



PART 3

STRENGTHENING COMMUNITY-BASED CARE

SECTION 2

CAPACITY BUILDING

CHW Training | **MODULE 2**

LEARNING ABOUT HIV AND AIDS

A FLIP BOOK FOR COMMUNITIES

What is HIV?



What is HIV?¹

- HIV is a tiny virus (a type of germ) that causes a disease called AIDS.
- HIV lives in the body fluids of people who are infected with HIV.
- This includes blood, semen, fluid from the vagina, and breast milk.
- The virus spreads when the fluids get into the body of another person.
- It is not possible to know by looking at someone whether they have HIV. People with HIV may not have any signs for a long time. Most people do not know they have HIV until they are very sick. The signs of AIDS are different in each person. Often, they are similar to other common illnesses, such as diarrhea or flu, but are more severe and will last longer.
- HIV can spread at any time, even without any signs of illness.

¹ Based on Hesperian Foundation, *A Book for Midwives: Care for pregnancy, birth and women's health*, updated 2021; Hesperian Foundation, [Where Women Have No Doctor: A health guide for women](#), revised 2021; and Partners in Health, *Unit 10: Psychosocial Support and Effective Communication*, Accompagnateur Training Guide, 2008. Images of isolation and reprimanding from Hesperian Foundation; others developed by Stacey Patino.

How is HIV transmitted?



How is HIV transmitted?

- HIV can be passed on, or “transmitted,” through sexual intercourse without using a condom. A male condom is a rubber barrier that is placed on the penis to stop fluid from the penis from entering a person’s body. A female condom is a rubber barrier that is placed inside a woman’s vagina, to prevent direct contact with any fluids.
- A man can pass HIV to a woman who is not infected with HIV, or a woman can pass HIV to a man who is not infected with HIV. A man can also pass HIV to another man, or a woman can pass HIV to another woman, if they have sexual intercourse together without using a condom.
- Rape, or sexual violence, is one example of how HIV can be transmitted.



How is HIV transmitted?

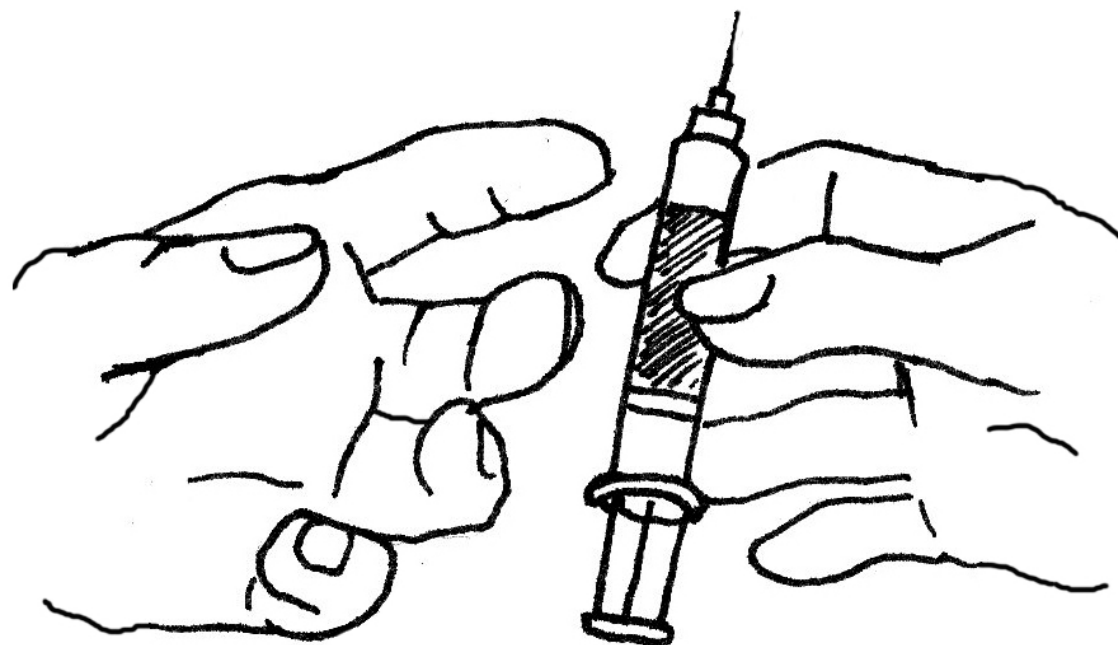


How is HIV transmitted?

If a pregnant woman is not taking medicines to prevent HIV, she can pass HIV to her baby when she is pregnant, during childbirth, or when she is breastfeeding.

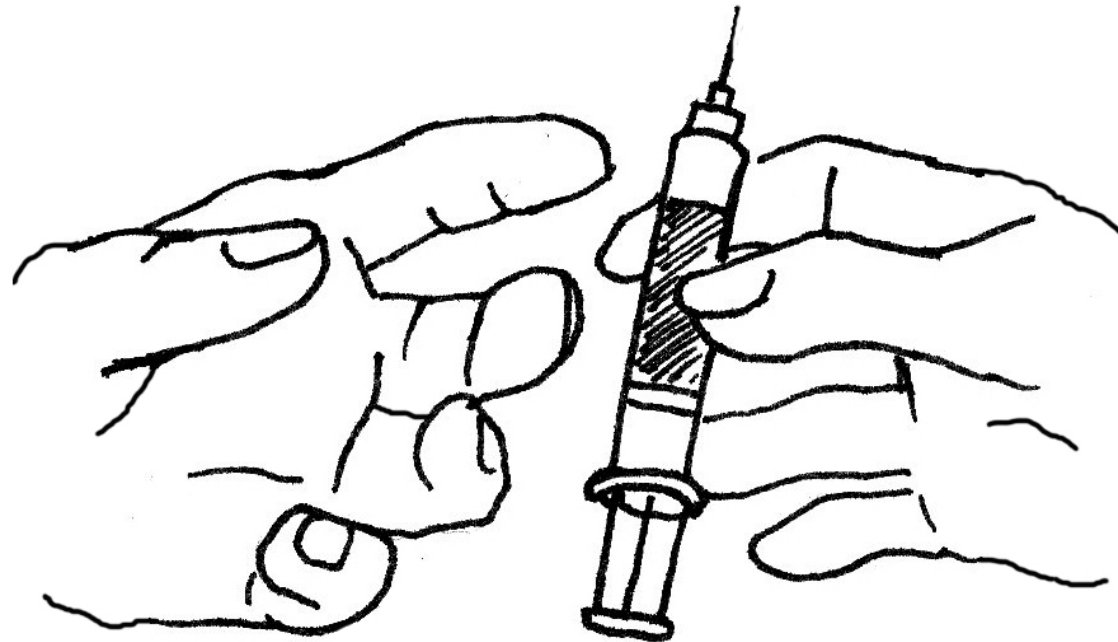


How is HIV transmitted?



How is HIV transmitted?

HIV can be transmitted through using unclean needles or tools that pierce or cut the skin. This includes sharing of razor blades.



How is HIV transmitted?

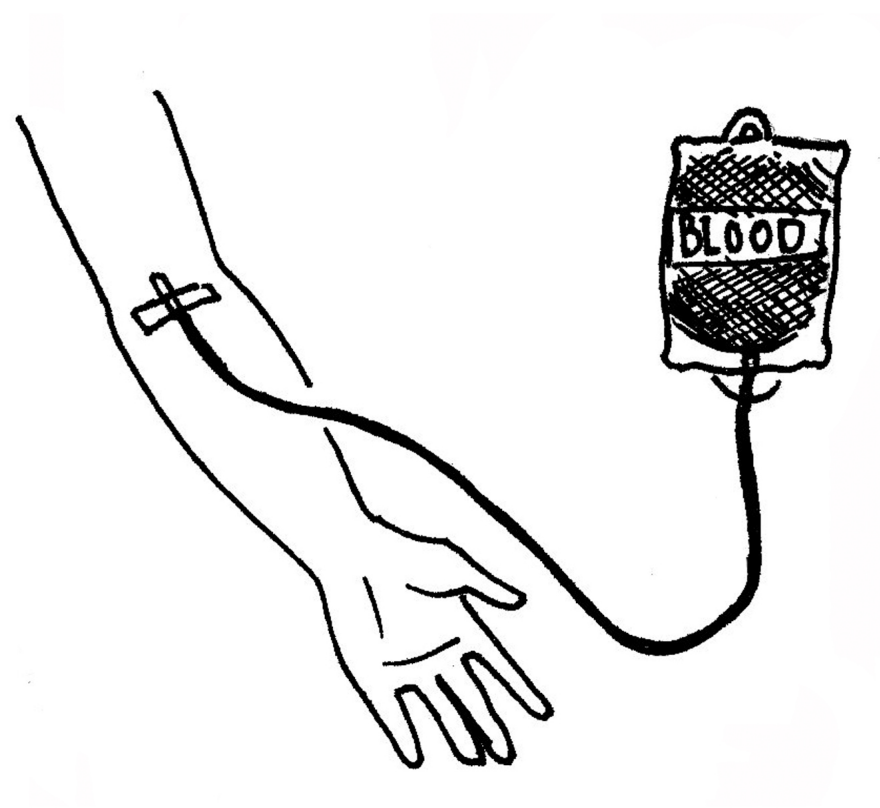


How is HIV transmitted?

HIV can be transmitted through infected blood that gets into a cut or an open wound of another person.

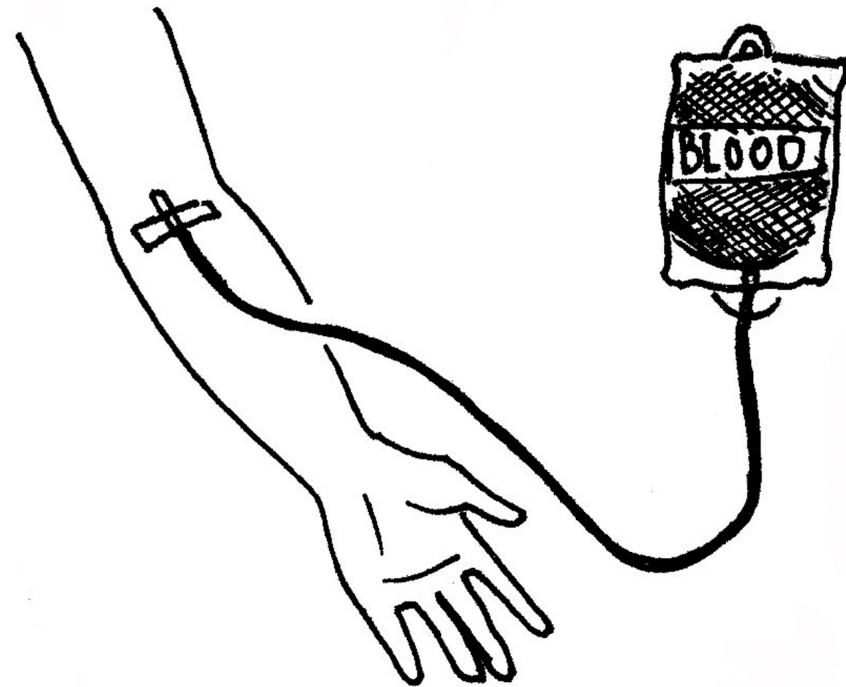


How is HIV transmitted?

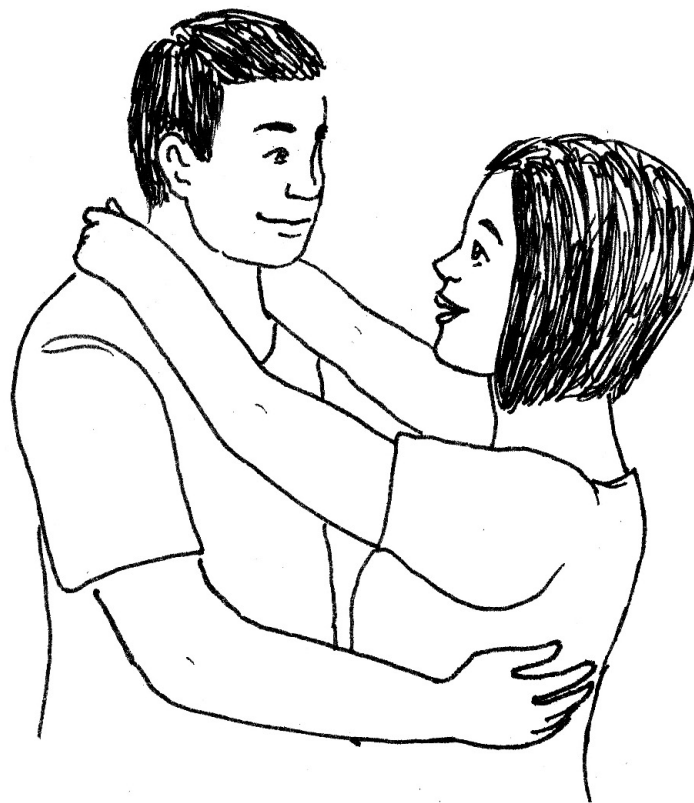


How is HIV transmitted?

HIV can be transmitted during a blood transfusion, if infected blood is given to another person.

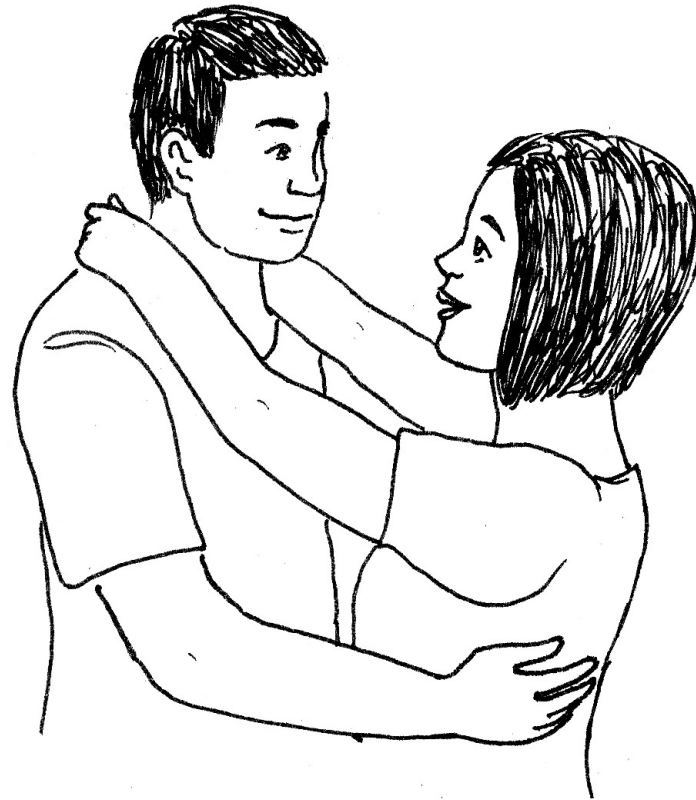


How is HIV **NOT** transmitted?

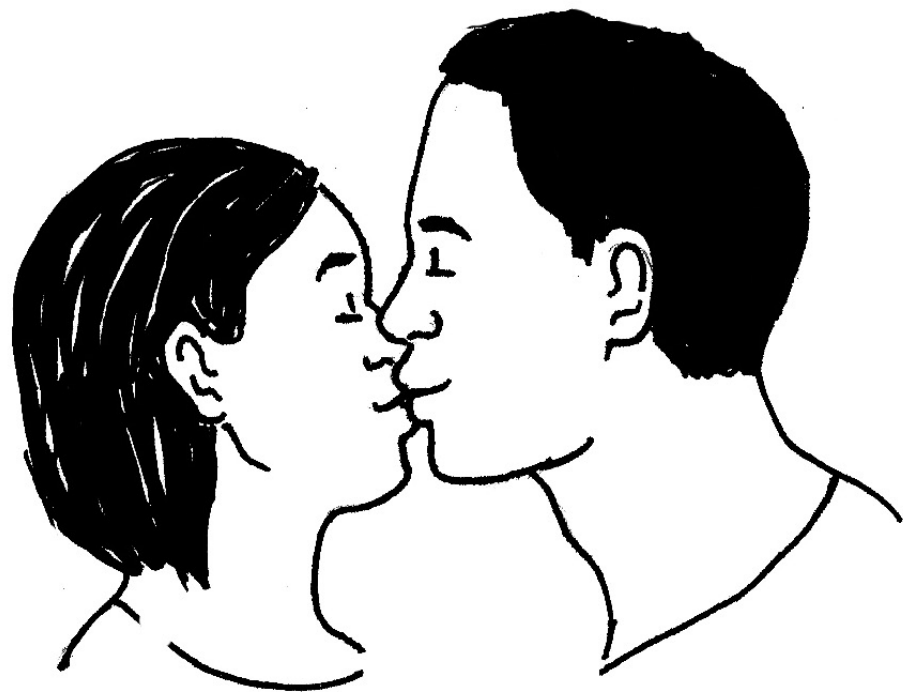


How is HIV **NOT** transmitted?

HIV is not transmitted through hugging a person living with HIV.

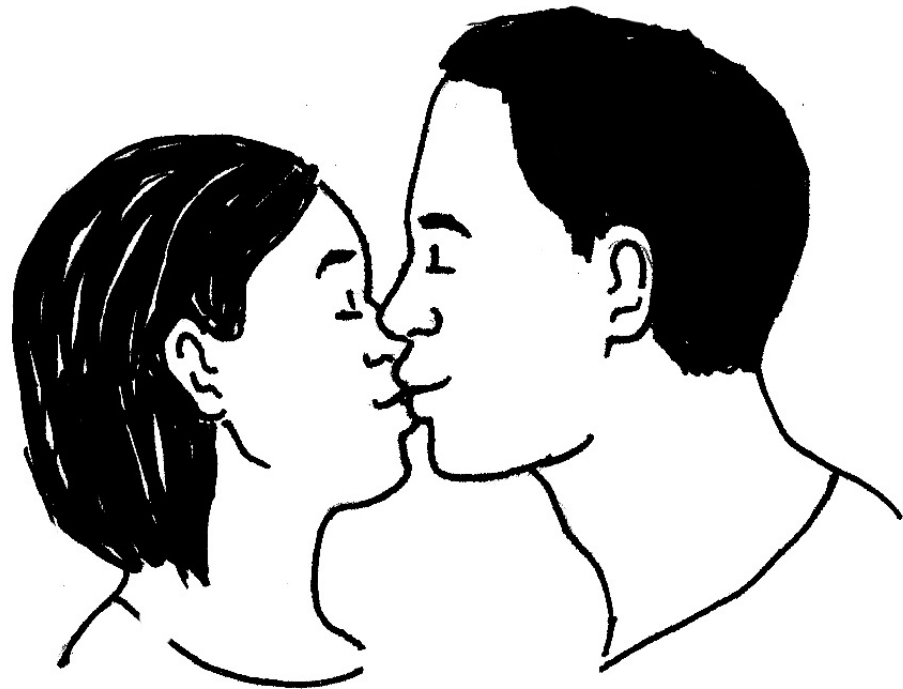


How is HIV **NOT** transmitted?



How is HIV **NOT** transmitted?

HIV is not transmitted through kissing a person living with HIV.



How is HIV **NOT** transmitted?



How is HIV **NOT** transmitted?

HIV is not transmitted through sharing a meal with a person living with HIV.



How is HIV **NOT** transmitted?

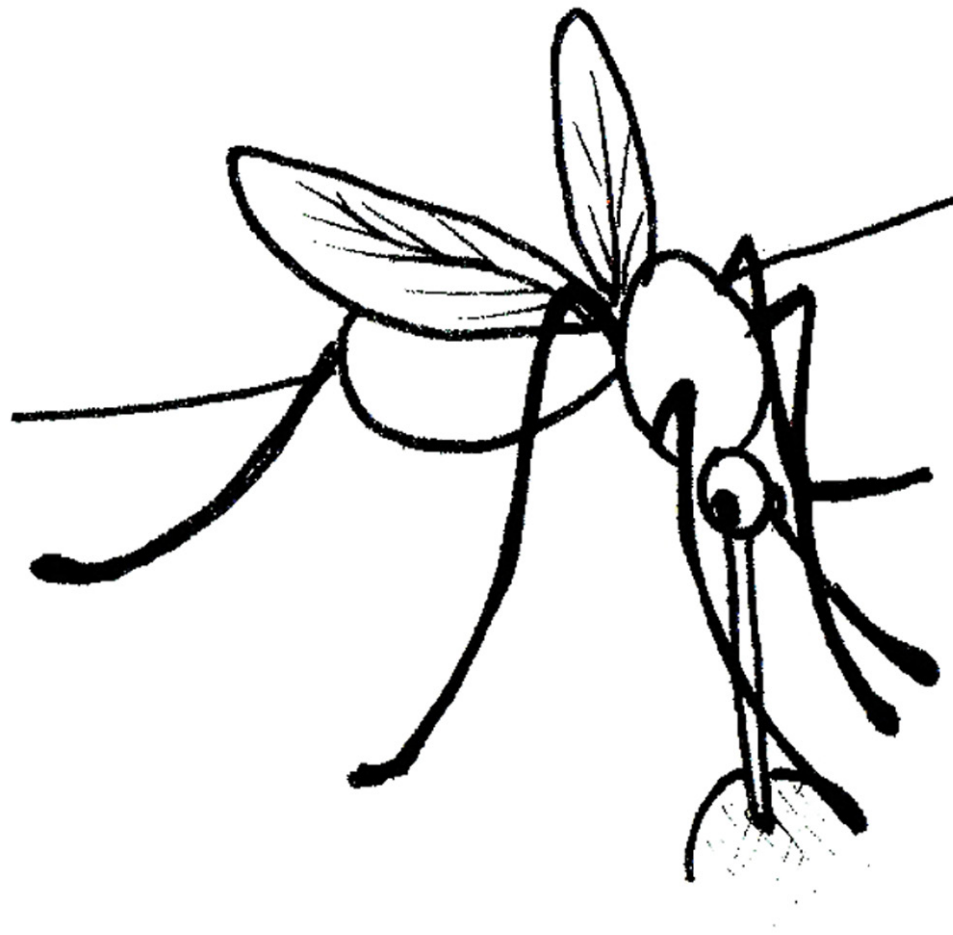


How is HIV **NOT** transmitted?

HIV is not transmitted through sharing clothes with a person living with HIV.

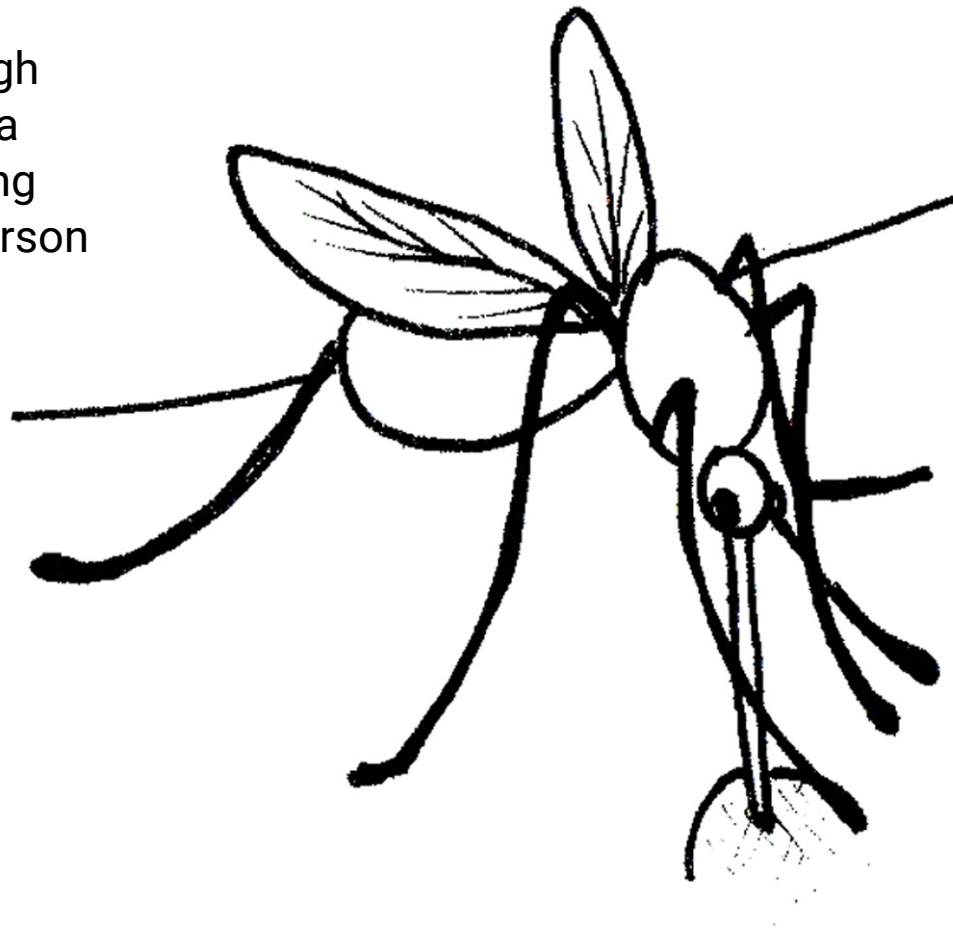


How is HIV **NOT** transmitted?

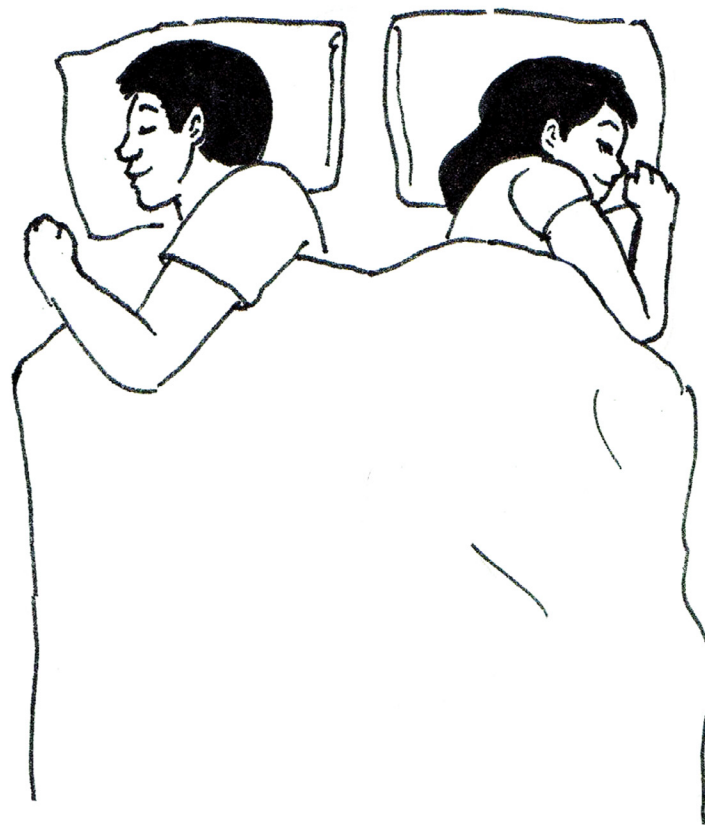


How is HIV **NOT** transmitted?

HIV is not transmitted through insect bites. For example, if a mosquito bites a person living with HIV, and then bites a person who does not have HIV, that person will not get HIV as a result of that bite.

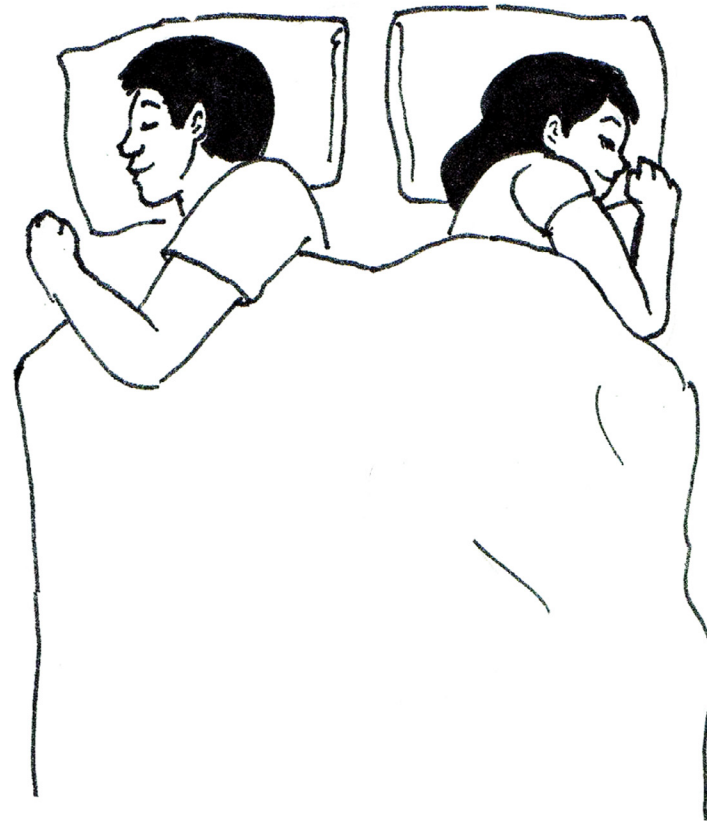


How is HIV **NOT** transmitted?



How is HIV **NOT** transmitted?

HIV is not transmitted through sharing a bed with a person living with HIV.



How is HIV **NOT** transmitted?

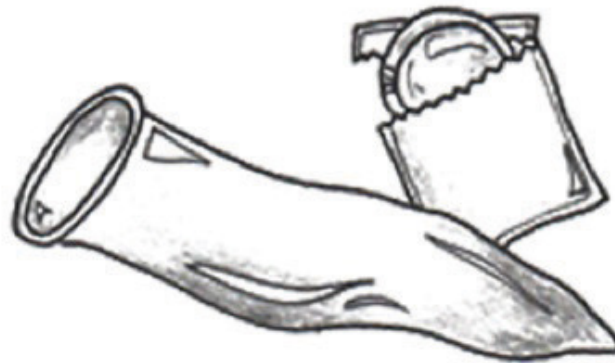
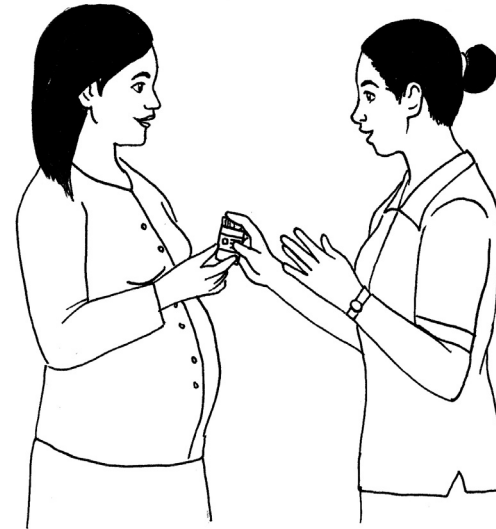


How is HIV **NOT** transmitted?

HIV is not transmitted through sharing a latrine with a person living with HIV.



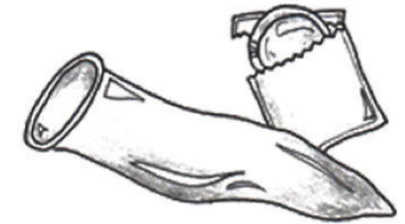
How can we prevent HIV?



How can we prevent HIV?

While medicines and good nutrition can help people fight HIV infections and allow people to live long and productive lives, there is currently no cure for HIV. It is therefore important to prevent HIV. We can do this by:

- Getting tested for HIV and making sure our partners also get tested.
- Getting other infections treated, and making sure partners do, too.
- Using a male or female condom every time we have sexual intercourse.
- Avoiding piercing or cutting the skin with dirty needles or tools.
- Not touching someone else's blood or wound without wearing gloves.
- If pregnant, taking medicines to prevent the baby from getting HIV during pregnancy, childbirth, and breastfeeding.

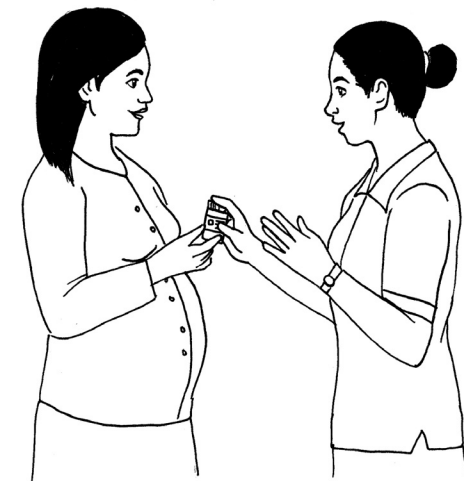


What should someone do they if have HIV or AIDS?

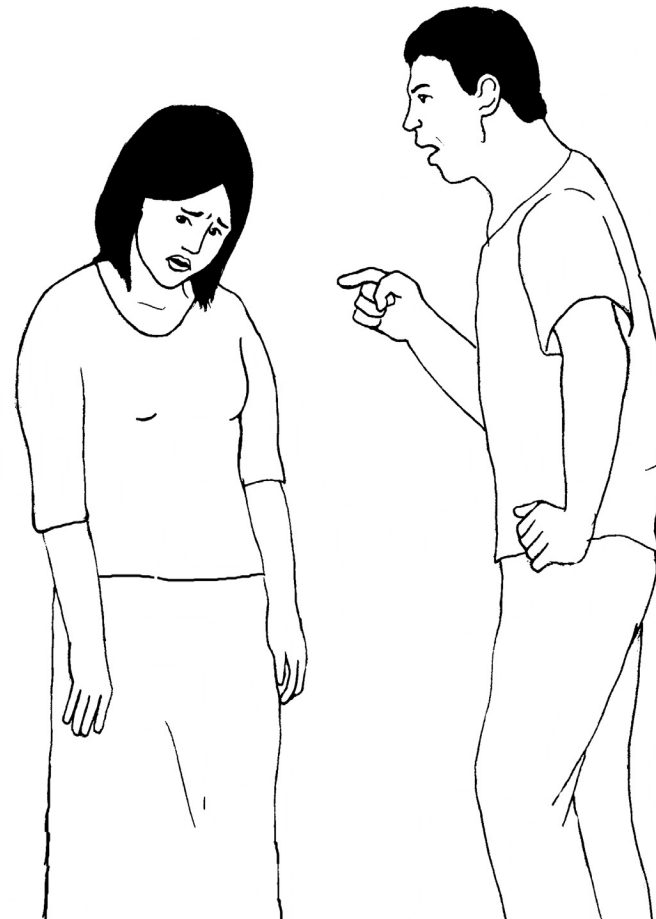


What should someone do if they have HIV or AIDS?

- There is still no cure for HIV, but medicines called “antiretrovirals” (ARVs) can help people with HIV live longer and have fewer health problems. If used correctly, ARVs fight against and control the HIV infection.
- A blood test can show if someone needs treatment with ARVs.
- Antiretroviral therapy (ART) also helps pregnant women prevent her baby from getting HIV during pregnancy, childbirth, and breastfeeding.

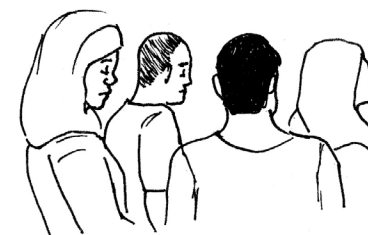
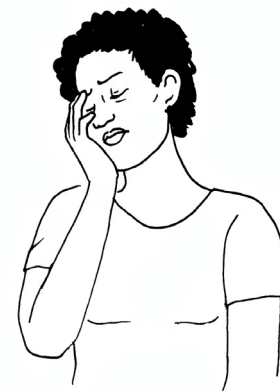


What can HIV and AIDS do to the individual and family?



What can HIV and AIDS do to the individual and family?

- The illness can make the person too weak to do regular activities.
- The person with HIV/AIDS may lose their job because of discrimination or illness.
- The person with HIV/AIDS or the entire family can become isolated from the community if the community thinks the family is shameful or a disgrace.
- A person with HIV/AIDS may lose faith.
- Medical care and medicines can cost money
This can make poverty worse.



What feelings could a person have if they have HIV?



What feelings could a person have if they have HIV?

- A person can feel shock or denial about their HIV status.
- They may be sad or afraid of what will happen to them and may grieve over their future.
- They can feel shame or guilt about having gotten HIV and might be angry at themselves or with the person who infected them.
- They may feel worthless or depressed because they are rejected by loved ones or can no longer care for the family. This might lead to thoughts about wanting to kill themselves.
- When a person with HIV is able to work through feelings of shock, anger, shame, depression and fear, they have reached an emotional stage of acceptance and can begin focusing on living in a healthy and positive way.



How should we treat persons with HIV?

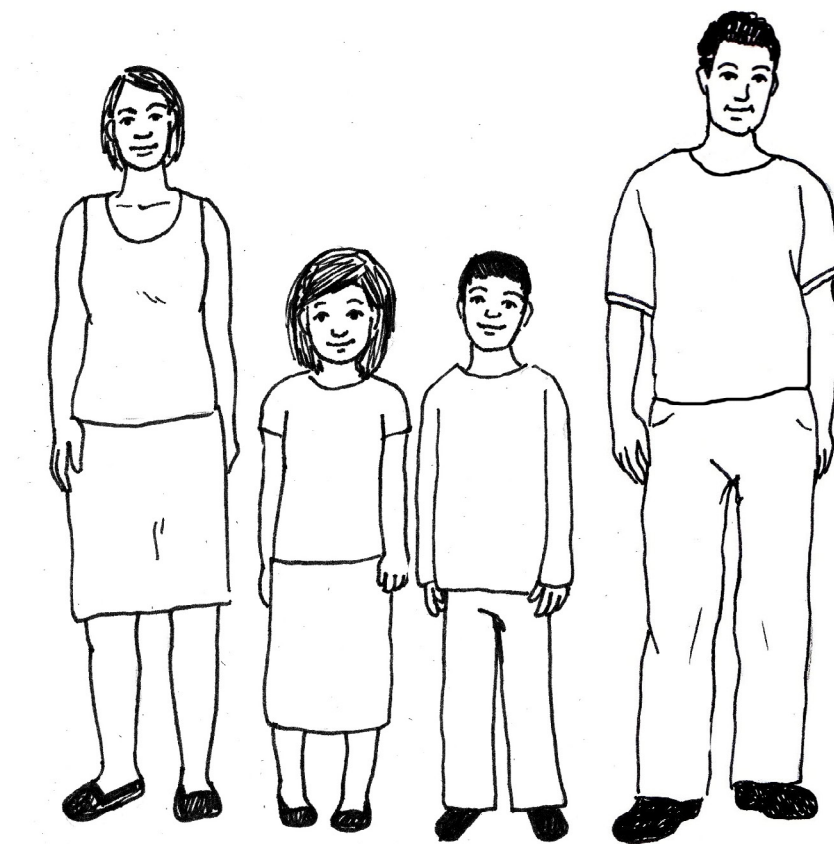


How should we treat persons with HIV?

- Show them respect and kindness. Understand the emotions they may be feeling, and be supportive to what they are going through.
- Do not discriminate, and never judge them for how they may have gotten HIV.
- Include persons living with HIV/AIDS in community activities so that they are not isolated and are instead supported.



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we can prevent HIV
and help those that
have HIV receive
care and treatment.



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