



FACTS ON HIV

HIV is transmitted from infected individuals through blood, semen, vaginal secretions and breast milk.

HIV is not transmitted through hugging, shaking hands, mosquito or insect bites, kissing sharing of a toilet food drinks, swimming dancing and coughing.

One can get HIV infection through:

1. Unprotected vaginal, oral or anal sex with a HIV infected person.
2. From an HIV infected mother to her child during pregnancy, labor, delivery or breastfeeding. Blood transfusion and organ transplant if donor is HIV infected.
3. From accidental needle stick injury involving a patient who is HIV positive.
4. Sharing drug injection equipment (needles and/or syringes) with an HIV positive person.

IMPORTANT

- Getting tested is the only way you will know your HIV status.
- You can get free HIV testing services in all Government facilities.
- Getting an HIV test is quick, easy and almost always free.
- Antiretroviral drugs (ARVs) are given for free in all government health facilities;
- ARVs should be taken every day as prescribed by a doctor.
- If a person living with HIV correctly takes their ARVs they do lead healthy productive lives.
- If one does not take ARVs as prescribed, one can develop drug resistance.
- Correct and consistent use of male and female condoms is effective in preventing sexual transmission of HIV, other sexually transmitted infections and unintended pregnancies.
- People living with HIV have a right not to be discriminated and stigmatized.
- It is important to respect and keep confidential information regarding people living with and affected by HIV.



**WORLD
AIDS DAY**



**TOWARDS
UHC**
COMMUNITIES UNITED FOR
A HIV FREE GENERATION

maisha!
National AIDS Control Council

Global WAD Theme: **"Communities make the difference"**
National WAD Theme: **"Towards UHC: Communities Communities united for a HIV free Generation"**

KEY MESSAGES TO THE UNIVERSITY AND COLLEGE STUDENTS

<p>Messages on Universal Health Coverage</p>	<ul style="list-style-type: none"> - It is important for every household to have a health insurance (NHIF, Community insurance) to cushion against financial hardship in case of a disease - Have your weight, blood pressure and blood sugar checked regularly - It is important to prevent non communicable diseases such as cancer, diabetes, hypertension by maintaining normal weight, eating healthy, ensure environment and food safety and physical activity
<p>Messages on Drug and Substance Abuse</p>	<ul style="list-style-type: none"> - Alcohol and drug use is harmful to your health - Too much alcohol is harmful to your mental and physical health - People who abuse alcohol /drugs need to be referred for rehabilitation - Call 1192 free of charge, 24 Hours a day for help on alcohol and drug abuse - Sharing drug injection equipment such as needles and syringes without disinfecting them exposes users to contracting HIV. Drug abuse erodes immune system for those living with HIV.
<p>Messages on Mental Health</p>	<ul style="list-style-type: none"> - Good mental status is part of good health - Mental illness can only be diagnosed at the hospital - People with psychological issues should seek immediate medical attention - Mental issues are not necessarily evil spirit possession
<p>Messages on HIV Prevention</p>	<ul style="list-style-type: none"> - It is important to go for HIV testing to know your HIV status and that of your sexual partner - Having sex at an early age exposes a young person to getting HIV, STIs and early pregnancies - Having sex with multiple partners increases the risk of HIV infection - Abstinence and being faithful are effective HIV prevention methods
<p>Messages of HIV Treatment</p>	<ul style="list-style-type: none"> - If your HIV test is positive, you ought to visit a health facility and start treatment immediately - Taking your medication consistently reduces the amount of virus in your body, promotes good health and prolongs life - ARVs are free in all government health facilities
<p>Messages on eliminating HIV related stigma and discrimination</p>	<ul style="list-style-type: none"> - HIV related stigma creates barriers to HIV testing, treatment, care and support. - HIV is a virus and anyone can get infected