

Government is also putting aside more money for HIV and Aids. The amount has increased from R264 million in 2001 to R1,5 billion in 2005.

HIV and AIDS plan

Some of the important functions of the HIV and Aids programme are to:

- ensure that most of the people who are not infected with HIV stay uninfected;
- encourage people to follow the ABC rule – **A**bstain (from sex), **B**e faithful (to one partner) and **C**ondomise (always use a condom);
- provide antiretrovirals (ARVs), and
- include traditional medicine into the treatment programme.

There is no cure for Aids yet. The best that the Aids management plan can do is to help people living with HIV and Aids to live longer and better lives.

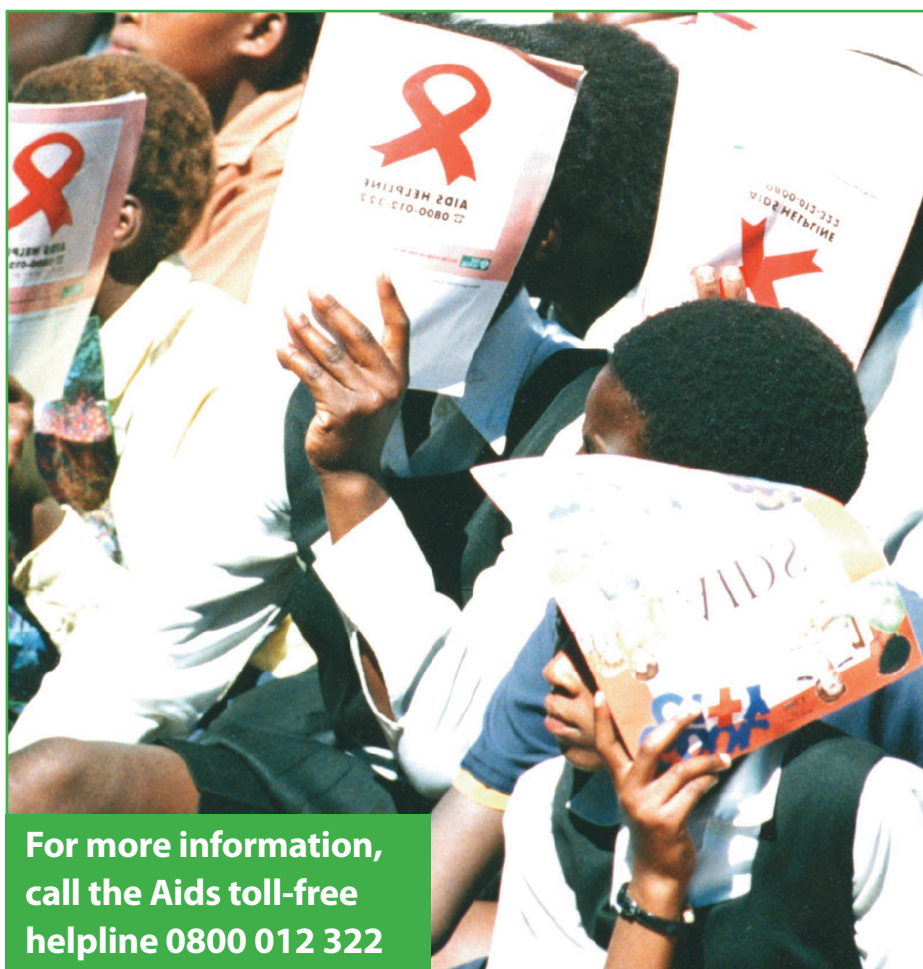
Not a life sentence

A person can be infected with HIV, but not have Aids. Aids is the end stage of HIV infection. The immune system of an infected person becomes weak and unable to fight diseases like TB and pneumonia.

An infected person should have a balanced diet (including fruit), have enough rest, exercise regularly and keep stress levels low.

People living with HIV should always use a condom during sex to avoid infecting a partner with the disease or getting re-infected.

Remember, HIV infection is not a life sentence and one can live a normal life just like any other person as long as you take the necessary advice.



For more information, call the Aids toll-free helpline 0800 012 322

Early treatment

Sexually transmitted diseases can be prevented and some are easy to treat. Early treatment can cure and stop further infection. This includes infection from a pregnant mother to her unborn baby. It also prevents problems in other body parts like the anus, eyes, throat, vagina and penis.

All efforts to prevent sexually transmitted diseases are also efforts to prevent HIV infection.

HIV and TB

It is important for a person living with HIV to be tested for TB. TB is curable even if a person is HIV positive. An HIV positive person who also has TB and is not on treatment will become sicker and weaker.

If you have TB, you must take

your treatment for six months and complete it. You will also be given medicines to prevent other diseases. - *Ndivhuwo Khangale*

Did you know?

- A total of 346 million condoms for men and 2,6 million condoms for women were distributed in 2004/5.
- By March some 134 473 people had been enrolled in South Africa's public sector anti-retroviral programme.
- Health facilities providing voluntary counselling have increased to 3 700 country-wide.
- A further 1,3 million people were counselled and tested in public hospitals in 2004/5
- Some 90 000 people have access to nutritional supplements.