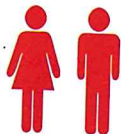




COUNTY HIV PREVALENCE



31,640 people are living with HIV



320 People get newly infected with HIV
in Bungoma County every year



352 people died
of HIV related complications
in 2019



More children were born with
HIV. At **9.7%** Mother to Child Transmission
rate Bungoma County is still below the
target of **5%** by the end of **2019**

Komesha HIV & COVID-19 **#Tuwajibike**

maiha!
National AIDS Control Council



Prevention

COVID-19 and must take all precautions to protect themselves from COVID-19 through regular handwashing/use of hand sanitizers, wearing masks, practicing social distancing and avoiding all non-essential travel or crowding

- Just like other diseases, HIV weakens the body's immune system and therefore if a person living with HIV contracts COVID-19, they are likely to experience a worse outcome
- Maintain a healthy lifestyle to boost your immunity by eating a balanced diet including fruits and vegetables, getting at least 8 hours of sleep, keeping physically active and reducing stress as much as possible
- Stay updated with information on COVID-19 using trusted and reliable channels
- Ensure that you remain connected with your local networks through telephone and social media. For more information on COVID – 19 call MOH hotline 719

Messages on HIV Treatment/ Adherence

- 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
- People living with HIV can be at increased risk of getting very sick with COVID-19 based on their age and other medical conditions
- The risk for people with HIV getting very sick is greatest in *People with a high viral load, and People not on HIV treatment (antiretroviral therapy or ART)*
- Anyone living with HIV must ensure they have a supply of necessary medical supplies (for at least 30 days) on hand
- Even with the ongoing COVID-19 pandemic and social distancing, HIV Services continue
- Save contacts of your clinic or health facility in the event you need advice and information on how to access treatment and other supports within your community
- Help others in your network to also access and have an adequate supply of essential medicines

Messages on Elimination of Mother to child Transmission

- Expectant mothers should attend at least four (4) clinic visits during pregnancy and deliver the baby in a health facility. The first visit should be as soon as a pregnancy is detected
- Even with the ongoing COVID-19 pandemic and social distancing, expectant mothers should please continue attending all ANC clinic visits and ensure they have been tested for HIV, syphilis and any other ANC care recommended to you at the facility
- If you test positive for HIV or Syphilis, or you are a known HIV positive client already in care, take and adhere to your antiretroviral (ARV) medication as prescribed by your healthcare providers to keep your immune system strong and your body healthy

Care Worker.

- In case you have tested positive for COVID 19. It is safe to breastfeed your baby BUT ENSURE you observe strict hand and breast hygiene
- Continue taking your baby to the health facility for routine HIV tests and other services as instructed by your service providers
- Get in touch with your service provider to ensure you have enough Anti Retro viral medicine stocks for the child to last at-least one month
- Communities to support pregnant women by ensuring that they continue to attend clinic before and after delivery
- Save contacts of your clinic or health facility in the event you need advice and information on how to access your facility should you need any services within the COVID-19 curfew period
- Expectant mothers living with HIV should keep in touch with their support group members for psychosocial support
- Observe the **COVID-19 prevention advice that the Government has provided** (physical distancing 2 meters/6 feet, wear a mask, wash or sanitize your hands regularly, cough or sneeze into your bent elbow or tissue)
- Get in touch with your service provider to advice on where you can get your preferred Family Planning services. It is recommended that you consider getting a method that wouldn't require you to visit the hospital frequently e.g. Depo, Coil, Implant, or the Family planning injection

Messages on Drug and Substance Abuse

- 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
- With a weakened immune system due to drug abuse, one is more at risk of contracting COVID-19

Messages on Mental Health

- 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
- Save contacts of your clinic or health facility in the event you need urgent medical attention or related services within the COVID-19 curfew period
- Mental issues are not necessarily evil spirit possession

Messages on eliminating stigma (HIV and COVID related stigma and discrimination)

- Stigma creates barriers to testing, treatment, care and support
- HIV is a virus and anyone can get infected
- COVID-19 is a virus and anyone can get infected. It is however preventable. Keep to the Government guidelines to protect yourself
- Those who test positive for COVID-19 need support during and after treatment. Do not discriminate them