

KZN STATISTICS FOR HIV/AIDS

Whole population 15.8%
 Antenatal clinic estimate 38.7%
 Adults (ages 20 - 64) 28%
 People living with HIV 1,561,000
 New HIV infections (by October 2008) 134,000
 Total people accessing ART
 (by June 2009) 262,731

SOURCE: KwaZulu - Natal Department of Health



HIV Helplines

National AIDS Helpline 0 800 012 322 (helpline)
 Child Line 0 800 055 555

HIV-911 Programme 0860 448 911

Love Life Sexual Health Line 0800 121 900

National HIV Health Care Workers Hotline 0 800 212 506

Rape Crisis 24 Hours Life Line 0861 322 322

Suicide Helpline 0800 567 567

The South African Depression and Anxiety Group (SADAG) 011 262 6396

Toll Free Crisis Line 0861 574 747

HIV AND AIDS AND TB

KWAZULU NATAL IS TAKING RESPONSIBILITY

Under the theme "I am responsible, We are responsible, South Africa is taking responsibility", the 2009 World AIDS Day heralds a new era in the country's collective effort in the response to HIV and AIDS. The theme encourages everyone in South Africa from individuals, communities, businesses and government to take personal and collective responsibility to stop new HIV infections, provide care and support to those living with HIV and to ensure access to treatment for all people in need. The HIV&AIDS and Sexually Transmitted Infections National Strategic Plan for South Africa, 2007-2011 has key objectives to:

- Halve new HIV infections by 2011
- Ensure that 80% of people living with HIV have access to treatment

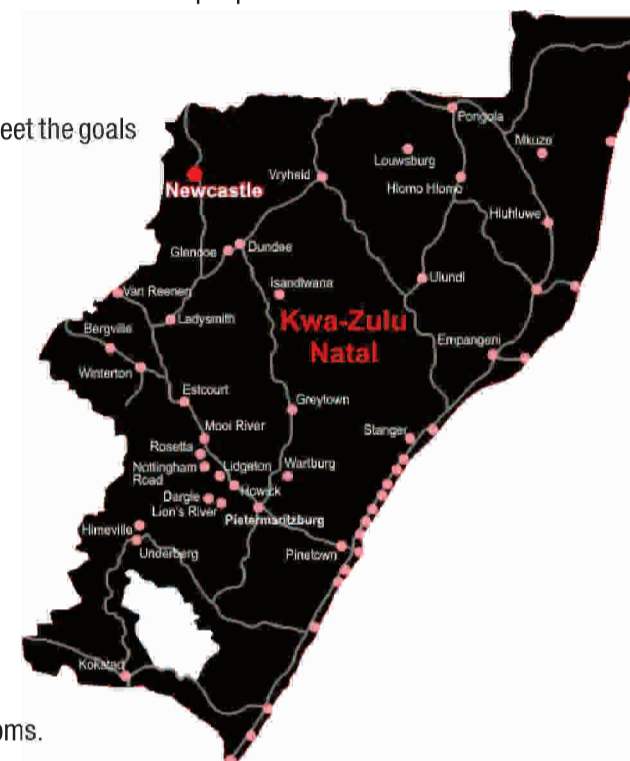
To achieve these goals we all need to work together. Each one of us can play a part and must take responsibility to meet the goals of the National Strategic Plan.

I am responsible calls on:

- Everyone to know their HIV status by testing regularly for HIV
- Young people to delay having sex for the first time.
- Young people to make informed choices to prevent unwanted pregnancies and HIV infection.
- Sexually active people to be faithful to their partners and to use condoms each time they have sex
- Pregnant women to test for HIV early in their pregnancy and to use condom each time they have sex.
- Those with TB to test for HIV and those with HIV to test for TB so that they can get the right treatment.

We are responsible calls on:

- Couples to talk about their relationships and how they can protect each other from HIV infection. Couples can protect themselves by remaining faithful to each other, testing for HIV together and always using condoms.
- Men, women, families and health care workers to support pregnant women so that they can make decisions to protect their children from HIV.
- Communities to provide care and support to those living with and affected by HIV, in particular orphans and vulnerable children.
- Communities to take action and speak out against violence against women.
- Communities to stop stigma and discrimination against people living with HIV.



HIV PREVENTION

- If you and your partner stay faithful to each other you can protect yourselves from HIV.
- Every time you start a new sexual relationship you should both be sure of your HIV status. You can find out where to go for a HIV test by calling the numbers at bottom of the page.
- Use condoms each time you have sex. This means every time and every round.
- Having sex when you have been drinking or using drugs increases your chances of getting infected with HIV.
- Having sex in exchange for money or other material things increases your chances of getting infected with HIV.
- Always wear gloves when dealing with someone who is injured

ANTI-RETROVIRAL TREATMENT

- Every South African living with HIV has the right to get Anti-RetroViral (ARV) treatment, when eligible.
- Successful treatment means being responsible for taking the medications every day and this is a life long commitment.
- Anti-RetroViral (ARV) treatment and good nutrition can prolong and improve the lives of people living with HIV.
- Your health is your responsibility, if you are HIV positive then go for regular check ups at your nearest health facility so that you get the medications that you need.

HIV and TB – There is a strong link between HIV and TB:

- Almost two-thirds of the South African people are infected with the TB bacteria.

- Ask to be tested for TB if you are HIV positive and tested for HIV if you have TB.
- TB is preventable and curable even if you are HIV positive.

- Speak to your health care worker for more information.
- TB can be cured if you take your medication in line with instructions from your health care worker.

SHOW THAT YOU'RE RESPONSIBLE

- Go for a HIV test. Test alone, with your partner, with your friends or with your family.
 - Wear a red ribbon to show your personal commitment to stopping new HIV infections and to providing care and support for people living with HIV.
 - Talk to your partner, friends, family and colleagues at work about how you can prevent becoming infected with HIV.
 - Encourage pregnant women to test early in their pregnancy for HIV so that they can prevent their babies from getting infected with HIV.
- World AIDS Day 2009 – Show that we are responsible:**
- Provide red ribbons to your employees, colleagues, family and friends to show your collective responsibility.
 - Organise a discussion in your office, community or organisation about what you can do to stop the spread of HIV.



WORLD AIDS DAY 2009

KwaZulu Natal Government and all Civil Society Sectors represented in the KwaZulu-Natal Provincial Council on AIDS are providing leadership to ensure that every citizen of the province can prevent HIV infections, know their HIV status, that pregnant women can access Prevention of Mother to Child Transmission services, that all those with TB can access TB drugs and that all HIV positive people can access Anti-RetroViral (ARV) treatment, the Provincial Council on AIDS is organising 10 districts and 1 metro World AIDS Day Conferences discussing the plans to STOP the spread of HIV & TB.

- KwaZulu Natal is taking responsibility to make sure that everyone tests for HIV, receives counselling, that condoms are available and that all people have access to treatment for TB and HIV, TB patients test for HIV and HIV positive people test for TB

World AIDS Day 2009 – KwaZulu Natal is taking responsibility:

- Provide red ribbons to your employees, colleagues, family and friends to show your collective responsibility.
- Organise a discussion in your office, community or organisation about what you can do to stop the spread of HIV.
- Organise a community march or activity to talk about HIV.

**Remember that your health is your responsibility
 I am responsible, We are responsible, South Africa is taking responsibility.**



HOPE FOR A BETTER FUTURE

PREVENTION OF MOTHER TO CHILD TRANSMISSION OF HIV

Saving mothers, Saving Babies

- Every man and woman has the right to decide if and when they want to have a baby.
- Every man and woman has the responsibility to prevent unwanted pregnancies and sexually transmitted infections.
- Every woman has the right to terminate her pregnancy.
- Every pregnant woman and her partner should visit a clinic as soon as she realises she is pregnant and they should test for HIV.
- Fathers, families, communities and health care workers should support women living with HIV so that they can make the best decisions for their baby during the pregnancy and after the birth.
- Every HIV positive pregnant woman should ask for and receive Anti-RetroViral (ARV) treatment to stay healthy and to prevent infecting her child with HIV.
- Every HIV positive mother has the right to decide whether to only breast feed or to only use infant formula feeding. To make a decision she must discuss these choices with her health care worker.
- Every baby born to a HIV positive mother should be tested for HIV after six weeks.
- Every baby born with HIV has the right to

