



Revised June/2010

Nursing Team

Special Preventive Program

Department of Health

BOK/AA4/10-02(E)HIV-EDU

Being HIV **Positive!**



**It's good to have someone
who understands and
listens.**



**How do you feel now?
Let's have a talk!**

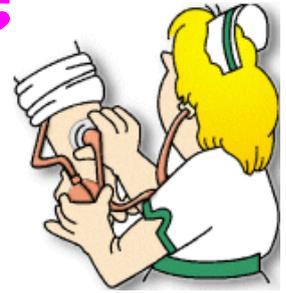


Who can help me?

- **Doctors**
- **Nurses**
- **Nurse counsellors**
- **Medical social workers**
- **Non-government organizations**
- **Peer groups**



Services of the clinic



- Confidentiality
- Medical treatment
- Health monitoring
- Counselling service
- Telephone counseling



Other support service

- Medical social service
- Health education resources
- Peer support groups

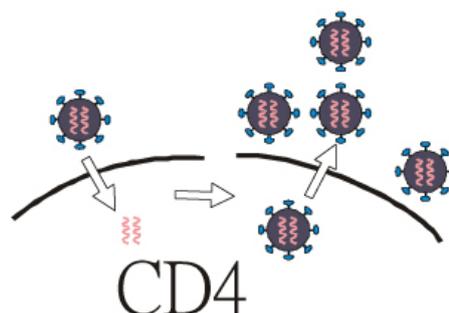


What is HIV?



HIV - **H**uman **I**mmunodeficiency **V**irus
AIDS - **A**cquired **I**mmune **D**eficiency
Syndrome

HIV is a virus which attacks your immune system particularly destroys CD4 cells



What is the meaning of being positive?



- **HIV antibody test result is positive**
- **You are infected with HIV**
- **You also have AIDS if you have developed an AIDS defining illness**
- **If you did not receive any proper drug treatment, 50% HIV carrier will become AIDS patients within 10 years.**



Transmission media

Some body fluids contain sufficient HIV that will cause infections, such as:-

- **Blood**
- **Semen and seminal fluid**
- **Vaginal fluid**

Only minimal amount of HIV exists in:

- **Sweat, urine**
- **Tears**
- **Saliva**

How did I get infected?

1. Sexual Contact

- Anal
- Vaginal
- Oral



2. Blood Contact

- Blood and blood products transfusion
- Sharing needles and apparatus



3. Mother to child Transmission

- During delivery
- Breast-feeding
- In utero (rare)



You cannot get HIV from casual body contact.

- Handshake or hugging
- Swimming together
- Insect bites
- Food sharing
- Working together
- Coughing and sneezing
- Water faucet
- Toilet seat



How does HIV affect my health?



3 stages of HIV infection

Stage I: Asymptomatic illness

Where people remain well for a number of years (no symptoms)

Stage II: Symptomatic illness

Mild symptoms such as lack of energy & night sweat, fever, weight loss, tiredness



Stage III: Advanced illness

developed more severe symptoms or even opportunistic infections, immune system was destroyed.



How to monitor the health?

Health monitoring by blood test



1. CD4 cell count:-

- To reflect your immune system

2. Viral load measurement:-

- To show the amount of HIV in your blood
- Results of these blood tests facilitate the treatment plan
- Usually done every 3-4 months



What treatments are available in HK ?



Antiretroviral drugs includes:

A. Nucleoside/Nucleotide Reverse Transcriptase

Inhibitors (NRTI)

B. Non-Nucleoside Reverse Transcriptase

Inhibitors (NNRTI)

C. Protease Inhibitors (PI)

D. Entry Inhibitor

1. Fusion Inhibitor

2. Co-receptor antagonist/inhibitor

E. Integrase Inhibitor

Effects of antiretroviral therapy

- Suppress HIV replication
- Delay disease progression
- Enable our immune system to recover



Who should I tell?

- **Think first!**
- **Ask yourself who needs to know**
- **Discuss with nurse counsellor whether it is suitable moment for you to disclose HIV status**



**What about my life
in the future?**



Can I still have sex?



Practise safer or protected sex:-

- Proper use of condom
- Adopt non-invasive sexual contact e.g. hugging, kissing, masturbation.
- If your partner also has HIV infection, using a condom can reduce the risk of suprainfection of a mutated HIV strain and other STI



Can I have babies?

If you and your spouse want to get pregnant, you should consider the following : -

1. Your health
2. Possibility of transmitting the virus to your partner and the baby if your spouse is HIV-ve
3. Child care arrangement
4. Prophylaxis treatment to reduce the chances of infecting baby
5. Discuss with your doctor and nurse counselor



Take care of your health



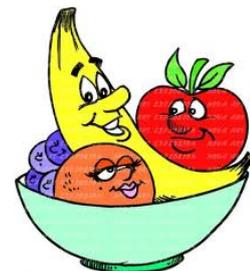
Get plenty of rest



Regular Exercise



Healthy Eating



Healthy eating



圖片來源：enafs.ifas.ufl.edu

Ideal intake

1. Milk
1-2 glasses
2. Fruit
2 per day
3. Carbohydrates
6-11 servings
4. Meat, fish, egg and beans
160gm-240gm
5. Vegetables
5 servings
6. Water
240ml x 6



EATING
DEFENSIVELY



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1.



Boil water
Before drinking

2.



Cook food properly
Reheat leftovers
thoroughly

3.



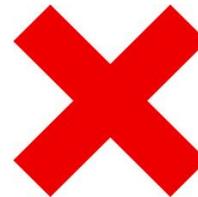
ALL fruit should be
peeled

4.



Wash hands thoroughly
before handling food and
eating

**Boil it, cook it,
peel it, or forget it**



1.



Unboiled water



Beverages with ice made
by unboiled water

2.



Raw meat & poultry
Raw eggs
Sushi, sashimi
Raw shellfish,
osysters



3.



Cut-Opened Fruit

4.



Unclean utensils and
contaminated food

Follow up Schedule

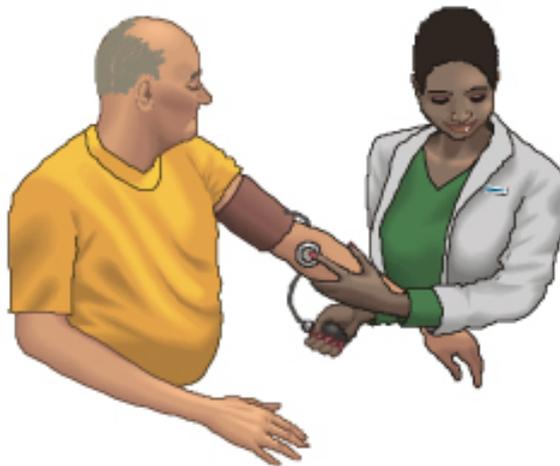


Regular follow up

- on treatment: every 2 – 4 weekly
- not on treatment: every 3-4 months

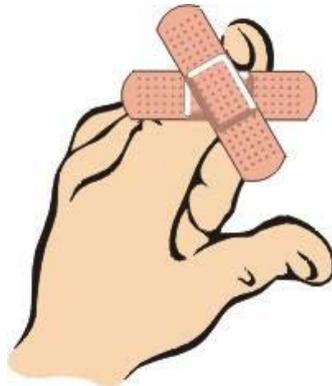
Regular blood testing of CD4 and viral load

- test every 3- 4 months



Special Precaution

- Cover wound with dressing
- Avoid sharing of personal objects e.g. toothbrush
- Blood contaminated clothing and material should be properly disinfected



Pets (Dog & Cats)

1. **Strengthen personal hygiene, wash your hands after touching pets to reduce the risk of getting infectious disease from them.**



2. **Always keep your pets clean, wear gloves to clean up stool from the pets.**



3. **De-worm your pets & keep up with vaccination schedules**



Give yourself time

**It's common to feel afraid, angry,
lonely and depressed**

- **Talk about your feelings with people
you trust**
- **Build up good relationship with
your health-care provider**
- **Learn more about your health and
treatment**



Remember you're not alone!



For more support and information

- **Medical Social service** **2116 2878**
21170810
- **AIDS Concern** **2898 4411**
- **Hong Kong AIDS Foundation** **2560 8528**
- **The Society for AIDS Care** **2559 2006**
- **Social Welfare Department** **2343 2255**
and Hotline
- **Labour Department** **2591 1318**