

What **you** know
about one of these
could **save**
your life.



Use a condom correctly, **EVERY** time.
Respect Yourself. Protect Yourself.

Get the brochure, "Everything You need To Know About Condoms" at the National AIDS Programme Secretariat, Hadfield Street & College Road, Brickdam or at any Regional Hospital.

Call the AIDS HOTLINE: 223-7138 or visit us online at www.hiv.gov.gy



Ministry of Health



supported by
The Global Fund

HOW BIG IS OUR WINDOW OF LIFE?

We are all afraid of AIDS...and for good reason! But is that a reason to be afraid of **people** living with HIV/AIDS? Not really. People living with AIDS are just like anyone else. They like the same food, same music and laugh at the same jokes. And just like you they feel embarrassed when the joke is about them. They can still work, play and contribute actively to the community.

We have it in our heart to love each other.

Let's embrace people with AIDS!

HOW SHOULD I REACT TO SOMEONE WHO HAS HIV?

Just react the way you would to a person who doesn't have HIV. Normally! You cannot tell by looking if a person has HIV. You may have met several people who have the disease and related to them as friends or neighbors or colleagues. Why should that change once you get to know their status?

*Share the joy, share the sorrow
For you may need a friend tomorrow.
Don't dis people living with HIV/AIDS.*

Friend in Need



Joe and Debbie were my closest friends



One day they found out that they are HIV+ and that was the saddest day of their lives



I was not sure how to react. Should I just stay away or should I help.



I decided that as their friend it is my duty to be there in time of need.



I helped them with getting care and treatment.



Today, my friends are fighting the disease with an iron fist. And I'm with them.

WHY SHOULD I CARE?

When you don't care about people living with AIDS or get scared of them, they in turn get scared of you. As a result of this two things happen. First, they may not want to tell you that they have the disease...putting you at risk. Secondly, they may not get the care and treatment that is now available for them. In effect, when you discriminate you put yourself and others at risk.



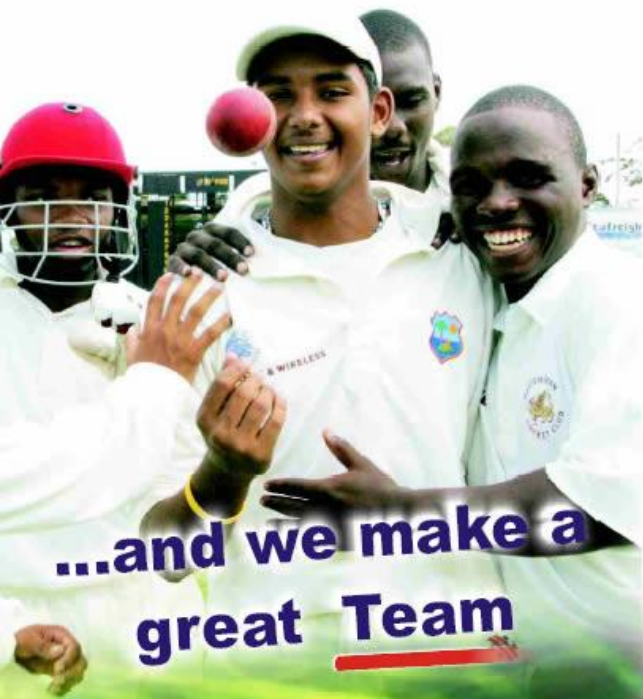
“Don't dis me” music video

Oh...can't afford to stigmatize persons living with AIDS
So I sing
Don't dis me, (or) dismiss me
Just cuz I've got HIV
Don't hate, (or) discriminate. Treat every one Equally,
It's not right, it's not fair..
No...show them that you really care,
Don't despise, better recognize, that I'm a person too living in this world today

Rap...
HIV a human stigma. All around the world it's causing mental enigma. -
It happened to me and it can happen to you.
Don't segregate cause you can't catch it like the flu.
Spread the love give it from above.
Show 'em that you care. The hate, the pain the anguish. No need to be there. Don't sweat, I'm not a threat.
Don't live in fear. Spread the love. Don't disrespect.
Don't dis me, (or) dismiss me -



**My Team
knows I am
HIV +**



**...and we make a
great Team**

**SOME PEOPLE
FEAR THEY
CAN GET AIDS
FROM THIS
BROCHURE...**

Obviously we know that nobody can get HIV through the sharing of documents like this brochure.

You also cannot get HIV from ...



In fact, the only way you can get HIV is through the exchange of bodily fluids except saliva, urine and sweat.



**Embrace People living with AIDS!
"Don't Dis Me"!**



**When you look
at life through
a small window...**



**...You may see the
wrong picture**

AFTER THE BABY IS BORN:



Keep protecting your baby with
Safer feeding



Continue to use condoms



Bring the baby to the
clinic to register 7-10
days after birth



Talk with the
nurse about
family planning



TO LEARN MORE ABOUT PMTCT OR TO TALK WITH SOMEONE
IF YOU NEED HELP OR SPECIAL CARE, GO TO THE NEAREST
MCH CLINIC OR CALL



MCH
MATERNAL &
CHILD HEALTH



Illustrations by Andrew Bobb, design & produced by Micrograph

HEALTHY MOTHERS HEALTHY BABIES



EVERYONE SHOULD KNOW HOW TO
**PREVENT MOTHER-TO-CHILD
TRANSMISSION OF HIV**
(PMTCT)

Every pregnant woman, her partner and family want a safe pregnancy, safe birth and a healthy newborn. But... a pregnant woman who is HIV positive can give HIV to her baby during pregnancy, birth and breastfeeding. You can help protect you and your baby.

BEFORE YOU GET PREGNANT, OR AS SOON AS YOU KNOW YOU ARE PREGNANT:



Talk to your partner about why you both need an HIV test

Get an HIV test yourself



Ask your partner to get an HIV test

Protect yourself, your partner and your unborn baby.

Always have safer sex. Use condoms before, during and after pregnancy.



IF YOU ARE PREGNANT AND HIV POSITIVE YOU SHOULD:

Tell your partner, family or friend that you are HIV positive so someone can help you get special care



Go to the clinic regularly

Go to the hospital as soon as labour starts, to get admitted early



Arrive in plenty of time to take Nevirapine (NVP) tablet



Be sure your baby gets Nevirapine (NVP) syrup within 72 hours after birth



Learn about safer ways to feed your baby, and decide which way is best for you



PREVENT MOTHER-TO-CHILD TRANSMISSION OF HIV



PMTCT is everybody's business



MCH
MATERNAL &
CHILD HEALTH



PREVENT MOTHER-TO-CHILD TRANSMISSION OF HIV

Every pregnant woman, her partner and family want a safe pregnancy, safe birth and a healthy newborn. But... a pregnant woman who is HIV positive can give HIV to her baby during pregnancy, birth and breastfeeding. You can help protect you and your baby.

BEFORE YOU GET PREGNANT, OR AS SOON AS YOU KNOW YOU ARE PREGNANT:



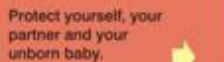
Talk to your partner about why you both need an HIV test



Get an HIV test yourself



Ask your partner to get an HIV test



Protect yourself, your partner and your unborn baby.

Always have safer sex. Use condoms before, during and after pregnancy.

IF YOU ARE PREGNANT AND HIV POSITIVE YOU SHOULD:

Tell your partner, family or friend that you are HIV positive so someone can help you get special care



Go to the clinic regularly

Go to the hospital as soon as labour starts, to get admitted early



Arrive in plenty of time to take Nevirapine (NVP) tablet



Be sure your baby gets Nevirapine (NVP) syrup within 72 hours after birth



Learn about safer ways to feed your baby, and decide which way is best for you



AFTER THE BABY IS BORN:



Keep protecting your baby with Safer feeding



Continue to use condoms



Bring the baby to the clinic to register 7 - 10 days after birth



Talk with the nurse about family planning

PMTCT is everybody's business



Before you take your relationship to another level...
**Get to know one of these
a little better...**



Because what **you** know
about using a condom could
save your life.

Condoms prevent pregnancy and are effective against the spread of HIV and other sexually transmitted infections.



**Use a latex condom correctly,
EVERY time. For EVERY sexual act.**



Get the brochure, "Everything You need To Know About Condoms" at the National AIDS Programme Secretariat, Hadfield Street, Belkadan or any Regional Hospital or call the **AIDS HOTLINE: 723-7138**.
Visit us online at www.hib.gov.gh



THE ONLY
FAITHFUL PERSON
YOU REALLY
KNOW,
IS YOU



Getting tested doesn't
mean you have HIV.
It means you're making
a smart decision.

Be sure. Get tested for HIV.
Your partner too,
the sooner the better.

Respect yourself...Protect Yourself.

Get a list of testing sites at
The National AIDS Programme Secretariat,
Hadfield Street & College Road, Brickdam,
at any regional hospital
or call the AIDS Hotline: 223-7138.
Visit us online at: www.hiv.gov.gh



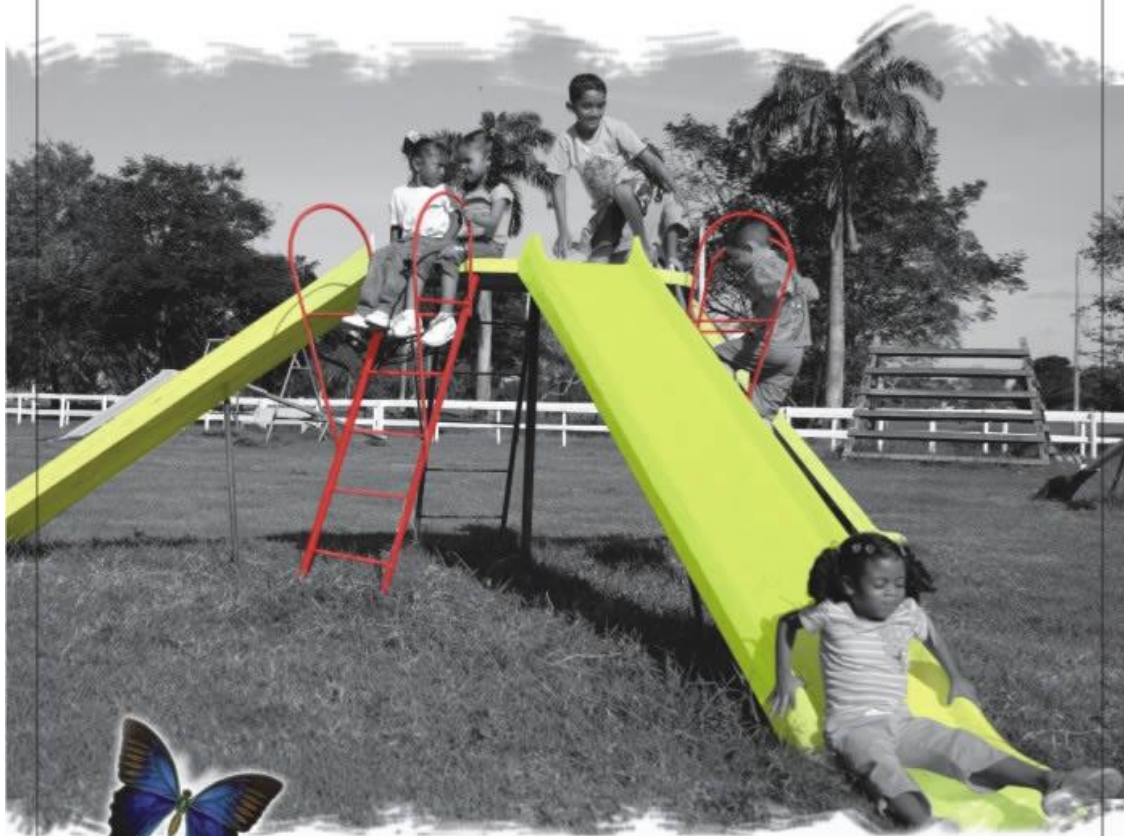
My Friends know I have HIV ...and we're friends forever



**Embrace People living with AIDS!
“Don’t Dis Me!”**



AIDS Can Happen To Anyone!



Embrace People living with AIDS!
“Don’t Dis Me!”



**People who are HIV positive
need the same things you do.**

Support them. They need YOU.



Contact the
National AIDS Programme Secretariat,
Hadfield Street & College Road, Brickdam
or any Regional Hospital or call the **AIDS HOTLINE: 223-7138.**
Visit us online at www.hiv.gov.gy

