



# Health & Family Life

## HIV & AIDS Notes

**Instructions: Write these notes neatly in your Social Sciences Notebook.**

- HIV is a virus which stands for Human Immune-deficiency Virus. When this virus attacks the immune system, it makes it weak and unable to protect against infections and diseases.
- HIV is different from most of the other communicable diseases because it is an STI and requires contact with body fluids such as blood, saliva, urine, etc. It has no cure, or vaccine to prevent it.

### Transmission of HIV:

- HIV is carried by body fluids such as blood, semen, vaginal fluids and breast milk of an infected person. It is generally passed on through:
  - unprotected sexual intercourse;
  - blood transfusion / sharing needles;
  - an infected woman to her baby during birth, or through breast-feeding

### Non-transmission of HIV:

- The HIV virus does not pass through the air. You can not get it from being in the same room with an infected person.
- You can not get it by touching or hugging, sharing pencils or hairbrushes or even food.
- The HIV virus causes AIDS which stands for Acquired Immune Deficiency Syndrome. People with AIDS die from other diseases they get such as pneumonia and cancer.

### Prevention of HIV and AIDS:

- Make choices that keep you healthy
  - abstain from sex until you are an adult or married
  - never use drugs; they impair your judgement
  - have one faithful sexual partner

### Treatment of HIV and AIDS:

- To date, there is no cure for HIV. Scientists have developed drugs to treat HIV infection. Drug treatment improves the survival time for patients.

### Caring for Persons Affected with HIV and AIDS

- People who are HIV positive should be treated like everyone else, with respect and dignity.
- Get factual information about the disease.
- Show kindness, love and support for persons living with and affected by HIV and AIDS.
- Do not spread gossip or discriminate against them.

**I am done writing my notes in my book**