



YOUNG
-TALK

**'ABSTINENCE IS THE
RIGHT PATH'**

-SAYS STUDENTS OF DANIEL
ACADEMY CHRISTIAN SCHOOL

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**AVOID
GETTING HIV**



**QUIZ – HOW CAN WE HELP A STUDENT WHO IS
HIV POSITIVE?
SEND YOUR RESPONSE TO +263777997774**

EDITOR'S VOICE-

Dear students protect yourself from HIV by abstinence, join good peer groups, and reject lifts and gifts from strangers. Stay safe and protected from HIV.

ABOUT HIV/AIDS

HIV stands for "Human Immunodeficiency Virus," which is a virus that attacks the immune system. There is currently no cure for HIV, but it is treatable and preventable. With treatment, a person living with HIV can live just as long as someone who does not have HIV. The only way to know if you are living with HIV is to get yourself tested.

What Is AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome, which is a diagnosis that can be caused by leaving HIV untreated. If left untreated, HIV usually causes AIDS within 7-10 years after becoming infected.

KEY MESSAGES

ABSTAIN-

This means not doing anything that can transmit HIV – such as having sex or sharing needles.

AVOID PEER GROUPS- It is important to associate yourself with good peers.

RESPECT YOURSELF- it is of paramount importance that you value yourself and live a life full of integrity and to appreciate self-worth.

AVOID LIFTS AND GIFTS FROM STRANGERS- it is a valuable and helpful principle to avoid receiving gifts from strangers.

"HIV does not make people dangerous to know. so you can shake their hands and give them a hug: Heaven knows they need it." – Princess Diana.

IF ONE IS HIV/AIDS POSITIVE...

The first thing you should know is that you are normal and that you are still awesome!

People living with HIV can live long and healthy lives with treatment, which should be started immediately. It is very important that you follow your treatment plan accordingly, and also that you tell your close family members so that they can get themselves tested and treated too if they are positive.



I CARE SO I SHARE CARES FOR CHILDREN AND VULNERABLE MEMBERS OF THE SOCIETY. LET US JOIN HANDS TO ENSURING THAT THE RIGHTS OF PEOPLE ARE REALISED AND TO ALLIVIAE HUMAN SUFFERING.



Common questions from students and answers;

Are HIV and AIDS the Same Thing?

No. HIV is a virus, while AIDS is a stage of advanced infection.

Can HIV Live Outside the Body?

Not for very long. Compared with other types of viruses, such as influenza or chicken pox, HIV is relatively fragile.

Which Activities Are Most Likely to Transmit HIV?

The three main routes of HIV infection is sex, and shared needles. Of these, unprotected anal sex poses the highest risk.

How Common Are False Negatives and False Positives?

Thanks to the use of next-generation technologies, the accuracy of HIV testing in healthcare settings has never been greater. Still, false positives and false negatives have been known to occur, albeit infrequently.

How Long Does It Take for HIV Symptoms to Appear?

An estimated 40 to 90 percent of newly infected people experience symptoms during the early (acute) stage of HIV infection.

How Long Can I Wait Before Starting Treatment?

Ideally, you shouldn't wait at all. In the past, doctors would delay treatment until a person's CD4 count fell below 500 largely because of concerns about the long-term effects of HIV treatment and the premature development of a drug-resistant virus — but that's no longer the case.

Just one small positive thought in the morning can change your whole day- let us do the right thing.

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