



# GLOBAL AIDS PARTNERSHIP

*What you need to know!*

**HIV/AIDS**

**Training Flip Chart**

# **1. Learning about HIV and AIDS**

The virus that causes the disease called AIDS has affected every country in the world. Millions of people have this virus in their bodies. Millions have already died from AIDS.

When people know how HIV is passed from person to person, they can take precautions to keep it out of their body. When people understand how HIV is NOT transmitted, they will not be afraid to be around those who are living with HIV/AIDS.





## **2. What is HIV? What is AIDS?**

The Human Immunodeficiency Virus (HIV) is a tiny germ that causes the disease called the Acquired Immunodeficiency Syndrome (AIDS). HIV is passed from person to person by contact with body fluids which contain the virus.

HIV lives and multiplies in the body for many years before AIDS develops. During this time, the person will appear to be in good health. However, he or she can still pass HIV to another person.

**H: Human**

**I: Immunodeficiency**

**V: Virus**

**A: Acquired**

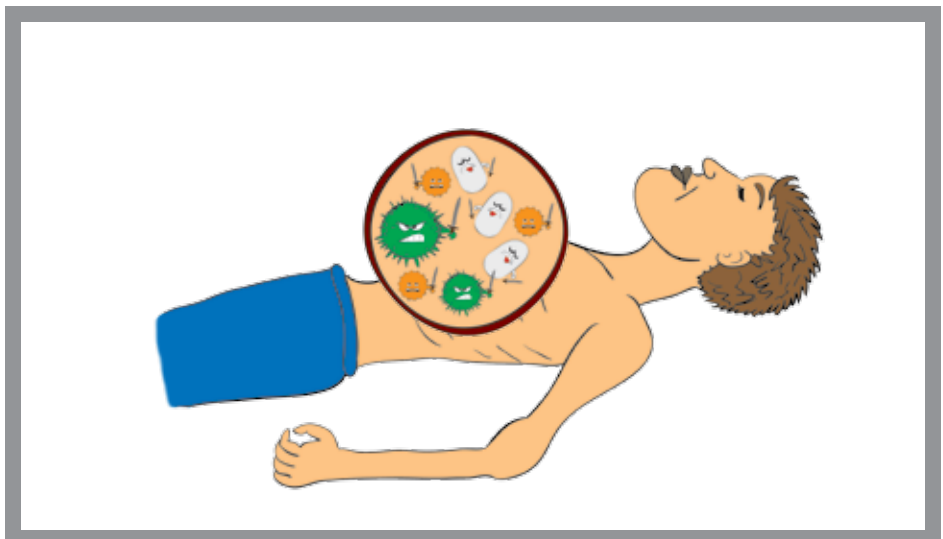
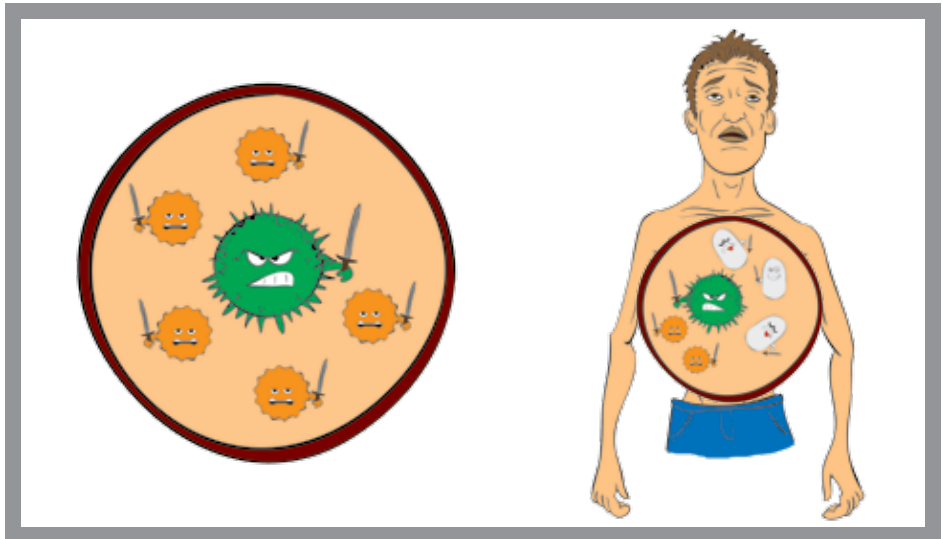
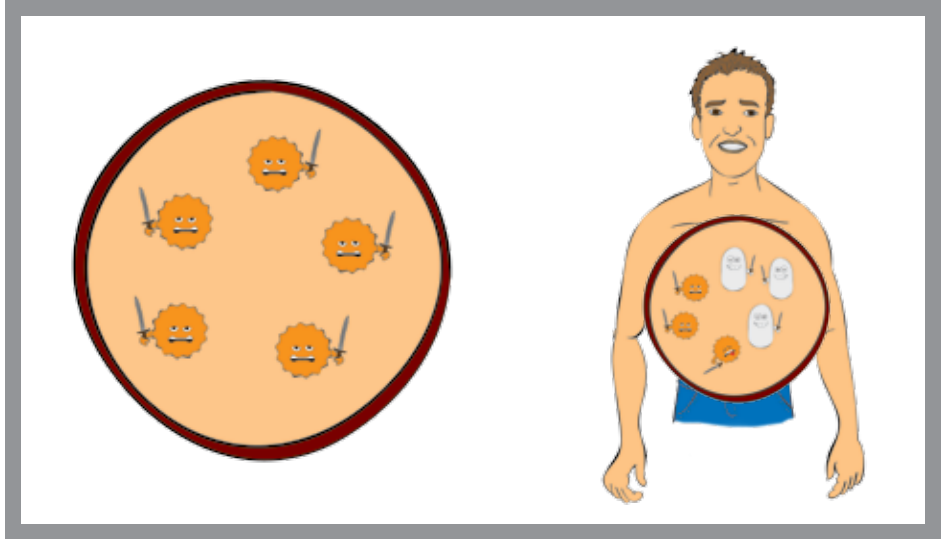
**I: Immune**

**D: Deficiency**

**S: Syndrome**

### **3. What Happens in Your Body?**

- Germs are tiny organisms that normally live outside the body. If they enter our body, they make us sick. Fortunately, defense cells inside our bodies are usually able to fight against most invading germs. When the defense cells win the fight against germs, the sick person gets better.
- But HIV is different from other germs. It destroys the defense cells that fight against the invading germs. It takes many years for HIV to destroy all the defense cells.
- When HIV has destroyed all the defense cells, the body can no longer defend itself from different types of invading germs. The invading germs will cause the person to become very sick. The person will develop the disease called AIDS, and will die. There is no cure for AIDS.



## **4.1 How is HIV Transmitted?**

HIV is transmitted through three body fluids:

1. Sexual secretions
2. Blood
3. Breast milk

There are only three ways of transmitting HIV:

1. Sexual transmission
2. Blood transmission
3. Mother-to-child transmission



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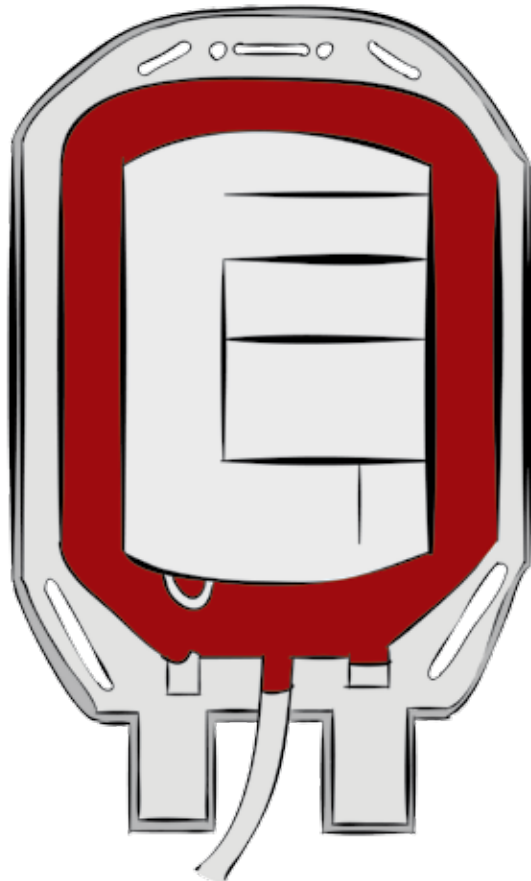
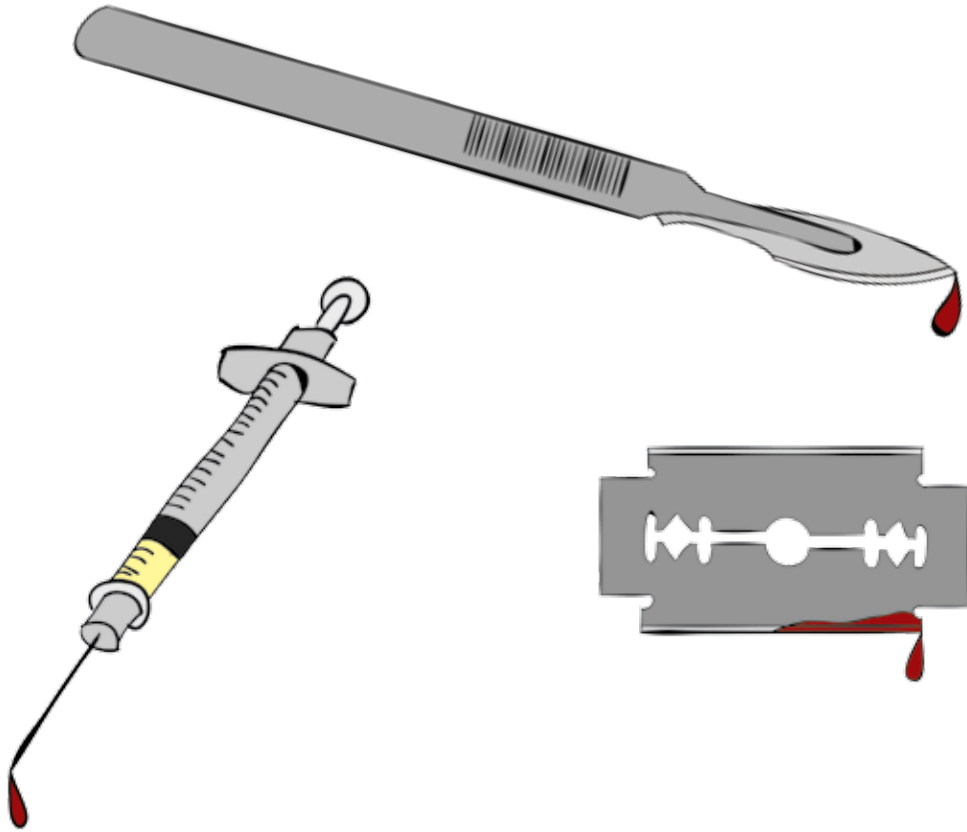
## **4.2 Sexual transmission through contact with sexual secretions (semen or vaginal secretions)**

- Having sexual intercourse or anal intercourse with a person infected with HIV.



## **4.3 Blood transmission through contact with contaminated blood.**

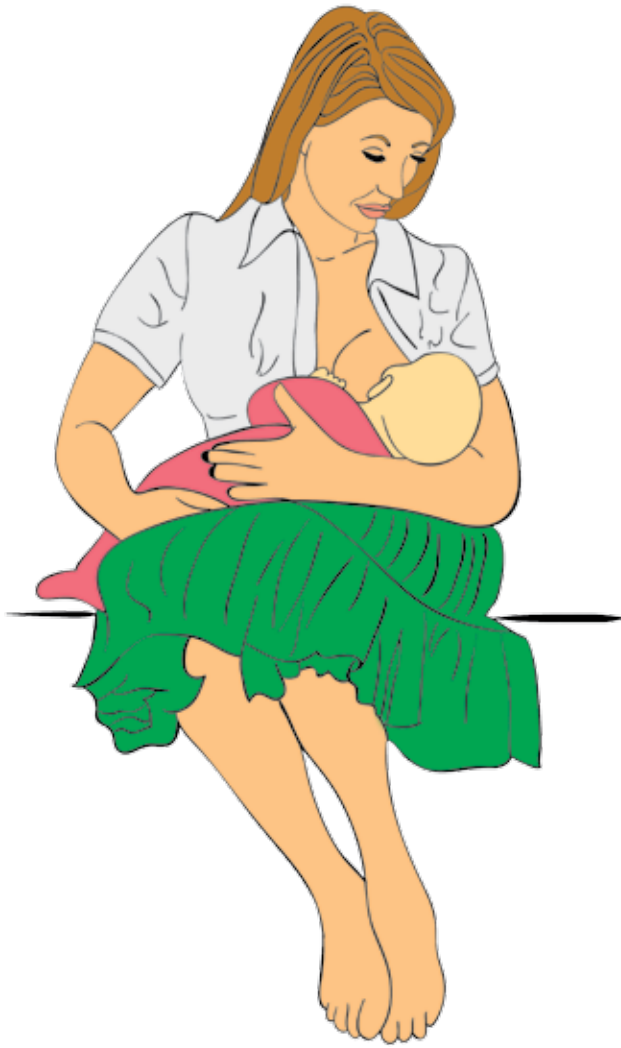
- Any sharp instrument (medical or dental instrument, knife, razor, etc.) that has cut the skin of a person with HIV can transmit the virus if the object has not been cleaned and sterilized before being used again.
- Injecting with the same needle or syringe that has been used by or on someone infected with HIV.
- Receiving blood transfusions or blood products that contain HIV.



## **4.4 Mother-to-child transmission at the end of pregnancy, delivery, or through breast milk.**

- An HIV-infected mother can pass HIV to her baby during pregnancy or while the baby is being born.
- A baby breast feeding from an HIV-infected mother or wet-nurse.





## **5. How is HIV NOT Transmitted?**

HIV is not transmitted through saliva, tears, urine, etc. Therefore, HIV is not passed by the following activities:

- Shaking hands, touching, or hugging
- Kissing on the cheek or lips
- Using the same eating utensils
- Riding in buses or cars
- Bites from mosquitoes or insects
- Using the same toilet



## **6. Myths that Some People Believe about HIV/AIDS.**

These statements are NOT true:

- A person with HIV will always look sick.
- You can cure AIDS if you have sex with a virgin, a baby or a young child.
- Certain herbs will cure AIDS.
- Condoms are 100% effective.

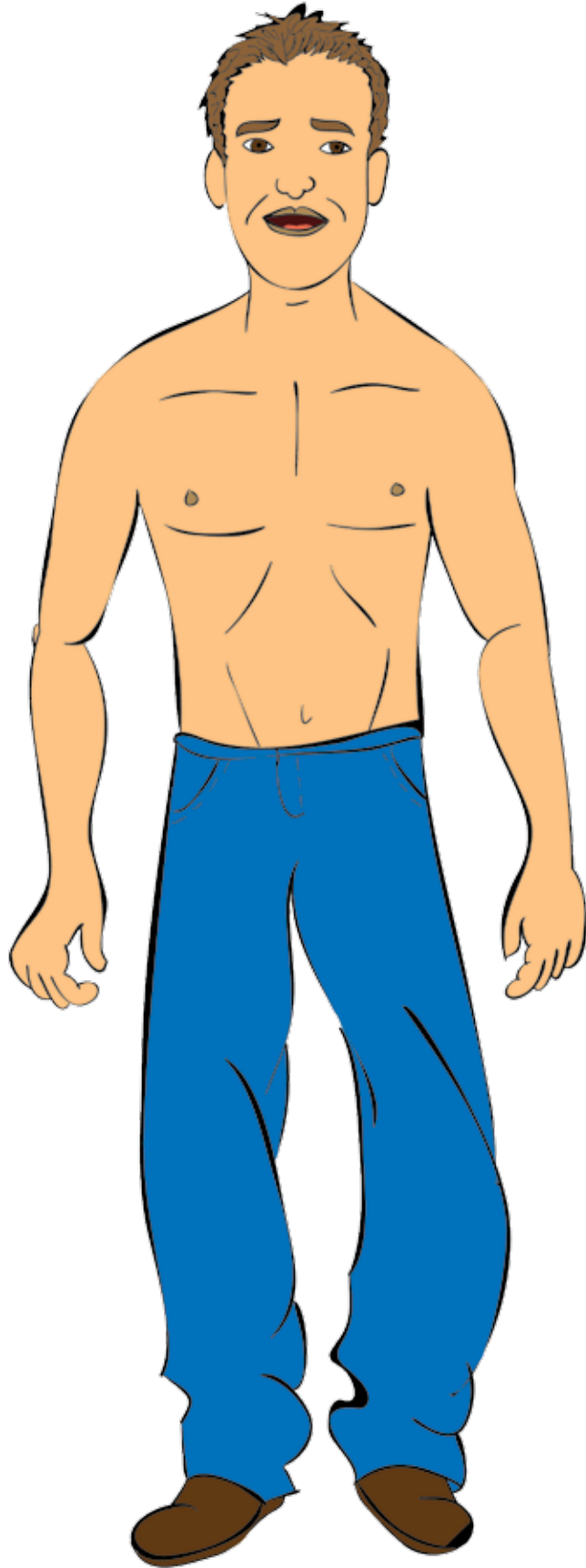
All of the above statements are false!



## **7.1 Signs and Symptoms of AIDS**

It takes HIV many years to destroy the defense system. The person with HIV will continue to enjoy good health, never suspecting that something is wrong. However, even if the person looks perfectly healthy, he or she can pass HIV to other people!



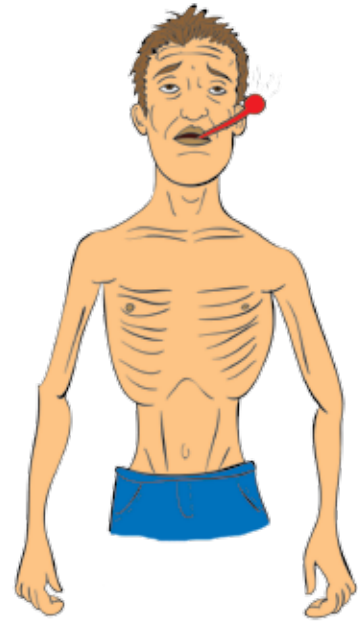
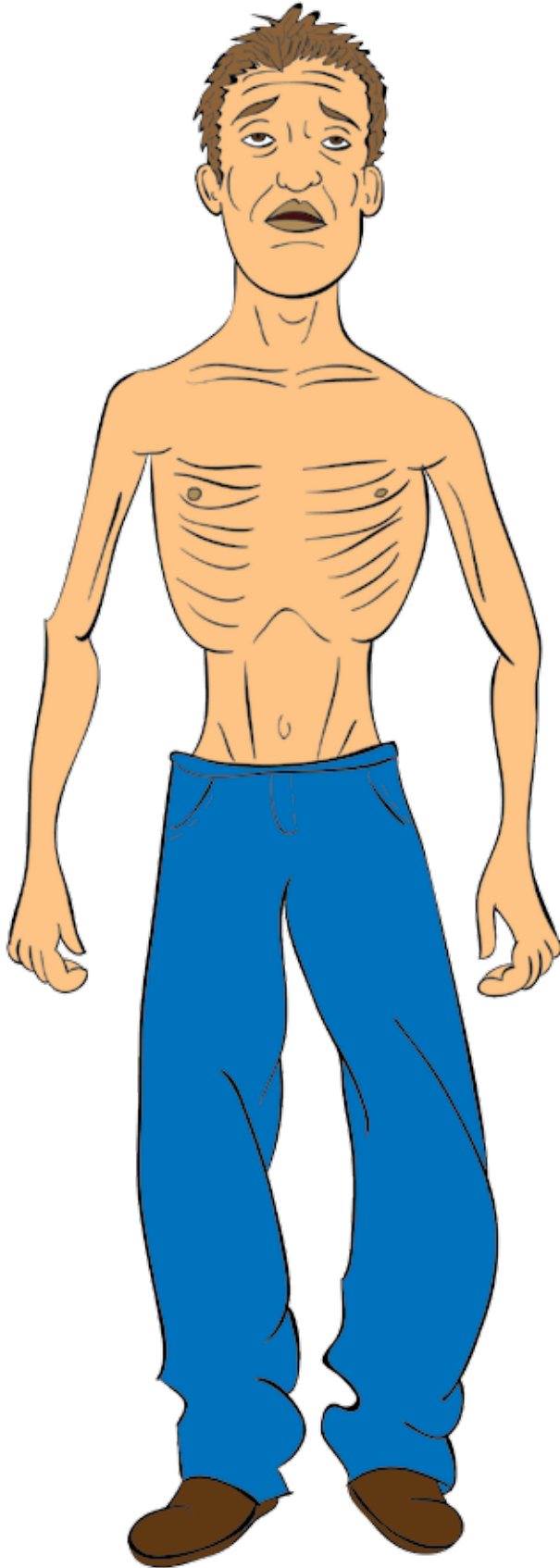


## **7.2 Signs and Symptoms of AIDS**

After a number of years, the person will begin to show symptoms of a weakened defense system. Some of the most common symptoms are:

- Diarrhea for more than one month
- Fever for more than one month
- Cough and symptoms of tuberculosis
- Extreme weight loss

These symptoms can be associated with other illnesses. The only way to know if it's AIDS is to have the laboratory test for HIV.

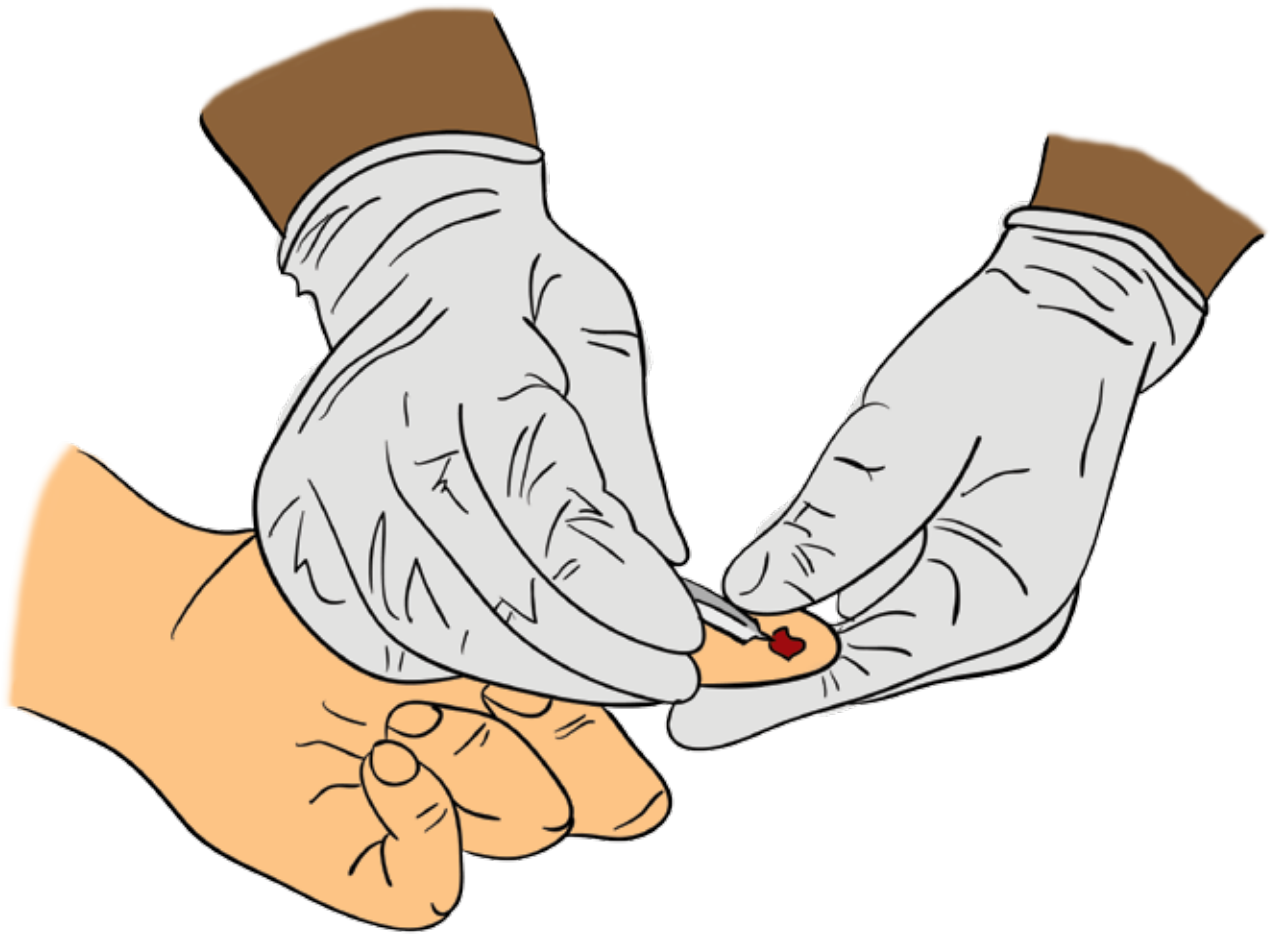


## **8. Diagnostic Testing for HIV**

There is only one way to know for sure that a person is infected with HIV. He or she must have a diagnostic test at an HIV testing center or at a laboratory, clinic, or hospital.

After explaining the test and getting consent, the technician will take a drop of blood from the finger. In some cases, they will take a small amount of blood from the vein in the arm. If a “rapid test” is used, the results are usually ready in about 20 minutes.

If the test detects HIV, the person is “HIV positive.”  
If the test is negative, the person is “HIV negative.”



## **9. Treatment for HIV/AIDS**

There is no drug or vaccine that can prevent a person from becoming infected with HIV. No medication or treatment can cure AIDS.

Special HIV drugs can extend life or reduce the risk of a pregnant woman passing HIV to her baby. People with HIV should find out if these medications are available in their area. They may be available at low cost, or even free.

Certain “common drugs,” such as antibiotics, can treat the symptoms of AIDS. Good nutrition is also essential in helping someone with HIV to live a longer, healthier life.

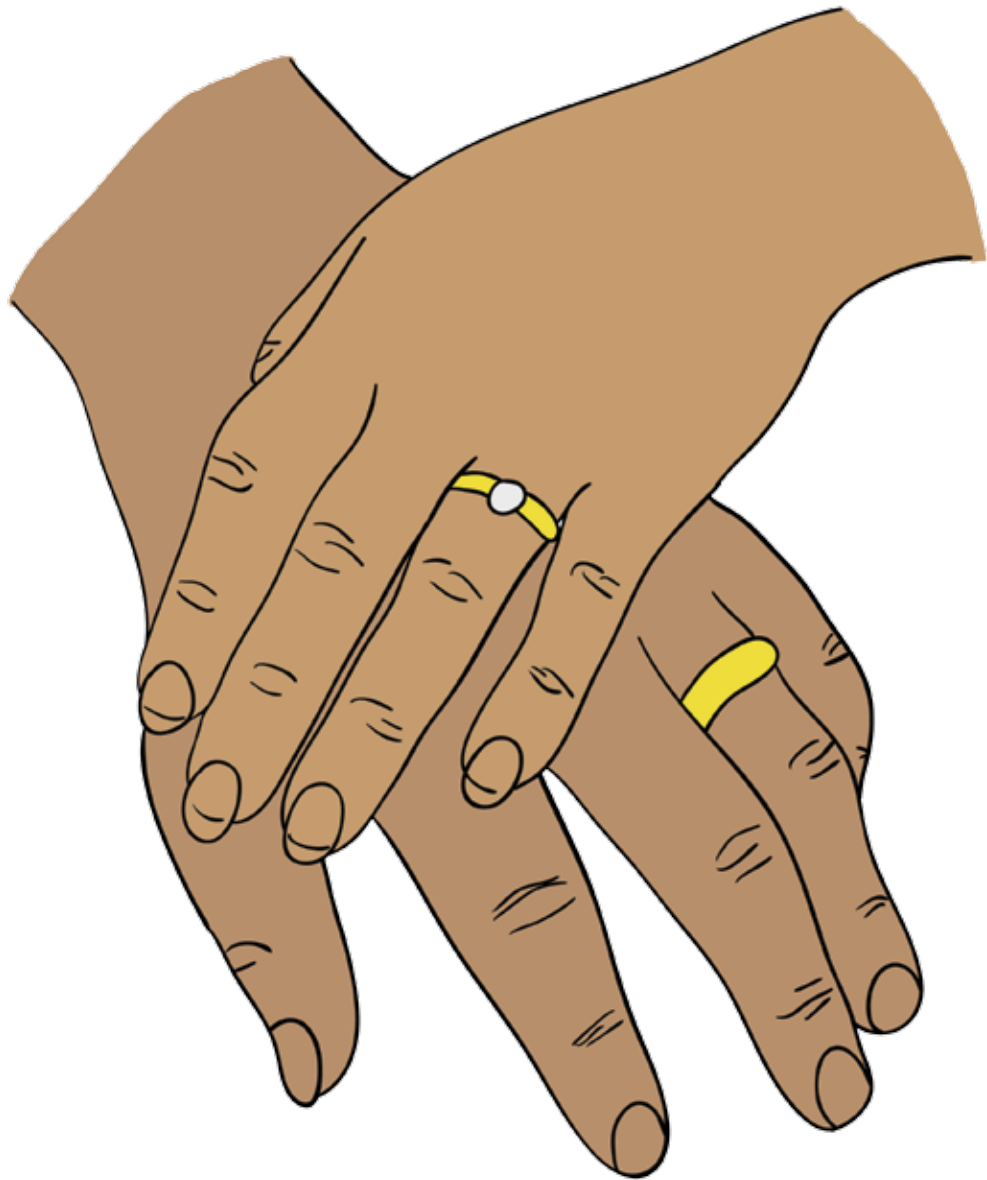




## **10.1 Abstain from sex until marriage to eliminate the risk of sexual transmission.**

Abstaining from sex before marriage means that a person will wait until marriage before becoming sexually active. If a person who has never had sex marries another person who has never had sex, there is no risk that either partner has become infected through sexual transmission.

If one or both persons have already had sex, or risks being infected, an HIV test should be done.



## **10.2 Be Faithful to your spouse to eliminate the risk of sexual transmission in marriage.**

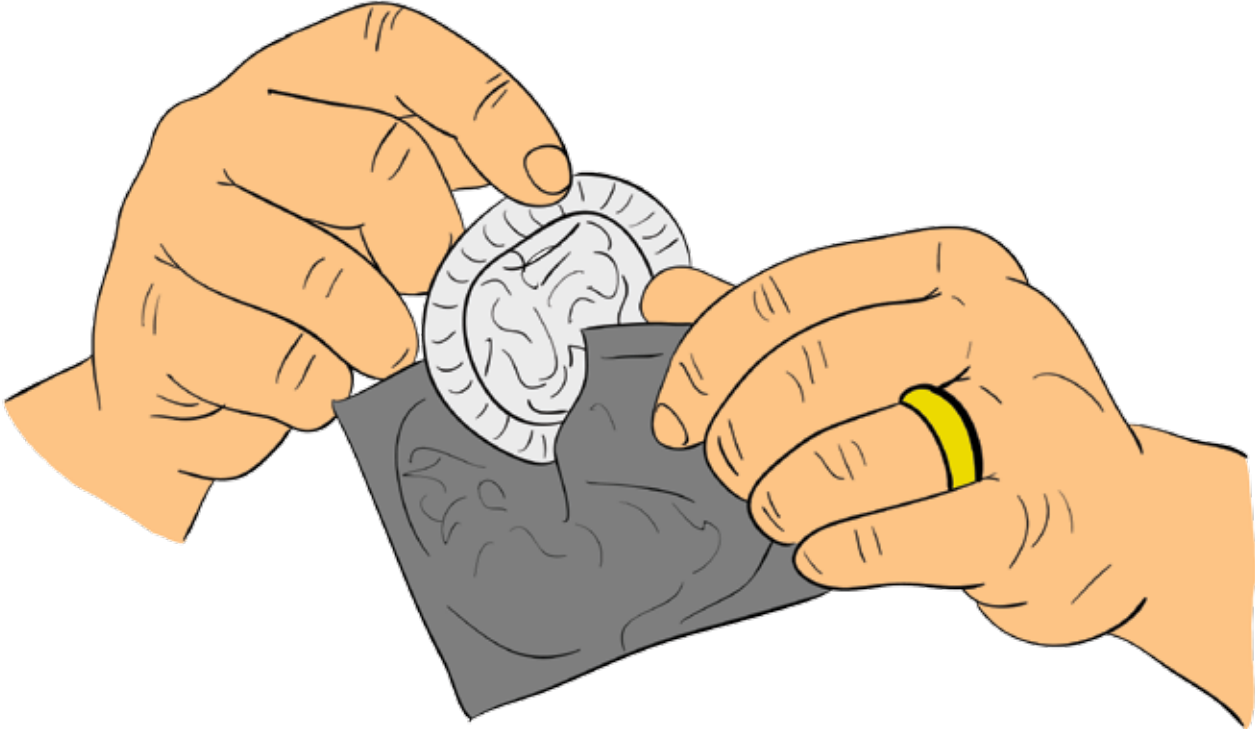
Don't have sex with anyone other than your spouse. This can keep the married couple free from HIV infection. The husband and wife must each be mutually exclusive to their spouse. If one spouse has had sex with someone else, or runs any risk of infection, have an HIV test.



## **10.3 Condom use reduces the risk of HIV transmission.**

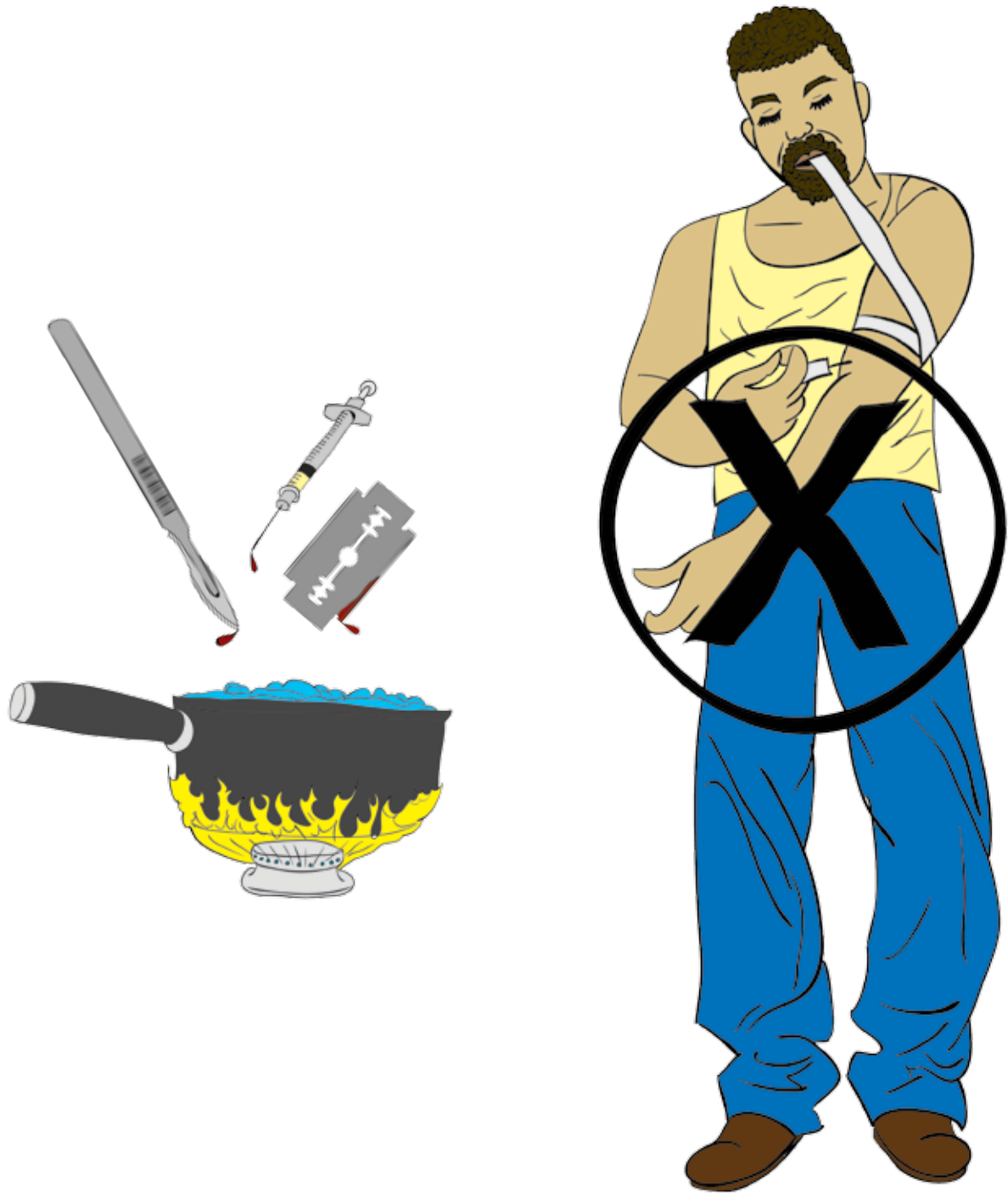
Medical experts agree that the use of latex condoms is an effective way of preventing HIV transmission. Condoms must be used correctly, and a condom must be used for every sexual encounter. They provide a measure of protection but are not 100% effective in preventing HIV transmission.





## **10.4 Prevention of Blood Transmission**

- Do not allow your skin to be pierced or cut unless the instruments have been properly sterilized before use.
- Do not use needles or syringes that have not been properly sterilized.
- Do not accept a transfusion of blood unless it has first been tested for HIV.



## **10.5 Prevention of Mother-to-Child Transmission**

Pregnant mothers who have HIV/AIDS can pass the virus to their baby during pregnancy, during delivery or while breast feeding.

To prevent the risk of passing HIV to her baby, a woman with HIV should take measures not to become pregnant.



## **11. Pregnancy and HIV**

If a mother knows she is pregnant and has HIV, she should find out how and where to get the antiretroviral drugs to reduce the risk of passing the virus to the baby.

If it is within reason, the family should consider giving the baby alternative feeding if the mother is infected with HIV.



## **12. There is Good News!**

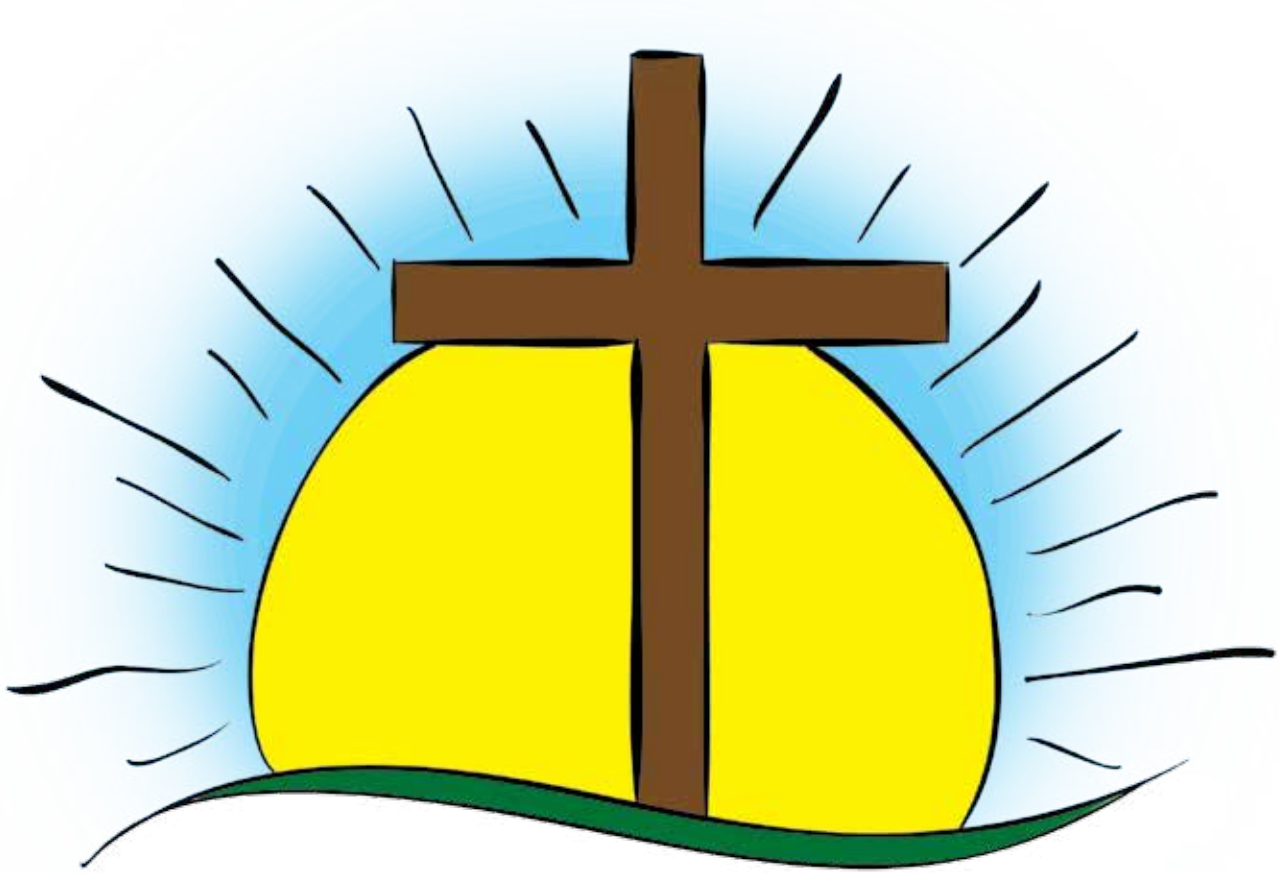
AIDS is a disease that seems to offer little hope. But there is good news! A person with HIV can live many years by taking good care of their health. When people understand HIV infection, they will know they can safely live with loved ones infected with the virus.

There is hope that you can find spiritual help through Jesus Christ, allowing you to make good sexual decisions.

If there are things in your life that aren't pleasing to God, you will find complete forgiveness through Jesus Christ. The Bible says, "We all have sinned..., but if we confess our sins, He is faithful to forgive us and cleanse us from all wrong." (1 John 1:9)

Ask God to forgive your sins through Jesus Christ. He will help you to live in a way that pleases Him. And when life on earth comes to an end, you will spend eternity in Heaven with God.





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