



**TOWARDS ZERO  
NEW  
HIV AND AIDS  
AND TB  
INFECTIONS**



**Sukuma Sakhe**

**A KwaZulu-Natal Province that is free of New HIV, AIDS, STI and TB infections.  
Free of deaths associated with HIV and free of discrimination where all infected  
and affected enjoy a high quality of life.**



**KZN at war with HIV and AIDS, STIs, TB, Poverty and other Social ills**

**KwaZulu-Natal Is Taking Responsibility**

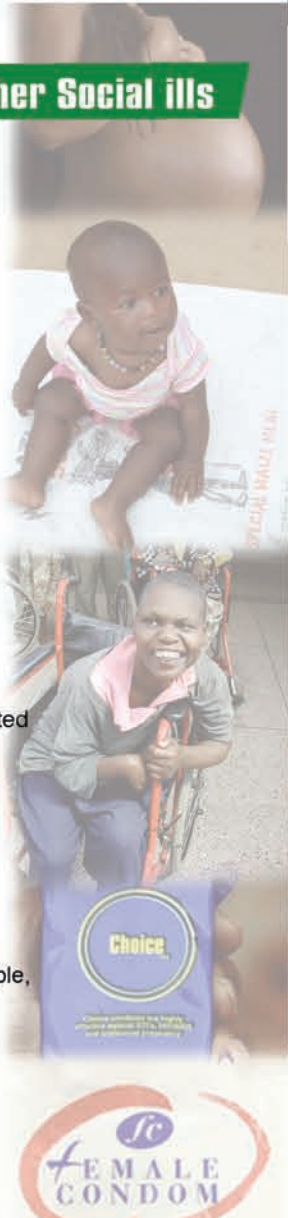
**The KwaZulu-Natal Province during the period 2007 - 2011 managed to:-**  
 -Start about half a million people on Anti RetroViral (ARV) treatment,  
 -Reduced mother to child transmission of HIV from 10.2% to 2.8% (2010),  
 -Circumcised more than 76 000 males,  
 -Distributed more than 58 million male and 1 174 000 female condoms (2010/11),  
 -Over 40 000 Orphans and Vulnerable Children (OVC) were provided with services,  
 -More than 2.9 million were tested for HIV (2010/11),  
 -Established a now fully functional KZN Provincial AIDS Council,  
 -Ensured that all of the District AIDS Councils are functional

**Towards A Better Future**

A KwaZulu-Natal Province that is free of New HIV, AIDS, STI (Sexually Transmitted Infections) and TB infections. Free of deaths associated with HIV and free of discrimination where all infected and affected enjoy a high quality of life.

**Operation Sukuma Sakhe... Community Partnership Integrated Solution**

-Every Ward has a War Room established to ensure services are delivered to the people,  
 -The War Rooms are supported by community leaders and stakeholders,  
 -The War Rooms provide integrated solutions to the challenges of HIV and AIDS, TB, STIs, Sexual and Reproductive Health, Maternal and Child Health.  
 -Government, the Corporate Sector and civic organisations, together, to streamline the fight against HIV and AIDS, STI's and TB internally and in the communities they serve and operate in.



**HIV Prevention**

**I am responsible. We are responsible. This theme Call on:-**  
 -Everyone to know their HIV status by testing at least once every 6 months.  
 -Young people to delay their first sexual encounter,  
 -Young people to make informed choices on the prevention of unwanted pregnancies and HIV infection,  
 -Couples to talk about how they can protect each other from HIV infection,  
 -Sexually active people to be faithful to their partners, test regularly and use a condom constantly and correctly when they have sex. Always.  
 -Pregnant women to test early for HIV and to use a condom when they have sex. Always,  
 -Those who have TB to test for HIV and those with HIV to test for TB so they can get the appropriate treatment,  
 -Communities to provide care and support to those suffering with and affected by HIV, particularly orphans and vulnerable children.  
 -Communities to act and speak out on violence against women,  
 -Communities to act against stigma and discrimination on people living with or affected by HIV or TB.

**So...**

-Be faithful to your partner. You can protect yourself from HIV and AIDS,  
 -Know your status and your partners' status throughout your relationship. Especially at the beginning of the relationship.  
 -Use condoms when having sex. Every time and every round,  
 -The use of alcohol and drugs increases the chances of engaging in risky and unprotected sexual activities.  
 -Sex for money and other material things (Sugar Daddies) increases your chances of getting an HIV infection.

**Prevention of Mother-To-Child Transmission of HIV**

-Every man and woman has the right to decide whether they want a child,  
 -Every man and woman has a responsibility to use contraceptives and prevent unplanned pregnancies and sexually transmitted infections  
 -Under extreme or exceptional circumstances, every woman has the right to chose to terminate pregnancy, but this must not be used as a contraceptive measure.  
 -Every woman and man have the responsibility to visit a clinic and test for HIV when pregnancy is apparent  
 -Women living with HIV need the support of partners, families, communities and health care workers so they can make proper decisions for their babies during pregnancy and after the birth  
 -Every HIV positive pregnant woman has the right to Anti-Retroviral Treatment to stay healthy and to prevent infecting her child with HIV,  
 -Breast Is Best! Every woman has the right to choose to decide whether to breastfeed or to use infant formula feeding. She should discuss the choice with a health care worker  
 -Every baby born to an HIV positive mother must be tested after six weeks,  
 -Every baby born HIV positive has the right to Anti-Retroviral Treatment to improve their quality of life.

**Male Medical Circumcision**

Male Medical Circumcision will work in combination with condoms and other prevention strategies:-  
 -Isilo Samabandla namaKhosi leads the Male Medical Circumcision campaign in the KZN province.  
 -Male medical circumcision reduces the chances of HIV and sexually transmitted infections by about 60% in heterosexual males  
 -Use the opportunity of the male medical circumcision process to test for HIV before the procedure,  
 -Circumcise your newborn male child immediately after birth,  
 -Circumcised males must still behave appropriately and use a condom with every sexual encounter.

**Tuberculosis (TB). It Can Be Cured**

Although TB is a major health problem in KwaZulu-Natal, it can be cured with little or no complications provided treatment is strictly adhered to and completed. Always test for TB when you have these symptoms:-

- Loss of weight
- Loss of energy
- Poor appetite
- Fever
- A productive cough
- Night sweats
- If a family member or close associates has TB

With TB, the most infectious time is before treatment. However, once treatment with drugs starts, the sick person is noncontagious within a few weeks.



**HIV and TB. The Link**

-There is a strong link between HIV and TB  
 -Seven of ten people with HIV are also infected with TB in KwaZulu-Natal  
 -Test for TB when positive for HIV and test for HIV when positive for TB  
 -TB is preventable and curable. Even when you are HIV positive  
 -TB can be cured if you commit to taking your medication as instructed by your health care worker

**Anti-Retroviral Treatment**

-Every South African living with HIV and AIDS has a right to Anti-RetroViral Treatment (ARV) when eligible  
 -Successful treatment means a life-long commitment to taking medication every day as discussed with a health care worker  
 -A combination of Anti-Retroviral Treatment and good nutrition can improve the quality of life and prolong the life of the person affected by HIV and AIDS.  
 -If positive for HIV, regular testing as discussed with a health care worker, is imperative.

**Food Security**

-One Home One Garden  
 -One School/Church/Clinic/Hospital One Garden  
 -Let's use our gardens to feed a hungry person  
 -Let's take excess food from our gardens to the market  
 -Revival of agricultural practices to ensure food security



**Orphans and vulnerable children**

-Your child is my child. My child is your child  
 -Create a caring environment for orphans and vulnerable children  
 -Improve access by orphans and vulnerable children to social services, quality care and support  
 -Improve access to social and spiritual support for people infected and affected by HIV and AIDS  
 -Ensure that orphans and vulnerable children of school going age stay in school

**Learn and know all your rights**

-All communities should provide care and support to those infected and affected by HIV, in particular orphans and vulnerable children.  
 -All community members must take action. Speak out against violence directed at women and children.  
 -Communities must stop stigmatising and discriminating against people living with HIV and AIDS and all other vulnerable groups. Including women, children, gays and lesbians, commercial sex workers, prisoners, people staying in informal settlements and farms, refugees, immigrants, truck drivers and intravenous drug users.

**HelpLines... There Is Hope. There Is Help**

National AIDS Helpline	0800 012 322
Childline	0800 055 555
HIV-911 Programme	0860 448 911
Love Life Sexual Health Line	0800 121 900
National Health Care Workers Hotline	0800 212 506
Rape Crisis 24Hour Lifeline	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



**Premier's Operation Sukuma Sakhe**  
**CALL TOLL FREE 0800 596 596**  
 email: kznonline@premier.kzntl.gov



**I'm Responsible. We are Responsible. KwaZulu - Natal is taking Responsibility.**

**"South Africa, KwaZulu-Natal, Are Taking Responsibility, on the Path to eliminating the HIV and TB epidemics"**