



Living With HIV

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Living with HIV

1. In this lesson we will look at how HIV is spread and how you can prevent spreading it to other people. Then we will look at how you can try to keep as healthy as possible if you have HIV.

2. If you have had an HIV test and have been told you are infected with HIV this means you have HIV in your body.

3. If you have recently been told you have HIV then you will probably still feel healthy.

4. If you have had HIV for several years then you may have already started to become ill.

5. Now try to answer this question using the up and down arrows on the controller.

6. Can you still feel healthy if you are infected with HIV?

7. Yes,

8. or no?

9. Press a button now.

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10. That's right. If you have recently got HIV you will probably still feel healthy.

11. The most common way to get HIV is from having sex. If you have HIV you must use a condom when having sex. This stops the HIV going from one body to another.

12. If you have HIV and have sex with someone who also has HIV then your illness can become worse. A condom will help protect both of you.

13. Now here's a question for you.

14. If you have HIV, can you still have sexual intercourse?

15. Yes,

16. or No

17. Press a button now.

18. Well done! The answer is that you can have sex, but you must protect yourself and your partner by using a condom.

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19. If you have HIV and have sex with someone who also has HIV do you need to use a condom?
20. Yes
21. or No
22. Press a button now.
23. That's right. Even when both you and your partner have HIV you must use a condom to have sex as this will stop you both from getting more HIV.
24. Sex is not the only way that HIV can be spread. Blood also carries HIV so you must cover any cuts or wounds you have.
25. If you have a cut and your blood touches a cut on a healthy person there is a small risk your blood could pass HIV to the other person.
26. Because of this risk of transferring HIV through cuts, you should not share razors, needles or toothbrushes with anyone else.

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27. There is no risk of getting HIV by eating food prepared by someone with HIV, or by eating from the same plate, or drinking from the same cup as someone with HIV. Now try to answer this question:

28. What is another way that HIV can be spread?

29. By eating food made by someone with HIV?

30. or through contact with the blood of someone with HIV?

31. Yes, HIV can be spread through cuts.

32. How can you stop someone getting HIV from your blood?

33. By covering up wounds and by not sharing razors, needles and toothbrushes?

34. Or there's nothing you can do about it?

35. That's right, you can help protect others: cover your cuts and do not share razors, needles and toothbrushes.

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36. There is another way that HIV can be spread. If you are a woman with HIV and you are pregnant you could give HIV to your baby.

37. A baby could get HIV while it is still growing in the mother's womb, during childbirth or from being breastfed, but not every mother with HIV will infect her baby.

38. The most important thing you can do if you are pregnant and think you might have HIV is to ask for advice at your local health centre.

39. What is another way that HIV can be spread?

40. From a mother with HIV to her baby?

41. or by touching someone with HIV?

42. Yes. A mother with HIV can pass HIV to her baby.

43. If you have HIV will your baby also have HIV?

44. Yes, definitely

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45. Or no, not all babies get HIV from their mothers.

46. That's right, not every mother with HIV will infect her baby.

47. If you have HIV and you are pregnant who should you go to for advice?

48. Your local health centre?

49. or a witch doctor?

50. Yes, if you are pregnant and have HIV, you should ask for advice at your local health centre.

51. Here are some things you can do to help yourself as much as possible. If you have HIV you can feel very lonely. You may be worried that people will criticise or laugh at you, or that they will discriminate against you. These are very real fears.

52. If you have HIV, try to learn about the disease and be ready to tell some of your family and friends that you have HIV.

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53. It is important to have people to support you. Telling a close friend or someone you trust that you have HIV may help you feel less alone.

54. People are often frightened of talking about HIV and AIDS, but it is important to talk about it with people you love and trust.

55. If you have HIV should you talk about it?

56. No, it is best to pretend that there is nothing wrong.

57. or yes, talk to family and friends and ask for their support.

58. That's right, talking about it with someone you trust can help you feel less alone.

59. If you have HIV, you need to keep yourself healthy as this will help you to live longer and in better health. People with HIV cannot protect themselves against other diseases very well, so you need to help your body to be strong.

60. To stay healthy you need to eat good food. Good food means eating a good mixture of: beans, lentils, meat, fish or eggs, oil, fruit and vegetables, maize or rice.

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61. Eating a good mixture of these different foods each day will help keep you healthy

62. Which good foods make your body strong?

63. Lots of meat and nothing else?

64. or a good mixture of different foods, including fruit and vegetables.

65. That's right. Every day you should try to eat a good mixture of different foods.

66. Something else you can do to keep yourself healthy is to drink clean water. If your drinking water is not clean it can make you ill.

67. Remember you get ill more easily when you have HIV so you must be careful.

68. Why is drinking clean water important if you have HIV?

69. It makes you less thirsty?

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70. or it helps keep you healthy when your body is not very good at protecting itself against disease?
71. Great! Drinking clean water will help prevent you getting more ill.
72. If you have HIV your body cannot protect itself against illness properly. If you get an illness you will need help to get well.
73. You must go to the health centre to get medicines. There is no medicine to cure the HIV, but there are medicines to help protect your body against other illnesses you may get.
74. If you have HIV and are ill, what should you do?
75. Go the health centre and get some medicine?
76. or do nothing. There is nothing that can help you.
77. Yes. Although you have HIV, you can get medicine to treat other illnesses you get.
78. Is there a medicine which will cure you of HIV ?

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79. Yes

80. or No

81. That's the right answer: There is no medicine that will take the HIV out of your body, but there are medicines you can take to treat other illnesses you may get.

82. Although there is no medicine to make HIV go away completely, there are special medicines that control HIV, so that you live longer in better health.

83. You can ask at your health centre if these special medicines are available.

84. The special medicines are called "antiretrovirals" or ARVs.

85. What does the special HIV medicine do?

86. It can help to control HIV, so that you live longer in better health?

87. or it can cure you of HIV?

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88. Yes. The HIV medicine can help you to live in better health, for longer, but it does not cure you of HIV.
89. What are the special HIV medicines called?
90. Antibiotics,
91. or ARVs?
92. Good. The special HIV medicines are called ARVs. You can ask at your health centre where you can get them.
93. If you have HIV and can stay well then you can continue to do your usual work. Having HIV does not mean that you have to stay at home. You need to try to earn money because you will probably need to buy more medicines.
94. You also need money to buy the food you need.
95. You also need to save for the future, so it is important to live normally and work while you can.

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96. If you have HIV and are keeping healthy can you do a normal day's work?
97. Yes
98. or No
99. Yes, if you have HIV and are keeping healthy then you can continue to work well.
100. Will your work colleagues get HIV from you?
101. Yes, probably.
102. or no, normal contact with people at work will not spread HIV
103. That's right, if you follow the advice in this lesson there is no need to worry about someone at work getting HIV from you. So there is no need for you to stay at home.
104. If you have HIV should you try to continue working?
105. Yes

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106. or No
107. Yes! People with HIV are going to need money to help them to live well now, and to plan wisely for the future, so it is good to continue working.
108. Many people all over the world have HIV and continue to have a happy and healthy life. Taking good care of yourself and trying not to spread the infection to other people can make a real difference to you and to the people around you.
109. That was the wrong answer. Let's go back and listen again.
110. Sorry! Wrong answer.
111. Hello. The title of this lesson is 'Living with HIV'. To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.
112. You've now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
113. Correct!
114. "Living with HIV"