

ADOLESCENT TREATMENT LITERACY

GUIDE: FLIP CHART



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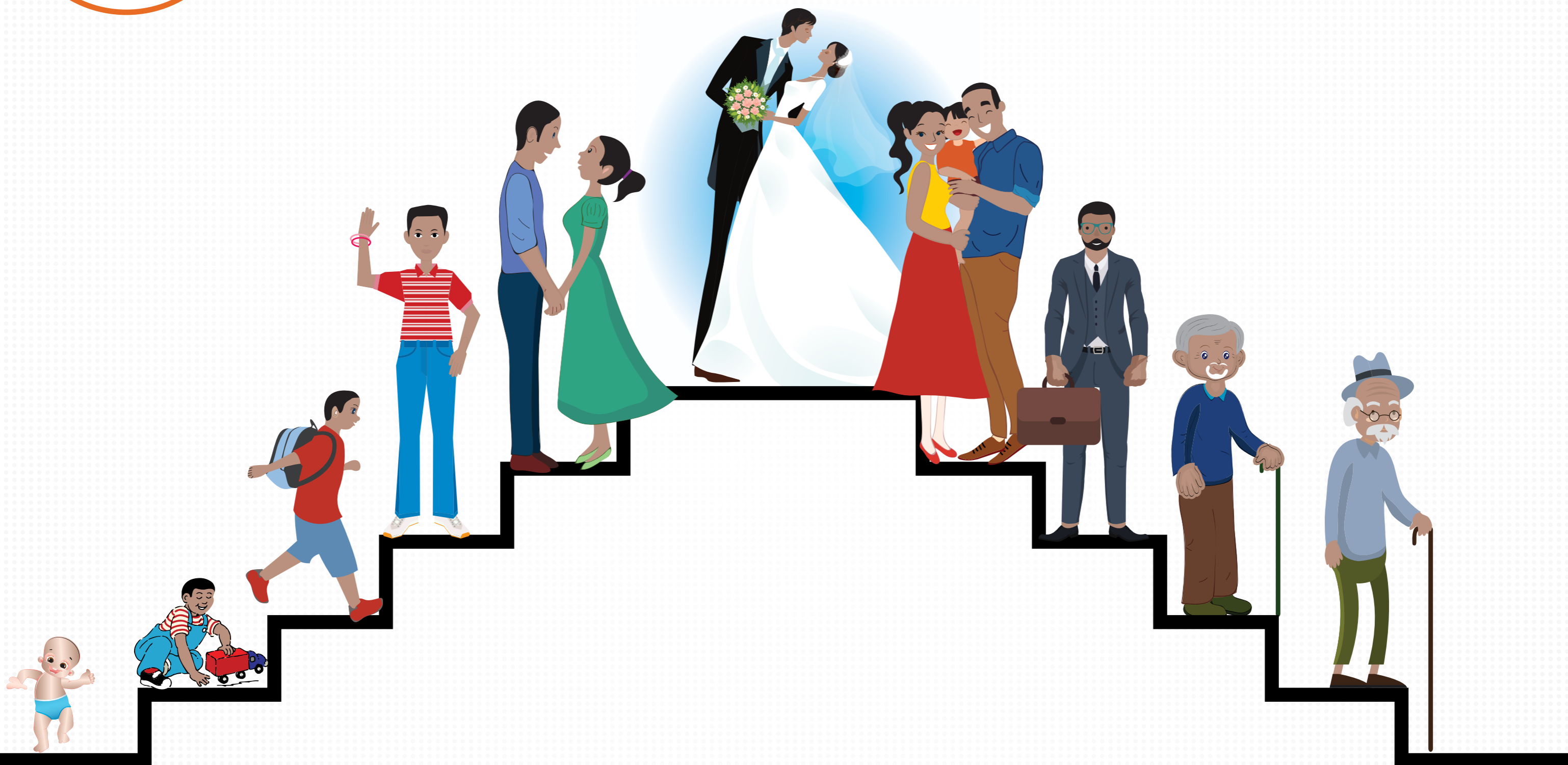
16 PRE-EXPOSURE PROPHYLAXIS (PREP)

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1

LIFE COURSE APPROACH



2

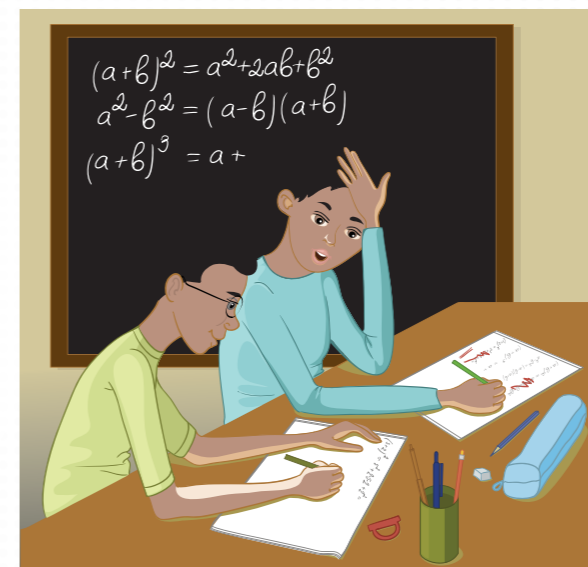
THE STEPS TO SETTING A GOAL



Thinking of how to become a graduate



Attending a school



Studying



Graduation

3

STEPS TO BECOMING A FOOTBALLER



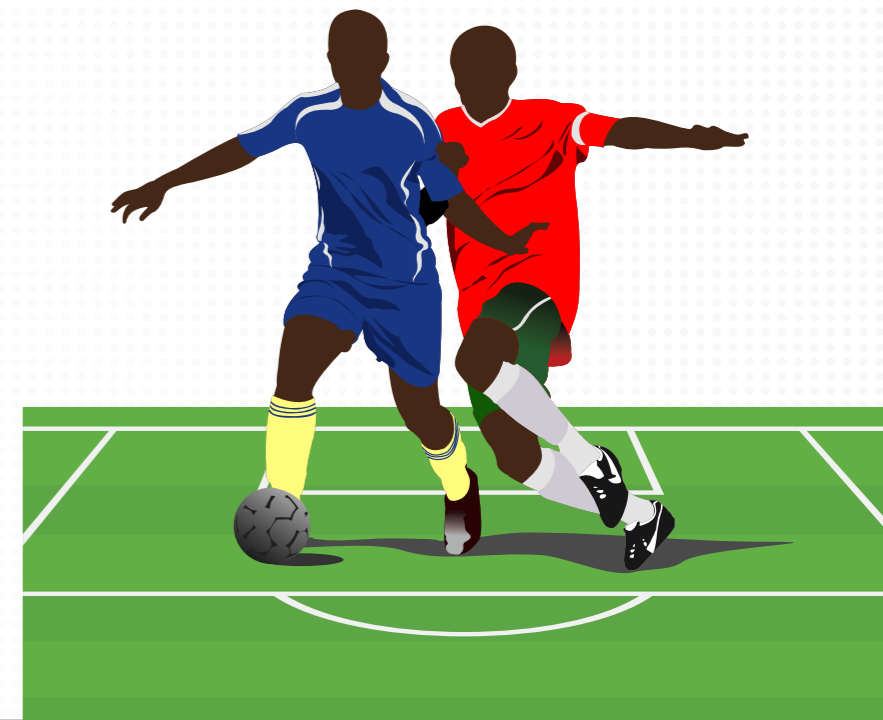
Thinking of
becoming a footballer



Playing in school



Practising in football academy



National player

4

STEPS TO BECOMING A NURSE



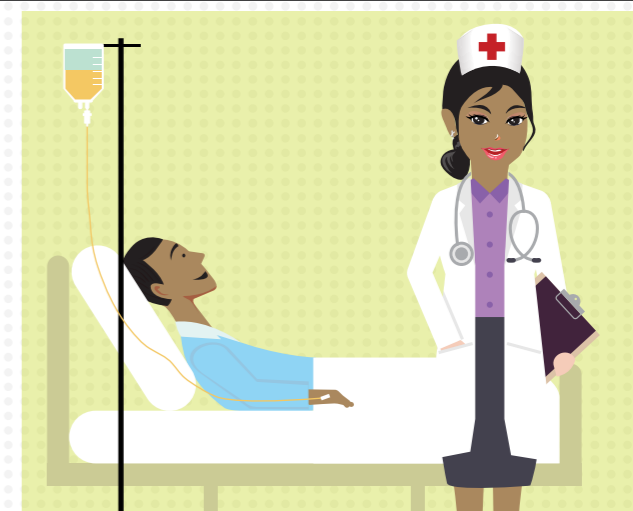
Thinking of how to become a nurse



Attend a nursing school



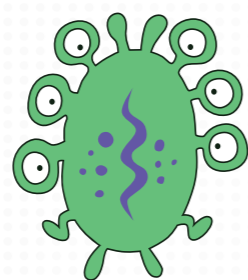
Graduating



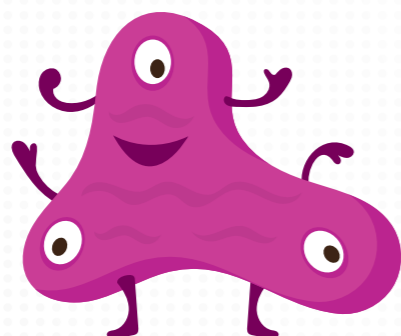
Working as a nurse

5

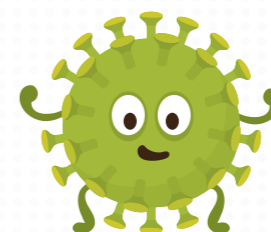
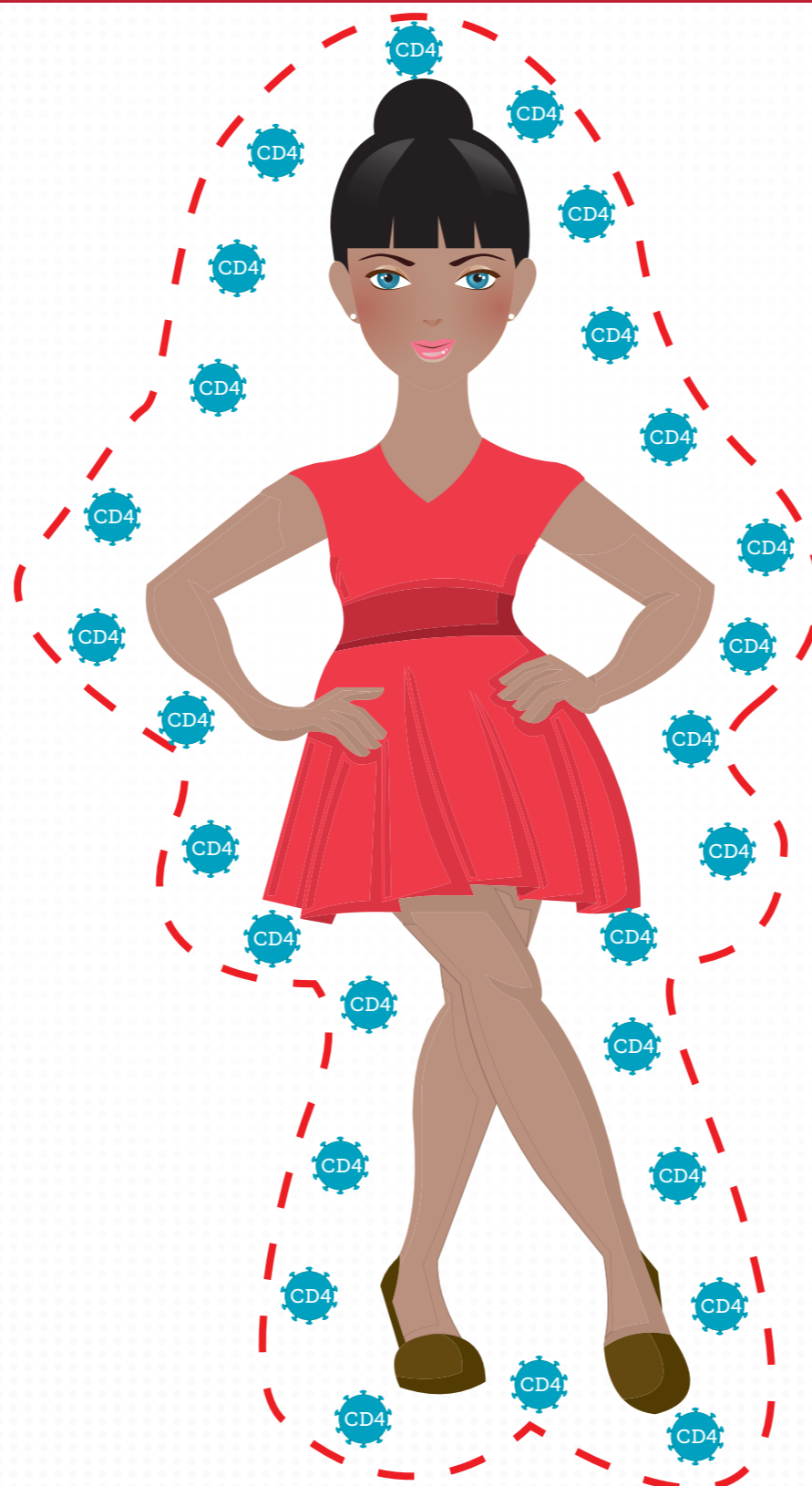
HOW THE IMMUNE SYSTEM WORKS



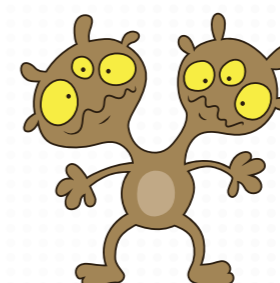
Infections



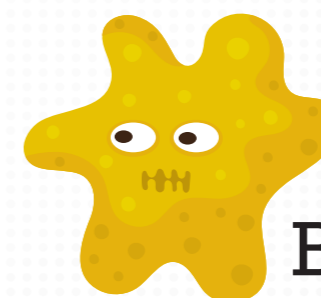
Germs



Flu
Colds
Virus



Diseases



Bacteria
Tuberculosis

6

HOW HIV IS TRANSMITTED

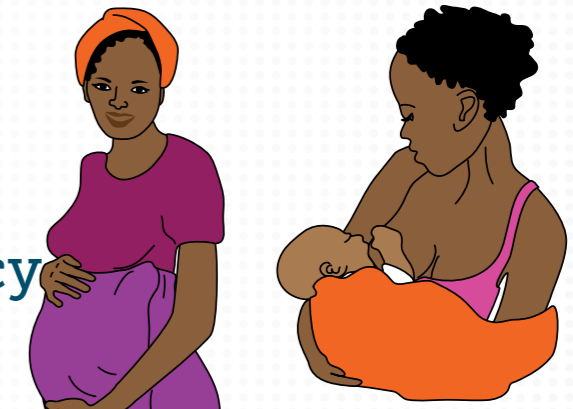
1 Unsafe Sex

Unprotected sexual contact (vaginal or anal) with someone who has HIV and does not have an undetectable viral load



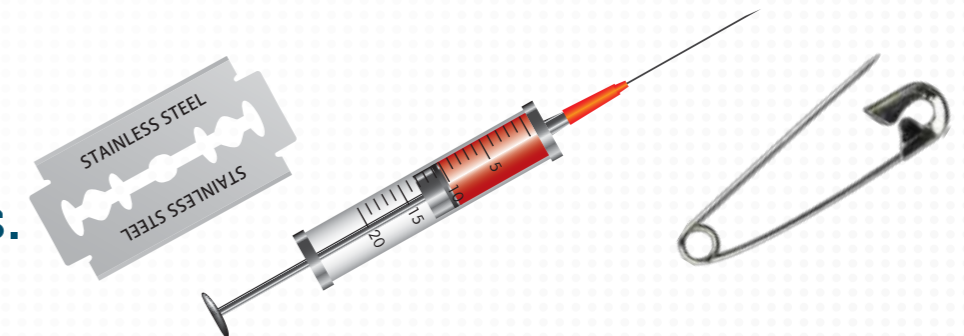
2 From an Infected Mother to her Child

If a pregnant woman is not on ART before, during, and after pregnancy



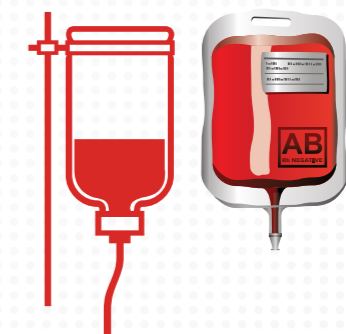
3 Contaminated Sharp Objects

By sharing HIV infected needles, syringes, or razor blades.



4 Blood Products

Receiving blood transfusion, blood products, or organ/tissue transplants that are contaminated with HIV



7

HOW HIV IS NOT TRANSMITTED

Hugging



Playing



Holding Hands



Sharing Food

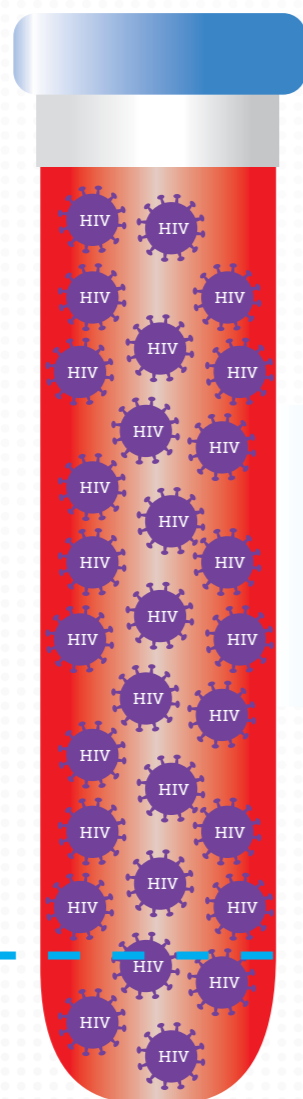


Sitting Together

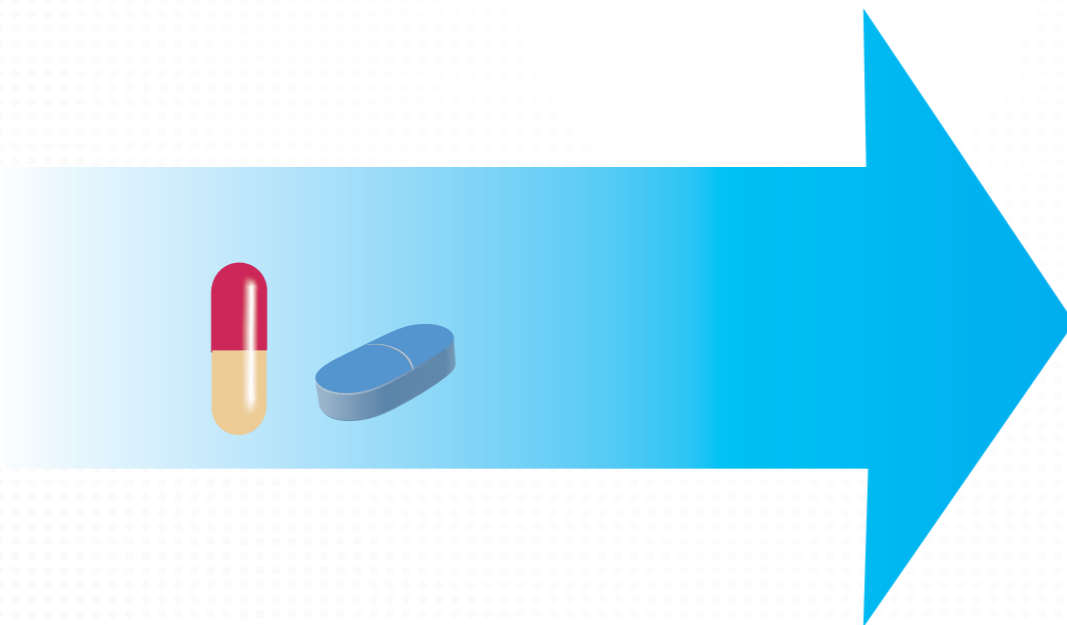
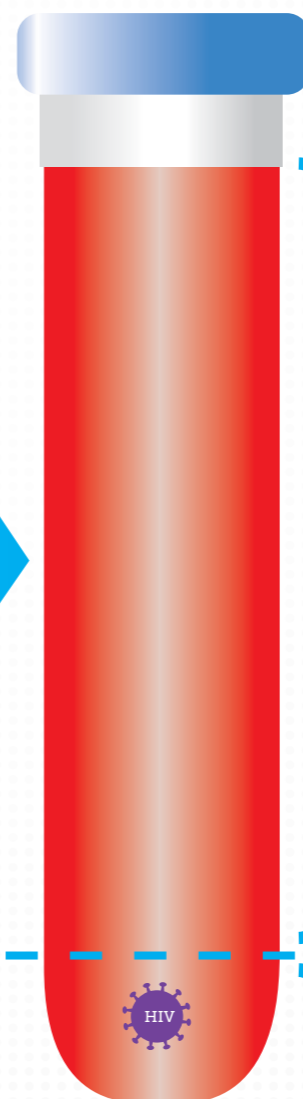


VIRAL SUPPRESSION

Viral Load
Before ART



Viral Load
After ART



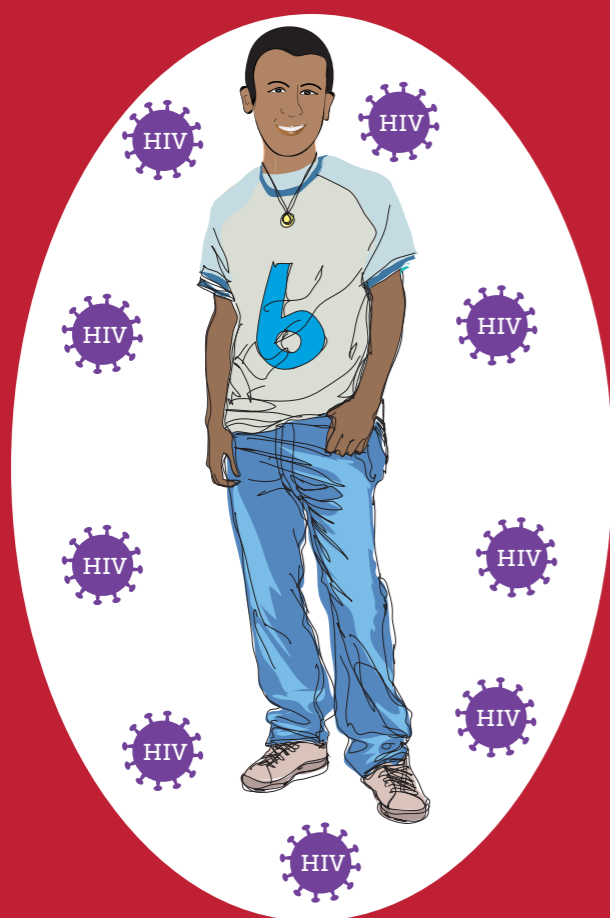
Detectable
Level

Undetectable
Level

9

WHAT DOES AN UNDETECTABLE VIRAL LOAD LOOK LIKE

NO TREATMENT=DETECTABLE



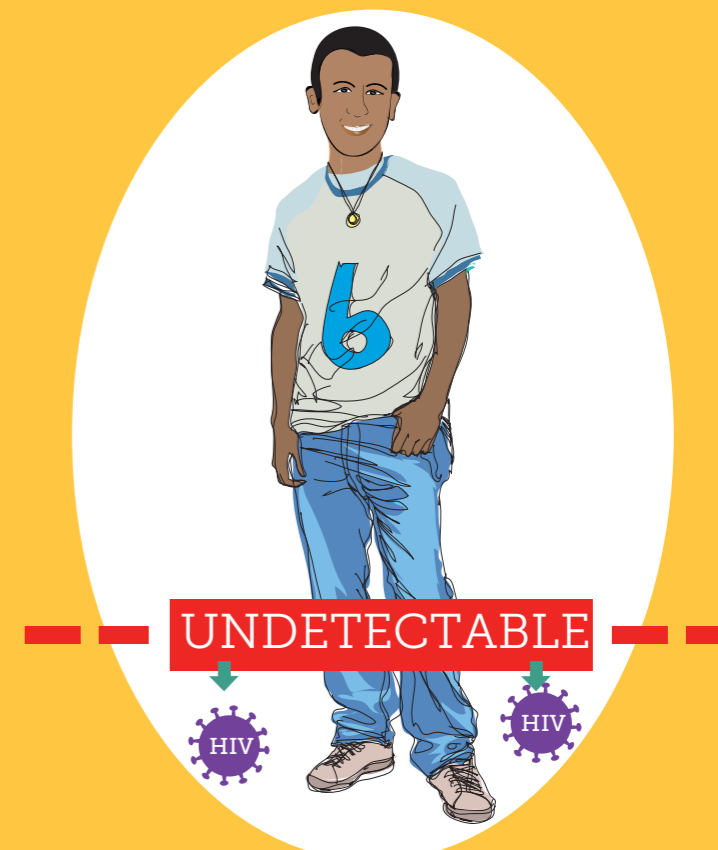
Without treatment, a person living with HIV will have a high viral load; meaning that HIV is transmittable.



ARVs
+ MONITORING



EFFECTIVE TREATMENT+
MONITORING=UNDETECTABLE



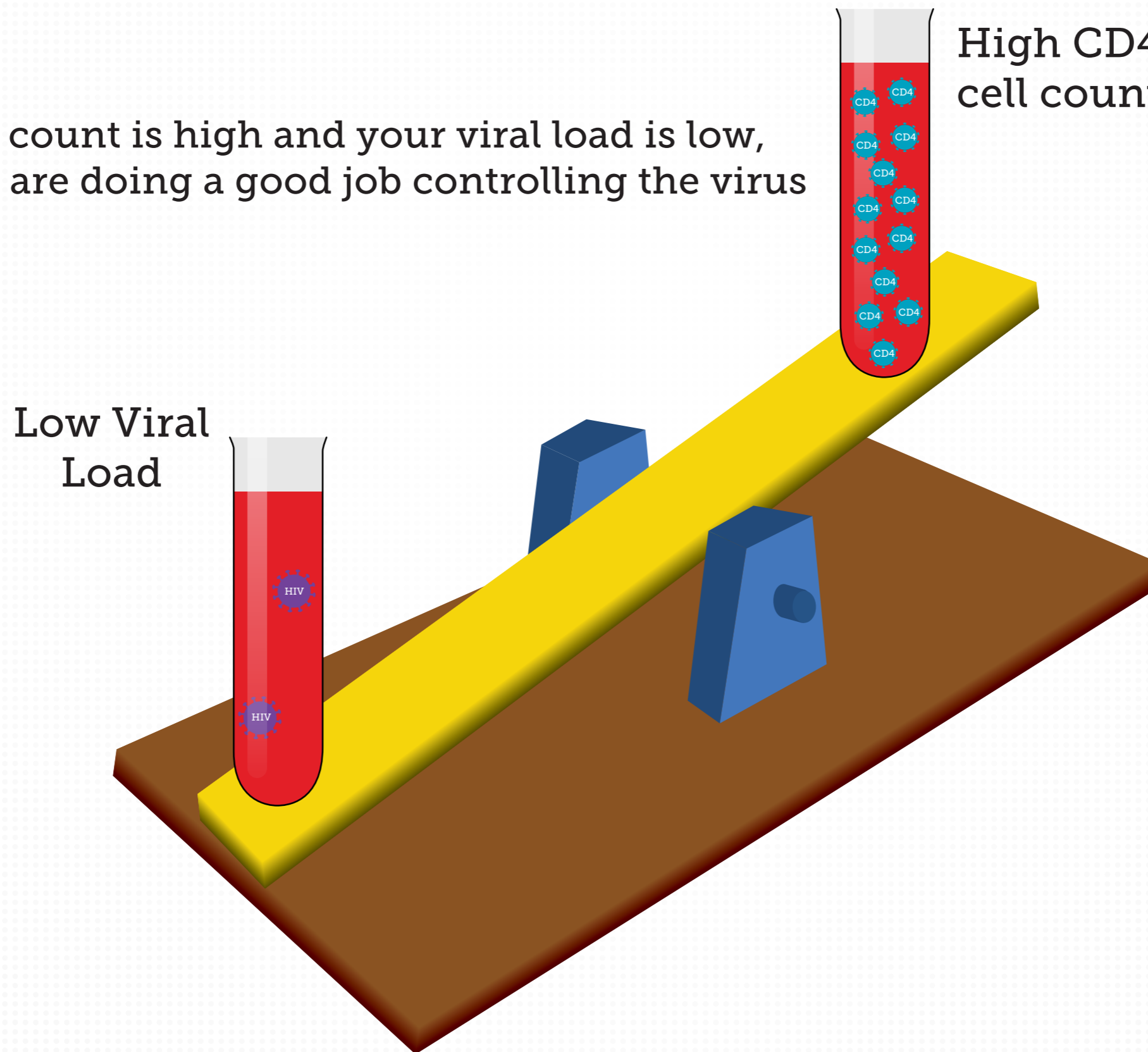
With effective treatment and monitoring, the body can suppress HIV to an undetectable level; meaning HIV is not affecting the person's health and there is virtually no chance of transmission

Remember to keep visiting your healthcare professional to check that your viral load remains undetectable!

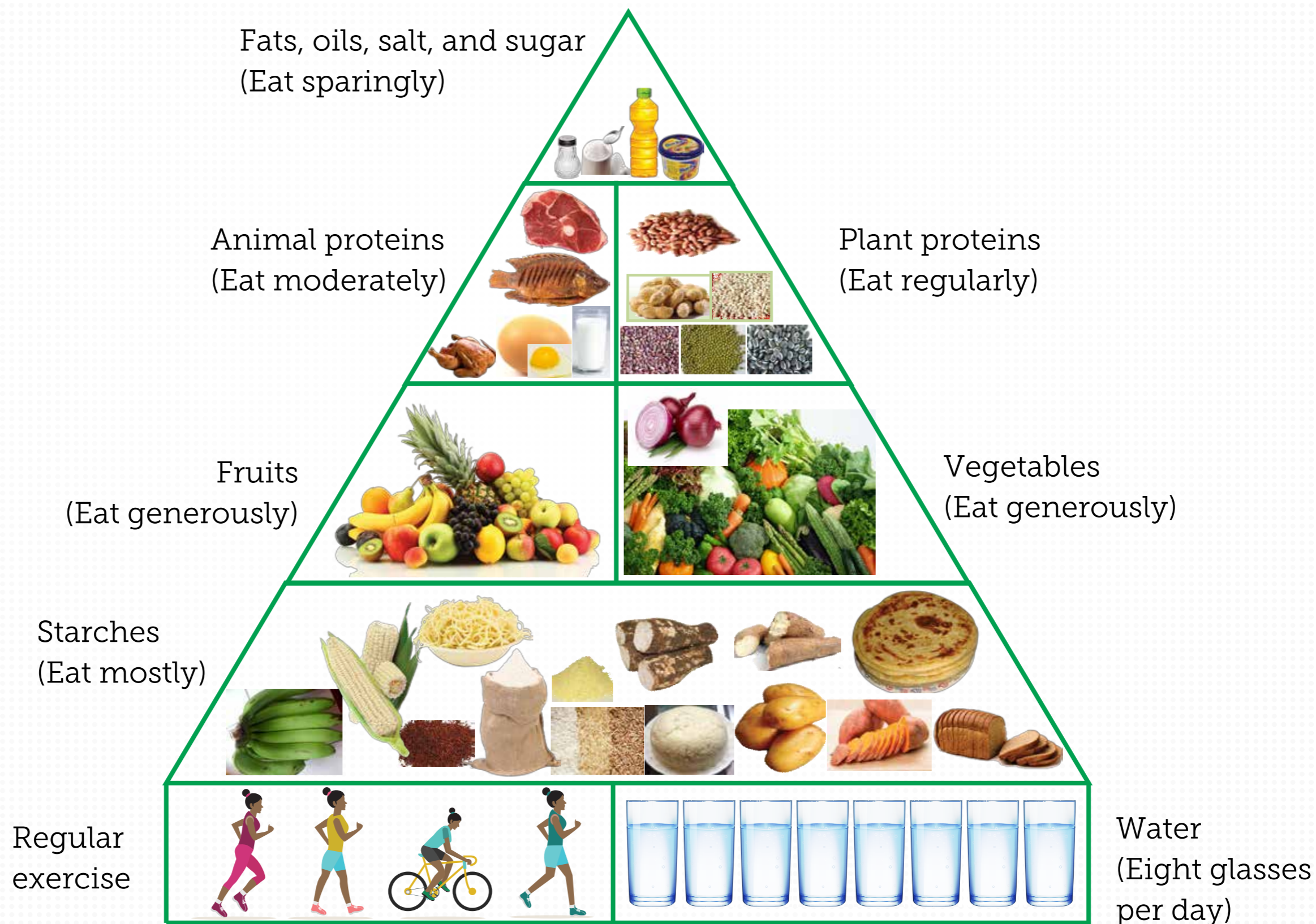
10

WHAT HAPPENS WHEN YOU TAKE ARVS

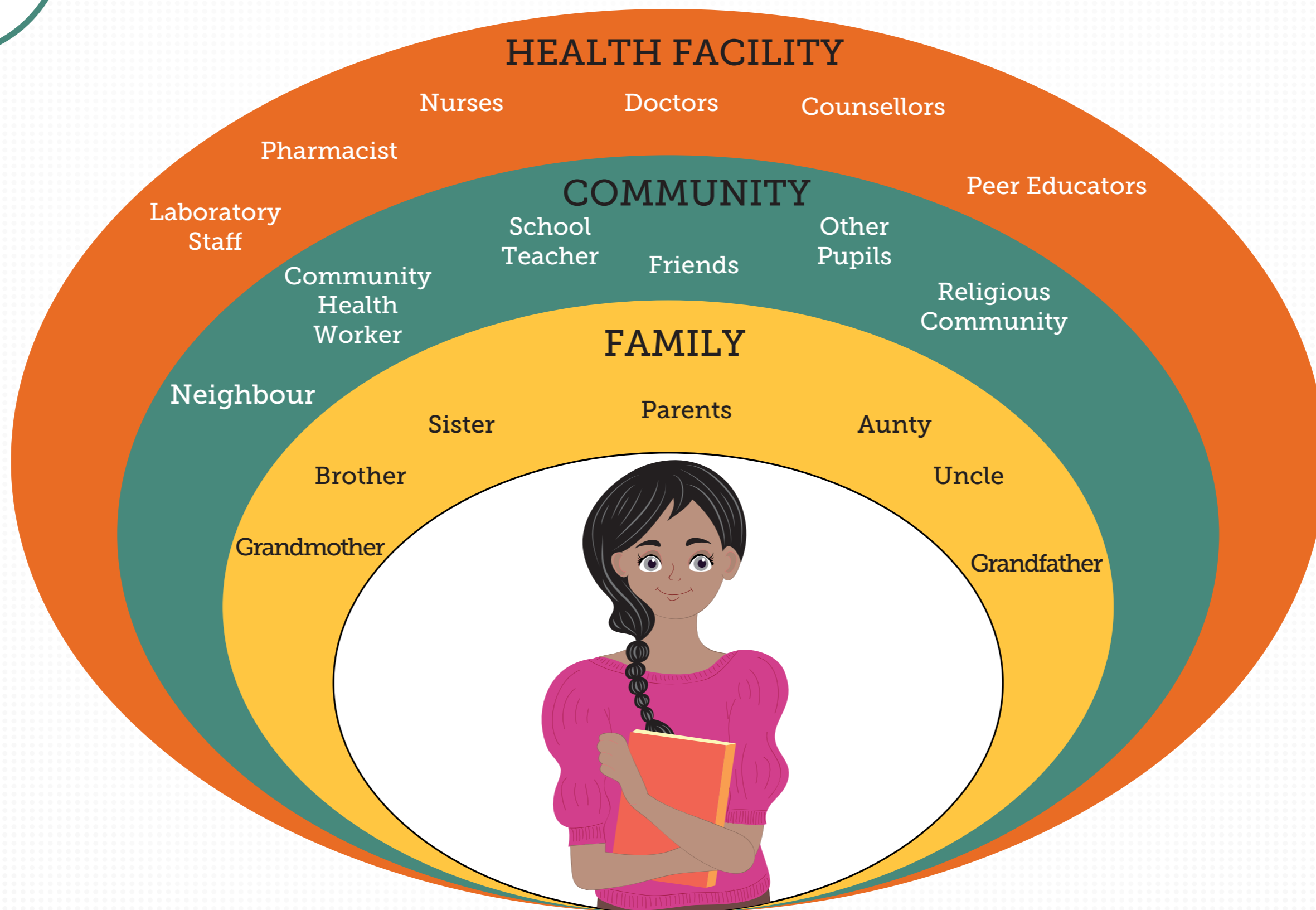
If your CD4 cell count is high and your viral load is low, your medicines are doing a good job controlling the virus



THE HEALTHY EATING PYRAMID



PEOPLE WHO CAN SUPPORT YOU



13

ADDITIONAL METHODS TO PREVENT TRANSMISSION & RE-INFECTION

Abstinence



Be faithful
with an HIV negative or
suppressed partner



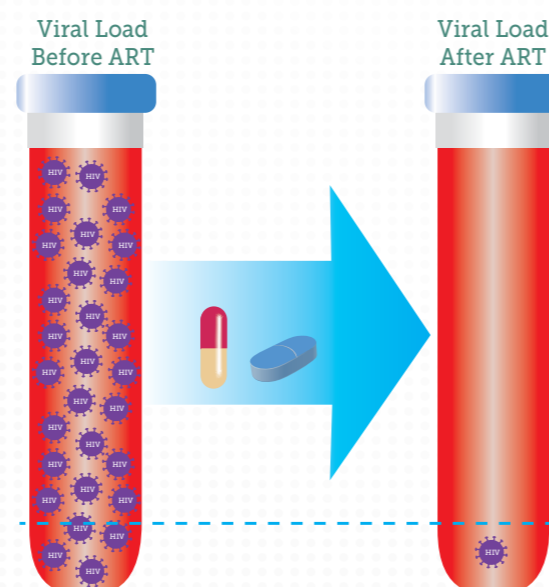
**Don't share
needles**



**Use
condoms**



Achieve viral suppression



Take Prep



HOW TO USE A MALE CONDOM

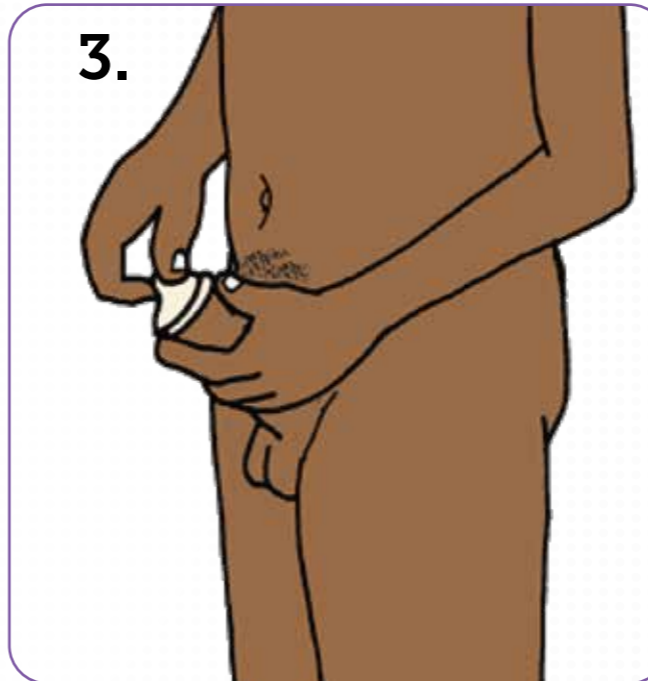
1.



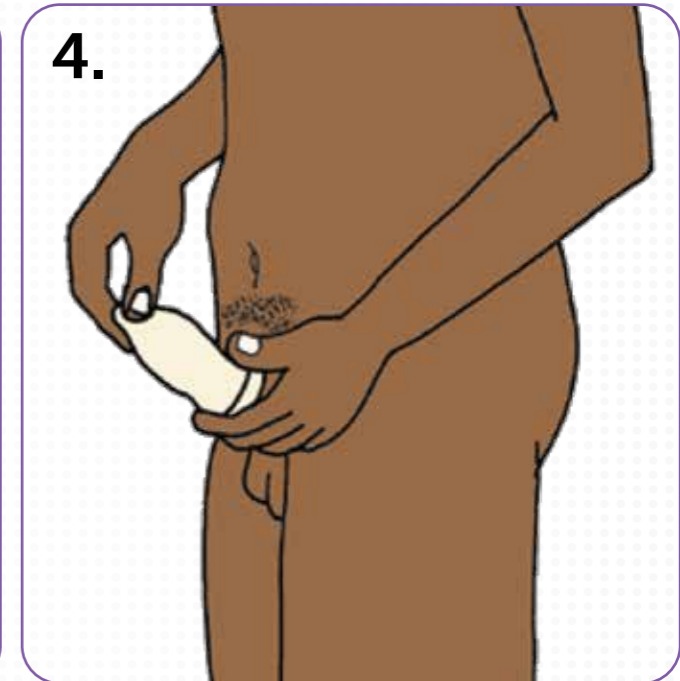
2.



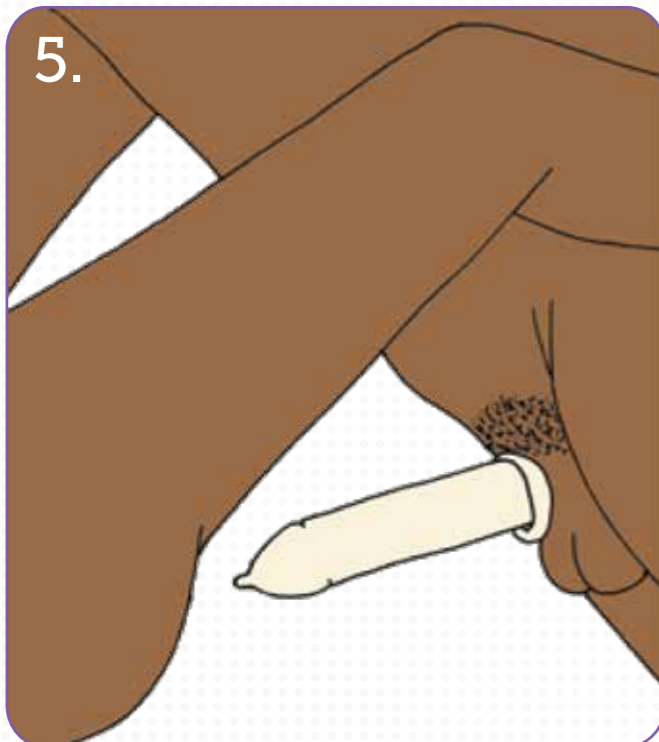
3.



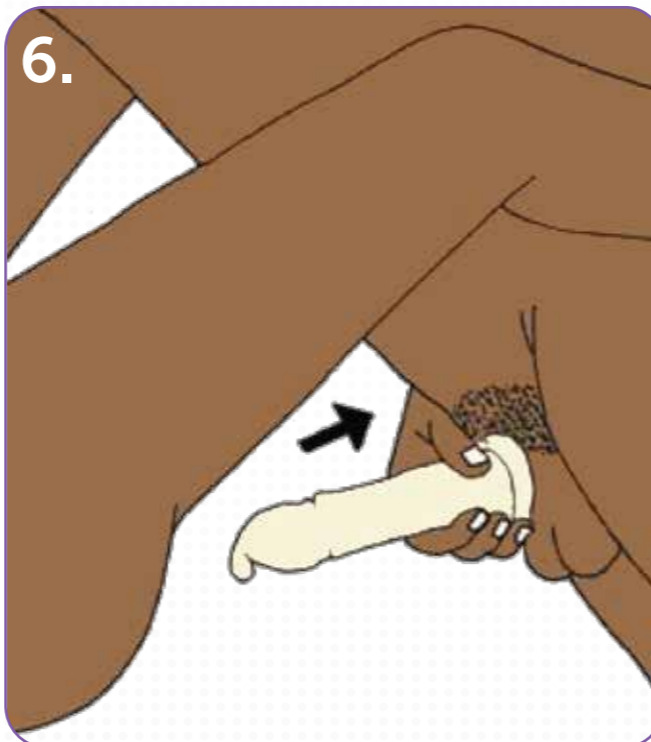
4.



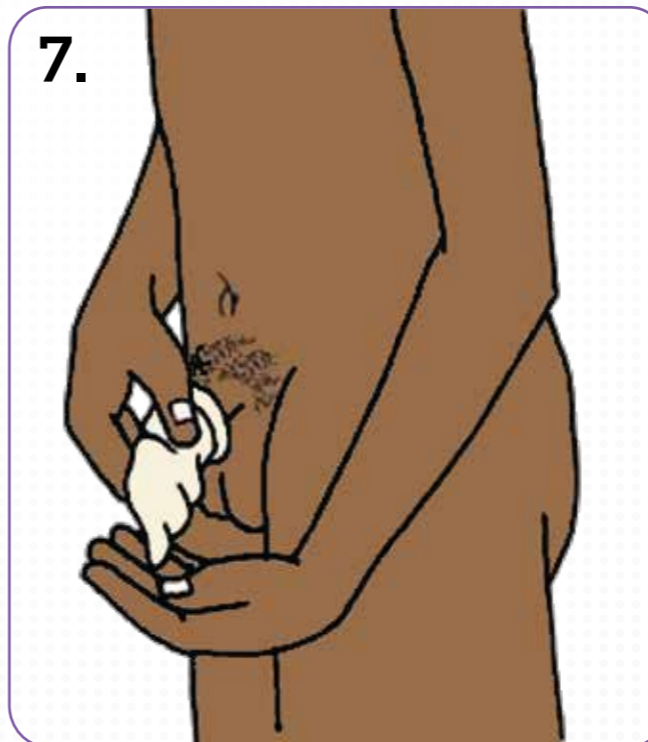
5.



6.



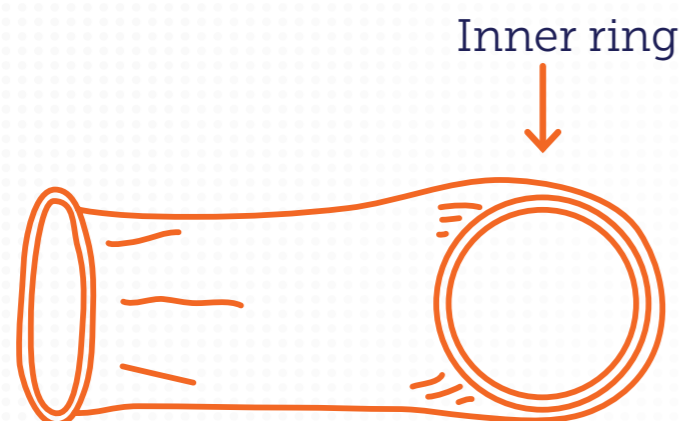
7.



8.

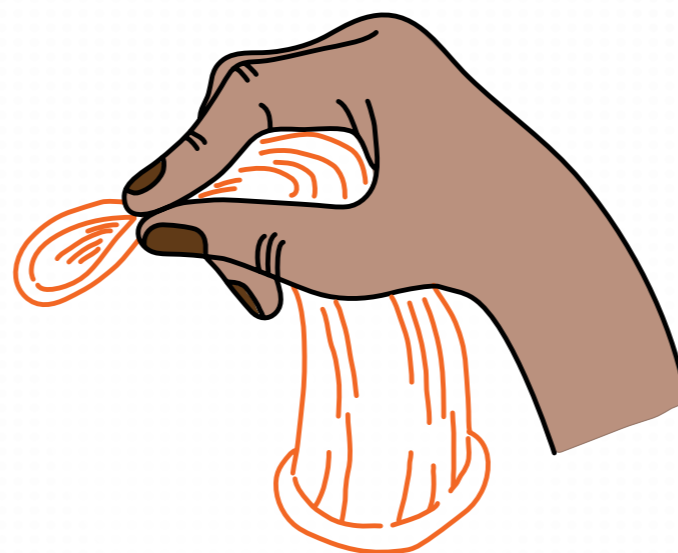


HOW TO USE A FEMALE CONDOM



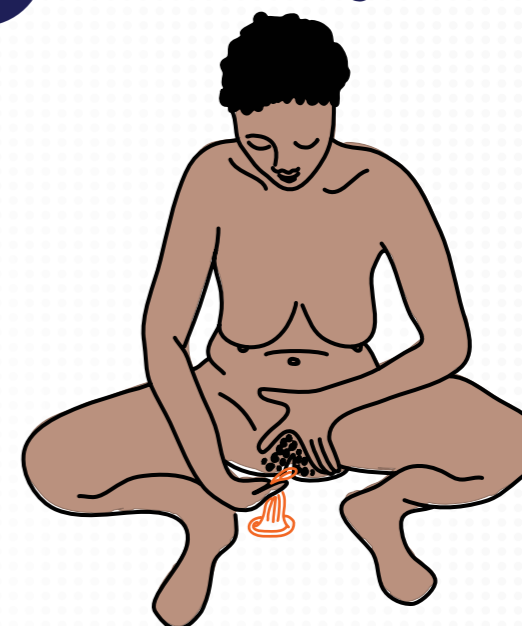
1

Squeeze the inner ring



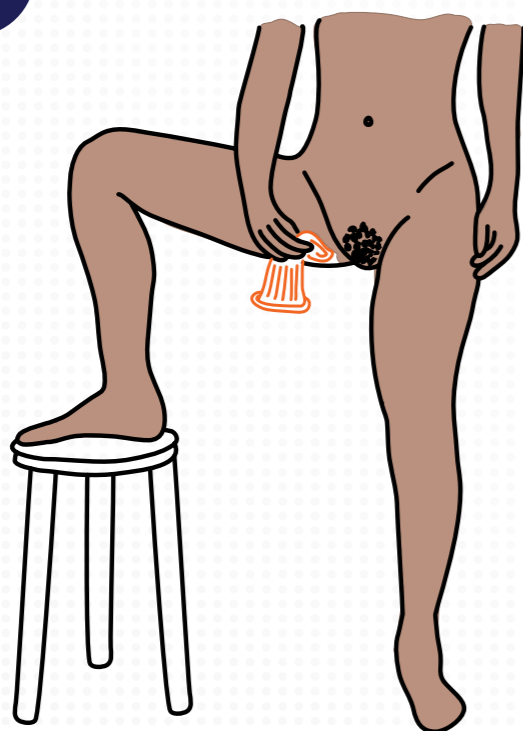
2

Push the folded ring in as far as it will go



3

Stand, squat, or lie down to do this



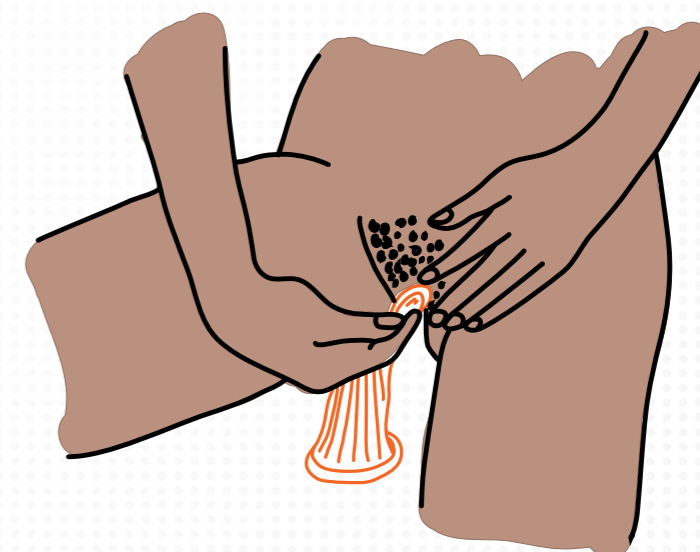
4

Help guide penis in



5

Pull out carefully after sex



16

PRE-EXPOSURE PROPHYLAXIS (PREP)

PrEP can protect
your negative sexual
partner from getting
HIV



17

PARTNER TESTING



PREGNANCY PREVENTION/PLANNING

Contraceptive methods for preventing pregnancy

| < January > | | | | | | |
|-------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Standard days method



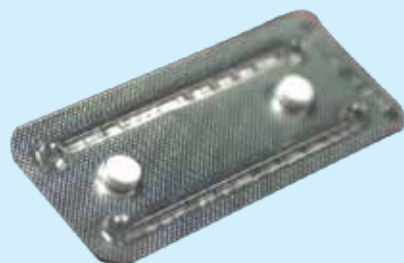
Lactational amenorrhoea method



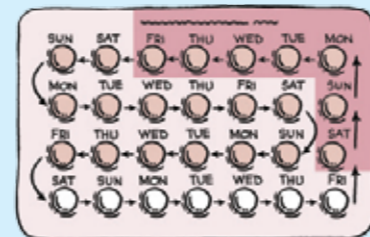
Female condom



Male condom



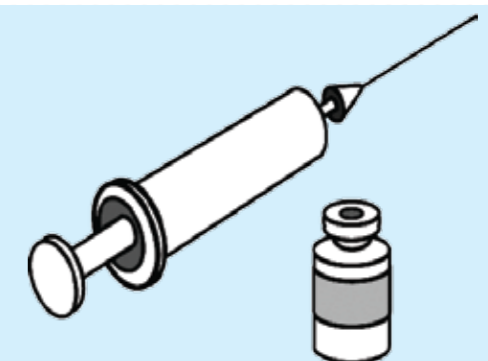
Emergency contraceptive pills



Oral pills



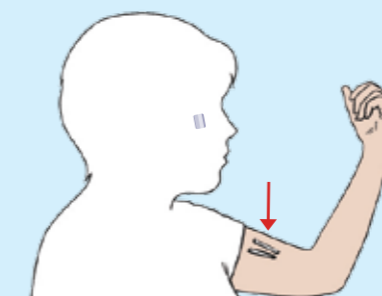
Minipills (for breastfeeding mothers)



Three-month injectable



Intrauterine contraceptive device (coil)



Implants