



Orientation on HIV/AIDS

Health Sector Support Programme (HSSP)
GTZ

Nepal, April 2002

What is HIV?

H-human **I**-immune deficiency **V**-virus

HIV is the virus which causes AIDS

What is AIDS?

- A** - Acquired
- I** - Immune
- D** - Deficiency
- S** - Syndrome

No Vaccine, No Cure



Global Situation

- First case detected in America in 1981
- New infections in 2001 = 5 million
- Deaths in 2001 = 3 million
- 50% of HIV cases occur in 15 - 24 yrs old
- Total number of HIV+ and AIDS cases since start of epidemic = 60 million



Situation in South Asia, 2000*

Country	% HIV in adults	Living with HIV	Deaths 1999
Bangladesh	0.02	13,000	1,000
India	0.70	3,700,000	310,000
Nepal	0.29	35,000	2,500
Pakistan	0.09	62,000	6,500
Sri Lanka	0.1	74,000	490

* UNAIDS estimate



Situation in Nepal

- First case detected in 1988

By March 2002:

- Reported cases of HIV/AIDS

Total = 2,243

- Estimated cases (UNAIDS)

Total = 38,000



HIV is transmitted:

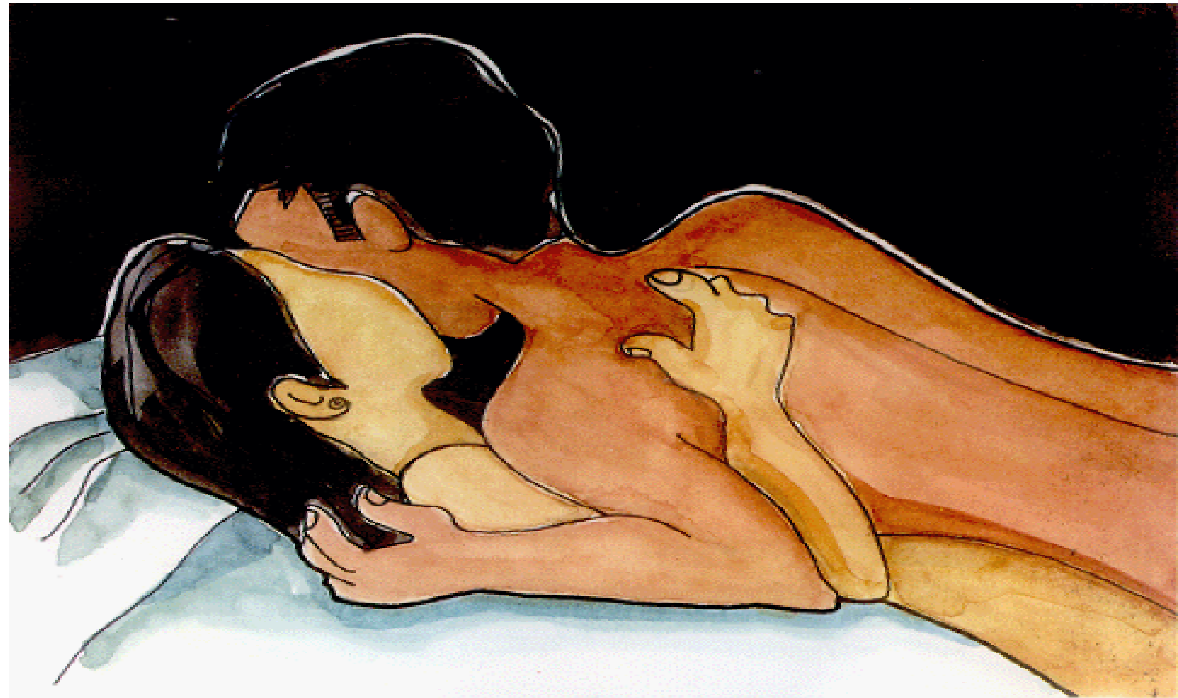
During sexual contact

- **Unprotected sex**

Anal

Vaginal

Oral



HIV is transmitted: Through infected blood

- **Sharing needles**



- **Use of contaminated needles and syringes**



HIV is transmitted:

Through infected blood / blood products

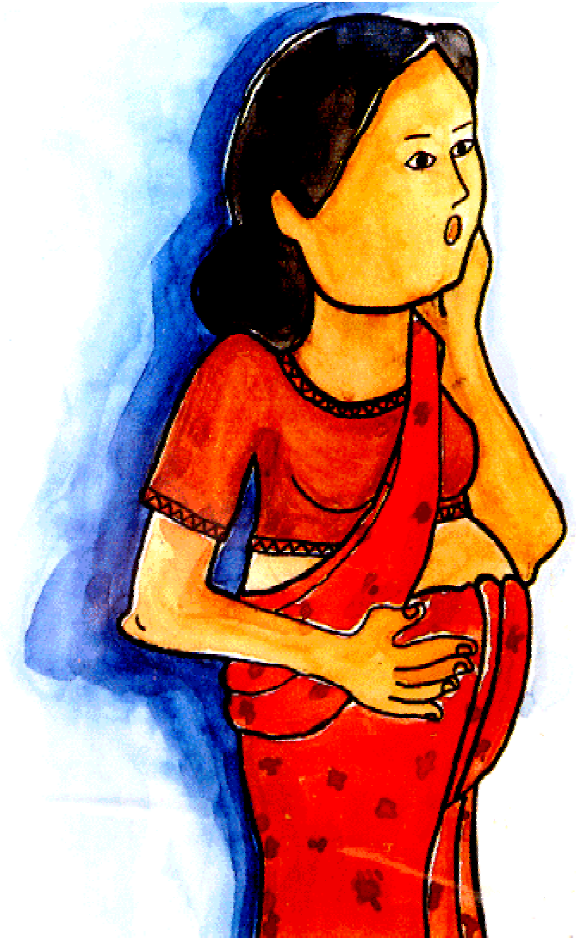
- **Transfusion of HIV infected blood or blood products**



HIV is transmitted:

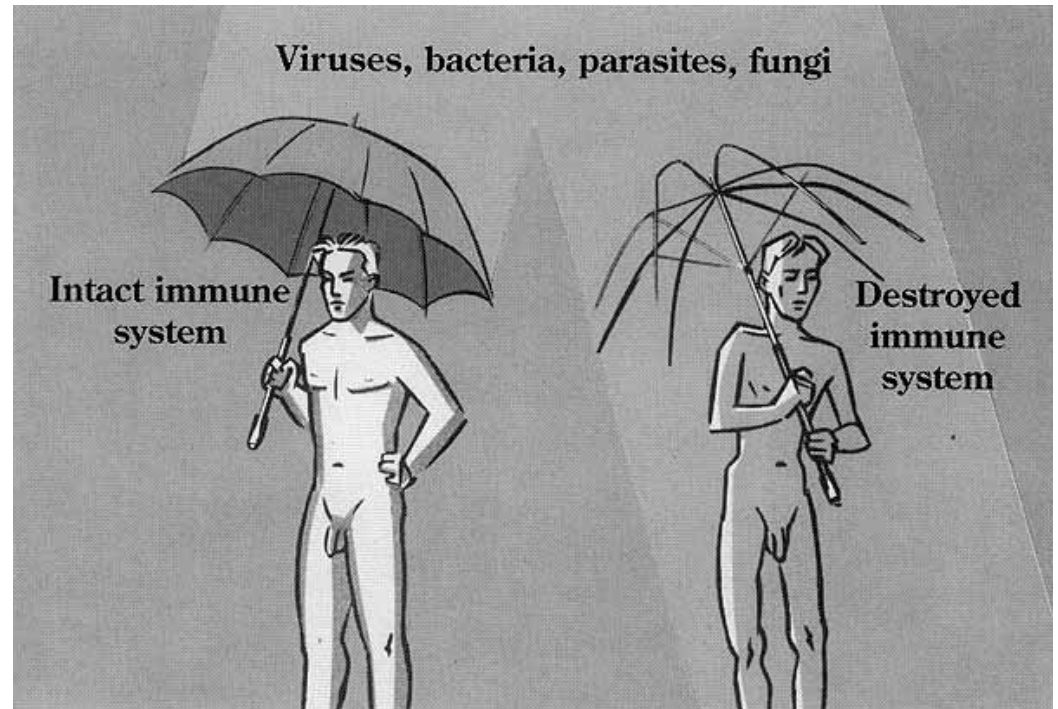
From mother to child

- **During pregnancy**
- **During child birth**
- **Through breast feeding**



What happens after HIV infection?

- HIV destroys the natural defence mechanism of the body
- Infected person gets exposed to infections, such as Tuberculosis



HIV infected persons can look healthy over many years



Major Alarm Signs of AIDS

- Weight loss
- Diarrhoea for more than a month
- Fever for more than a month
- Cough for more than a month
- Lymph node enlargement

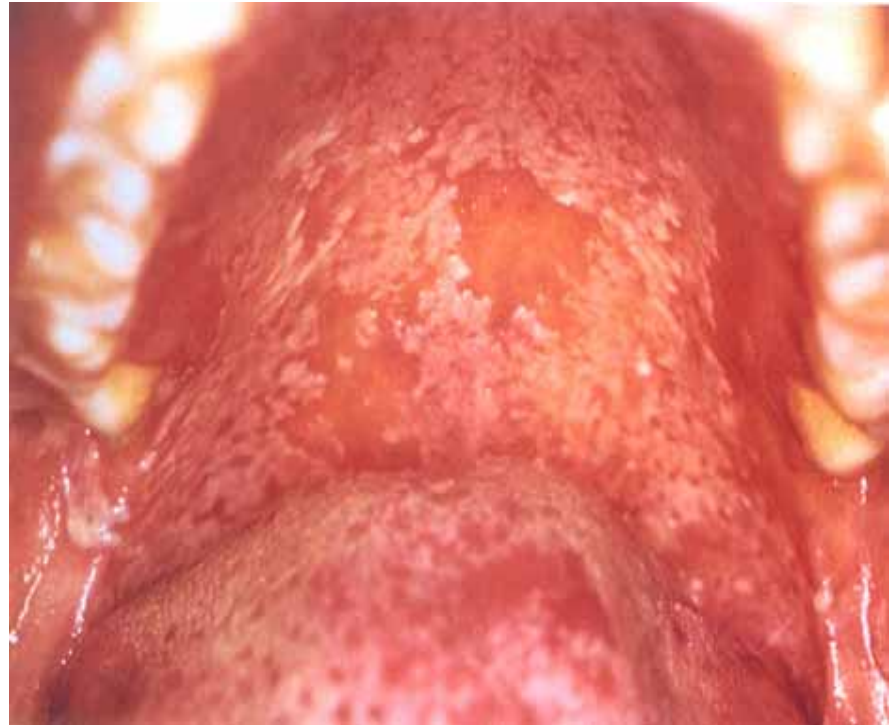
After HIV infection - person can survive 8 -10 years

No Vaccine, No Cure



Signs of AIDS

HIV infection with
oral thrush



HIV is **NOT** transmitted by



Sharing swimming pool



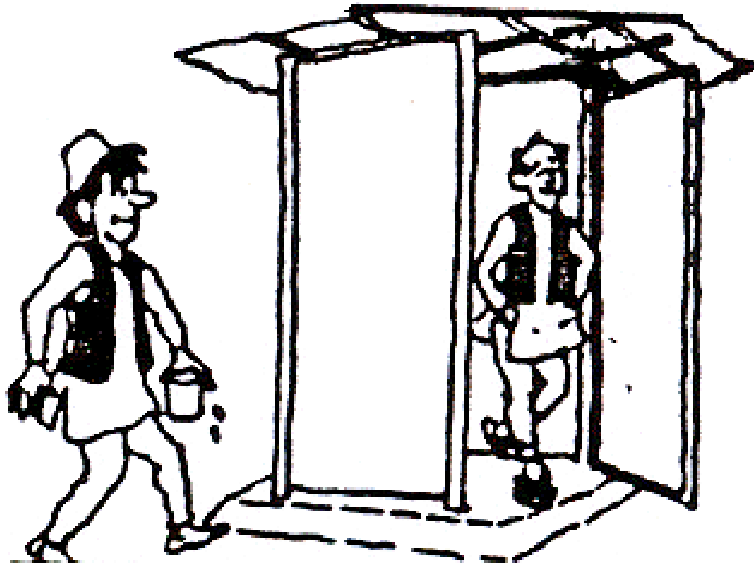
Eating together



Mosquito bite



HIV is **NOT** transmitted by



Sharing toilet



Coughing / sneezing



Hand shake



HIV is **NOT** transmitted by



Sharing comb



Sharing cloths



Kissing



HIV is **NOT** transmitted by



Living together in family



Caring for infected person



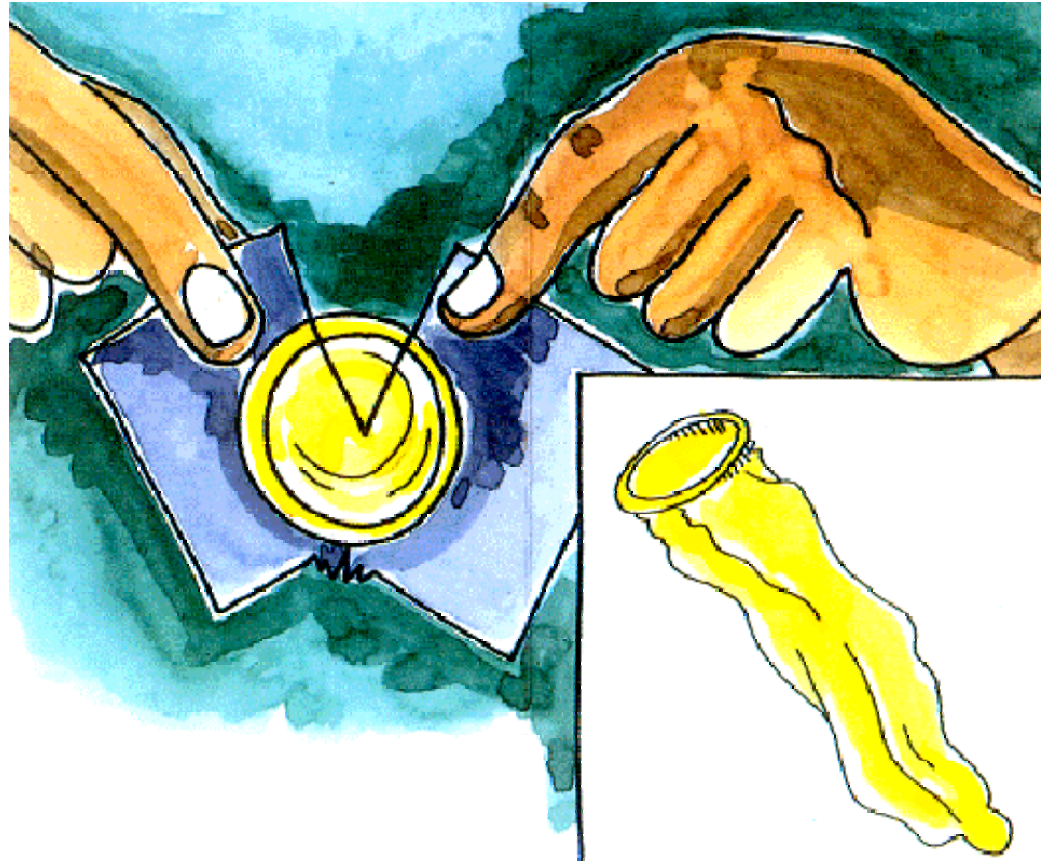
AIDS can be PREVENTED by

Being mutually
faithful to your
partner



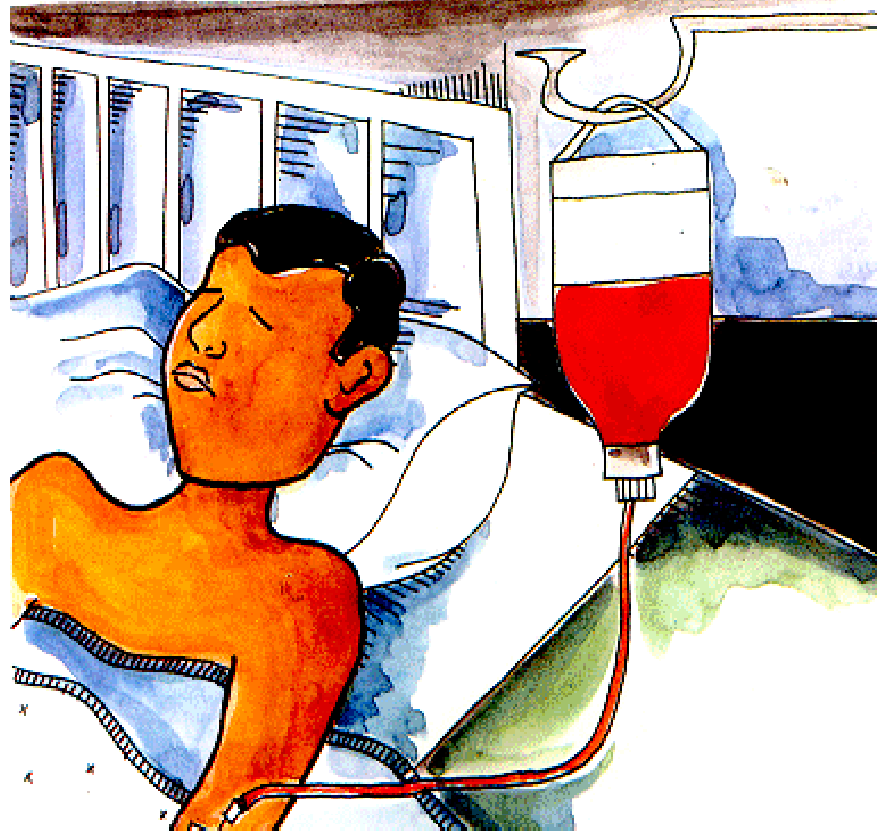
AIDS can be PREVENTED by

Using a
condom for
safer sex



AIDS can be PREVENTED by

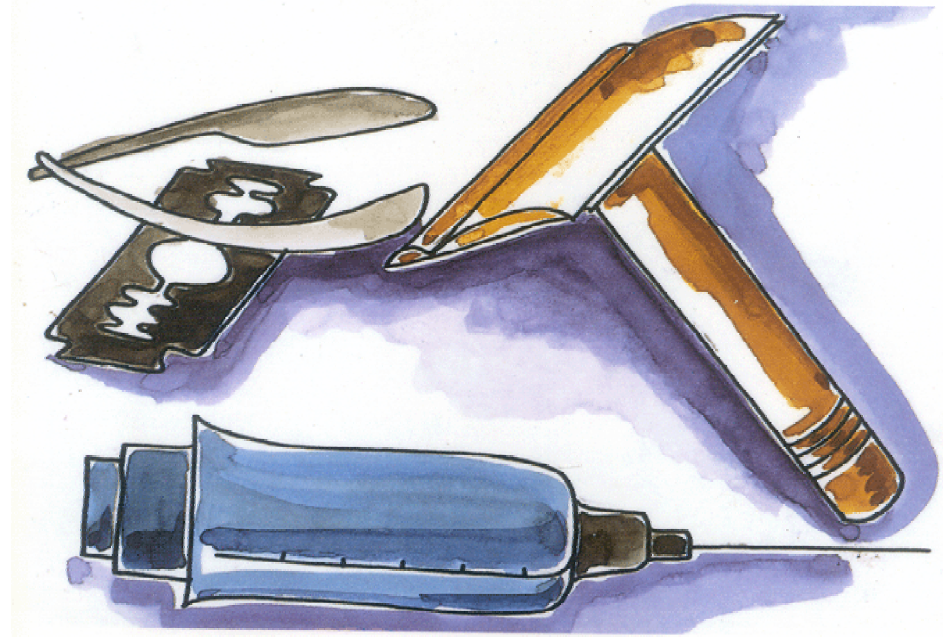
Using only HIV
screened blood
or
blood products
when required



AIDS can be PREVENTED by

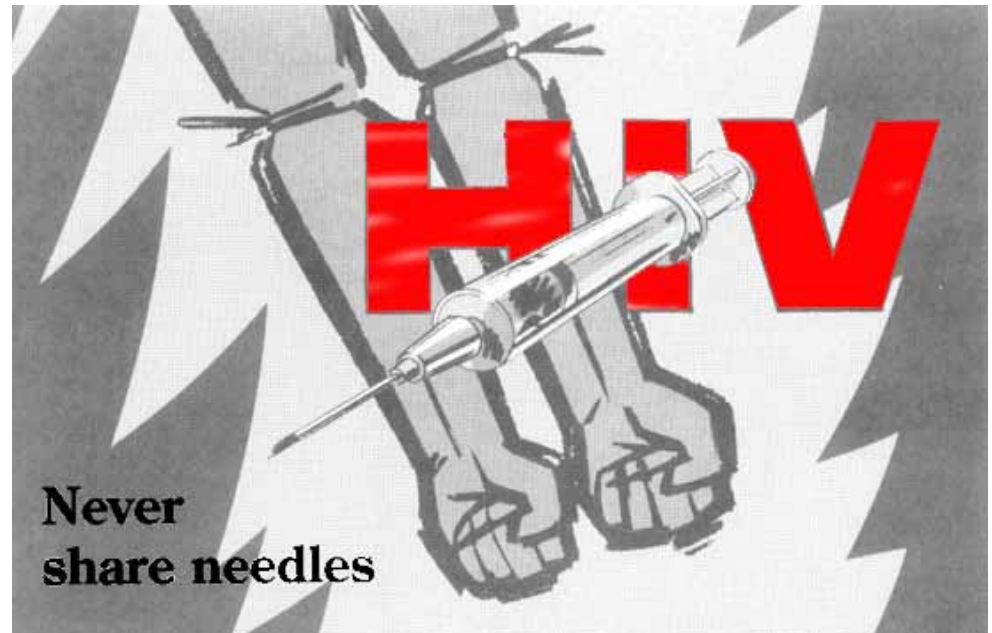
Always using new

- Needles
- Syringes
- Blades
- Razor



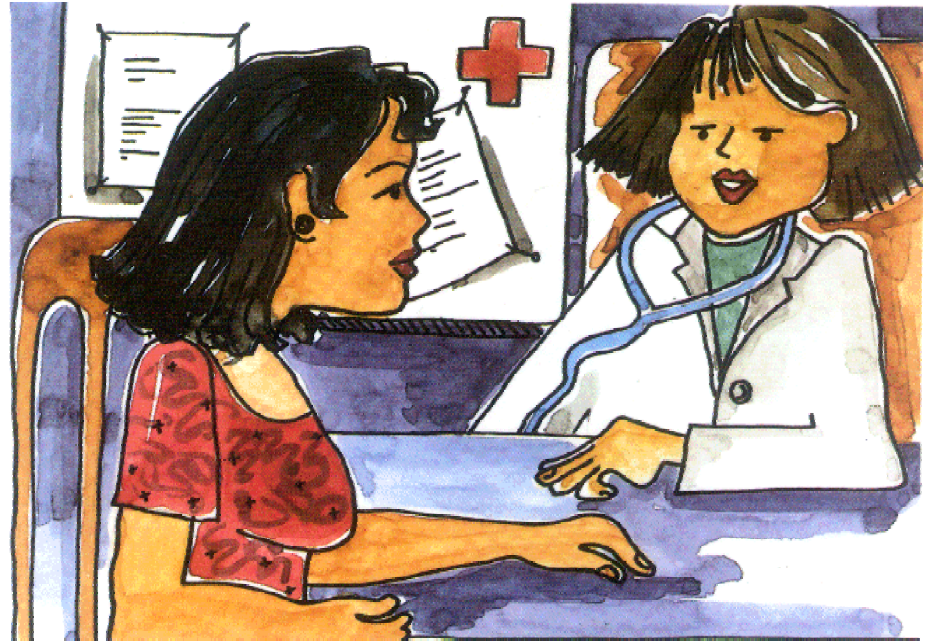
AIDS can be PREVENTED by

Avoiding
injectable
drugs and
needle sharing



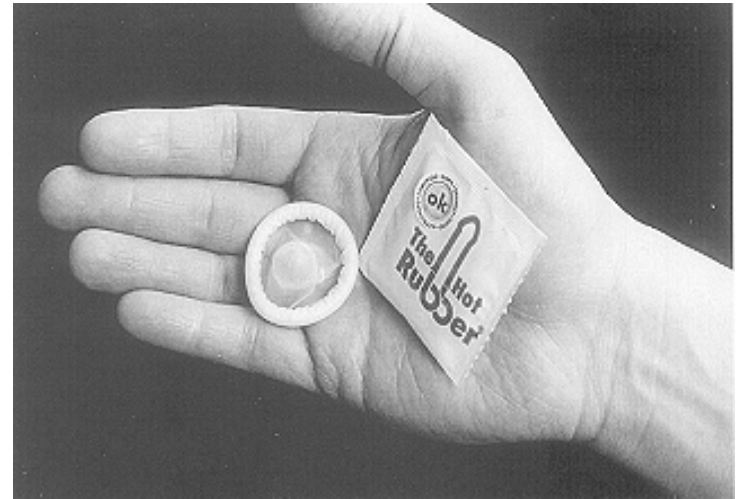
AIDS can be PREVENTED by

HIV infected
women seeking
advice before
planning a baby



Use of a Condom

Condoms provide protection from sexually transmitted infections including HIV

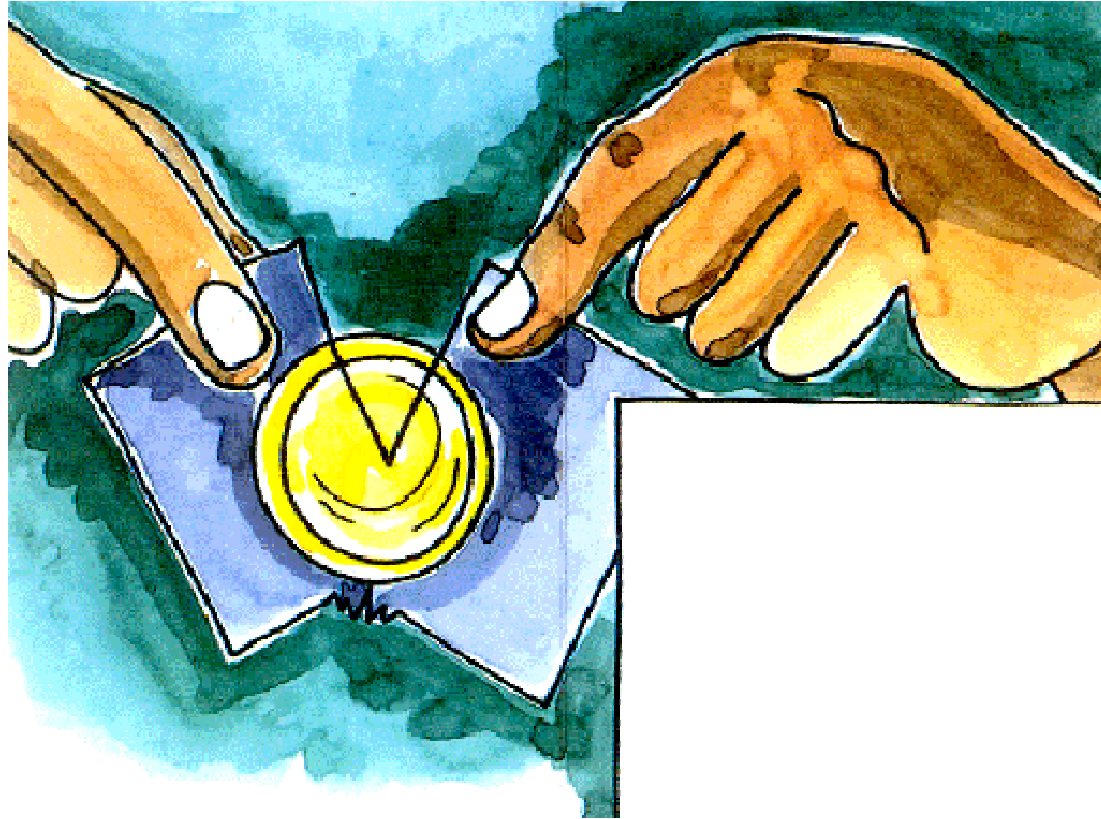


Note:

Condoms also prevent pregnancy



How to use a Condom?

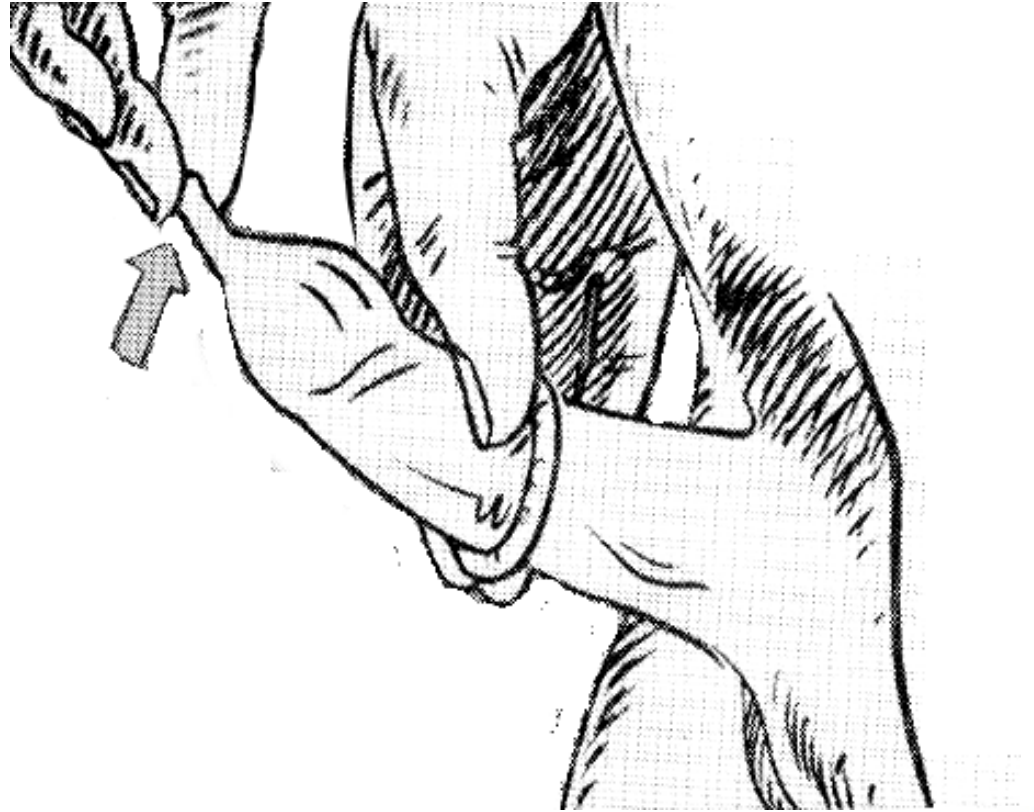


Never use teeth / sharp object
to take condom out of packet



How to use a Condom?

Squeeze the tip of the condom and put it on the erected penis



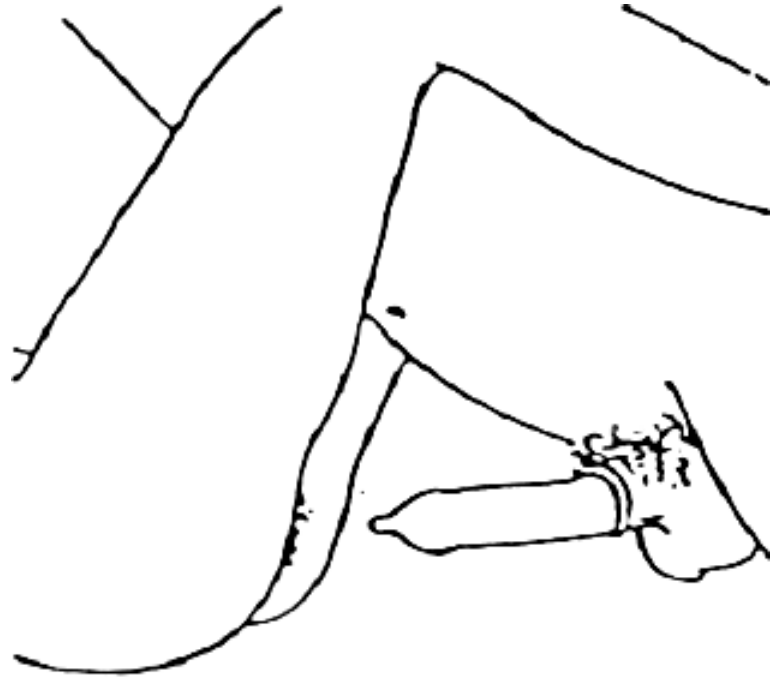
How to use a Condom?

Unroll the condom until it covers all of penis



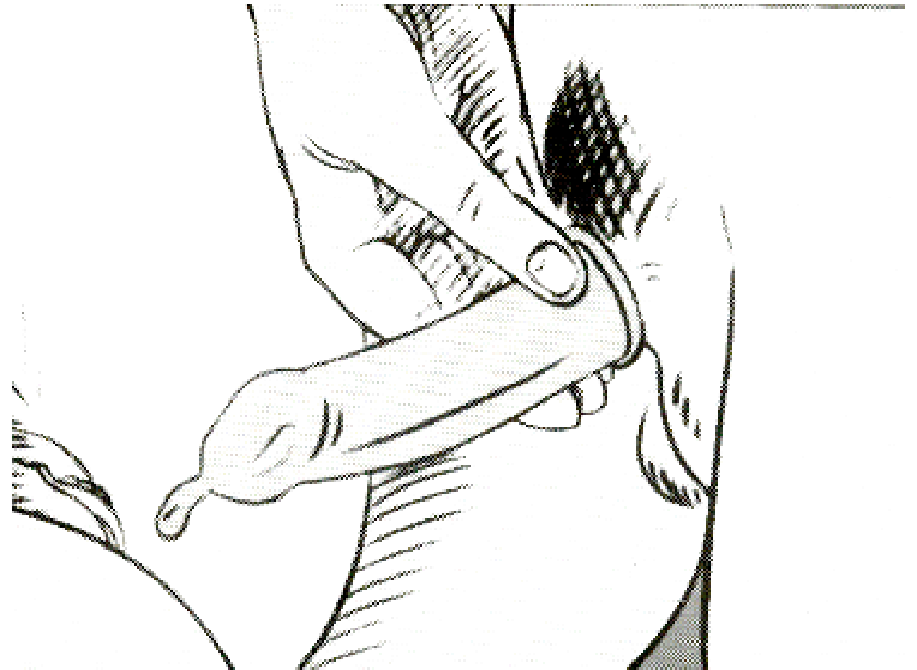
How to use a Condom?

Always put on a condom before entering partner



How to use a Condom?

After ejaculation
hold rim of the
condom and pull
penis out before
penis gets soft



How to use a Condom?

Slide condom
off without
spilling semen



How to use a Condom?

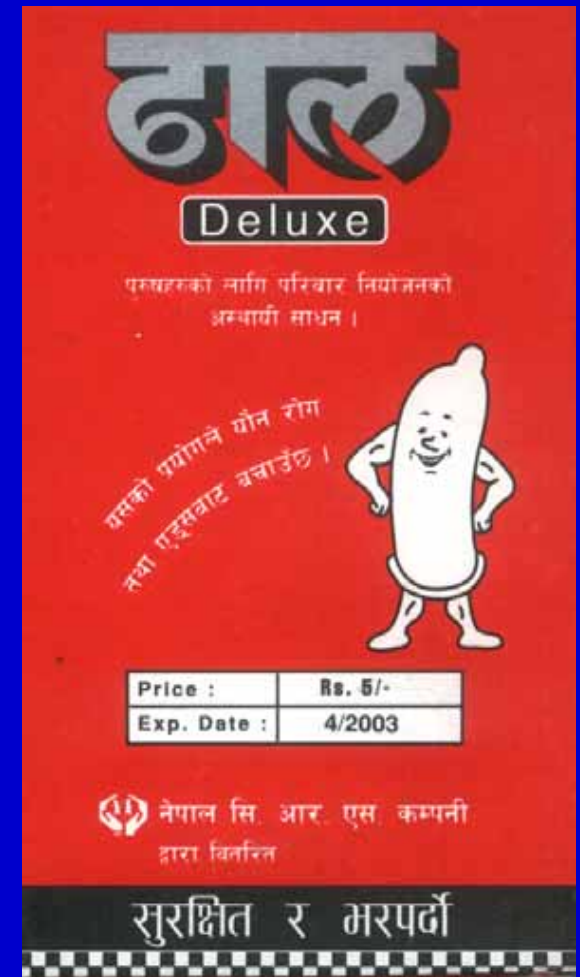
Tie and wrap the condom (in paper) then throw in a dust bin

Wash hands



Things to remember

- Use good quality condoms
- Avoid using condoms which are:
 - dry / brittle
 - sticky
 - discoloured
 - past their expiry date
- Store condoms in a cool, dry place out of direct sunlight



Things to remember

- Use a condom in every sexual contact
- Never reuse a condom
- Do not use grease, oils, lotions or vaseline
- Use glycerine if needed



The RED RIBBON stands for

- An international symbol of AIDS awareness
- A call to join the fight against AIDS
- Concerns and care about those living with HIV/ AIDS
- A tribute to millions of people who have died from AIDS





Thank You



Frequently Asked Questions

Can one get HIV through oral sex?

YES

Increased risks, when:

- there are wounds in mouth or throat
- partner ejaculates in mouth
- partner has sexually transmitted infection

How to prevent? Use a condom



Can one get HIV from vaginal sex?

YES

- Most common mode of HIV transmission

How to prevent? Use a condom



Can one get HIV from anal sex?

YES

HIV can enter through blood and sores

Increased risk for people with sexually transmitted infections

How to prevent? Use a condom



Can one get HIV from intense kissing?

YES

- Very low risk for HIV transmission, but HIV can pass through sores in the mouth

How to prevent?

Avoid intense kissing



Should an HIV infected mother breast feed her baby?

NO

if cow, buffalo or other milk is

- available
- affordable
- prepared safely



In any other case breast milk is best food for baby

Is there a link between HIV and Sexually Transmitted Infections?

YES

- 9 times higher risk of getting HIV
- HIV enters through sores / ulcers into the skin during sexual contact

How to prevent? Use a condom



Is injecting drugs a risk for HIV?

YES

- Intravenous drug users share needles and syringes
- HIV could be present in the blood
- Infected blood will be injected directly in the blood

How to prevent?

Avoid needle sharing



Sexually Transmitted Infections (STI)

- transmitted through sexual contact

Treatment:

- If treated properly: **CURABLE**
- If not, complications may develop:
 - abortion
 - HIV infection
 - infertility, etc.



Commonly found STIs in Nepal

Urethral discharge

- Discomfort on passing urine

Most common: **Gonorrhoea**



How to Prevent? Use a Condom



Commonly found STIs in Nepal

Vaginal discharge

- Itching
- Pain on intercourse



How to Prevent? Use a Condom



Commonly found STIs in Nepal

Genital ulcers

In men or women

- ulcers
- sores
- blisters

Most common: **Syphilis**

How to Prevent?

Use a Condom



Lower abdominal pain in women

If with:

- fever
- vaginal discharge
- pain on intercourse

always think of sexually transmitted infections

How to Prevent? Use a Condom



HIV testing facilities available in Nepal

All hospitals, nursing homes and private labs in Kathmandu

National Public Health Laboratory, Teku, Kathmandu

Red Cross blood banks (in 40 districts)

Regional Hospital, Pokhara

Regional laboratory, Pokhara



HIV testing facilities available in Nepal

Amda hospital, Jhapa

Biratnagar z. hospital

BPKIHS, Dharan

Janakpur z. hospital

Birganj hospital

Hetauda hospital

Bharatpur hospital

Lumbini z. hospital

Bheri z. hospital

Kanchanpur hospital

