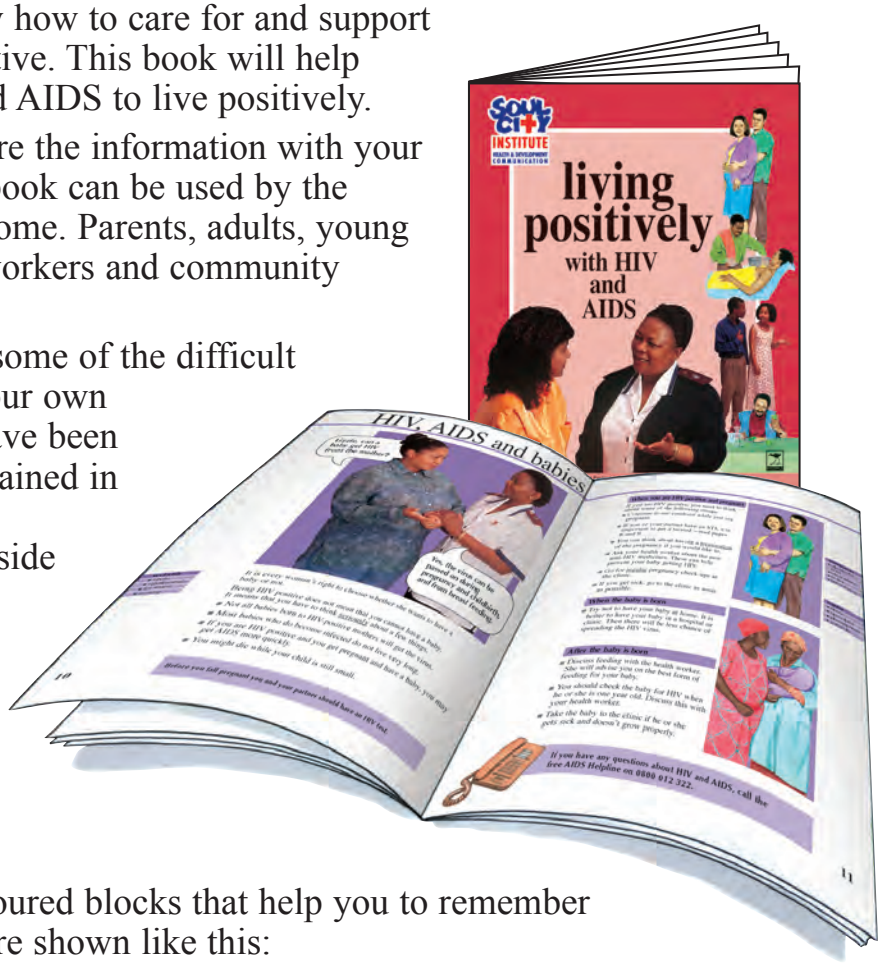
How to use this book

Everybody needs to know how to care for and support people who are HIV positive. This book will help people who have HIV and AIDS to live positively.

Read these pages and share the information with your family and friends. This book can be used by the community and in your home. Parents, adults, young people, teachers, health workers and community workers can use it.

You may not understand some of the difficult words if English is not your own language. These words have been underlined. They are explained in Zulu, Xhosa, Sotho and Afrikaans in boxes on the side of each page. The boxes look like this:

English
▪ Zulu
▪ Xhosa
▪ Sotho
▪ Afrikaans



In this book there are coloured blocks that help you to remember important things. These are shown like this:

Remember!

You don't need to be ashamed. Anyone can get HIV and AIDS.

Sometimes there are other special things to think about. These are shown in coloured blocks like this:

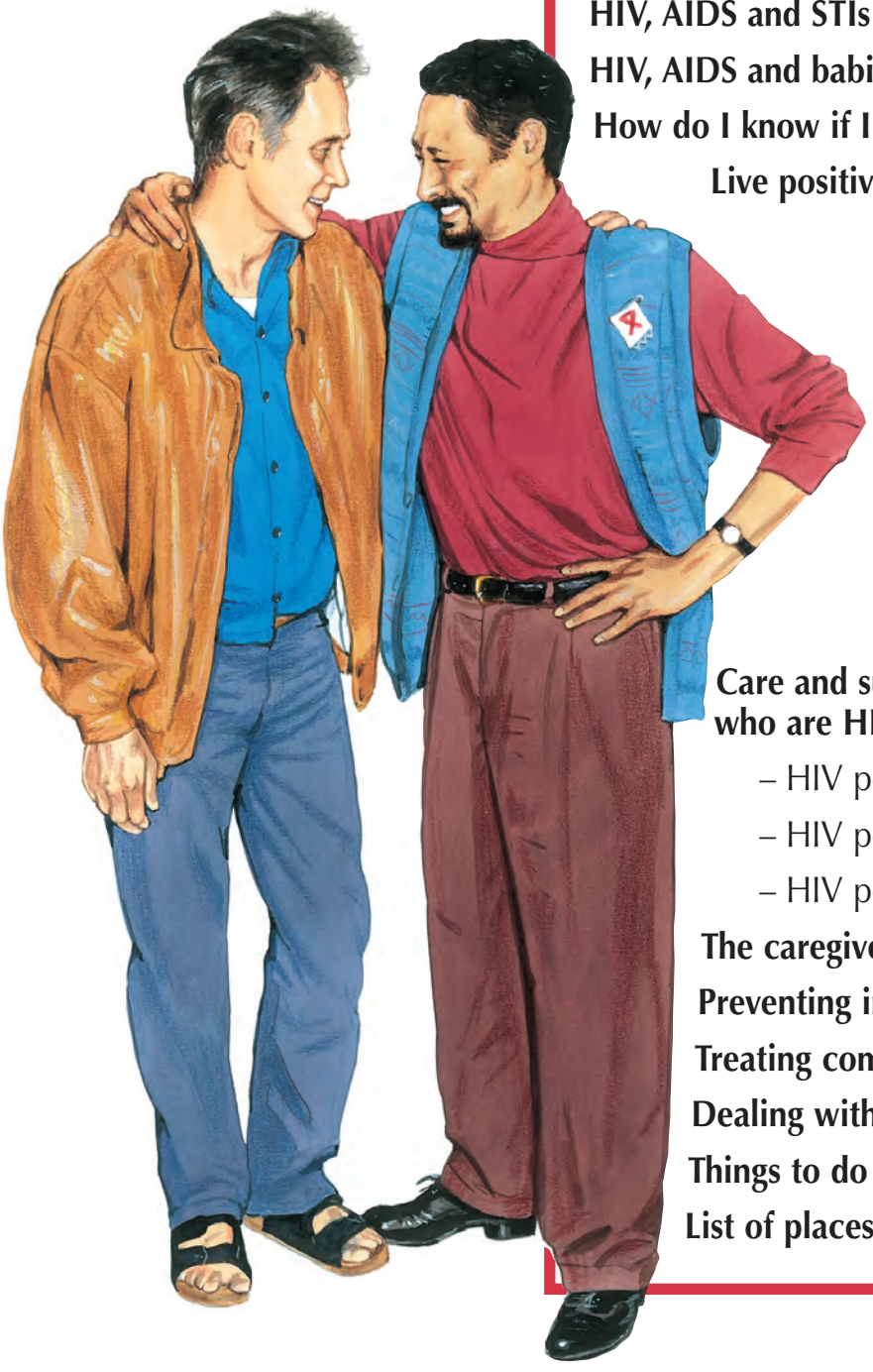
Did you know?

HIV is an STI because you can also get it from having unprotected sex. You can prevent the spread of all STIs by always using a condom.

Community Information

It is your right to get pre-test counselling. It is also your right to get post-test counselling, even if your test results are negative.

Contents



Why is HIV still spreading? 2

Unprotected sex can lead to HIV and AIDS 6

HIV, AIDS and STIs 8

HIV, AIDS and babies 10

How do I know if I am HIV positive? 12

Live positively with HIV and AIDS 14

– Talk to someone who can help you 16

– Pule's story 18

– How to tell someone you are HIV positive 20

– How to tell your children you are HIV positive 22

– Take care of your mind and body 24

Care and support for people who are HIV positive 26

– HIV positive and healthy 28

– HIV positive and sick 30

– HIV positive and near death 31

The caregiver 32

Preventing infections at home 34

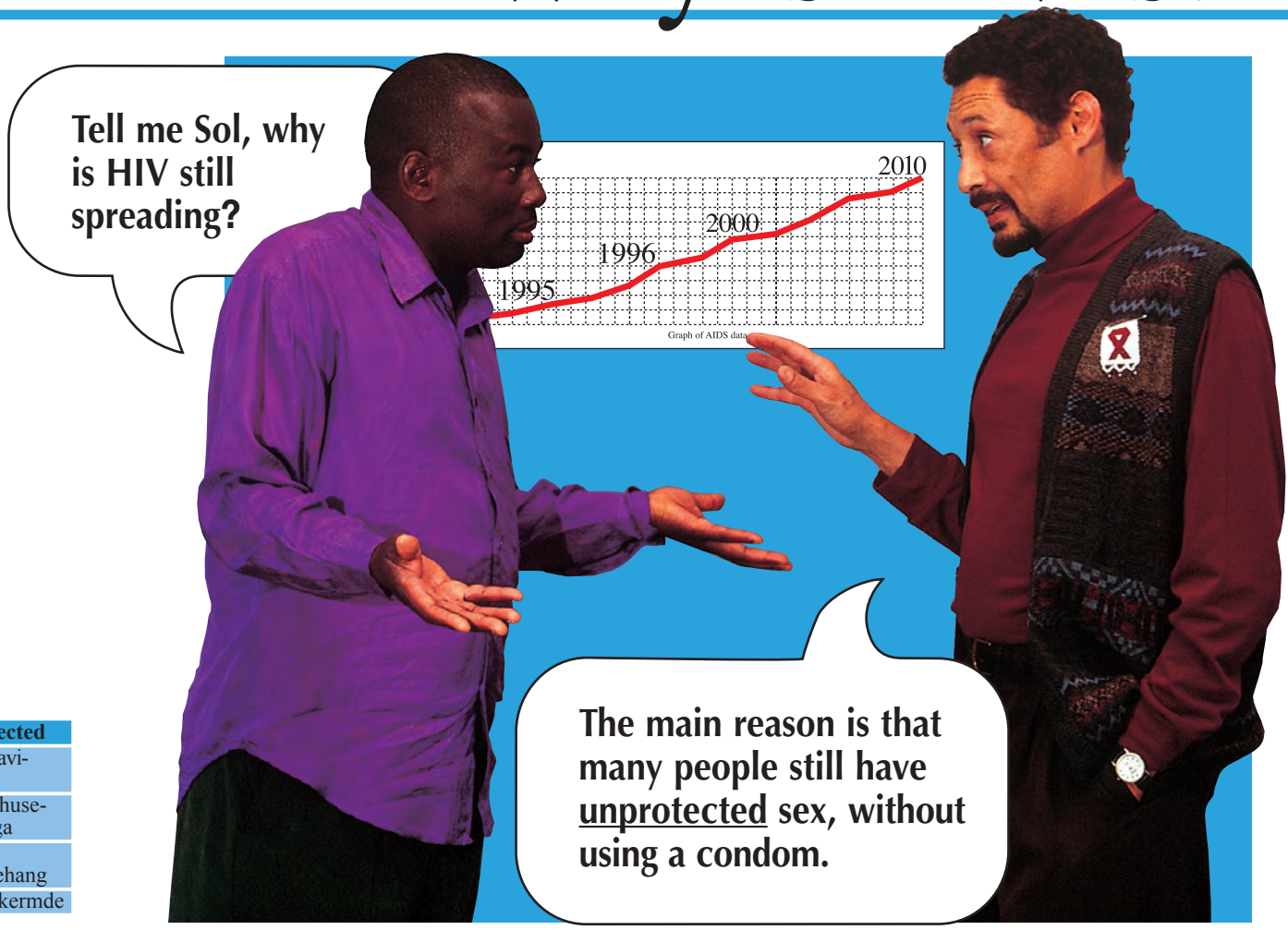
Treating common sicknesses at home 36

Dealing with death and dying 42

Things to do while you are strong 44

List of places to help you 48

Why is HIV still



unprotected
- ukungavikeleki
- engakhuselekanga
- esa bolokehang
- onbeskermde

We are all living with HIV and AIDS. Some of us are HIV positive. Many people know someone who is infected with the HIV virus. Some have lost a friend or a relative because of HIV and AIDS.

What are HIV and AIDS?

virus
- igciwane
- intsholongwane
- vaerase
- virus

immune system
- izivikeli-zifo ezisemzimbeni
- izikhuseli kwizifo ezisezimbeni
- tshireletso ya mmele
- immuunsisteem

- HIV is a virus. It causes AIDS. It is dangerous because there is no cure for it.
- When the HIV virus is in the body it attacks the immune system.
- Our immune system is very important because it protects our bodies by fighting off germs and infections.
- Over a long period of time HIV makes the immune system very weak. This means the body can no longer fight sickness. This is when we say the person has AIDS. Many people with AIDS get sicknesses such as diarrhoea, pneumonia and TB.
- When these sicknesses attack their bodies they die.

There are two important ways to prevent HIV from spreading:

- Not to have sex at all.
- If you do have sex, use a condom.

spreading?

Wrong ideas about HIV, AIDS and sex

There are still many people who do not use condoms. These are some of the reasons why they believe they do not need to use condoms:

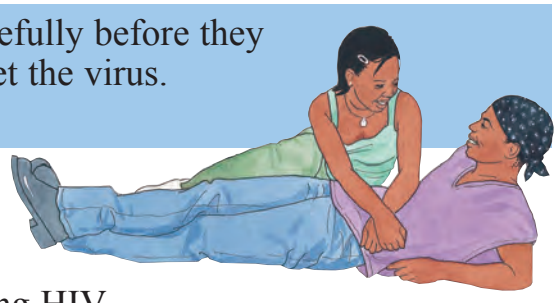
✗ Many believe that you can tell from the way a person looks that they have the HIV virus. **This is not true.**

You cannot tell by looking at a person if they have the HIV virus. They can only know for sure if they have an HIV test.

✗ Alot of men still believe that you are only a real man if you have many sexual partners. **This is not true.**

Having many sexual partners increases your risk of getting HIV and other STIs.

✗ Many young people do not think carefully before they have sex. They think they will not get the virus. **This is not true.**



Anybody can get the virus. Young people need to be educated about condoms, sex, pregnancy, sexually transmitted infections (STIs) including HIV.

sexually transmitted infections (STIs)

- isifo socansi
- isifo esisulela ngokulalana
- lefu le fetiswang ka thobalano
- seksueel oordraagbare infeksies

✗ There are people who still believe that you will only get infected with the HIV virus if you have many partners, or if you are unmarried. They believe that you are safe as long as you have one partner at a time. **This is not true.**

If your partner is HIV positive, you can get infected with the HIV virus every time you have unprotected sex.

A lot of people who are HIV positive do not know it because they have not had an AIDS test.

Why is HIV still spreading?

Other reasons why HIV is still spreading in South Africa

Poverty makes HIV spread easily

- Women who are poor will sometimes have sex in exchange for money or special favours.

  These women may feel scared to ask their partner to use a condom.
- Poor people may not have enough food to eat. They may also live in an unhealthy environment. This makes them less able to fight sicknesses.

Many women feel they have to obey men about sex

- In many societies women do not have control of their sex lives. Society tells them they have to do what their husband or boyfriend tells them.
- This means they are afraid to ask their partner to use a condom, even if they know he has had unprotected sex with other women.
- Some men think that if a woman says he must use a condom, it means she is sleeping with other men.

People are afraid and ashamed of HIV and AIDS

- Many people who have the HIV virus do not want to talk about it. This is because communities still blame people with HIV for being infected with the virus.
- If people are afraid to talk about AIDS, there will be silence about the sickness. Then more and more people will not believe that HIV and AIDS exist, and this will mean HIV will spread more.

in exchange
- ukushi-ntshiselana
- ukutshi-ntshiselana
- ka ho fapa-nyetsana
- in ruil

favours
- ukusizakala
- ukuncedwa
- ditshepiso tsa ho etestswa ho itseng
- gunsies

environment
- isimo sendalo
- indalo
- tikoloho
- omgewing

Talking about sex can be hard

- Some religions and cultures have strong rules against talking about sex. This means that many older people still feel ashamed to talk about sex. They do not teach their children how to protect themselves from the HIV virus.

  This tradition is still strong in many cultures today. This silence has led to a lot of stories about sex, HIV and AIDS that are not true.

Difficulty getting condoms

- Some people, especially young people, may be ashamed to go to the clinic to ask for condoms.

  Young people complain that some health workers shout at them or tell their parents if they come to the clinic to ask for condoms.

The male condom

Always use a condom when you have sex. The male condom is available free from most clinics. You can also buy them from shops. Find out which shop sells them in your community. This is how you use a male condom.

community
- umphakhati
- uluntu
- setjhabeng/ motseng
- gemeenskap

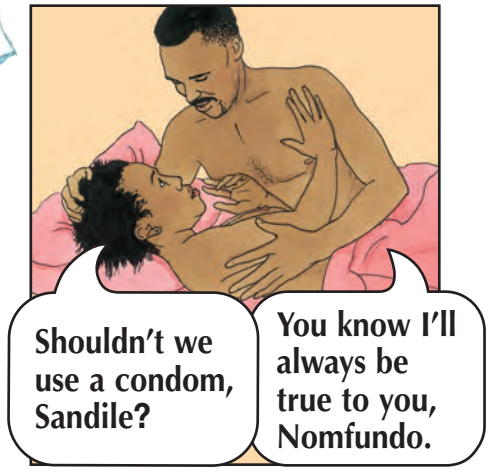
4 After you have had sex, remove your penis from your partner.

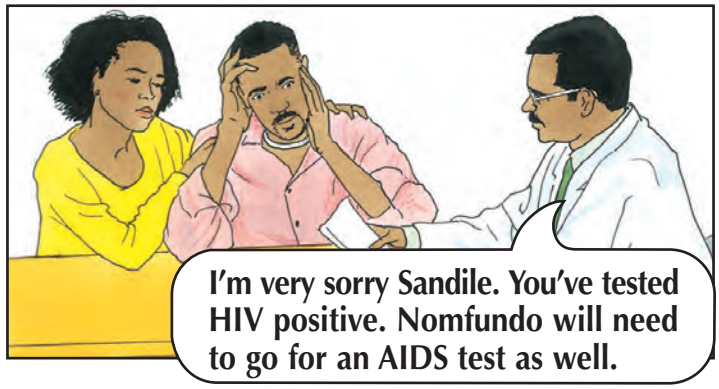
ashamed
- ukuba namahloni
- neentloni
- ho hlajwa ke dihlong
- skaam

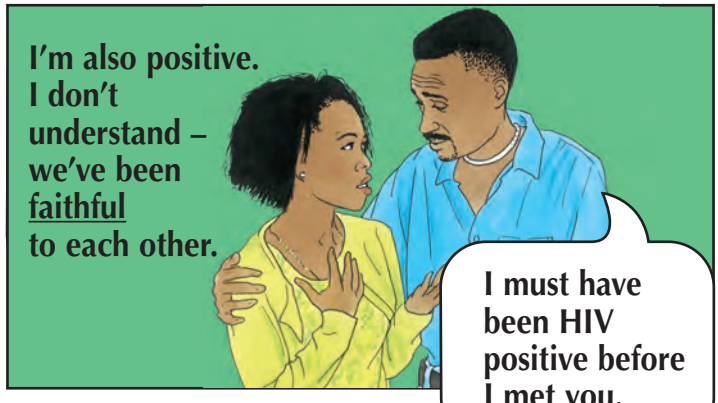
The female condom

These are condoms that can be used by women. Some women prefer to use them because they can put them in long before they have sex. It is not easy to get these condoms, and they are not free. Find out from your clinic if female condoms are available in your area. Women have the right to protect themselves against HIV and AIDS. We need to fight to make female condoms freely available.

Unprotected sex can







faithful
- abethembekile
- othembekileyo
- tshepahala
- getrou

Remember: You cannot tell by looking at someone if they have the HIV virus.

lead to HIV and AIDS

Important information

- Always use a condom when you start a new relationship.
- Both of you should go for an AIDS test before you stop using condoms.
- You must both test HIV negative before you stop using condoms.
- You must only have sex with each other.

relationship
- ubuhlobo
- ubudlelwane
- dikamano tsa lerato
- verhouding

HIV is spread in the following ways:

- **The HIV virus can be passed through contact with infected blood.**
- **It is possible for some HIV-positive mothers to spread HIV to their babies through breast feeding.**
- **A person with the HIV virus can pass it on through unprotected sex.**
- **The virus can pass into the baby if a pregnant mother is HIV positive. Not all HIV-positive mothers give birth to babies with HIV.**

AIDS is NOT spread by:

Kissing

Laughing

Sneezing and coughing

Hugging and touching

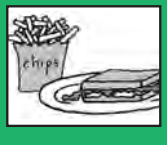
Shaking hands

Mosquito bites

Sharing plates, cups, saucers

Sharing toilets, baths, showers

Swimming pools



Food

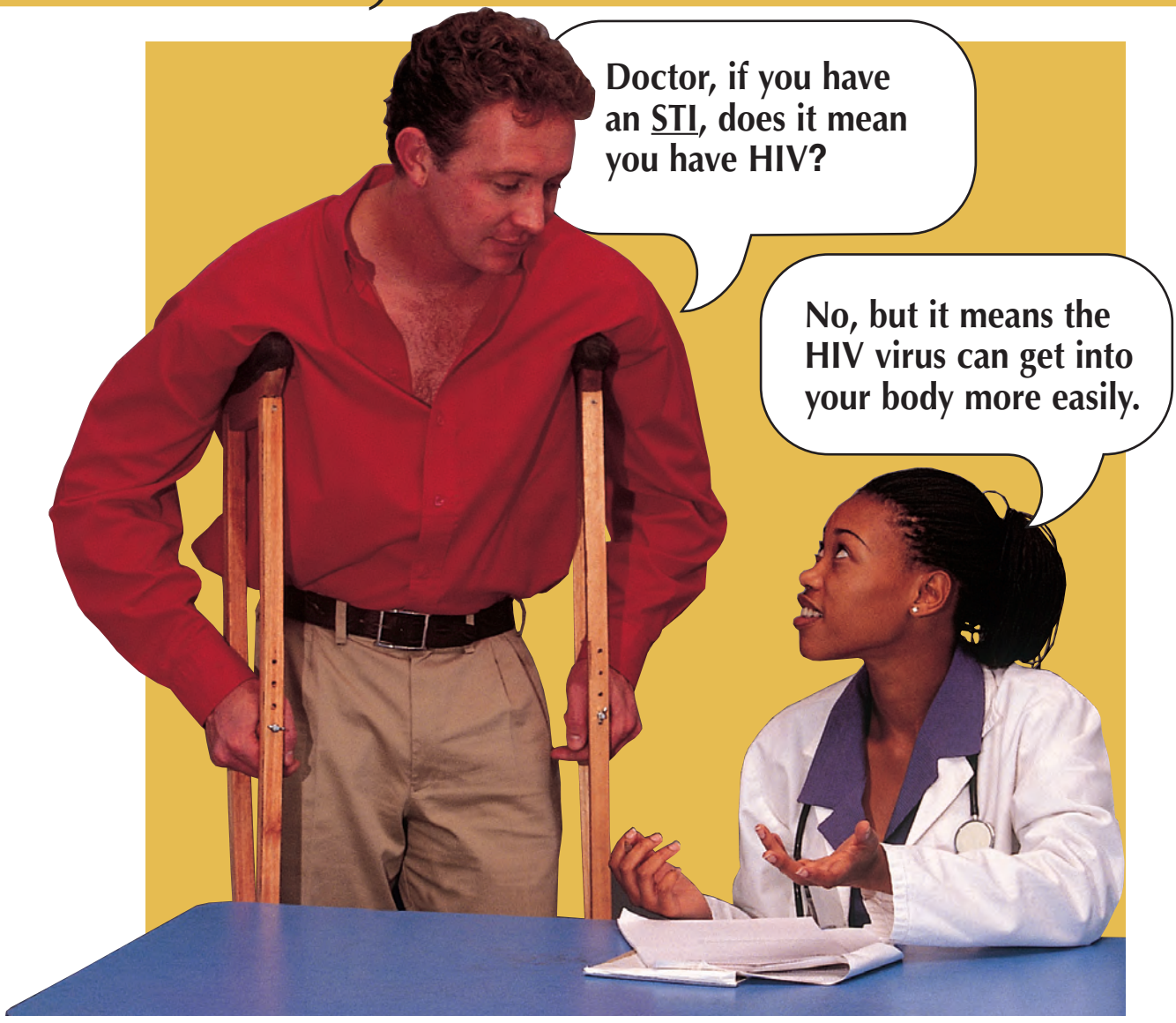
It is important to prevent the spread of HIV by doing the following things:

- Do not have sex.
- Have one sexual partner for life.
- Always use a condom.
- Respect women and their right to say "no" to sex.
- Teach each other about the dangers of unprotected sex.

respect
- ngokuhlonipha
- ohloniphayo
- ka ho hlompha
- respek

HIV, AIDS and STIs

STI
- isifo socansi
- isifo esisulela ngokulalana
- lefu le fetiswang ka thobalano
- Seksueel Oordraagbare Infeksie



If you have a sexually transmitted infection (STI) it is important to go to the clinic immediately for treatment.

This is because people who have STIs are more at risk of getting the HIV virus.

- STIs, such as gonorrhoea, the drop, syphilis and herpes are spread through unprotected sex.
- STIs can cause sores on the private parts. It is easier to get the HIV virus when your skin is cut, or when you have sores.

private parts
- izitho zanga-phansi
- izitho zanga-phambili
- ditho tsa bong
- geslagsdele

Did you know?

HIV is an STI because you can also get it from having unprotected sex. You can prevent the spread of all STIs by always using a condom.

How do I know if I have a Sexually Transmitted Infection?

You may have an STI when you notice any of the things listed below:

- You have sores on your vagina or penis.
- You have white, yellow or green discharge coming from your penis or vagina.
- You have itching or redness around your private parts.
- Aman feels pain in the testicles.
- You have pain in your lower abdomen.
- You have a burning feeling when you pass urine.
- You feel pain when you have sex.

vagina
- isitho sowesifazane sangasese
- ubufazi/ umphantsi
- setho sa bosadi
- vagina

penis
- umphambili wesilisa
- ubudoda / umphambili
- setho sa botona
- penis

itching
- ukusho-shozela
- ukutsho-tshozela
- ho hlohlona
- jeukerigheid

testicles
- amasende
- amatapile
- mapele
- testikels

abdomen
- isisu
- isisu
- mpa
- buik

burning
- obushisayo
- otshisayo
- bo tjhesang
- branderige

Women and STIs

- Awoman gets STIs from a man more easily than a man gets STIs from a woman.
- Most women do not know they have an STI. This is because the infection is inside their vaginas, and they cannot see signs of it.
- Most women do not have any problems that show they have an STI.
- It is hard for women to ask their partners to use condoms.

REMEMBER

- **Do not ignore itching around your private parts or burning when you pass urine. Go to the clinic.**
- **Go to the clinic for advice and treatment as soon as you are worried about having an STI.**
- **When you know you have an STI, tell all your sexual partners to go to the clinic to get treatment.**
- **Take all the medicine you get from the doctor or health worker.**
- **Do not have sex until you have finished your treatment.**
- **Always use a condom.**

ignore
- ungakuye-keleli
- ukungahoyi
- itimeletsa
- ignoreer

HIV, AIDS and babies

seriously
- ujule
- ngokunzulu
- ka matla
- ernstig

It is every woman's right to choose whether she wants to have a baby or not.

Being HIV positive does not mean that you cannot have a baby. It means that you have to think seriously about a few things.

- Not all babies born to HIV-positive mothers will get the virus.
- Most babies who do become infected get sick often and do not live very long.
- If you are HIV positive and you get pregnant and have a baby, you may get AIDS more quickly.
- You might die while your child is still small.

Before you fall pregnant you and your partner should have an HIV test.

When you are HIV positive and pregnant

If you are HIV positive, you need to think about some of the following things:

- Continue to use condoms while you are pregnant.
- If you or your partner have an STI, it is important to get it treated – read pages 8 and 9.
- You can think about having a termination of the pregnancy if you would like to.
- Ask your health worker about the new anti-HIV medicines. These can help prevent your baby getting HIV.
- Go for regular pregnancy check-ups at the clinic.
- If you get sick, go to the clinic as soon as possible.

termination
- ukukhipha isisu
- ukuphelesa
- fedisa
- beëindiging

regular
- njalo
- njalonjalo
- phethapheto
- gereelde

When the baby is born

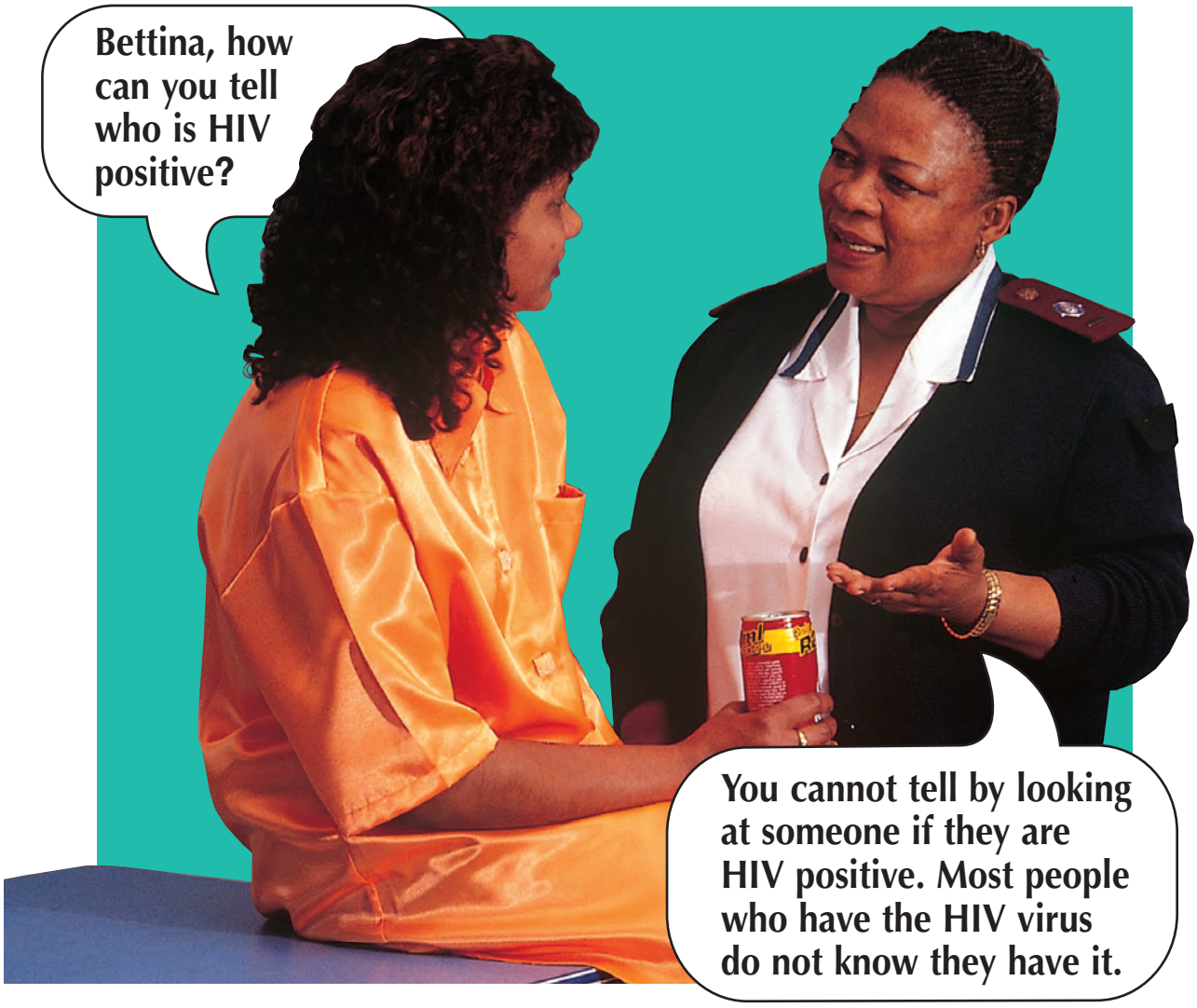
- Try not to have your baby at home. It is better to have your baby in a hospital or clinic. Then there will be less chance of spreading the HIV virus.

After the baby is born

- Discuss feeding with the health worker. She will advise you on the best form of feeding for your baby.
- You should check the baby for HIV when he or she is one year old. Discuss this with your health worker.
- Take the baby to the clinic if he or she gets sick and doesn't grow properly.

If you have any questions about HIV and AIDS, call the free AIDS Helpline on 0800 012 322.

How do I know if I am



decision
- isinqumo
- isigqibo
- qeto
- besluit

Having an HIV test is not an easy decision to make. But the only way to know if you have the HIV virus is to have a blood test.

Why is it important to have the HIV test?

- Having the HIV test means you are taking responsibility for yourself.
- It is the only way to know if you are HIV positive or not.
- You need to know how to protect your health. Then you can stay healthy for longer.
- You also need to know how to protect other people from becoming HIV positive.

responsibility
- umsebenzi osemahlombe
- uxanduva
- maikarabelo
- verantwoordelikheid

Community Information

It is your right to get pre-test counselling. It is also your right to get post-test counselling, even if your test results are negative.

HIV positive?

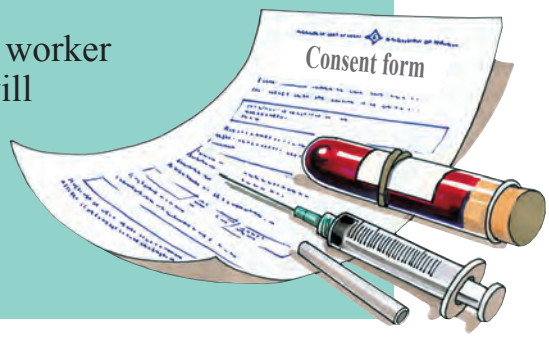
Having the HIV test

It is important to speak to a counsellor or a health worker about having a test. They can help by answering any questions you may have about HIV and AIDS, and about the test.

The counsellor or health worker knows that you may be afraid and worried. They will give you support, and help you prepare for the results of the test. This is called pre-test counselling.

Some people may choose to take a friend or someone they trust with them. This person can give them support and care before and after the test.

You will need to talk to a counsellor or health worker when you go and get your test results. They will discuss the results with you, and what this means. This is called post-test counselling.



counsellor
- umeluleki wezempilo
- ikhawunsela
- moeletsi
- berader

support
- bayokweseka
- uncediso
- tshehetso
- bystand

What if my test is negative?

This means you do not have the HIV virus in your blood. You must still do these things:

- You must continue to have protected sex. Do this so that you do not get the virus later.
- If you had unprotected sex recently, the virus may not show up in the first test. Wait for three months and go for another test.
- Continue to learn more about HIV and AIDS.
- Support those in your community who are HIV positive.

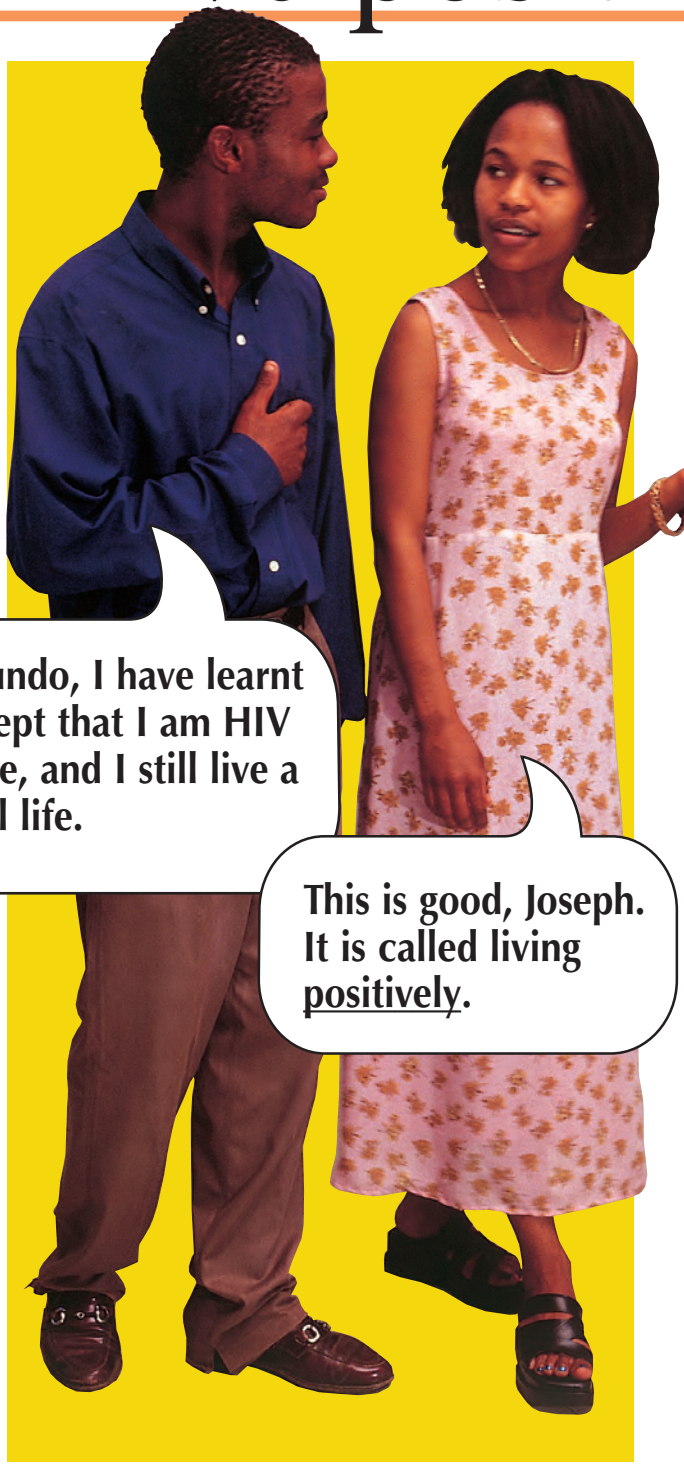
What if my test is positive?

- You may feel afraid and shocked. You may not believe what you hear. This is normal. Find someone who can help you deal with how you feel.
- Find out more about HIV and AIDS. This book has a lot of advice that can help you.
- Try not to panic. You can still live a healthy life for a long time with the virus in your body.

shocked
- ukwethuka
- umothuko
- tshohile
- geskok

panic
- ukuphapha-zela
- ukuphapha-zela
- ho tshoha
- baie bang word

Live positively with



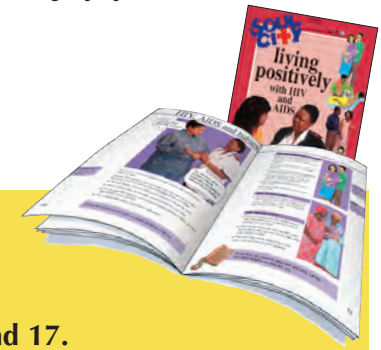
There is no cure for AIDS. But there are many ways to live positively with the sickness.

To live positively with HIV and AIDS means:

- You must live with hope.
- You should share your life with family and friends.
- Try to talk about your problems.
- You should live a healthy life with enough exercise and rest.
- You must eat healthy food.
- Try to work for as long as possible.

Remember that you are still alive, and that you can still enjoy your life.

positively
- ukwamukela
- obumnandi/ ukuphila kamnandi
- hantle
- positief



This book can help you to live positively with HIV and AIDS. The following pages will give you information about these things.

- **Talk to someone who can help you – read pages 16 and 17.**
- **How to tell someone you are HIV positive – read pages 20 and 21.**
- **How to tell your children you are HIV positive – read pages 22 and 23.**
- **Take care of your mind and body – read pages 24 and 25.**

HIV and AIDS

This is how you may feel when you find out that you are HIV positive:

- Shocked – you may not believe what you hear. You may even deny it and pretend that the results are not correct.

- Angry – you may be angry with yourself for having unprotected sex. You may be angry with your partner, and blame him or her for infecting you.

- Afraid – you may be afraid of how your family will react. You may also be afraid of dying.

- Guilty – you may blame yourself for having unprotected sex. You may also feel like it is a punishment for something you have done wrong.

Always remember that these feelings are normal. There are many ways of trying to deal with your feelings. Learn to be hopeful. Hope gives you strength to cope with problems. It also helps you to live a normal and healthy life.

If you have any questions about HIV and AIDS, call the free AIDS Helpline on 0800 012 322.

deny
- ungaphiki
- khanyela/ phika
- o se ke wa hana
- ontken

blame
- ukusola
- sola
- ho beha molato
- blameer

guilty
- ukuzizwa unecala
- netyala
- molato
- skuldig

to cope
- ukukwazi ukubhekana nezinkinga
- ukumelana / ukukwazi ukumelana nengxaki
- ho kgona
- baas te raak

Talk to someone who can help you

react
- bazongithatha kanjani
- ukundithatha njani
- etsa eng
- reageer

accepted
- ukwamukelwa
- ukwamkela
- amohela
- aanvaar

Even if you are HIV positive, you can have hope. This is easier when you know you are loved and accepted as you are. Therefore it is important to talk to someone who can give you support.

- You may feel better as soon as you have told someone that you are HIV positive.
- You have the right to ask the person not to tell anyone else.
- Most people will accept you.
- You do not have to tell everybody that you are HIV positive.

Who can I talk to?

You may want to talk to one of the following people:

A friend or member of your family

It may help to take a friend with you when you go for the test. Your friend will be able to support you if your test is positive. You may feel comfortable to talk to someone you know well who will understand how you feel.

comfortable
- ukhululekile
- ukukhululeka
- lokolohile
- gemaklik

A counsellor

Acounsellor is trained to listen to people who have difficulties in their lives. You could go back to the counsellor who gave you your test results to talk about how you feel. The counsellor will understand, and will help you to deal with these feelings.

A doctor or health worker

You may have questions about how the HIV virus will affect your health. Adoctor or health worker will be able to answer your questions.

A minister

Some ministers are also good counsellors. Your minister may also be able to help by praying for you.

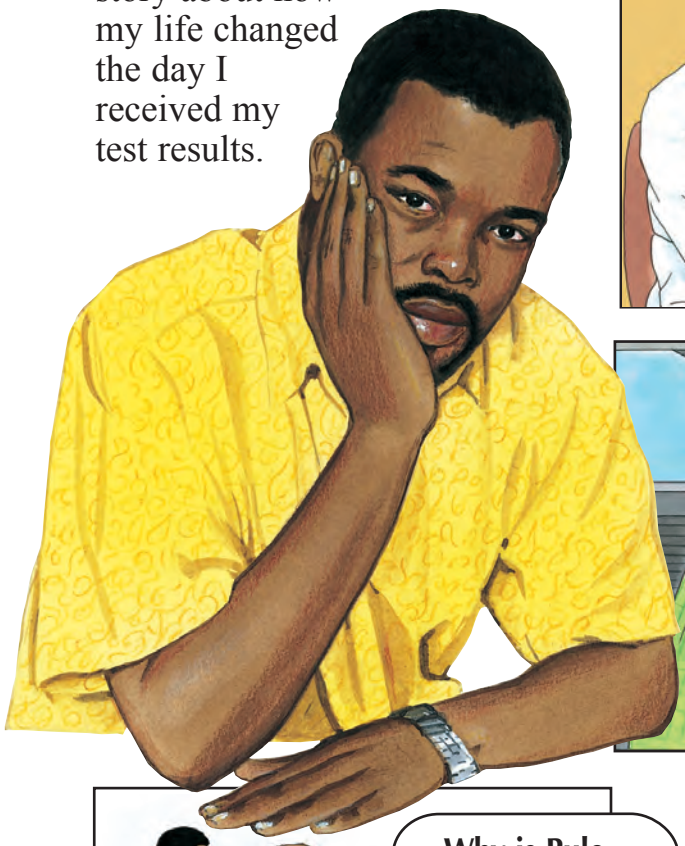
A traditional healer or faith healer

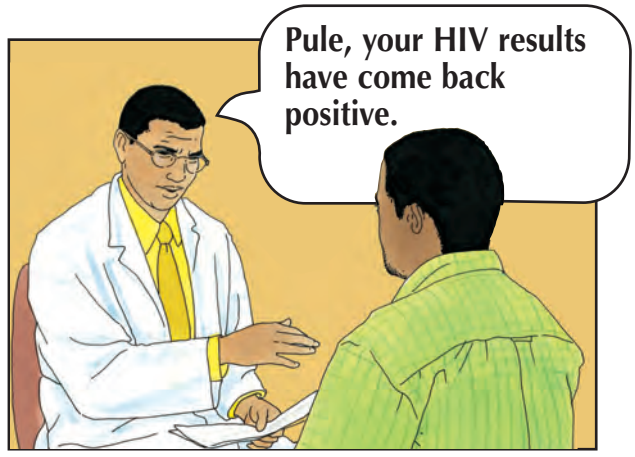
Traditional healers cannot cure HIV and AIDS, but they understand your culture and beliefs. If this is important to you, visit a traditional healer for counselling and advice.

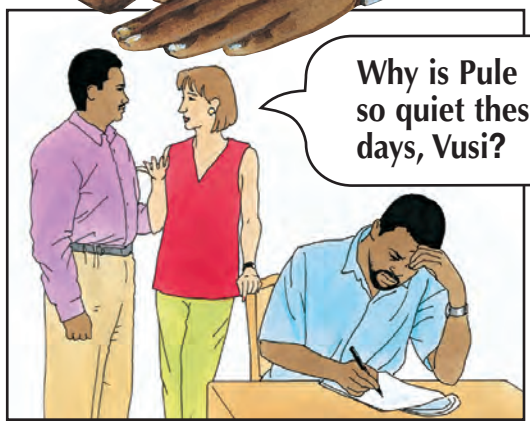
If you have any questions about HIV and AIDS, call the free AIDS Helpline on 0800 012 322.

Pule's story

My name is Pule Mafoko. Let me tell you my story about how my life changed the day I received my test results.

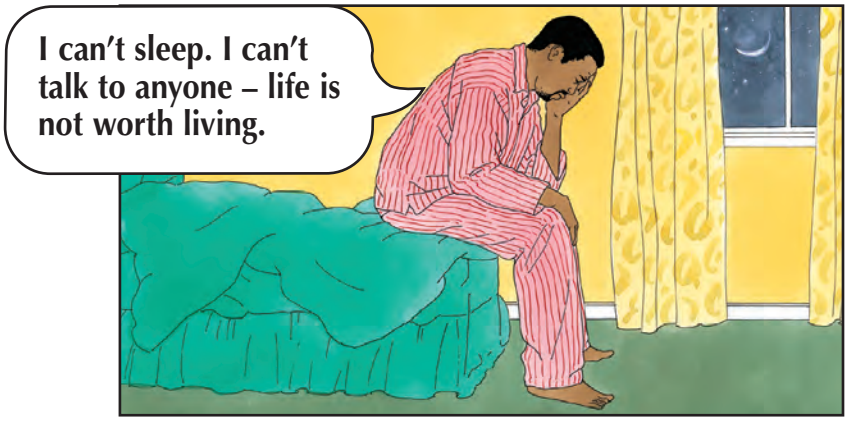






One of the most difficult things to do when you know that you are HIV positive is to tell others. You are afraid they will reject you.

reject
- ukuphoxeka
- danile
- swabile
- verwerp



Pule tells us how difficult it was: "It took me a long time to accept that I was HIV positive. I was frightened to tell anyone. This meant nobody could help me, even if they wanted to."

Keeping the sickness a secret can make you feel unhappy and stressed. Stress can make your immune system weaker, and then you can become sick more easily.

Find someone you can talk to. Counsellors at the AIDS Helpline are there to help you. You do not have to say who you are. You can also speak in any language.

The AIDS Helpline is an important telephone line for people who need help. Please treat it with <u>respect</u>.

respect
- ngenhlonipho
- ngentlonipho
- hlompho
- respek

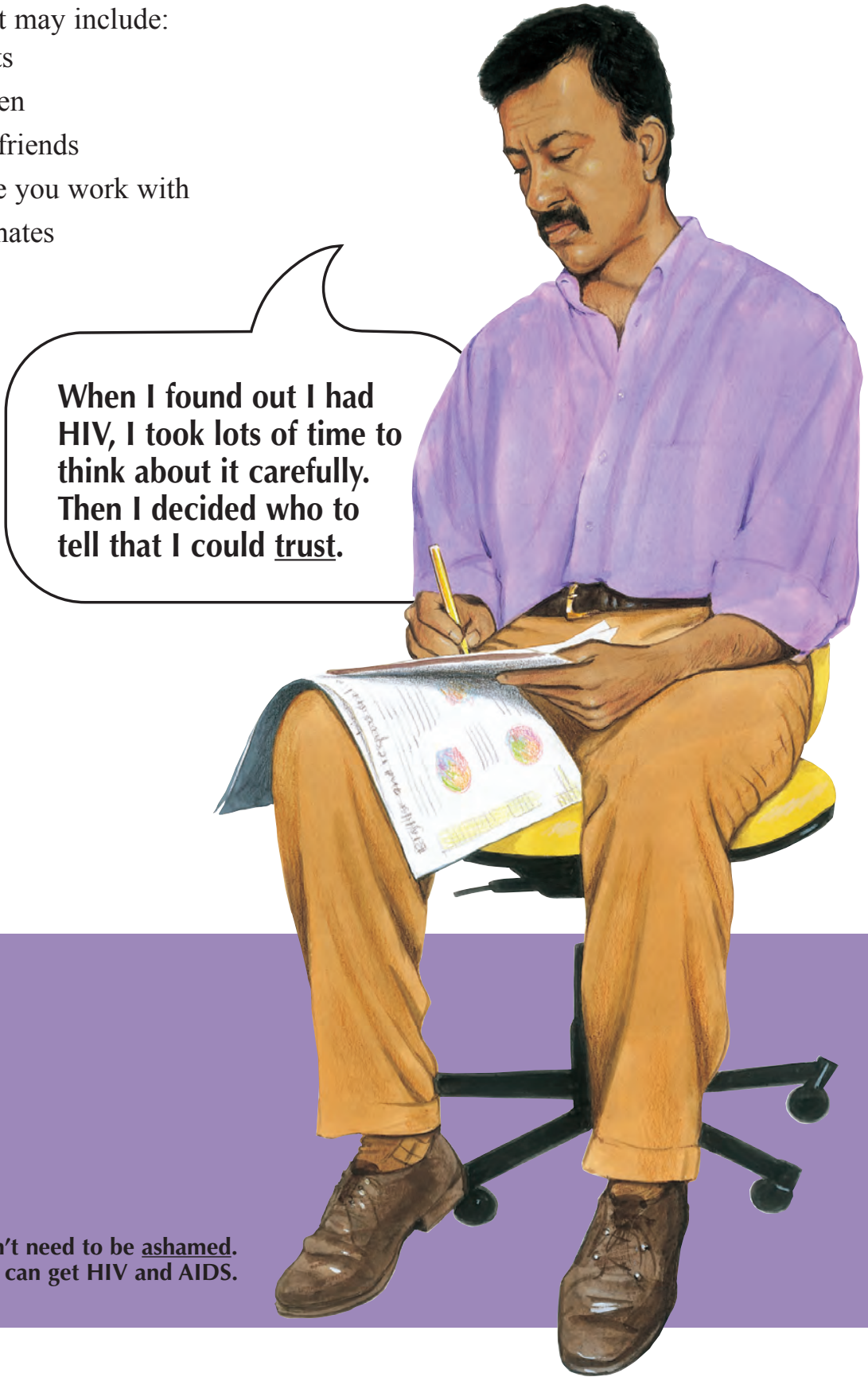
LIVE POSITIVELY

How to tell someone you are

You may want to make a list of people you want to tell.

Your list may include:

- parents
- children
- close friends
- people you work with
- classmates



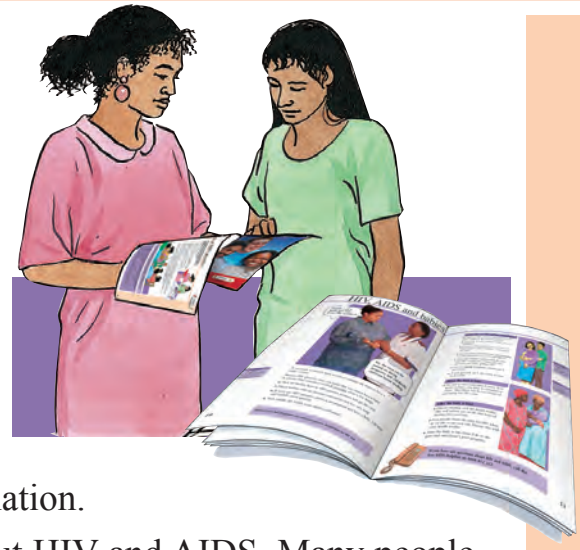
trust
- omethembayo
- omthembayo
- tsh epang
- vertrou

ashamed
- ukuba namahloni
- neentloni
- ho hlajwa ke dihlong
- skaam

Remember!

You don't need to be ashamed. Anyone can get HIV and AIDS.

HIV positive



It may help to do these things before you tell anyone you are HIV positive:

- Talk about HIV generally.
- If the person has the wrong information, give them the facts about HIV and AIDS.
- Give them this book to read.
- Invite them to talks about HIV and AIDS where they can get more information.
- Help them to deal with their fears about HIV and AIDS. Many people have wrong ideas about how HIV is spread. This makes them afraid of other people who are HIV positive.

If you need information about support groups near you, call the free AIDS Helpline on 0800 012 322.

If you don't have anyone to talk to you can join a support group

- Find out from your local clinic if there are any support groups in your area.
- At these meetings you can discuss any problems and fears you may have.
- If there are no support groups, think about starting your own. You can leave your name with the clinic so that other HIV positive people can contact you. Then you can start your own group.

How to tell your children you are

One of the hardest things HIV positive parents have to do is to tell their children they have the HIV virus. Often they may be too afraid to talk to their children. But this silence can be bad for everyone.

Children worry when they can see something is wrong with you, but nobody is talking about it. Children sometimes blame themselves for your sickness or worries. This may affect their school work or how they behave with other people.

They may not have the correct information about HIV and AIDS. Someone else may tell them that you are HIV positive. Then they may believe all the untrue stories they have heard about HIV and AIDS.

blame
- ukusola
- sola
- ho beha molato
- blameer

If you have any questions about HIV and AIDS, call the free AIDS Helpline on 0800 012 322.

HIV positive

Telling your children may not be easy

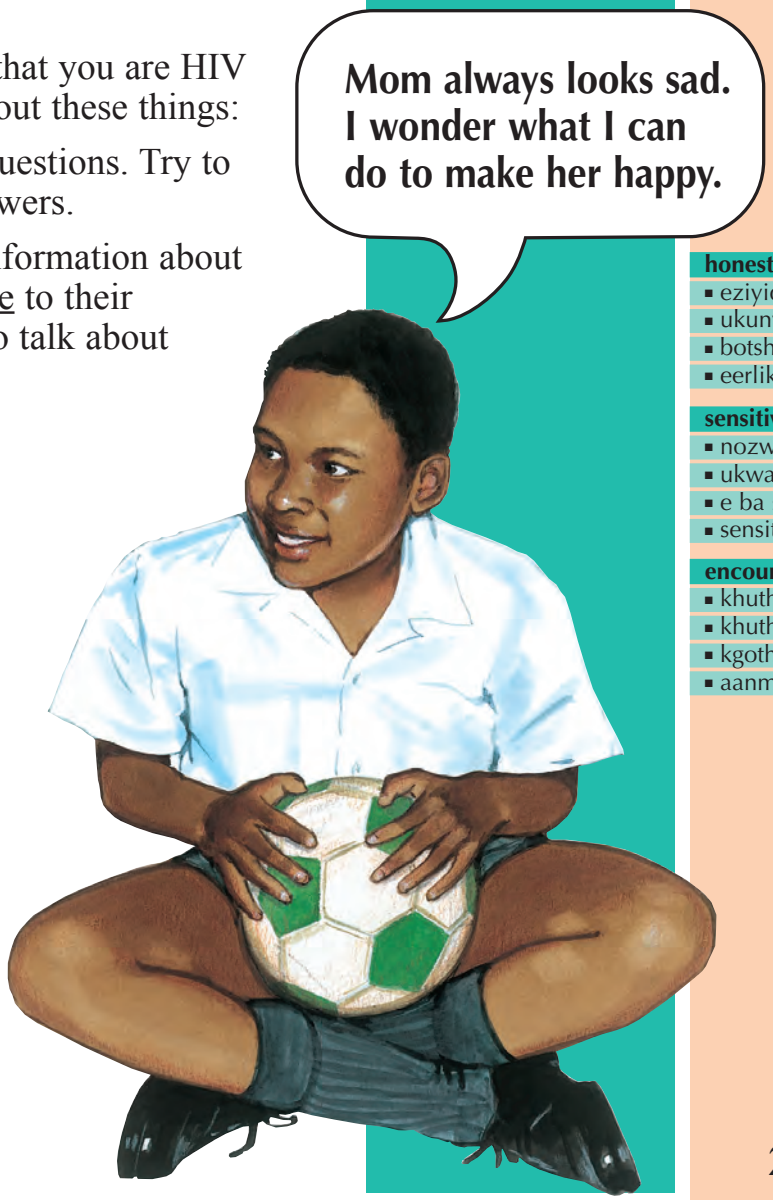
Telling your children that you are HIV positive is not an easy thing to do. You may have been scared, angry or sad when you first found out. They may have the same feelings as you had.

Remember that these feelings are normal. Because you felt the same things, you can understand your children's feelings. You can help them deal with these feelings. You can ask a friend or counsellor to be there. The children may have a lot of questions, and they may need a lot of support.

Things to think about

When you tell your children that you are HIV positive, you should think about these things:

- Allow the children to ask questions. Try to give them clear, honest answers.
- Give them all the correct information about HIV and AIDS. Be sensitive to their feelings. Encourage them to talk about how they feel.
- Deal with their fears about HIV and AIDS. Listen carefully to what makes them afraid.
- Allow them to help you to live a positive life.
- Be honest with them, especially about how you feel.
- Don't tell them you are okay if you are not.



honest
- eziyiqiniso
- ukunyaniseka
- botshepehi
- eerlik

sensitive
- nozwelo
- ukwazelelela
- e ba sedi
- sensitief

encourage
- khuthaza
- khuthaza
- kgothatsa
- aanmoedig

LIVE POSITIVELY

Take care of your mind and body

How to take care of your mind and body

Eat the correct food

- Food will not cure HIV, but it can help to keep your immune system strong. Eat fresh food like fruit and vegetables, beans, chicken and fish.

Exercise

- Exercise your body. It is good to keep active and busy. You will then be more healthy, and you will not worry so much about your health.

Stop smoking and drinking

- Smoking and drinking make your body weak. It is then easier for the HIV virus to get strong, and for you to get AIDS earlier. Alcohol weakens your immune system. It may also make you forget to take your medicine.

Get support from people

- Join a support group of people living with HIV and AIDS. Talk to someone when you feel lonely, sad or angry.

Go for regular medical check-ups

- Aperson with HIV should visit the clinic for a check-up every 3 to 4 months.
- The health worker will give you advice, and will help you to deal with any problems you may have.

Treat any new diseases or problems

People with HIV get sick very easily.

- It is important to go to the clinic if you are sick. This is because every sickness makes the body weaker and less able to fight the HIV virus.
- If the clinic finds that you have any new sicknesses or problems, they should treat them.
- If these sicknesses are not treated quickly, they may get worse and make you very sick.
- Read the section on “How to prevent infections at home” on pages 34 to 41.

Find out about anti-retroviral treatment (ART)

- ART is available. It is not a cure, but it will help you to live a longer and healthier life.
- Most people do not need ART when they find out that they are HIV positive. They can still live for a long time before they start treatment.
- Talk to your health worker about when to start ART.

Care & support for people

CARE & SUPPORT

Even if we are not infected, we are all living with HIV and AIDS. You may be HIV positive yourself, or you may know someone who is HIV positive. It may be someone you love, like a parent, a partner or a friend. We can all support one another by helping to cope with the disease and to live with it positively.

Aperson with HIV and AIDS will stay healthier if there is someone to give them support. Many people believe that only women can take care of sick people. This is not true. Everyone can help to care for someone who is HIV positive.

If you have any questions about HIV and AIDS, call the free AIDS Helpline on 0800 012 322.

who are HIV positive

Some people do not have anyone to care for them. This section of the book can help them learn about things they need to do for themselves. It can help them to know what care and support they should be asking for from family and friends. Read pages 17, 20 and 21.

The different stages of HIV and AIDS

Different people find out they are HIV positive at different stages of the disease. They may find out when they are not sick. But as their immune system gets weak, they start getting sick very easily. At some stage they will get very sick and will not get better. This book divides the disease into three stages.

- How to care for a person who is HIV positive and healthy – read pages 28 and 29.

- How to care for a person who is HIV positive and sick – read page 30.

- How to care for a person who has AIDS and is near death – read page 31.

Tips are given on how to care for and support people living with AIDS at these different stages. There is also advice for people who are caregivers for the person with HIV and AIDS – read page 32.

Remember!

You can ask the health worker to teach you skills on how to care for the sick at home.

HIV positive and healthy

CARE & SUPPORT

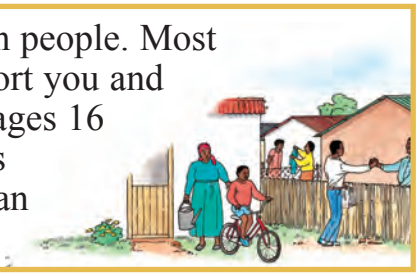
How to care for a person who is HIV positive and healthy

HIV positive people can live for a long time looking and feeling healthy. But they may keep worrying about being HIV positive.

- It may take time to deal with what it means to be HIV positive.
- They may worry about how others will treat them when they find out they are HIV positive.

How to cope if you are HIV positive and healthy

- Fill your life with people. Most people will support you and not reject you. Pages 16 and 17 give ideas about who you can talk to.



- Join a support group. Ask your health worker for information about any support group in your area.

- Spend time with friends and family.

- Continue to have sex if you want to. Sexual touch can help you stay healthy for longer. But remember that you still need to have protected sex, even if you and your partner are HIV positive. Always use a condom.

reject
- ukucwasa
- ukubukula
- nena
- verstoot

What to do if you are a caregiver

- Learn to listen. This is important for someone who is still learning how to accept that they are HIV positive.
- If you know that a person is HIV positive, do not tell anyone else. It is wrong to tell everyone about it.
- Encourage the person who is HIV positive to be active in his or her life. Do not stop them from doing the things they like to do.

encourage
- khuthaza
- khuthaza
- kgothatsa
- aanmoedig

- Take care of your own needs. Be honest about your feelings with the person who is positive.
- If you feel that you cannot cope, do not be afraid to say so.

Other practical things to do if you are HIV positive and healthy

- Learn as much as you can about HIV and AIDS. Teach people around you the facts about HIV and AIDS. Many people are afraid of people living with HIV because they do not know the facts. You can give them this book to read.
- Stay healthy. Read pages 24 and 25 for ideas on how to live a healthy life.
- Plan for the future. Read pages 44 to 47 for tips on how to plan for important things in your life.

Remember!

People who are HIV positive need support even if they are not sick.

CARE & SUPPORT

HIV positive and sick

How to care for a person who is HIV positive and sick

People who are HIV positive get sick very easily. Most of these sicknesses can be cured. Once they are cured the person will still be HIV positive, but will feel well again.

How to cope if you are HIV positive and sick

- Continue to eat healthy food, even if you do not feel like eating.
- Learn to treat some of the sicknesses at home. Read pages 36 to 41 for tips on how to treat diarrhoea, coughs, thrush and skin problems.
- Go to the clinic as soon as you feel sick.
- If you are not getting better, go back to the clinic for more medicine.

What to do if you are a caregiver

- Keep the sick person and the house or room they are in very clean. Prevent infection – read pages 34 and 35 for more information on how to do this.

- Cook healthy food for yourself and the person who is sick.

- Spend time with the sick person. Encourage family and friends to do this too. Sharing positive stories, music and jokes will make the person feel loved. This will help them get better.

HIV positive and near death

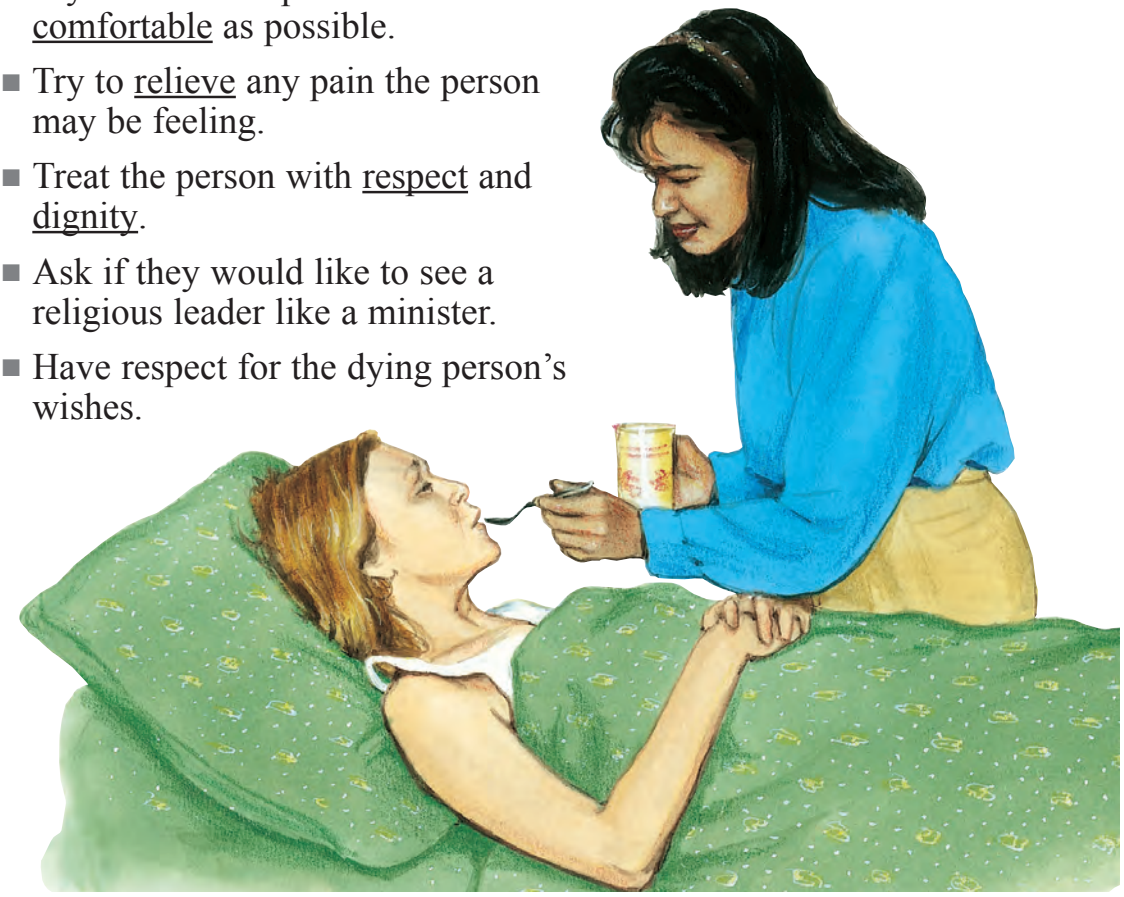
How to care for a person who has AIDS and is near death

When the immune system of an HIV positive person gets too weak, they may not get better. It is very hard to cope when someone you love is near death.

- They may be in a lot of pain.
- They may not be able to eat.
- They may not be able to talk.
- There is very little they can do for themselves.

What to do if you are a caregiver

- Try to make the person as comfortable as possible.
- Try to relieve any pain the person may be feeling.
- Treat the person with respect and dignity.
- Ask if they would like to see a religious leader like a minister.
- Have respect for the dying person's wishes.



comfortable
- ukhululekile
- ukukhululeka
- lokolohile
- gemaklik

relieve
- ukwenza ngcono
- ukupholisa
- fokotsa
- verlig

respect
- ngenhlonipho
- ngentlonipho
- hlompho
- respek

dignity
- ngesizotha
- isidima
- seriti
- waardigheid

Taking care of the body of the person who has died

The AIDS virus can live for up to 24 hours in the body of a person who has died. It means that you can still be infected during this period. Follow the tips on pages 34 and 35 on how to prevent infection.

The caregiver

Care and support – you cannot do it alone

It is not easy to care for someone who is sick or dying. If you do not have money, it is even harder to get treatment or to buy enough food. Some people work all day, and then go home to look after someone who is ill.

There are many other problems that caregivers can have. Here are some of them:

Who will share the work with me? I will have no time for myself. ?

How will I care for the rest of the family? ?

When I feel angry and sad who will I talk to? ?

How will I deal with the sick person's anger and depression? ?

Will I get infected? ?

How will I cope when the sick person dies? ?

depression
- ukushona phansi komoya
- umoya ohlileyo
- ho kgathatseha
- depressie

If you have any questions about HIV and AIDS, call the free AIDS Helpline on 0800 012 322.

What to do as the caregiver

- Ask for help. Your neighbours, your local church or other members of the community may be willing to help.

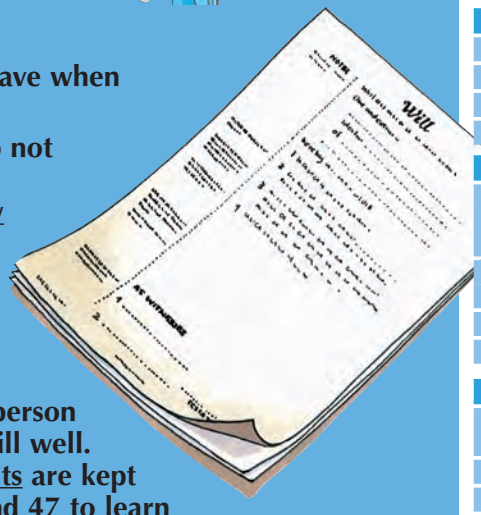
- Talk to someone about how you feel. You can find other caregivers, and form your own support group.

- If the person you are caring for is very sick, find some time to be away from them. Everybody needs time for themselves.

It is also important to know your rights

Many women and children lose everything they have when their partner or loved one dies.

This happens when people with HIV and AIDS do not say who should get the things when they die. This problem mainly affects children and common-law wives, or women who are in customary marriages. According to the law, a common-law wife has the right to everything her husband owns when he dies.



It is much better if the sick person has a written Will, saying who should get the things when the person dies. This should be written when the person is still well. You must know where all the important documents are kept before the illness is too serious. Read pages 46 and 47 to learn more about making a Will.

common-law
- umthetho wesintu
- umthetho wesintu
- molao wa setso
- gemeen-regtelike

customary
- wesintu
- owesintu
- setso
- gebruiklike

will
- umbhalo wokwabiwa kwefa
- ilifa elibhali-weyo
- wili
- testament

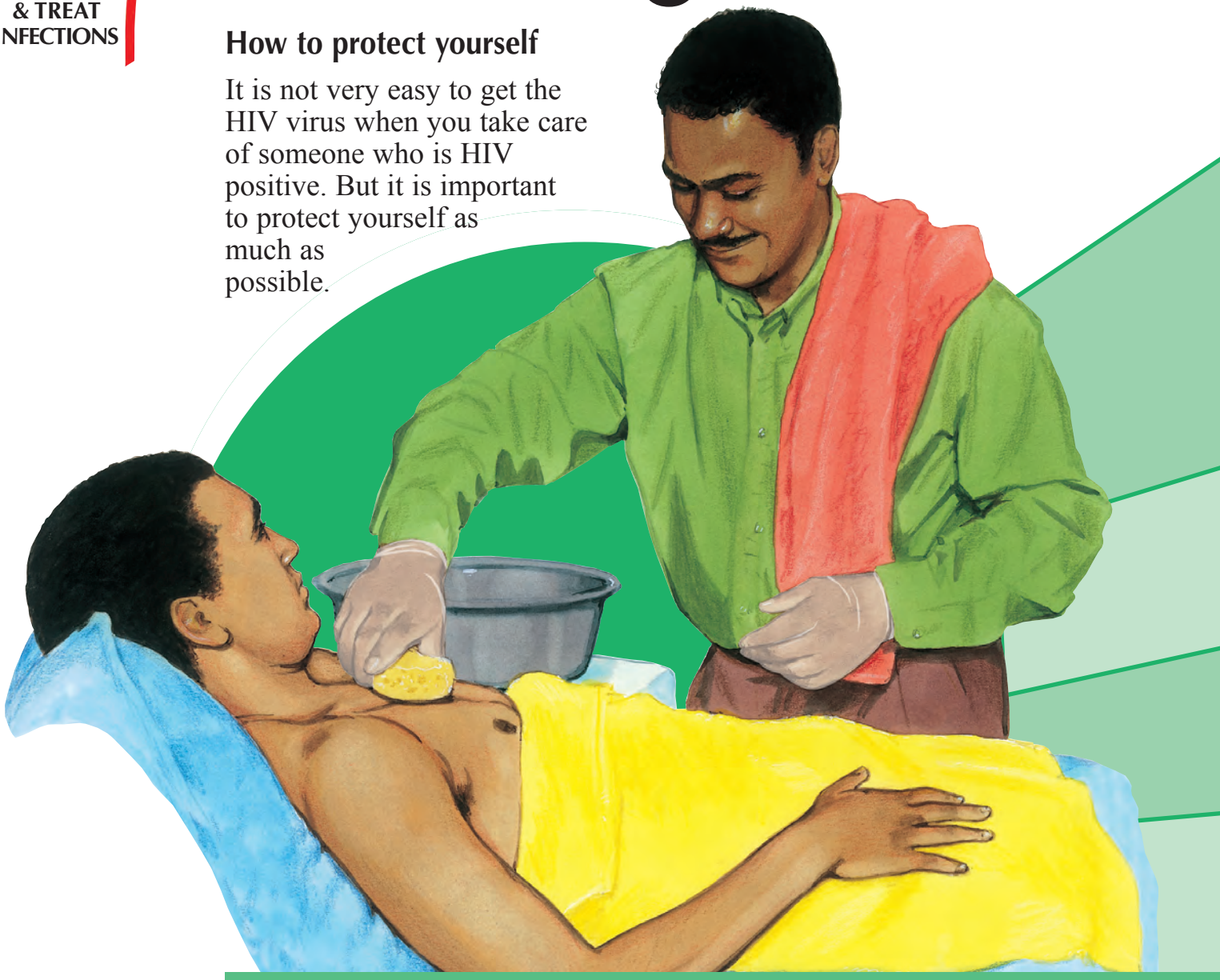
documents
- amadoku-menti imiqulu
- iidotyumenti
- ditokomane
- dokumente

PREVENT & TREAT INFECTIONS

Preventing infections

How to protect yourself

It is not very easy to get the HIV virus when you take care of someone who is HIV positive. But it is important to protect yourself as much as possible.



How to handle dirty washing

- Keep clothes and bedding with blood, diarrhoea or body fluids away from other washing.

- Wear plastic bags or gloves on your hands when you work with dirty washing.

- Wash the bedding and clothes in soapy water. Hang them where there is a lot of sunshine. Make sure the washing dries well.

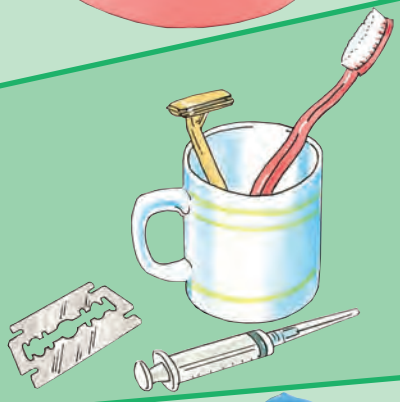
- Burn any bandages that cannot be rewashed.

bedding
- izingubo zokulala
- umandlalo
- mealo
- beddegoed

at home

- Do not touch body fluids such as blood, stool and urine. Wear plastic bags or plastic gloves on your hands when you clean a sick person.

- Wash the gloves or plastic bags in hot water every time after you have used them.



- Do not share needles, razors or toothbrushes.

- Keep all sores clean and covered. Make sure everyone in the home does this.

How to keep the bed clean

It is important to keep the sick person's mattress, sheets, blankets and pillows clean. Do this by covering the mattress with a plastic sheet.

You can make your own plastic sheet by ironing big plastic bags together. Make sure that you use strong bags, like the 12 kg plastic mielie-meal bags.

Wash the sheets, blankets and pillows as often as you can. Wipe the plastic sheet with a hot, wet cloth.

Treating common

Diarrhoea

diarrhoea
- uhudo
- urudo
- letsholla
- diarree

dehydration
- ukuphela kwamanzi emzimbeni
- ukukhameka amanzi
- ho fellwa ke metsi mmeleng
- ontwatering

dizzy
- ukuba nesiyezi
- ukuba nesiyezi
- ho tsekelo
- duiselig

When you pass more than two loose or watery stools a day you have diarrhoea. Diarrhoea is dangerous because it causes dehydration. You can die from dehydration when the body gets too dry. Go to the doctor or clinic if you have any signs of dehydration.

SIGNS OF DEHYDRATION
- **Loose and dry skin**
- **Dry tongue and mouth**
- **Feeling dizzy and weak**
- **Little or no urine passed**

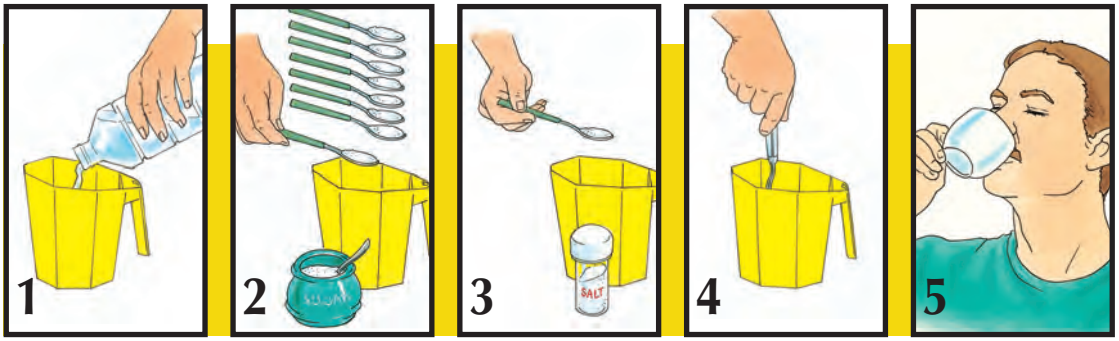
How to treat diarrhoea

1 Drink a lot of liquids

It is important to make sure the body does not lose too much water. Drink something every time your stomach runs. This will not stop the diarrhoea, but it will stop your body from becoming dehydrated.

You can have the following things to drink:
- Thin soup made only from vegetables
- The water that was used to boil samp or rice
- Home-made sugar-and-salt mixture – read below

How to make the home-made sugar-and-salt mixture:

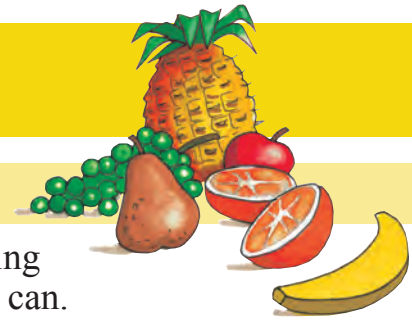


- **Measure one litre of clean water into a clean container.**
- **Add eight teaspoons of sugar.**
- **Add half a teaspoon of salt.**
- **Mix well.**
- **Drink one cup every time your stomach has run.**

Remember!

Remember to throw the mixture away after 24 hours.

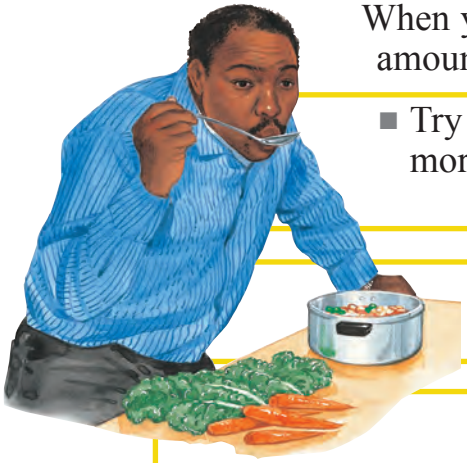
sicknesses at home



2 Continue eating

You may not want to eat because you are feeling sick. But it is important to go on eating if you can.

When you have diarrhoea you should eat a small amount of food at least five times a day.



- Try to prepare fresh food. Do not keep cooked food for more than two days.
- Eat soft, mashed, liquid foods like soup and porridge.
- Eat food that is low in fat. Do not add cooking oil to food.
- Eat soft fruits like bananas and pawpaw.
- Do not use hot spices in food.
- Do not eat leafy vegetables like spinach and cabbage.

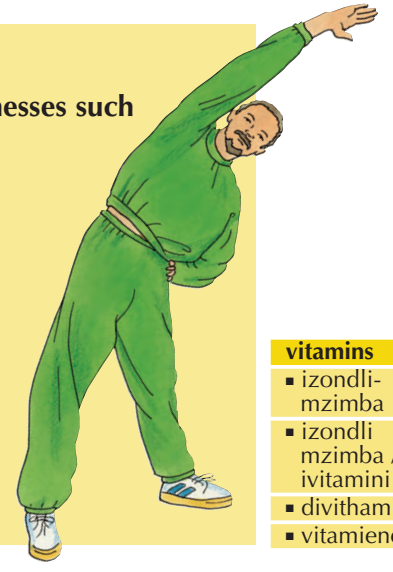
LOSS OF WEIGHT

Many HIV positive people lose weight. This is often caused by illnesses such as diarrhoea and TB.

Important things to think about if you have been losing weight:

- **Exercise regularly to keep your muscles strong.**
- **Eat a lot of energy foods such as pap, rice and potatoes.**
- **Eat a lot of protein food such as beans, eggs, milk and fish.**
- **Don't stop eating, even if you are sick and you do not feel like eating.**

You do not have to buy expensive food to eat healthily. Beans and lentils are cheap, and are as good for you as meat. You can grow your own vegetables. These have a lot of vitamins to help keep your body healthy and fight sickness.



vitamins
- izondli-mzimba
- izondli mzimba / ivitamini
- divithamini
- vitamiene

Remember!

Find out what illness you have, and get it treated as soon as possible.

Treating common sicknesses

Coughs

Coughing is the body's natural way to clean the airways. The body is trying to get rid of mucus.

Do not drink medicine to stop the cough.

mucus
- amafinyila
- imifinya
- mamina
- slym

How to treat coughs

- Drink lots of water.
- Keep active by walking.
- Drink tea with lemon and honey.
- Drink a home-made remedy – read below.
- Use steam inhalation.
- Have home-physio – read the opposite page.

remedy
- umuthi
- unyango
- moriana
- genees-middel

physio
- imithambo
- fisio
- fisio
- fisio/ fisioterapie

How to make the home-made remedy

- Mix these things together in equal amounts.

  The amount could be teaspoons, tablespoons or a small cup.

- **honey**
- **lemon juice**
- **clean, boiled water**

- Drink one teaspoon every 2 or 3 hours. You can drink this hot or cold.

How to use steam inhalation

- **Fill a big basin with boiling water.**
- **Cover your head and the basin with a big towel.**
- **Breathe the steam in deeply.**
- **Do this for about 15 minutes until there is no more steam.**

IMPORTANT

Be very careful to keep small children away from boiling water.

Tuberculosis (TB)

Coughing can be a sign of TB or pneumonia. If it is TB or pneumonia, you will need medicine from the clinic. Make sure that you take all the medicine the doctor or health worker gives you.

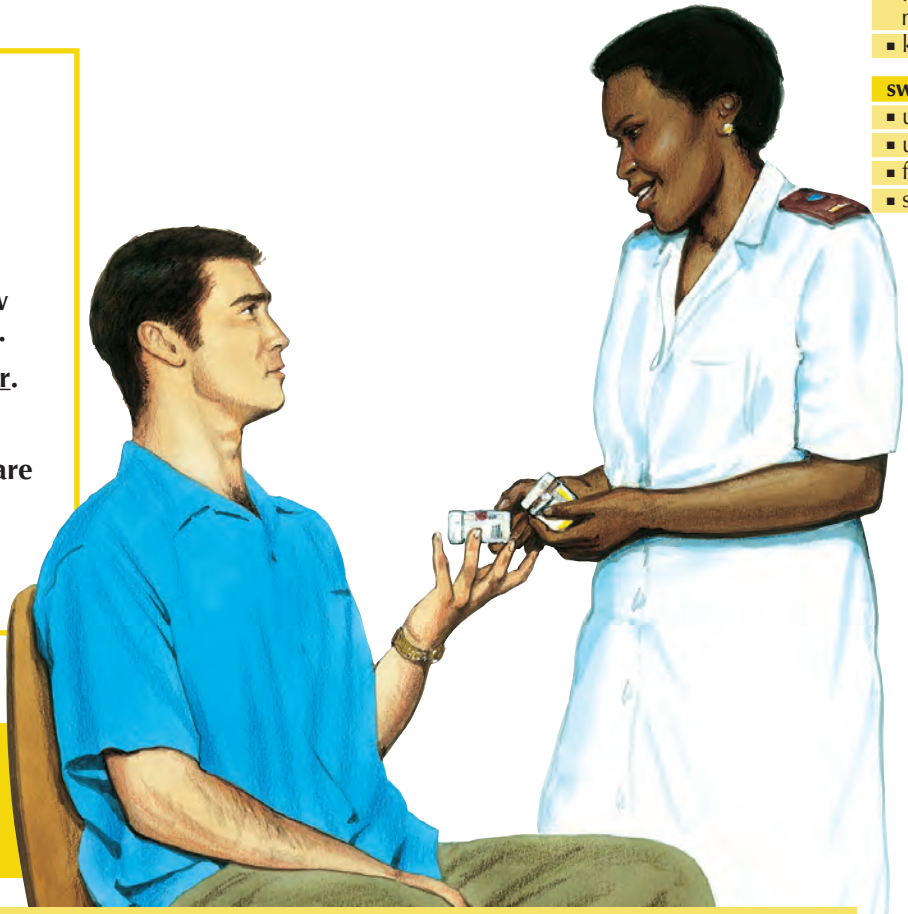
It is very important to visit the clinic if you have any problems.

fever
- imfiva
- ifiva
- feberu / motjheso
- koors

sweat
- ukujuluka
- ubile
- fufulelwe
- sweet

SIGNS OF TB

- You have been coughing for more than two weeks.
- You cough up blood, or yellow or green mucus.
- You have a fever. This means you are hot and sweaty, or you are shivering.
- You sweat at night.

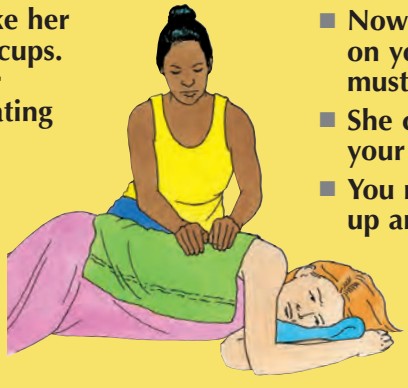


Remember!

Not everyone with TB has HIV or AIDS.

How to have home-physio

- Lie on your front with a towel across your back.
- Your caregiver must make her hands like upside-down cups. She must pat your upper back hard. Do it like beating a drum.



- You can also lie with your head over the edge of the bed.
- Now change position and lie on your back. Your caregiver must pat your chest.
- She can also pat the sides of your chest.
- You must cough up any mucus.

Remember!

Go to the clinic if you do not feel better after any of these treatments.

Candida or thrush

vagina
- isitho sowesifazane sangasese
- ubufazi/ umphantsi
- setho sa bosadi
- vagina

discharge
- i-discharge
- yi-discharge
- ke-discharge
- afskeiding

itching
- ukusho-shozela
- ukutsho-tshozela
- ho hlohlona
- jeukerigheid

relieve
- ukwenza ngcono
- ukupholisa
- fokotsa
- verlig

Candida or thrush is a sickness that causes white spots in the mouth or inside the vagina.

SIGNS OF THRUSH
- **White spots on the tongue or gums, or inside the cheeks**
- **White spots on the skin inside or outside the vagina.**
- **If there is thrush in the vagina, there can also be a discharge and itching.**

How to treat thrush

Garlic can be used to help relieve thrush.

- To help thrush in the mouth: Chew one clove of garlic.
- To make garlic tea: Chop two cloves of garlic, and boil them slowly with one cup of water. Drink one cup of this tea three times a day.
- For thrush that is itching in the vagina: Insert a crushed clove of garlic into the vagina.
- To help with general health: Use garlic in cooking. It makes the food taste good too.

spicy
- okunezino ngo
- okunongi-weyo
- dinoko tse ngata
- speseryagtige

Be careful of what you eat when you have thrush

- Do not eat spicy food or food that needs a lot of chewing.
- Sticky food like peanut butter can make thrush worse.
- Do not eat very cold or very hot food.
- You can eat soft, mashed food like potatoes, avocados, yoghurt, vegetable juices and soup.

IMPORTANT

- **Do not use soap to wash the vagina. It can make the itching worse.**
- **Do not stop eating. It is important to eat well, to keep healthy.**
- **Visit your doctor or clinic if the thrush gets worse.**

Skin problems and sores

Many people with HIV have problems with their skins. There are different infections that cause different skin problems. Visit a doctor or your local clinic if you have a skin problem. They will know which problem you have, and which medicines you should take.

- Some skin problems can be caused by a disease such as TB.
- Others can be caused by a lack of Vitamin Aand Vitamin B6.

How to treat skin problems

- Keep the problem area clean and dry. If possible, keep it uncovered.
- If clothes rub the sores, cover the sores with a loose bandage or a piece of loose, clean material.
- Do not touch other parts of your body when you have been touching open sores. You may spread the infection. Wash your hands after you have touched any sores.
- Scratching the skin can cause more infection.
- Bath oil in the bath can be helpful for dry skin. You can also carefully rub oil over your body. But do not rub it over the open sores.
- You can keep your skin healthy by eating foods that contain Vitamin Aand Vitamin B6, e.g. garlic, bananas, liver, nuts, leafy vegetables, and vegetables that are yellow, green and orange.

problem area
- indawo enenkinga
- indawo enenkathazo
- sebakeng se bohloko
- probleem area

Remember!

Go to the clinic if you do not feel better after any of these treatments.

Sick people in bed who have skin problems

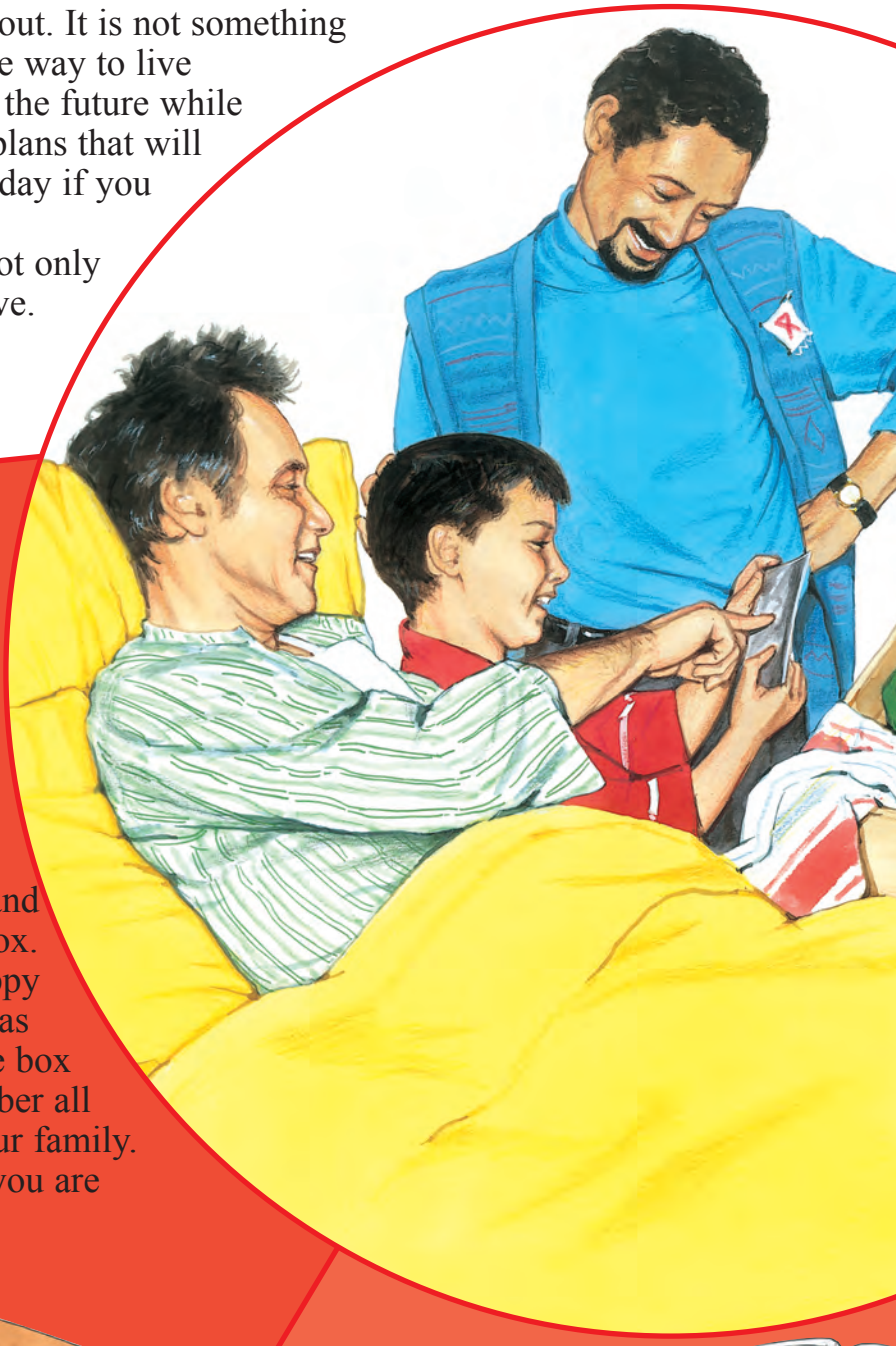
If you are sick in bed, these things are important:

- Change your body position at least every hour or two.
- Massage your body to improve blood flow. This will help prevent bedsores.

massage
- ukuphulula
- ukuhlikihla
- ho sidila
- masseer

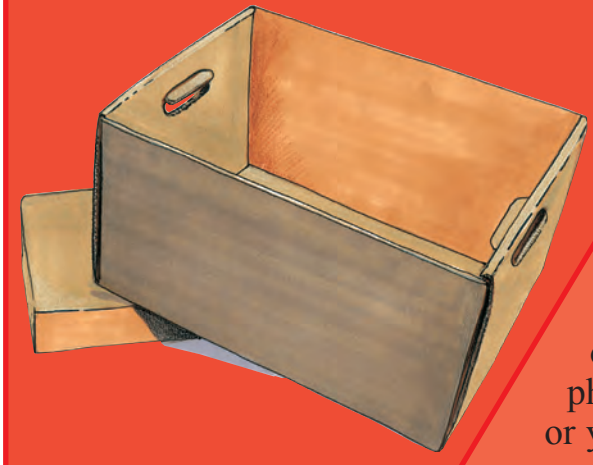
Dealing with death

Death is difficult to talk about. It is not something people want to discuss. One way to live positively is to think about the future while you are still strong. Make plans that will help your family cope one day if you become too ill, or you die. Everyone should do this, not only people who are HIV positive.



The Memory Box

This is an example of how you can help children deal with knowing that you are HIV positive, and that you may die soon. You can collect important things for your children and put them in a Memory Box. Your children will be happy to have something that was part of you. Preparing the box can also help you remember all the good things about your family. You will feel proud that you are keeping those memories.

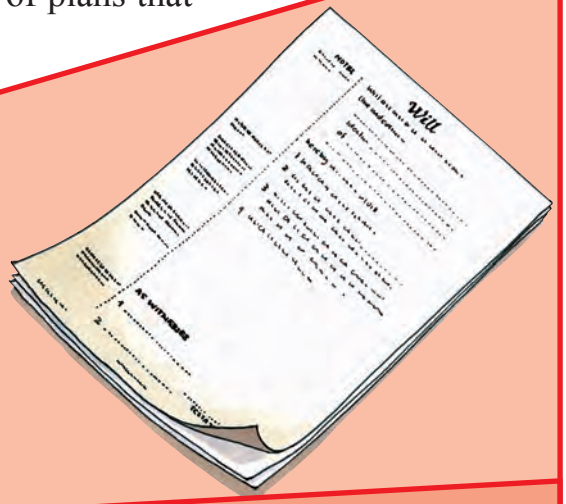


- Add to the Memory Box anything that is special to you. It may be old clothes, or photos of yourself or your family.

and dying

Worry can make you sick. People who think ahead and plan for their families have fewer worries than people with no plans. This section gives you ideas of plans that you can make.

- You can make a Will (read how to do this on pages 46 and 47).



- You can add important information that may help them, such as telephone numbers of important relatives and friends.

- You can write a letter to each child, telling them how much you love them. Add these to the Memory Box.

Did you know?

The first memory box was made in Uganda by an organisation called TACOS.

Things to do while

matters
- izindaba
- imicimbi / yemali
- ditaba
- sake

When someone you love is very ill, or dies, life is very hard. It is important that business and money matters are made as easy as possible. There are some things to do with business and money that will make life easier for you and your family.

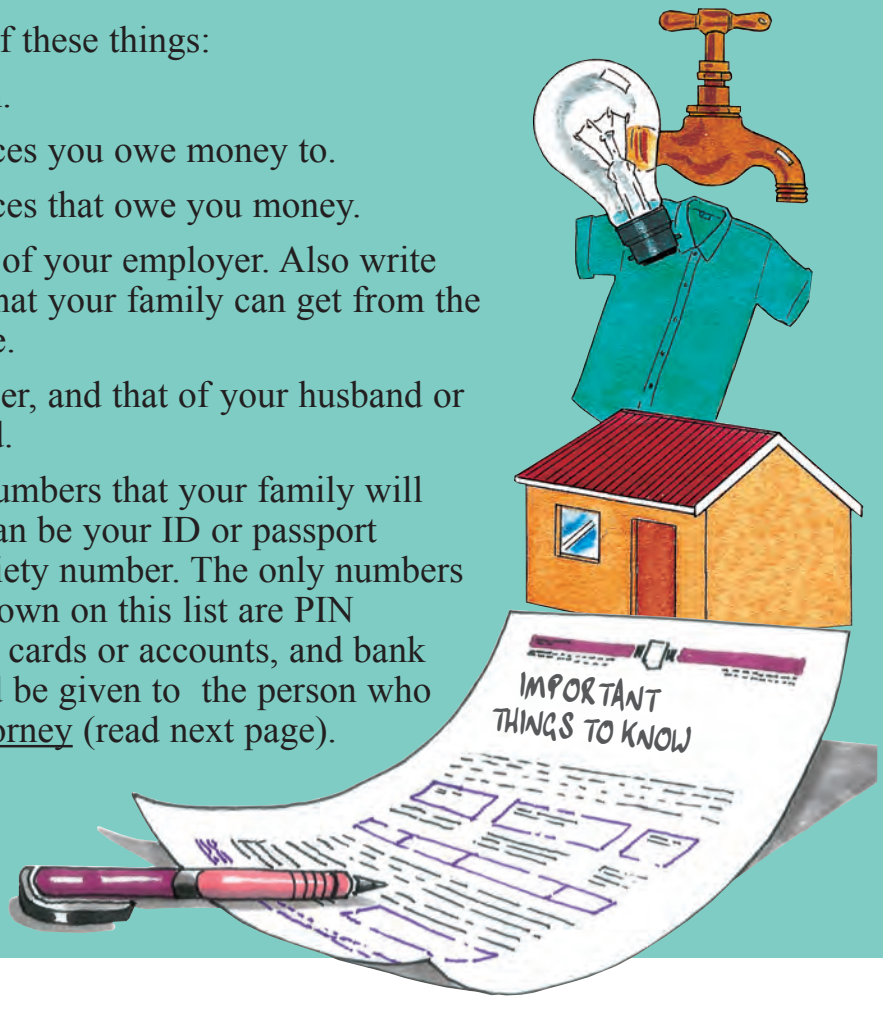
Business and money

You should make a list of these things:

- All the things you own.
- All the people and places you owe money to.
- All the people and places that owe you money.
- The name and address of your employer. Also write down all the benefits that your family can get from the company when you die.
- Your income tax number, and that of your husband or wife if you are married.
- Any other important numbers that your family will need to know. These can be your ID or passport numbers, or burial society number. The only numbers you should not write down on this list are PIN numbers for any credit cards or accounts, and bank numbers. These should be given to the person who has your Power of Attorney (read next page).

benefits
- amalungelo ezimali
- izabelo
- ditshwanelo
- voordele

Power of Attorney
- umuntu omnike igunya lokusayina izinto zakho
- ummeli ngokwase-mthethweni
- matla a mmuelli
- volmaghebber



Put this list in a safe place. Tell someone you trust where the list is kept.

you are strong

Power of Attorney

You need to think of who will do important things for you when you are very sick. You must think carefully about who this person will be because you have to trust them. You will give this person your Power of Attorney.

You must choose someone who can help you do these things:

- Going to the bank
- Paying rent and other debts
- Collecting grants such as disability benefits
- Signing for claims from Medical Aid
- Signing for claims for the Burial Society

grants
- izimali ezitholakalayo
- izibonelelo zenkamnkam
- dithuso/ dinyehelo
- toelaes

How do I give someone Power of Attorney?

- Choose the person you trust.
- Think carefully about the things you want them to do for you.
- Write these things down. Be very clear and specific. Remember that you are giving the person a lot of power by choosing them to control things such as your money.
- Sign the paper on which you have written everything down in front of a Commissioner of Oaths.
- You can go to the police station to find a Commissioner of Oaths.

specific
- ucacise
- engqalileyo
- toba taba
- spesifiek

Commissioner of Oaths
- Umuntu okufungwa kuye ngokuse-mthethweni
- IGosa eku-fungwa kulo
- mokomishe-nara wa dikano
- Kommissaris van Ede

Tell your family who you have chosen to have as your Power of Attorney. Explain to them why you have chosen this person to help you.

Things to do while you are strong

Making a Will

documents
- amadoku-menti imiqulu
- iidotyumenti
- ditokomane
- dokumente

AW ill is a document you write to say what should happen to your things when you are dead. Your Will makes sure there are no arguments or fighting over the things you own. These are the things that should be in your Will:

Full personal details

permanent
- naphakade
- ngapheliyo/ naphakade
- saruri
- permanent

- Your full names, age, identity number and permanent address.
- Your marital status and whether you are married in or out of community of property, or you are in a customary marriage. If you are married, you must include your husband's or wife's name and identity number.
- Names, sex and ages of your children, and whether they are single or married.
- Details of relatives, other people or groups who you write about in your Will.
- The name and details of the person who will take care of your Will. This Executor will divide your things after you have died. They must do what you have asked for in your Will. This person could also have your Power of Attorney. It can be a person whose name is in your Will to receive something.

A Will is a legal document

legal
- yomthetho
- yasemthe-thweni
- ya molao
- wettig

Apiece of paper that is legal means that everyone has to obey what is written down. But there are very important things to do to make sure it is legal.

- Write everything down, or get someone you trust to write it down for you. This person's name must not be in your Will.
- Sign every page. If you cannot write you could put an X instead of the signature. But it would be better to ask someone to sign for you. If you choose someone to sign for you, you must do this in front of a Commissioner of Oaths, such as a policeman.
- You must sign your Will in front of two witnesses, older than 14 years. They must also sign the Will. All of you must sign in front of one another.
- Awitness cannot be someone whose name is written in your Will and who will get something when you die.
- Witnesses only sign to say that they were there and signed your Will at the same time as you.
- The witness does not have to read the Will. They do not need to know what you wrote in the Will. You do not need their advice on whose names to put in the Will, or what you should give to different people.

witnesses
- ofakazi
- amangqina
- dipaki
- getuies

MY WILL

Only a person older than 16 can write a Will.
They must understand fully what the Will means.

Date.....

I .....*(my name)*

say that this is my Will.

Identity number or date of birth .....

Address:.....

.....

.....

Married or single .....

Names, sex and ages of children: .....

.....

.....

1. This is my last Will, and it replaces any other Will I have.
2. I would like .....*(name of person)*
   to take care of my Will after I have died.
3. I would like the Master of the High Court or his representative to sort out my Estate.
   If my Estate is worth more than R50 000, I would like:
   .....*(name of person)*
   to be my Executor. *(Estate means my home, belongings, money and everything I own)*
4. I would like to give my Estate to:
   .....*(name of person/people)*
5. I would like to give these special things (items) to these people:
   My *(item)* .....to .....*(name of person)*.....who lives at .....*(address)*.....
   My *(item)* .....to .....*(name of person)*.....who lives at .....*(address)*.....
   My *(item)* .....to .....*(name of person)*.....who lives at .....*(address)*.....

Signature Witness 1: .....

Signature Witness 2:.....

.....

My signature or initial: .....

Example of a Will

List of places to

AIDS Helpline:
0800 012 322

Provincial Organisations

EASTERN CAPE

Port Elizabeth AIDS Training, Information and Counselling Centre (ATICC)
Ground Floor, Brister House
191 Govan Mbeki Street
Port Elizabeth, 6001
Tel: 041 506 1415

Umtata AIDS Training, Information and Counselling Centre (ATICC)
Room 41, 8th Floor,
Botha Sigcau Building
Cnr Leeds and Owen Streets,
Umtata, 5100
Tel: 047 531 2763

NORTH WEST

Boitumelong Clinic
927 Phuduhudu Street
Boitumelong Loc., Bloemhof
Tel: 053 433 1736

Lifeline
Mafikeng
Tel: 018 462 1234

17 Connaught Street, Golf View
Tel: 018 381 4263

Naledi Lifeskills Training and AIDS Information Centre
Stand 3770, Danville Ext.
(Opp. Mafikeng Provincial Hospital), Mmabatho
Tel: 018 383 3978

North West Region – Hospice
13 Hendrik Potgieter Street
Oudorp, Klerksdorp
Tel: 018 462 3916

LIMPOPO

Polokwane AIDS Training, Information and Counselling Centre (ATICC)
Cnr Potgieter and Diaz Streets
Polokwane, 0966
Tel: 015 290 2363

MPUMALANGA

White Rose Hospice
27 Jellicoe Street, Witbank, 1035
Tel: 013 656 6218

Witbank AIDS Training, Information and Counselling Centre (ATICC)
City Health Services,
Witbank City Council
Cnr Swartbos & Loiuse Roads,
Witbank, 1035
Tel: 013 690 6204

NORTHERN CAPE

Hospice Association of Kimberley
156 Du Toitspa Road, Kimberley
Tel: 053 832 2591

WESTERN CAPE

AIDS Action Group – Northern Areas
7 Meath Street, Bellville
Tel: 021 948 7699

Medicins SANS Frontiers
Town One Properties
Sulani Drive, Khayelitsha
Tel: 021 364 5490

The Pletade Foundation HIV/AIDS Forum
Simunya Centre
Cnr. Khathula Street,
Plettenberg Bay
Tel: 044 533 5616

Western Cape AIDS Training, Information and Counselling Centre (ATICC)
Lady Michaelis Day Hospital
Centre, Timour Hall Road,
Plumstead, Cape Town, 7801
Tel: 021 797 3327/763 5320

GAUTENG

AIDS Training, Information and Counselling Centre (ATICC) Esselen Clinic
17 Esselen Street,
Hillbrow, Johannesburg, 2001
Tel: 011 725 6711/2/0

Pretoria AIDS Training, Information and Counselling Centre (ATICC)
Higher Ground Level H0001,
City Core, Cnr Vermeulen and
Prinsloo Streets, Pretoria, 0002
Tel: 012 358 8743/4

Medico Post-exposure Prophylaxis Sites

Nthabiseng Clinic
Baragwanath Hospital, Soweto
Tel: 011 933 1206

Sinakekelwe Clinic
Natal Spruit Hospital, East Rand
Tel: 011 389 0500/0675

Skinner Street Clinic, Pretoria
Tel: 012 354 1654

Sebokeng Hospital, Vaal
Tel: 016 930 3000

KWAZULU-NATAL

Durban AIDS Training, Information and Counselling Centre (ATICC)
Tel: 031 311 3604/3632

Pietermaritzburg AIDS Training, Information and Counselling Centre (ATICC)
Tel: 033 345 0781/9

help you

Other Organisations

AIDS Consortium
Tel: 011 403 0265

Treatment Action Campaign (TAC)
Tel: 021 422 1700

AIDS Law Project
Tel: 011 356 4100

AIDS Action Plan
Tel: 012 312 0151

Black Sash
Tel: 021 461 7804

Nelson Mandela Foundation (46664)
107 Central Street
Houghton,
Johannesburg
Tel: 011 853 2621

Society for Family Health
8 Hillside Road
Metropolitan Park
Block B, 2nd Floor
Parktown, Johannesburg
Tel: 011 484 5320

Moral Regeneration Movement
Zandile Mdhladhla
Tel: 011 403 3559

Reproductive Health & HIV Research Unit (RHRU)
Hillbrow Health Precinct
Hugh Solomon Building
Esselen Street, cnr Klein Street, Hillbrow, 2001
Johannesburg
Tel: 011 358 5300

Johns Hopkins Health and Education South Africa (JHUCCP)
Block D, Equity Park
257 Brooklyn, Pretoria
Tel: 012 366 9300

LoveLife
48 Wierda Rd West
Wierda Valley, Sandton
Johannesburg
Tel: 011 523 1000

Community AIDS Response (CARE)
26 Grant Avenue
Norwood
Johannesburg
Tel: 011 728 0218

Treatment Action Campaign (TAC)
Westminster House
122 Longmarket Street
Cape Town 8001
Tel: 021 422 1700

GreaterGood South Africa Trust
Postnet Suite 293
Private Bag X16
Constantia 7848
Cape Town
Tel: 021 794 0580

Humana People to People
Zimondi Kilford
45 Barry Hertzog Drive
Florida Park, Johannesburg
Tel: 011 472 7474

Government Departments

Department of Social Development
National HIV/AIDS Co-ordinator
Tel: 012 312 7500/7546

Department of Health
Directorate: HIV/AIDS and STIs
Tel: 012 312 0121

Children's Organisations

CINDI (Children in Distress)
Tel: 033 345 7994

Child and Family Unit
Tel: 021 685 4103

Cotlands Baby Sanctuary
Tel: 011 683 7200

Child Welfare
Tel: 011 492 2888

Soul City Institute is a not-for-profit organisation (012-983NPO) supported by:

bp

health
Department:
Health
REPUBLIC OF SOUTH AFRICA

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

UKaid
from the Department for International Development

MTN

This publication was partially supported by Cooperative Agreement Number U62/CCU024560/01 from Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

0001301

Designed and Produced by: 2001 © Soul City 011 341 0360 and Jacana Media 011 628 3200

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright holder. The Soul City Institute team has played a critical role in the production of this book through their administrative support, research and editorial input. Their dedication and expertise is valued and appreciated.

It is not possible, in a small booklet like this, to give you all the answers you may need. The purpose of this booklet is just to give you some ideas. You should not rely on everything that is written in this book for each and every situation. If you need more information, speak to your doctor or health care worker. Soul City and Jacana Media cannot be held responsible for any medical problems.

The Soul City Distribution Centre is your ONE STOP point of contact for the supply and delivery of the vast range of Soul City resource materials. Material can be ordered via our Call Centre (0860 11 5000) or online at: www.soulcitydistribution.co.za

1st edition 2001; reprinted 2002, 2003, 2004, 2005, 2007, 2008, 2009, 2010

Published by Jacana Media ISBN 978-1-919777-43-6