

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 **antiretroviral medication** which helps 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 won't catch HIV 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-contaminated body fluids
- mother to child transmission

AIDS moves through four different stages

- 1 Stage one: the person is infected but doesn't have any symptoms, except for some short-term symptoms such as flu-like symptoms, sore throat, fever and a rash on the skin. These can last for several years, during which the person might have no symptoms at all.
- 2 Stage two: the person starts getting other illnesses such as liver 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, kidney, liver and tuberculosis.
- 4 Stage four: the person is very sick due to a very weak immune system. Illnesses such as pneumonia, bad diarrhoea, lymphoma and meningitis are common in these patients. Patients at this stage are considered to have AIDS if their white blood cell count goes below 350 (normal cell count is between 500 to 1000).

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

Source: UNAIDS 2009

HIV and AIDS

HIV and AIDS

How Do You Treat HIV and AIDS?

AIDS can 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.

This type of medication can't repair damage to immune system in the patient's body so it is very important that people started taking antiretroviral as quickly as possible so that they can start taking medication. People who have antiretroviral treatments will have them for their whole lives.



Did You Know...?

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

Treatment and Support

If you have tested positive for HIV it is very important that you visit your doctor and start with correct 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 have long and healthy lives.

Rights of people with HIV and AIDS

People living with HIV and AIDS have the same rights as other South Africans.

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

No one can be forced to take an HIV test at work or school.

HIV test results are private.

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Aids Facts And Issues

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