Message Guide for Community Engagement Facilitators

Engaging and Mobilizing Communities for Action on HIV Testing, PMTCT, ART
Table of Contents

Preparing for community meetings: Facilitation skills ............................................................ 4
Key Messages on the Community Engagement Process...................................................... 5

Purpose: To mobilize communities and individuals to know their HIV status by taking an HIV test .......................................................................................................................... 6
Key messages on HIV ............................................................................................................. 6
Key messages on STIs ............................................................................................................. 7
Key messages for our leaders on HIV testing services .................................................... 7
Key messages on testing children: All parents and leaders ............................................. 8
Key messages on TB ............................................................................................................. 9
Key messages on post-exposure prophylaxis (PEP) ....................................................... 9
Key messages on pre-exposure prophylaxis (PrEP) ......................................................... 10

Purpose: To mobilize people who are HIV-positive to start to use ART as early as possible and use their medication correctly .............................................................................. 11
Key messages on HIV Test and Treat .............................................................................. 11
Key messages on ANC ....................................................................................................... 11
Key messages on PMTCT ................................................................................................. 12

Benefits of delivering in health facilities ........................................................................ 12
Key messages on male involvement ................................................................................. 13

Purpose: To mobilize HIV-positive people so that they can take their medication correctly to keep their VL low, stay healthy, and lower the risk of transmission ........................................... 14
Key messages on treatment adherence ........................................................................... 14
Key messages on VL testing ............................................................................................. 14
Key messages on moral support/support groups ............................................................. 15
Key messages on CAGs .................................................................................................... 15
Key messages on community ART initiation .................................................................. 16
Key messages on nutritional assessment and counseling support ................................ 17
Key messages on adolescent-friendly services ............................................................. 19
Key messages for males to use male clinics ................................................................. 19
Preparing for community meetings: Facilitation Skills

- Prepare for each meeting by reading your guide and identifying three to five topics to cover during the meeting.
- Have your guide with you for easy reference in case you need to clarify something.
- Remember to limit the number of people to 30 as this will enable people to ask questions and discuss freely.
- Keep encouraging people to share their views and their experiences to increase participation.
- Show respect to all and acknowledge inputs from all.
- Try to engage as many people as possible. Don’t let one person dominate the discussion.
- It is okay to admit when you do not have answers to the questions being asked. Say that you will find out for future meetings.
- Don’t have a meeting of more than two hours.
- To promote open discussion, you can hold meetings for individual groups as follows:
  - Mothers-in-law
  - Women of childbearing age together with their partners
  - Males only
  - Young people/adolescents (mixed gender or same gender only)
  - General members of the community
  - Support groups and community ART groups (CAG) members
  - Any other group in your village (for example, soccer group, choir, etc.)
- Remember to have these dialogues within walking distance in your home/village (at least one of the meetings per week) to have time for your personal responsibilities.
- Remember to fill in the data collection form at the end of your meeting.
Key Messages on the Community Engagement Process

1. Community engagement involves trust, partnership, and collaboration. The continuum of community engagement has five levels. Community service organizations need to be aware of these levels and aim to achieve level five. The five levels are:
   a. Informing
   b. Consulting
   c. Partnering
   d. Collaborating
   e. Empowering the community to make decisions, implement, and manage the change

2. Both community engagement and community mobilisation are essential in improving uptake of services and should be inclusive of all five levels.

3. Messages should be simple and focused.

4. Messages should be relevant to the various target groups and should involve different group representatives to help share the key messages (e.g., choirs, teachers, comedians, health workers).

5. Show respect when engaging with community members, in particular when presenting information that may contradict or challenge community cultural practices.

6. Information should be presented carefully and should show the advantages of antiretroviral treatment (ART). Allow people to contribute their ideas as well.

7. Empower people demand services at health facilities and work with the health center committees to bring up issues from the community and emphasize the rights of patients.

8. Commemorate World Aids Day (1 December) and World TB Day (24 March) and identify areas to advocate for early antenatal care (ANC), prevention of mother-to-child transmission (PMTCT), and HIV prevention.
Purpose: To mobilize communities and individuals to know their HIV status by taking an HIV test

Key messages on HIV

1. HIV is a virus that is found in bodily fluids (e.g., blood). A virus is a tiny germ. It is so small that you cannot see it.

2. HIV makes it difficult for your body to fight illness. You start to get sick very often if you are not on treatment.

3. Most of the time in Lesotho, HIV is passed from one person to another during sex.

4. Mothers can also pass HIV to their babies when they are pregnant, during childbirth, or when they are breastfeeding.

5. HIV can also be passed from one person to another through infected blood (e.g., sharing sharp objects like needles and razors).

6. When you have HIV, you are HIV-positive. Being HIV-positive does not mean you have AIDS. You can still live a happy and healthy life for many years if you practice positive living and you are on treatment.

How can you keep your immune system strong and avoid HIV re-infection and sexually transmitted infections (STI)?

1. Eat a healthy balanced diet

2. Stay active and get enough rest

3. Avoid alcohol and drugs

4. Practice safe sex by using condoms even when both partners are HIV-positive to avoid re-infection

5. Take medicine as directed by the healthcare worker

6. Visit a healthcare worker for regular check-ups
Key messages on STIs

1. If you have sex without a condom, you are putting yourself at risk for catching an STI. It is best always to use a condom and know your HIV status and the HIV status of your partner.

2. Open sores in the genital area are always serious and need treatment immediately for the safety of you, your partner, and to unborn child especially if you are pregnant.

3. Symptoms of STIs are not always visible. In fact, you could have an STI and have no signs or symptoms, but you are still at risk of passing the STI to others. That is why it is important for you and your partner to go for STI and HIV testing.

4. HIV infection usually has no outward symptoms until the disease is very advanced, so it is important to screen ALL pregnant women and their partners, even if they feel that they are not at risk. Being pregnant means there has been sexual activity, so all pregnant women are at risk.

5. You should be screened on a regular basis to identify potential infections and get treated to prevent passing an infection to others. If you think you have a sign of an STI or believe that you have been exposed to one, it is best to get tested at a healthcare facility.

6. Some STIs can be easily treated or cured, but others require long-term treatment.

7. It is essential to invite your partner to the health facility so that they can also be tested and treated, especially since when left untreated, STIs can increase your risk of acquiring another STI, including HIV.

8. Human Papilloma Virus is sexually transmitted; it can cause cervical cancer in women and cause complications during birth for the mother and baby. In some places, screening for cervical cancer is becoming available and more common. If this screening is offered at your healthcare facility, it is important for you to receive this screening/exam. You can protect yourself if cervical cancer is found early.

Key Messages for our leaders on HIV testing services

1. Lesotho is number one in TB prevalence in southern Africa.

2. People who are HIV-positive are more susceptible to TB, and this lessens their body’s ability to fight diseases. TB can be easily transmitted to people who are living with a person who has TB.

3. Lesotho is number two in HIV (worldwide), and this has an obvious negative impact on the community. It is important for everyone to be tested for HIV so that you know your status, and if positive you start treatment early. Those found to be HIV-positive will also be tested for TB. TB is curable.

4. Mobilise inmates and ex-inmates, factory workers, sex workers to access HIV testing services. Research has shown that these groups are more at risk of getting HIV and TB infections in comparison with other groups.

5. Mobilise adolescents and males to go to the health services, as research shows
that they don’t go to health facilities in large numbers for different reasons.

6. It is important for pregnant women to access health services on time and they must be encouraged to deliver in health facilities where they will receive proper care for health concerns including diabetes, blood pressure, TB, and HIV.

7. It is important to encourage men to accompany their pregnant partners to the health facility to show that they care and get relevant information on how to support their partners during pregnancy and breastfeeding.

8. Infant mortality rate is high, and we need to encourage parents to take their infants and children to health facilities to reduce mortality.

9. If the mother or father is HIV-positive, it is important to test other members of their family, including infants, so that anyone who is HIV-positive can get early treatment.

**Key Messages on testing children: All parents and leaders**

1. Pregnant women who are HIV-positive and are not on treatment have a higher chance of transmitting the virus to their unborn child. Mothers are encouraged to be tested for HIV while pregnant. If they are diagnosed as HIV-positive, they should start ART to reduce the chance of passing HIV to their unborn child. It is important to test infants who were exposed to HIV at six weeks to determine their status. If they test HIV-positive, early initiation of medication will increase their chances of survival.

2. Infants who test HIV-positive at six weeks will be given infant antiretroviral medication (ARVs), and their families will receive support on adhering to their medication.

3. Infants who are born to HIV-positive mothers and who test HIV-negative at six weeks and will be tested again at fourteen weeks, nine months, and 18 months. The baby will be given a medication called Nevirapine to reduce their chances of HIV-infection. Early initiation gives them a chance to live a normal and healthy life. Without treatment, 50% of HIV-infected children will die before their fifth birthday.

4. As long as their parents and/or caregivers give consent, we encourage testing infants and children even if the mothers are not available or are not ready to be tested.

5. Infants who are still breastfeeding are at risk of contracting HIV and should be tested again six weeks after stopping breastfeeding.

6. Children whose HIV status is unknown are encouraged to be tested.

7. As long as their parents and/or caregivers give consent, we encourage testing infants and children even if the mothers are not available or are not ready to be tested.

- **Before 2017**, the test results for infants less than six months old would take a long time to become available. Since January 2017, there are new machines for testing for HIV. In some clinics, the HIV test results of the children are **given on the same day**, and those who are HIV-positive are started on treatment immediately.

- **Where these machines are not available**, and the results are not available immediately, parents are encouraged to come back to the health facility within two to three days, or in some cases some six to eight weeks, to get their child’s test results.
Key messages on TB

 Symptoms of TB are:

• A cough
• Coughing blood
• Fever and night sweats
• Loss of appetite and weight loss
• Chest pains
• General body weakness

 Important facts about TB:

• People with HIV have more trouble fighting TB.
• It makes their immune system weaker. It allows HIV to become stronger and progress to AIDS faster.
• Prevent TB by seeing a healthcare worker to be screened. You can have TB for a long time before getting symptoms.
• Get a TB screening every time you go to a health facility, especially if you have been in contact with someone who has tested positive for TB or has any of the symptoms listed above.
• If you have been in contact with someone who has tested positive for TB, see a healthcare worker and get INH, which is medication given to prevent progression of TB.
• Cover your mouth with a cloth (handkerchief) or your elbow when you cough or sneeze.

 How you should treat TB:

• If you test positive for TB, it can be cured if you take your prescribed medication properly.
• You must take the full course of treatment. If you do not, your treatment will fail to work.
• At the community level, there are village health workers who support patients and their families to adhere to their treatment by helping them take their medication on a daily basis. Please use this help for moral support.

 Key Messages on post-exposure prophylaxis (PEP)

1. People can become HIV-positive through contact with infected blood, rape, and assault.
2. In such cases, they are encouraged to go to the health facilities within three days (or 72 hours).
3. Rape and assault survivors will be tested for HIV; if their results are negative, they will be given ARVs known as PEP for 28 days to minimize their risk of being infected. If they are found to be HIV-positive, they will be initiated on ART.
4. In addition to ARVs, they will be receiving adherence counselling and support to help them cope with stress and trauma.
5. PEP doesn’t prevent pregnancy. Rape survivors will also be counselled and supported for unwanted pregnancy.
6. They will be tested again at four weeks, and if they are HIV-negative, they will stop using PEP. If they are HIV-positive, they will be started on ART.

**Key Messages on pre-exposure prophylaxis (PrEP)**

1. In discordant couples (one partner is HIV-positive, and the other partner is HIV-negative) the partner who is HIV-negative is at risk of infection, especially if the couple is not practicing safe sex.

2. To minimize the risk of infection, the HIV-negative partner is given medication referred to as PrEP, and they are encouraged to practice safe sex.

3. The partner who is HIV-negative has the responsibility to seek medical help and advice on using PrEP so that they are well informed. For maximum protection, they must continuously use PrEP even if their partner is on ART.

4. PrEP should be used concurrently with other prevention methods such as condoms.

5. For the medication to be effective, one has to use PrEP for 28 days before HIV exposure. This means that during the first 28 days after starting PrEP, one has to make sure that they are having safe sex or no sex at all.

6. It is only after using PrEP for 28 consecutive days that the medication is effective.

7. PrEP should be used as long as one is still at high risk of contracting HIV. One still has to go to the clinic regularly for health check-ups, and counselling on side effects and adherence.

8. People who stay long periods away from their partners may stop using PrEP during that time. However, they need to use the medication at least 28 days before they meet with their partner for them to be protected.

9. People who stay away shorter periods from their partners (one or two weeks) should use PrEP continuously for maximum protection.

10. People who stay full-time with their partner should use PrEP continuously for maximum protection.

11. One may stop using PrEP when they are no longer in a sexually active relationship with an HIV-positive partner but should continue to go for HIV testing and use condoms.

12. One may stop using PrEP when their partner has been using ART for more than a year and has a very low amount of the HIV, when HIV is too small to count in their blood, also known as low viral load (VL).

13. People who are HIV-negative and using PrEP are encouraged to be tested for HIV every three months.

14. Other people who are at risk and who are encouraged to take PrEP are men who have sex with men, people who engage in paid sex, and people who have multiple and concurrent sexual partners.
Purpose: To mobilize people who are HIV-positive to start ART as early as possible and use their medication correctly.

Key messages on HIV Test and Treat

1. All HIV-positive clients should take ART regardless of their CD4 count.

2. Early use of ART is more beneficial than delayed ART for preventing morbidity and mortality.

3. Why test and treat now?
   - The resources are available and more affordable, and the drugs are less toxic.
   - People who are on treatment have a reduced chance of infecting others.
   - Only 6 out of 10 adults and 5 out of 10 children are accessing treatment. Test and Treat will increase the number of adults and children accessing treatment.

4. HIV-positive patients are vulnerable to opportunistic infections and AIDS-related deaths. Early initiation of treatment will;
   - Reduce morbidity and mortality, as treatment helps to strengthen the immune system.
   - Benefit discordant couples, as starting treatment will reduce the chances of an infected partner passing the virus to their partner.

5. The CD4 count will no longer be used to decide if one may start ART or not (all HIV-positive persons will be put on ART irrespective of CD4 count) and everyone will be required to go through VL testing six months after they start treatment and yearly thereafter.

6. VL has not replaced CD4 count; they complement each other.

7. There is a difference between CD4 count (strength of the immune system) and VL. The VL helps to show if the treatment is working or not. In some cases, the VL test helps the health workers know if the patient is using their medication correctly or not. VL also helps to identify people who need more support in using their medication (enhanced adherence counseling).

Key messages on ANC

1. ANC is important because your baby’s health depends on your and your partner’s health. Early ANC helps identify problems that could affect your pregnancy and the health of the baby. ANC can also identify if the birth will be difficult and need extra support at the health facility.

2. Bring your partner with you to ANC visits as early possible.

3. You should go to the health facility soon after you have missed your period or suspect...
you are pregnant – even before your pregnancy is showing!

4. It is recommended that you complete at least four ANC visits, or more as recommended by the healthcare worker.

5. Services at ANC include examination and screening for diseases, immunizations, health education, and counseling.

6. Supplements will be provided, especially iron/folic acid and vitamins.

Key messages on PMTCT

1. Encourage women to go to the health facility as early as possible together with their husbands/partners. Attend at least four ANC visits during pregnancy.

2. Deliver in the health facilities and receive comprehensive care. Infants born to HIV-positive mothers will receive attention from the health practitioners.

3. All breastfeeding mothers (who are HIV-negative) should be tested for HIV every three months during breastfeeding.

4. Pregnant and breastfeeding women should continue using condoms to reduce the chance of becoming HIV-positive and transmitting HIV to their baby.

5. Transmission of HIV from mother to child can be prevented by ART.

Benefits of delivering in health facilities

- It is better to deliver in a health facility as healthcare workers can handle life-threatening emergencies or complications (retained placenta, breech birth, etc.).

- A delivery plan is helpful. It makes women aware of what to bring when they go to labor and prepare accordingly.

- Adhere to medication, especially ART, as it will save you and your baby.

Remember most clinics have rooms for expectant mothers who live far away from the health facilities. You should arrange to be accommodated in these rooms as your delivery time approaches.
Key messages on male involvement

1. Men must prioritize their own health so that they can better support the well-being of their families.

2. Men want healthy children, so the health of the unborn child should take priority in all the discussions about their involvement in antenatal facility visits.

3. When men visit the health facilities, they have a chance to receive comprehensive services including screenings for high blood pressure, glucose, prostate cancer, TB, and voluntary male medical circumcision (VMMC), not only being tested for HIV.

4. Women need to work with men to deal with daily stressors like money and providing for the family.

5. Stress can make men physically sick and can lead to health problems. It can cause men to drink and smoke excessively leading to violence and risky behaviour that will affect their spouses and children.

6. If men are stressed, they should get support from friends, church, healthcare workers, and counsellors. They should take part in social activities with their families or friends, such as exercising.

7. Women need to improve communication with their partners so that they are receptive to their suggestions. Women need to start sensitive conversations when men are happy and relaxed.

8. Men and women should be encouraged to share their roles and responsibilities at home as a way of bonding and strengthening families.

9. Men should be encouraged to go to the facility and listen to the heartbeat of the unborn baby as a way of involving them in the pregnancy.

10. Discuss and challenge stereotypes that stipulate health seeking is supposed to be done by women. Start making changes at the family level, so that change will be easier to implement at the community level because buy-in will already be high.

11. Men should have forums where they learn about PMTCT and childbirth issues and understand that their support is essential for the birth of a healthy baby.
**Purpose:** To mobilize HIV-positive people so that they can take their medication correctly to keep their VL low, stay healthy, and lower the risk of transmission.

### Key messages on treatment adherence

1. You have to take ARVs at the same time every day. Try to build them into your daily routine, so you remember to take them at the right time. This is very important to keep your VL low.

2. The ARVs are what stop HIV from attacking and killing your CD4 cells.

3. If you take your ARVs every day, after a period of time, your VL should be undetectable.

4. An undetectable VL does not mean your HIV is cured. ARVs do not cure HIV.

5. The lower your VL, the more your CD4 cells will increase.

6. The higher your CD4 count, the less likely you are to become ill from other serious infections.

7. However, if you get sick from another illness, you need to go to your clinic to get treatment. Taking ARVs alone will not treat other infections like STIs and TB. You still need to practice safe sex and treat other infections on time.

### Key messages on VL testing

We translate undetectable as *kokoana hloko ha e balehe NOT ha e bonahale* which means *very low number that is too small to count*; saying HIV is not visible may be misinterpreted and some people will stop using treatment when VL is undetectable.

1. It is important that all HIV-positive patients, including CAG members, go to health facilities for VL testing.

2. When you are in the clinic, ask the health worker about the date when your VL test will be done.

3. When the treatment is working well, the virus becomes undetectable. However, even when it is undetectable do not stop taking your medication, as there is no cure for HIV yet.

4. It is important to remember that ARVs help to reduce the virus in the blood to a very low number that is too small to count (hence we say *kokoana hloko ha e balehe NOT ha e bonahale*). The virus is still there in your blood. Therefore, it is important to continue taking medication to keep it very low.
5. CD4 count and a VL test are different. CD4 count measures the strength of the immune system and VL testing measures the amount of virus in your blood.

6. VL tests show the effectiveness of the ARVs in reducing the virus in your blood.

**Important Message:**

It is important to know how well the ART is working in your body; VL tests show the effectiveness of the ARVs in reducing the virus in your blood. You should know the specific day on which your health facility draws out blood for VL testing so that you don’t go to the facility on a wrong day. Being there on the right day will save you money and time.

Your VL must be tested six months after you start ART, and once a year after that.

It is your responsibility to ask the healthcare worker about your VL results. Please always ask for your results.

**Key messages on moral support/support groups**

1. It is usually hard for people when they find out they are HIV-positive.

2. In our communities and families, we know people who are living healthy lives even though they are HIV-positive. We need such people to support those who are finding out their positive status for the first time. Support groups and community health workers are also available to offer moral support.

3. If one tests HIV-positive, it is advisable to join support groups for moral support and to get relevant information on how to adhere to treatment.

4. When an HIV-positive patient has shown that she/he has successfully adhered to their treatment, she/he may be provided more than one month’s supply of ARVs to reduce the number of the trips needed to the health facility.

**Key messages about CAGs**

1. People who have been on ART for more than six months and have been adhering to their treatment are encouraged to form CAGs. A CAG is a group of people (between two and 12 members) who agree to work together for the best outcome of their treatment. Group members will take turns going to the health facility to collect the entire groups’ medication.

2. Ideally, CAG members should be from the same community.

3. CAG members support one another in taking their medication correctly and provide moral support for living positively with HIV.

4. By being in a CAG, one saves money and time since members take turns going to the health facility to collect each other’s medication.

5. CAGs are especially good for the aged and people who are working and may not have time to go to the clinic on a monthly basis.
6. Each CAG member will have an opportunity to go to the clinic at least once a year for regular check-ups including weight and to draw blood for VL monitoring.

7. Family members who are on ART can also form their own family CAG.

8. You can join CAGs if you are stable on treatment and have no opportunistic infections or other medical conditions.

9. You can join CAGs if your CD4 count is above 200.

10. You can join CAGs if your VL is below 1,000.

11. The nurses in the ART corners, counsellors, and village health workers will support and connect people who are interested in joining CAGs.

12. Members of CAGs are requested to encourage their partners and other members of their families to receive an HIV test.

13. You are NOT ALLOWED to be an active member of a CAG if you are pregnant and breastfeeding or have opportunistic infections (but you can remain as a social member).

14. Children and people with mental disabilities can be dependant CAG members in our villages.

Key messages on community ART initiation

Did you know that you can now test for HIV at your own home or in a mobile clinic/tent temporarily stationed in our village or in town?

- The Ministry of Health has trained counsellors to provide counselling and testing services at community level. They have also been trained on confidentiality so that they will not disclose people’s results with other community members.

- The different service providers pitch tents in places such as bus stops, shopping centers, or any other busy places where there are high numbers of people who can use these services.

- Other counsellors provide their services by going from house to house in our villages.

What kind of support do I get after testing?

- If an individual tests HIV-negative, the counsellors will give them information on how to remain HIV-negative.

- If an individual tests HIV-positive, the counsellors will instruct them to go to the health facility of their choice, where they will be tested again to confirm that they are indeed HIV-positive. They will be initiated on ART at the health facility.

- When you have tested at the community level or in town (in a temporary tent), you will be given an identification card to present when you go to the health facility to indicate that you were first tested at the community level. In some temporary testing tents, if there is a nurse present, those found to be HIV-positive will be
given a 14-day supply of ARVs. At the end of 14 days, they will be expected to present themselves at the health facility.

What are the benefits of testing at the community or in town away from the health facility?

- The services have been brought closer which saves time and money for transportation.
- After testing, you will be guided on where to get the necessary support.
- You may be linked to support groups of people living with HIV and to the village health worker to help you accept your positive status.

Our key message as we conclude this discussion:

We encourage everyone who tests in tents, at home, or in the health facilities to use your correct name and provide a valid phone number and address so the health facilities can follow up with reminders for regular check-ups. This makes it easy for you to access treatment at any facility if you are relocating.

Key messages on nutritional assessment and counseling support

1. Health workers assess everyone who comes to the health facility to determine their nutritional status and determine if they are undernourished.

2. Those who are undernourished receive counseling and nutritional support. Undernourished adults are given Plumpy ‘Nut as a food supplement.

3. An undernourished patient is given appointment dates to visit the health facility on a regular basis to assess and monitor their nutritional status.

Nutrition for infants/children

- It is important for parents to take their infants/children to the clinics for regular check-ups so that health personnel can check if they are being fed properly and growing well.

- At the community level, parents should also take their infants/children who are under five to the village health workers to be weighed.

- Children under five who are undernourished will be given super cereal or Plumpy ‘Nut as a food supplement.

How do we know if one is undernourished?

- Everyone who visits the health facility is weighed, and their height is measured.

- The health worker uses weight and height and looks at their general health status to determine if the person is undernourished.

- Parents are guided on how to feed their infants/children, appropriate portions, hygiene practices, and the importance of immunization.
• Adults are guided on how to eat well-balanced meals, hygiene practices, and how to use and adhere to treatment.

• An undernourished person will be counselled and given appropriate support and an appointment to come back to the health facility after two weeks or a month to be monitored to ensure their health is improving.

• An undernourished person will also be linked to other appropriate services for support (e.g., social welfare) and community health workers for adherence support.

• An HIV-positive person who is undernourished requires extra support and will be requested to come to the health facility regularly, i.e., after four or six months.

**Why do people become undernourished?**

• Illness may lead to loss of appetite, and a person eats less food.

• Sometimes people do not eat appropriate amounts due to limited access to food.

• Not feeding infants/children appropriately leads to undernourishment; not taking them for weight check-up during immunization days delays identification of malnourished children.

**What can we do as a community to improve our nutritional status?**

• The community health workers, such as the village health workers, assist the Ministry of Health in monitoring nutritional status at the community level. Community and village health workers are trained to weigh infants and assess adults to identify people who are undernourished.

• Members of CAGs are also encouraged to support one another, talk about nutrition in their meetings, discuss how to maintain healthy lifestyles, and support one another on adherence.

• Parents have to breastfeed their infants, take their infants and children for immunization and regular health check-ups, and feed them well as guided by the health workers.

• Actions such as growing vegetables at home and raising small livestock like chickens will help improve intake of different micronutrients.

• People should seek guidance from the Ministry of Agriculture on how to produce vegetables at home.
Key messages on adolescent-friendly services

Between adolescents and adults, whom do we think visits the health facilities more often?

1. It has been noted that adolescents do not visit the health facilities regularly, and this is due to various reasons.

2. The good news is that to address this challenge, there are Adolescent Corners in most of the major clinics. In these areas, only young people receive services (no adults).

3. In places where there are no Adolescent Corners, the health workers have been trained on how to serve young people. This is to encourage young people to utilize health services in a manner that suits them.

4. In the Adolescent Corners, the nurse and the counsellors are young people who understand the needs of fellow young people.

5. We encourage adolescents and young people to visit the health facilities to access different services which include:
   - HIV testing, counselling, support on how to stay HIV-negative if they test negative, access to ARVs if they test HIV-positive, and skills and support on positive living.
   - Other services targeting young people include VMMC and screening for prostate or cervical cancer.

Key messages for males to use male clinics

Between men and women, who visits the health facilities more often?

- Men do not visit the health facilities frequently for various reasons. Sometimes they do not go because of work-related issues.

- The good news is that in some major hospitals there are specialized clinics dedicated to serving only men, at times when men are not at work (e.g., opening at 7 a.m.). These clinics are called Khotla.

- The staff who work in these clinics are predominately male, and they include male nurses and male counsellors; this makes it easy for men to disclose their health issues to other men who understand their health needs.

- We encourage men to go to the clinics to seek services such as counselling and testing for HIV. If men test HIV-negative they will be given information on how to remain HIV-negative; if they test HIV-positive, they will be given information on how to adhere to their treatment while living with HIV.

- In these clinics, men can also access services such as screening for prostate cancer, VMMC, and STI treatment.

- We also encourage men to accompany their partners to the clinics when they are pregnant and during breastfeeding.