LIFE COURSE APPROACH
THE STEPS TO SETTING A GOAL

1. Thinking of how to become a graduate
2. Attending a school
3. Studying
4. Graduation
THINKING OF BECOMING A FOOTBALLER

PLAYING IN SCHOOL

PRACTISING IN FOOTBALL ACADEMY

NATIONAL PLAYER
4 STEPS TO BECOMING A NURSE

Thinking of how to become a nurse

Attend a nursing school

Graduating

Working as a nurse
HOW THE IMMUNE SYSTEM WORKS

- Infections
- Germs
- Flu
- Colds
- Virus
- Diseases
- Bacteria
- Tuberculosis
HOW HIV IS TRANSMITTED

1. Unsafe Sex
   Unprotected sexual contact (vaginal or anal) with someone who has HIV and does not have an undetectable viral load

2. From an Infected Mother to her Child
   If a pregnant woman is not on ART before, during, and after pregnancy

3. Contaminated Sharp Objects
   By sharing HIV infected needles, syringes, or razor blades.

4. Blood Products
   Receiving blood transfusion, blood products, or organ/tissue transplants that are contaminated with HIV
7. HOW HIV IS NOT TRANSMITTED

- Hugging
- Sharing Food
- Playing
- Holding Hands
- Sitting Together
VIRAL SUPPRESSION

Viral Load Before ART

Viral Load After ART

Detectable Level

Undetectable Level
WHAT DOES AN UNDETECTABLE VIRAL LOAD LOOK LIKE

NO TREATMENT = DETECTABLE

Without treatment, a person living with HIV will have a high viral load; meaning that HIV is transmittable.

ARVs + MONITORING

EFFECTIVE TREATMENT + MONITORING = UNDETECTABLE

With effective treatment and monitoring, the body can suppress HIV to an undetectable level; meaning HIV is not effecting the person's health and there is virtually no chance of transmission.

Remember to keep visiting your healthcare professional to check that your viral load remains undetectable!
If your CD4 cell count is high and your viral load is low, your medicines are doing a good job controlling the virus.
THE HEALTHY EATING PYRAMID

- **Fats, oils, salt, and sugar** (Eat sparingly)
- **Animal proteins** (Eat moderately)
- **Plant proteins** (Eat regularly)
- **Fruits** (Eat generously)
- **Vegetables** (Eat generously)
- **Starches** (Eat mostly)
- **Regular exercise**
- **Water** (Eight glasses per day)
PEOPLE WHO CAN SUPPORT YOU

- Peer Educators
- Counsellors
- Doctors
- Nurses
- Pharmacist
- Health Facility
- School Teacher
- Community Health Worker
- Friends
- Other Pupils
- Religious Community
- Laboratory Staff
- Neighbour
- Sister
- Parents
- Aunty
- Uncle
- Brother
- Grandmother
- Grandfather

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ADDITIONAL METHODS TO PREVENT TRANSMISSION & RE-INFECTION

Abstinence

Be faithful with an HIV negative or suppressed partner

Don’t share needles

Use condoms

Achieve viral suppression

Take Prep

Viral Load Before ART

Viral Load After ART

PrEP

Take as directed. Rx only
HOW TO USE A MALE CONDOM

1. Open the condom package.
2. Remove the condom from the package.
3. Hold the condom by the tip.
4. Unroll the condom to the end.
5. Position the condom over the erect penis.
6. Insert the condom into the penis.
7. Squeeze the end of the condom to release any air.
8. Withdraw the penis and the condom from the female partner after ejaculation.
HOW TO USE A FEMALE CONDOM

1. Squeeze the inner ring
2. Push the folded ring in as far as it will go
3. Stand, squat, or lie down to do this
4. Help guide penis in
5. Pull out carefully after sex
Pre-exposure prophylaxis (PrEP) can protect your negative sexual partner from getting HIV.
PARTNER TESTING
Contraceptive methods for preventing pregnancy

- Standard days method
- Lactational amenorrhoea method
- Female condom
- Male condom
- Emergency contraceptive pills
- Oral pills
- Minipills (for breastfeeding mothers)
- Intrauterine contraceptive device (coil)
- Three-month injectable
- Implants