

ⓧ Need to be respected and treated with dignity.

ⓧ ART (Antiretroviral Therapy) treatment.

How to protect yourself?

ⓧ Say **NO** to risky behaviours.

ⓧ Use protection (condoms) during sexual activity.

ⓧ Do not share needles or sharp objects.

ⓧ Ensure safe blood transfusion.

ⓧ Get tested and know your status.

ⓧ Practise the **ABC** of prevention –

A = Abstinence

B = Be faithful

C = Use condom correctly and consistently

Need help or information?

ⓧ Talk to your school health teacher or counsellor.

ⓧ Visit your nearest health centre.

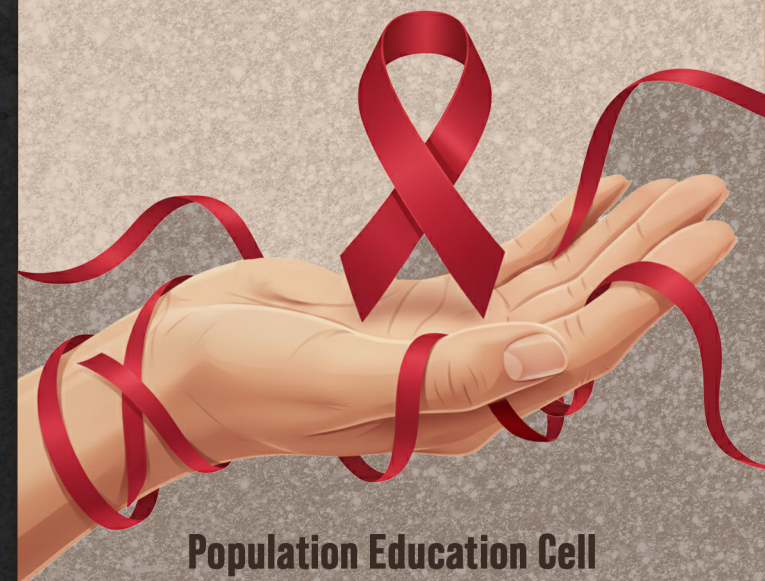
ⓧ Toll Free Helpline...1097.



Population Education Cell
Directorate of State Council of Educational Research and Training
School Education Department
Government of Mizoram



English



Population Education Cell
Directorate of State Council of Educational Research and Training
School Education Department
Government of Mizoram

What is HIV?

- ✚ HIV stands for Humane Immunodeficiency Virus.
- ✚ It attacks the body's immune system, making it harder to fight infections.
- ✚ If untreated, HIV can lead to AIDS (Acquired Immunodeficiency Syndrome).

What is AIDS?

- ✚ AIDS is the advanced stage of HIV infection.
- ✚ At this stage, the immune system is badly damaged.
- ✚ People with AIDS are more vulnerable to serious illnesses.

How does HIV spread?

- ✚ Unprotected sexual contact.
- ✚ Sharing needles, syringes, sharp objects.
- ✚ Transfusion of contaminated blood.
- ✚ From mother to child during pregnancy, childbirth and breastfeeding.

How HIV does not spread?

- ✚ Shaking hands, hugging, sharing food.
- ✚ Using the same toilets or bathrooms.
- ✚ Mosquito bites or insect stings.
- ✚ Talking, studying, playing together.

Signs and Symptoms of AIDS

- ✚ Weight loss greater than 10% of body weight.
- ✚ Fever longer than one month.
- ✚ Diarrhoea longer than one month.
- ✚ Persistent severe fatigue.

Is there a cure for AIDS?

- ✚ There is no cure for AIDS.
- ✚ There is no vaccine to prevent you from getting HIV.

Test for HIV

- ✚ ELIZA (Enzyme Linked Immuno Sorbent Assay) test detects the presence of HIV antibodies in the blood.

- ✚ The human requires six weeks to 6 months to produce antibodies after the entry of the virus. This period is called Window period.
- ✚ HIV testing is confidential and voluntary.

Where does a person get tested for HIV?

- ✚ General Hospital.
- ✚ Voluntary Confidential Counselling and Testing Centre (VCCTC).

Care and support of people living with HIV

- ✚ Love and support from family and friends.
 - ✚ Prompt treatment of opportunistic infections.
 - ✚ Healthy life style.
 - ✚ Having nutritious diet, sufficient rest and exercise.
- 