


## WHAT IS TB?

Tuberculosis, commonly known as TB, is a bacterial infection caused by a germ called *Mycobacterium Tuberculosis* that is spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine.

 *TB can be contracted by anyone, simply by breathing in invisible germs in the air.*

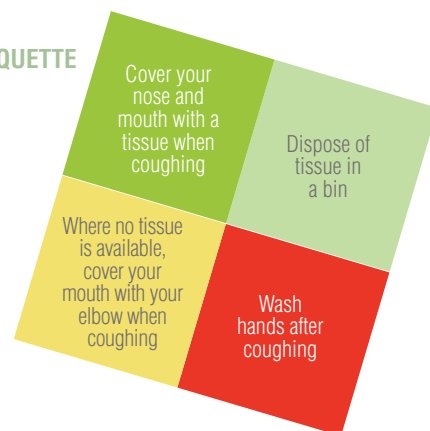
## HOW IS TB SPREAD?


TB germs are spread through the air when a person with TB of the lungs or throat coughs or sneezes without covering their nose and mouth. These germs can stay in the air for several hours, depending on the environment. People who breathe in the contaminated air containing these TB germs can become infected with latent TB infection.

## THE SIGNS AND SYMPTOMS OF TB

- Coughing that lasts three or more weeks
- Coughing up blood
- Chest pain, or pain with breathing or coughing
- Unintentional weight loss
- Fatigue
- Fever
- Night sweats
- Chills.

## COUGH ETIQUETTE



 *TB can be fatal without treatment. If you experience any of these symptoms and suspect you may have contracted the disease from a person with TB, get help immediately.*

## HOW TO PREVENT TB TRANSMISSION

- Personal hygiene
- Immunisation
- Healthy lifestyle and environment

Early detection saves lives. Don't wait and be too late.

## HELPLINES

HIV testing, treatment,  
care and prevention:

AIDS Helpline  
0800 012 322

National Counselling Line:  
0861 322 322

Gender Based Violence:  
0800 150 150



higher education  
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Department:  
Higher Education and Training  
REPUBLIC OF SOUTH AFRICA



River Falls Park, Building 262, Rose Avenue, Centurion, Pretoria  
P.O. Box 27392, Sunnyside, Pretoria, 0132

www.heaids.org.za  www.facebook.com/heaids  @HEAIDS (twitter)

E-mail: [heaidsa@usaf.ac.za](mailto:heaidsa@usaf.ac.za)  
Tel: 012 030 0113

  
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HIGHER EDUCATION AND TRAINING  
HIV/AIDS PROGRAMME

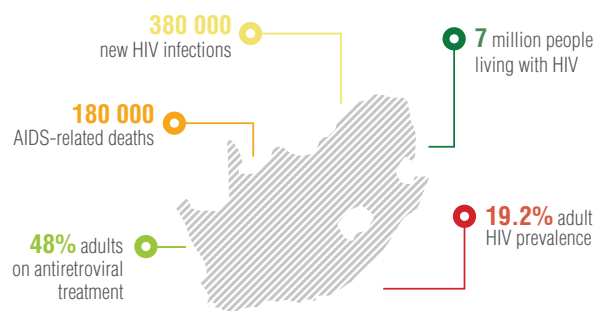
**FRESH APPROACH**

## WHAT IS HIV/AIDS?

HIV stands for *Human Immunodeficiency Syndrome*. It is a virus that causes AIDS, which stands for *Acquired Immuno Deficiency Syndrome*. When HIV enters your body, it targets your immune cells, which are known as CD4 cells. These cells are a type of white blood cell that play a major role in protecting your body from infection. They send signals to activate your body's immune response when they detect 'intruders', such as viruses or bacteria. When the CD4 cells have been infected with HIV, they are no longer able to detect intruders and send these signals to assist your immune system to fight off infections. Your immune system is therefore compromised. Without treatment, HIV can gradually destroy the immune system and advance to AIDS.

 Without treatment, HIV can gradually destroy the entire immune system and advance to AIDS.

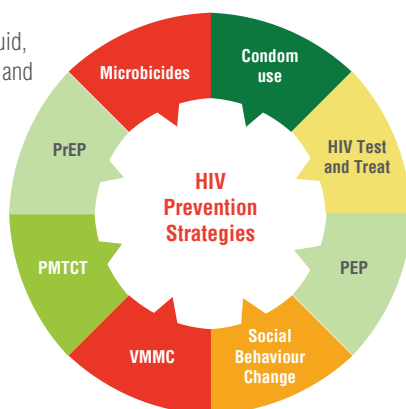
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## HOW IS HIV SPREAD?

HIV is spread through contact with certain body fluids from a person infected with HIV. These body fluids include:

- Blood,
- Semen,
- Pre-seminal fluid,
- Vaginal fluids, and
- Breast milk.



## I TESTED POSITIVE – WHAT NOW?

It's important to know that testing positive for HIV is not a death sentence! By being diagnosed early, diligently following prescribed treatment and changing your lifestyle, there is every reason you can stay healthy and prevent the virus from developing into AIDS.

Early prevention, and the fact that there are no early warning symptoms, are why it's so important to test, test, test – even if you think there is no or little chance that you, or someone you love, may have contracted the virus.

## HIV TESTING SERVICES

HIV testing should be voluntary and the right to decline testing should be recognised. All HIV testing services must include the 5 Cs: Informed Consent, Confidentiality, Counselling, Correct Test Results and Connection (linkage to care, treatment and other services). Check medical service directory on <http://he aids.org.za/resources/medical-services-directory>

## HIV TREATMENT

HIV can be suppressed by Combination Antiretroviral Therapy (cART) consisting of three or more Antiretroviral (ARV) drugs. It is important to note that cART does not cure HIV infection but controls viral replication within a person's body and allows an individual's immune system to strengthen and regain the capacity to fight off infections.

cART is now available in single dose therapy – 1 tablet once a day.



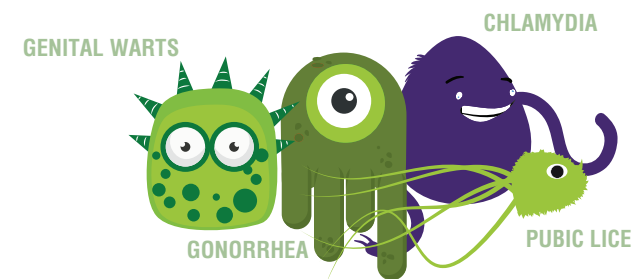
## WHAT ARE STIs?

STIs are infections that are most commonly passed or transmitted through sexual contact. Sexual contact may be:

- Oral,
- Vaginal,
- Anal, or
- Skin-to-skin.

## STIs AND HIV

Sexually Transmitted Infections (STIs) can increase both an HIV-negative person's risk of becoming infected with HIV and an HIV-positive person's risk of transmitting HIV to someone else. One explanation for this is that some types of STIs increase the risk of HIV infection through ulcers, which create open sores or "holes" for HIV to enter the body through the mouth, genitals or rectum.




## TRANSMISSION OF STIs

A person gets infected with a sexually transmitted virus, bacteria or parasite (germ) through the transfer of body fluids like semen, vaginal fluids, blood and fluid in sores & blisters.

## DIFFERENT TYPES OF STIs

The most common STIs are Chlamydia, Gonorrhea, Syphilis, Human Papilloma Virus (HPV), HIV, Herpes and Hepatitis B.

Symptoms vary according to the type of germ you carry, but can include ulcers on the genitals or rectum, painful urination and/or discharge, genital warts, or swelling, redness and pain in the infected area. Most STIs can also infect the mouth and throat.

 Many people who have an STI have no symptoms at all, so neither you or your partner may realise you're infected. Early detection through regular testing is advised.