

FOIA MARKER

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HIV/AIDS Prevention

- * Avoid unprotected sex
- * Avoid multiple sexual partners
Practice mutual faithfulness with one partner
- * Use condoms to reduce your chances of getting infected.

REMEMBER

AIDS is a global issue, we all have a role to play. Even one single contact can render you infected.

If one is infected:

- * One should avoid infections, especially STD's.
- * Always have a balanced diet.
- * Seek medical treatment early for any illnesses.
- * Have adequate rest.
- * Avoid smoking, alcohol and/ or drug abuse.

- * Relatives and friends of the infected persons need to support and care for their loved ones.
- * It is important and advisable that those infected with HIV prepare for death as well as support their dependants through writing out a will.

PRODUCED BY:

TSUNGIRIRAI ORGANISATION FOR AIDS EDUCATION

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***Together
let's fight
AIDS***

What is AIDS?

AIDS stands for

Acquired
Immune
Deficiency
Syndrome

It is caused by HIV (Human Immunodeficiency Virus). This virus attacks and destroys the body's immune system. The HIV virus can lie in the body system without causing any diseases. The infected person thus becomes a carrier and can pass on the disease through sexual intercourse.

AIDS is mainly transmitted through

- * sexual intercourse
- * an infected pregnant mother to her baby
- * use of contaminated instruments e.g. razor blades, needles, knives.

Remember

The AIDS/HIV virus is mainly transmitted following contact through infected body fluids like blood, semen and vaginal fluids.

Effect of HIV

HIV destroys the body's immune system. The body thus becomes unable to fight any infections or diseases and makes the infected person susceptible to frequent illnesses.

Signs and symptoms of HIV infection and AIDS

- * Persistent cough lasting a long time
- * Persistent diarrhoea lasting over one month
- * Swollen glands e.g. In the neck and armpits
- * Persistent fatigue

- * Severe weight loss
- * Night sweats and/or fevers
- * Insomnia (Lack of sleep)
- * Loss of memory
- * Recurrent infections e.g. oral thrush, herpes rashes or genital herpes.

These are some of the AIDS symptoms, but remember that there are other diseases which also have similar signs and symptoms.

HIV is NOT transmitted through these ways:-

- * shaking hands
- * mosquitoes and other biting insects
- * sharing cups and plates
- * living in the same house with infected persons
- * using the same bath and toilet



The community

(Voluntary workers)

*Doctors
Nurses*

*Church
Groups*

*Teachers /
Councillors*

Farm Health Workers

Industry Peer Educators

Care-givers

*Fund raisers
Charity Day Organisers
for ORPHANS*

*Farmers, Industrialists,
Individuals*

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MISSION STATEMENT

*Tsungirirai promotes its motto
"Persevere and Have Courage"
To people suffering from a life-threatening
illness.*

*It provides counselling and support
to those who are experiencing
problems and difficulties.*

*It seeks to strengthen its community's
awareness and action by providing HIV/AIDS
prevention programmes.*

FAMILY CARE ACTIVITIES

Tsungirirai seeks to provide holistic support to the ill at home.

Objectives

- * to offer comfort
- * to visit the terminally ill
- * to subsidise nutritional food
- * to register and assist orphans
- * to provide health education, counselling & support for the destitute / elderly

Goal

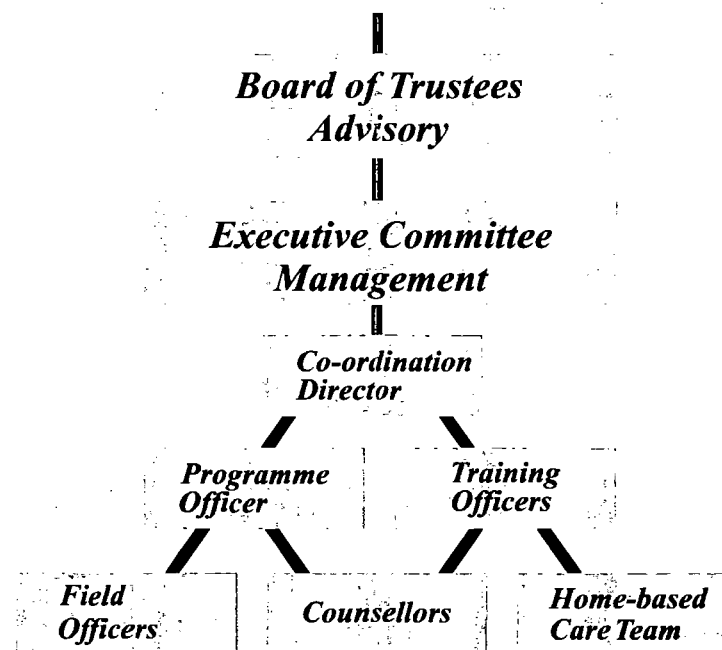
The development of skills for the Home-based Care Team to train members of the community as voluntary care-givers.

The assistance to orphans by providing shelter until they can be fostered.

The mobilisation of the community to form clubs for AIDS awareness activities.



The People Involved



AIDS AWARENESS PROGRAMMES

Tsungirirai seeks to enhance and sustain AIDS prevention programs in Norton's urban and rural areas and ultimately to measure its degree of impact.

Objectives

- * to equip trainers with skills, information & appropriate resources to carry out AIDS prevention intervention.
- * to convene groups of men, women and youth and engage them in dialogue and discussion with respect to HIV/AIDS.
- * to facilitate in the formation of AIDS Action Groups on farms, industries and communal lands within the community.

Goal

The empowerment of community members to participate in AIDS prevention activities and to take responsibility for the AIDS crisis.

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Generating A Response to HIV/AIDS Prevention
In Mhondoro Communal Land & M'sengezi Re-settlement Area
Mashonaland West Province, Zimbabwe

LESSONS LEARNED AND SHARED FROM THE TSUNGIRIRAI PROJECT

A Report prepared by Dr. Susan Laver on behalf of Tsungirirai for
AusAID, Zimbabwe, July 1998



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