



World Aids Day : 1 December 2010



Age-in-Action promotes a better understanding and awareness of the HIV/AIDS phenomenon, its causes, symptoms and prevention, information and training are offered to equip older persons who are in most instances called



DO YOU NEED HELP OR ARE YOU AT RISK OF BEING INFECTED?

WHERE CAN YOU GET TESTED FOR HIV?

Most public health facilities test for HIV. The test is free; there are no costs to have the tests done.

WHAT HAPPENS BEFORE AND AFTER THE TEST IS DONE?

Counselling is done before the test for HIV is done as well as after the results are made available. Counseling is done irrespective of whether you are HIV-positive or HIV-negative. At some facilities two tests are done and it takes approximately 20 minutes to get the results. Some cases are complicated and a sample of blood might have to be sent to a laboratory. In this instance it could take a few days for the results to be available. These tests are very accurate.

It is important to go to a public health facility or private doctor with expertise in HIV/AIDS. You should have regular checkups to monitor the progression of your HIV infection. Having your viral load and CD4 count checked should be done for free at public health facilities. It is important to have it checked at least twice a year.

Once infected with HIV, you might get an HIV- related opportunistic infection. Most HIV-related illnesses can be treated using proven medicines.

HIV can not be cured but it can be treated as a chronic, manageable disease. Antiretrovirals (medicines) help people with HIV to live nearly normal lives. You only need to start taking antiretrovirals when a serious HIV-related illness is developed or when your CD4 count drops to below 350. These antiretrovirals are available free at public health facilities.

HIV is a manageable chronic disease if you follow sound medical advice.

Aids Helpline	0800 012 322
HIV911	0860 448 911
Life Line	0861 322 322
TAC	021 422 1700

AGE-IN-ACTION BRANCHES

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