We are both positive. Why practice safer sex?
Even if both you and your partner are positive, you should practice safer sex. If you don’t, you could be exposed to other sexually transmitted infections such as herpes or syphilis. If you already have HIV, these diseases can be more serious and difficult to treat, and they can make you become sick with AIDS more quickly. You might also get "re-infected" with a different strain of HIV. If you are on antiretroviral (ARV) drugs, and this happens, the drugs may no longer work. Practising safe sex will reduce the risk of this.

Can I still have a baby when I am HIV positive?
You can still get pregnant while you are HIV positive. Think carefully about having a baby before you get pregnant. Having a baby can place a lot of stress on the mother’s body. Also HIV can be passed on from mother to her baby when she is pregnant, during child birth or when breast feeding. If you do not want to have a baby, seek advice about family planning.

How do I protect my child from HIV?
If you become pregnant, visit a health centre regularly for antenatal care and inform the health care provider that you are HIV positive. It is important to give birth at a clinic or hospital where the health care provider knows how to reduce the risk of passing HIV to your baby during birth. Your health care provider will advise you on:
- Taking antiretroviral (ARV) drugs to reduce the chances of passing HIV to your baby.
- How to stay healthy while you are pregnant.
- Treatment for any illness or infections.
- The best way to feed your baby to avoid passing on the virus.

What else can I do to stay healthy?
You can do a lot to keep yourself healthy when you are HIV positive.
- Tell someone you trust about your condition and keep in touch with people who are supportive.
- Join an HIV support group.
- Eat a balanced diet and avoid alcohol and smoking.
- Use safe water for drinking and cooking
- Observe cleanliness when preparing and storing food.
- Keep your hands, teeth and body clean and exercise regularly.
- Sleep under an insecticide treated mosquito net.
- Visit your health care provider regularly for checkups and counselling.

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Prevention Guide for HIV Positive People

We support each other. We practice safer sex.
This leaflet is meant for persons who have tested HIV positive. It provides ideas on how HIV positive persons can take responsibility for their health and the health of their partners, children, other family members and the community.

Why should you care about prevention?
Prevention is important for people living with HIV. It helps them to:
- avoid infecting others;
- avoid getting other sexually transmitted diseases such as herpes and gonorrhoea;
- stay healthy and live longer.

What is the first step in prevention?
For people who do not know their status, getting tested for HIV is the first step in prevention. Testing and knowing your HIV status helps you avoid unknowingly infecting others if you are positive, or getting infected if you are negative. If you learn you are positive, you can take steps to protect your own health and the people you care about.

Finding out your status also allows early access to AIDS treatment and HIV services.

Should I tell my partner that I am HIV positive?
Telling your partner that you are HIV positive is your moral responsibility. If your partner has not been tested, they need to get tested. These days, there are many couples who are discordant. That means that one partner has HIV while the other does not. You can protect your partner from infection by telling him or her about your status and discussing your prevention options. This can be difficult for many HIV positive people because they may fear stigma, rejection or violence from partners. If you need help, visit a counsellor together with your partner.

How can I protect myself, my partner and other people I have sex with?
You have two choices. You can stop having sex. That is the best way to prevent transmission of HIV. If you choose to have sex, the only way to protect yourself and your partner from HIV, is by using a condom correctly every time you have sex.

Here are some tips for telling your partner or other family members about your HIV status:
- Consider how you would feel if your partner or someone in your family was in your situation and chose not to tell you about it.
- Don’t be afraid to show your feelings and express how important this issue is for you.
- Keep what you say as simple and as direct as possible.
- Tell them why you want them to know.
- Offer to answer any questions they may have.
- Ask them to be there for you.
- Tell them how much they mean to you and how much you love them.

How do I use a condom?
Be sure the package appears to be in good condition. Check the expiration date on the package. Open package at one edge, being careful not to tear the condom.

Squeeze the tip of the condom. This is to eliminate air bubbles as you unroll it onto an erect penis. Leaving the tip empty allows room for the semen.

Roll the condom fully to the base of the penis.

After intercourse, withdraw while the penis is still erect, and hold onto the base of the condom to prevent contents from spilling.

Safely dispose the used condom into a pit latrine or burn it. Never use a condom more than once.