

CHART TWENTY- ONE (21)

MODES OF HIV TRANSMISSION

1. Sexual - 80%
2. Blood and blood products - 10%
 - Through transfusion
 - Contaminated needles and syringes
 - Sharing circumcision knives
3. Mother to child - 10%
 - During pregnancy
 - During delivery (carries the higher risk about 60-70%)
 - During breast feeding

TRANSMISSION ROUTES

HIV can enter the body through

- Open cuts or sores
- Directly infecting cells in the mucous membranes

NB:

Healthy, intact skin does not allow HIV to enter the body.



CHART TWENTY-TWO (22)

MYTHS AND MISCONCEPTIONS

YOU DO NOT GET HIV FROM:

- Hugging
- Sharing of toilets
- Sharing utensils
- Shaking hands
- Sharing clothes
- Living in the same house
- Insect bites e.g. mosquito bites
- Observation of hygiene is paramount.

CHART TWENTY- THREE (23)

- Define **STI/STD**?
- Which **STIs/STDs** do you know?

STI -Stands for Sexually Transmitted Infections. These are infections whose main mode of transmission is sexual.

CLASSIFICATION

- A. Those that cause discharge from the genitalia or pain/burning sensation when passing urine.
 - Gonorrhoea
 - Chlamydia
 - Trichomoniasis
- B. Those that cause sores or ulcers in the genitalia
 - Syphilis
 - Chancroid
 - Genital Herpes
- C. Those that cause growths (projections) called warts.
 - Human papilloma virus (HPV)
- D. Others
 - HIV/AIDS – very important
 - Hepatitis B

Point of emphasis

Females may harbour an STI and not know it yet transmit it.

CHART TWENTY- FOUR (24)

RELATIONSHIP BETWEEN HIV AND STIS

- HIV is an incurable STI.
- Other STIs highly increase the risk of getting HIV by 6 – 10 times.
- It is difficult to treat STIs in an HIV infected person.
- Both STIs and HIV infections are indicators of high risk sexual behaviour.
- One can get infected with HIV and an STI at the same time of exposure.

CHART TWENTY- FIVE (25)

NOTES ON STI TREATMENT

- Seek early and prompt treatment of STIs
- Follow the 4Cs
 1. Counselling to avoid further risk
 2. Compliance to recommended treatment.
 3. Correct and consistent use of condoms.
 4. Contact tracing and treatment of partners.

CHART TWENTY- SIX (26)

PREVENTION OF HIV TRANSMISSION

A• PREVENTION OF SEXUAL TRANSMISSION

- A. ABSTINENCE and delayed onset of sexual activity.
 - B. BE MUTUALLY FAITHFUL to one uninfected partner.
 - C. CORRECT and CONSISTENT use of condoms
 - D. DRUGS – Treatment of STI
 - E. EARLY TREATMENT of STI's reduces risk of HIV by 40%
- Prophylaxis against HIV infection in cases of rape and accidental inoculation



CHART TWENTY- SEVEN (27)

B• PREVENTION OF TRANSMISSION THROUGH BLOOD

C• PREVENTION OF MOTHER TO CHILD TRANSMISSION

1. Use of anti-retroviral drugs.
2. Taking medicine for opportunistic infections.
3. Proper ante-natal care.
4. Going for VCT – At the earliest available opportunity (at best, before conception)
5. Avoiding additional exposure to the virus during pregnancy.
6. Avoid breast feeding her child after delivery (on doctors advice) i.e. using alternative milks or exclusive breast feeding and then abrupt weaning.



CHART TWENTY-EIGHT (28)

VULNERABLE GROUPS

Vulnerable means at risk or susceptible.

Vulnerable groups in HIV and AIDS are those at higher risk of getting infected with the human immunodeficiency virus.

Who are vulnerable to HIV and AIDS?

1. Women and girls.
2. Children and orphans.
3. Marginalised groups e.g. homosexuals, disabled.
4. Rape (Survivors of rape)
5. Migrant workers working away from home.

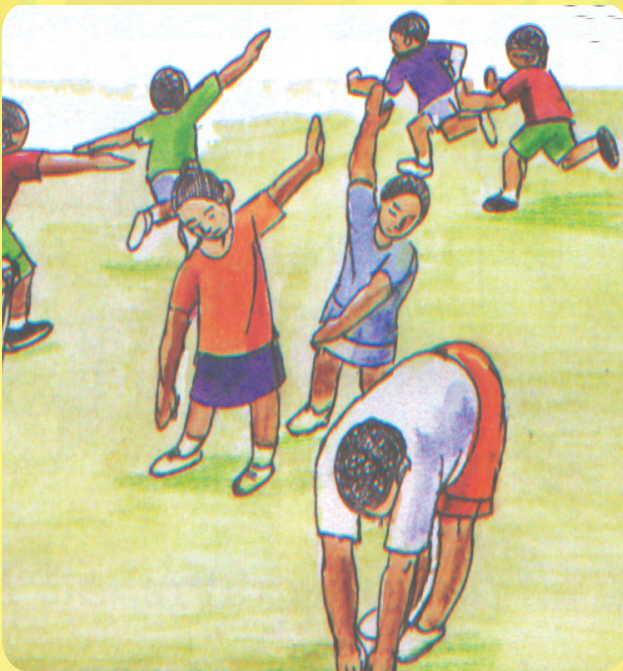


CHART TWENTY-NINE (29)

WHY ARE WOMEN AND YOUNG GIRLS VULNERABLE?

1. Women have an 8-10 times higher risk - biological
2. STDs increase risk due to wounds or mucosal inflammation allowing viral penetration.
3. Pregnancy.
4. Heavier workload, child bearing.
5. Poor diet due to poverty.
6. Wife inheritance.
7. Polygamy.
8. Fear of stigmatisation – afraid to reveal what spouse died of.
9. Prostitution and sexual harassment.



CHART THIRTY (30)

GENERAL CAUSES OF VULNERABILITY

1. Fear, denial and stigmatisation.
2. Lack of information.
3. Lack of education.
4. Lack of human rights.
5. Poverty.

