



Counselor Fact Sheet

HIV and AIDS Basic Facts

In Zambia, the HIV prevalence rate in adults is 14.3%. The country was ranked seventh amongst countries the most affected by HIV/AIDS in the world by UNAIDS in 2008.

Modes of HIV Transmission

- Majority of new HIV infections in Zambia are caused by unprotected sex
- Mother to child transmission accounts for most infections among children
- Blood transfusions are also a source of HIV infection

Epidemic Drivers

- Multiple and concurrent sexual partners
- Low and inconsistent condom use
- Low levels of male circumcision
- Mobility and labor migration
- Commercial sex workers
- Men who have sex with men
- Mother to child transmission

HIV Prevention Methods

How to prevent the sexual transmission of HIV:

- Abstain from sex.
- Use condoms consistently and correctly every time you have sex.
- Stick to one sexual partner.
- Know your HIV status and the HIV status of all your sexual partners.
- Go for an HIV test and get your results.
- Seek immediate medical treatment if you have a sexually transmitted infection (STI).

How to prevent HIV transmission to your baby if pregnant:

- Know your HIV status and the status of your partner.
- Take multivitamins to keep the placenta healthy.
- Choose a healthy lifestyle to maintain the strength of your immune system.
- Recognize and treat any sexually transmitted infections (STIs).
- If HIV positive, taking prescribed medication/ARVs.





Counselor Fact Sheet

How to keep your baby HIV negative if you are HIV positive:

- Prevention During labor and childbirth:
- Attend antenatal care (first trimester) as soon as you know you are pregnant.
- Choose a hospital/clinic that will be able to properly help you during delivery .
- Clean your vagina before delivery and avoid unnecessary vagina examinations.
- Medication?

Prevention after birth and during breastfeeding :

- Make sure the baby is given antiretroviral drugs after birth.
- Breastfeed exclusively (no other food or drink) for six months, then start to introduce new foods and drinks to your baby and continue breastfeeding for another six months until the baby is 1 year old. Stop breastfeeding when the baby is 1 year old.

Tips for healthcare workers and others taking care of an HIV-positive person:

- Wear gloves whenever coming into contact with blood or body fluids.
- Wear a mask, goggles and protective gowns when providing care.
- Wash hands with soap immediately after coming into contact with blood or body fluids.
- Do not recap used needles. Dispose needles in special containers that cannot be punctured.
- Take special precautions when cleaning up blood spills and disposing of special cleaning materials. Decontaminate items with 0.5% chlorine solution

