

## **HIV/AIDS AWARENESS IN POLICE**

What is AIDS ?

AIDS is a life threatening disease. It is caused by a virus called HIV

There is no cure or vaccination available for HIV/AIDS

HIV can only be prevented - so we should know it spreads

The virus decreases the capacity of the body to fight infections, making the body prone to many diseases. The most commonly occurring disease is TB. Most people living with HIV remain without signs and symptoms of the disease for several years and may not know that they are infected. They look perfectly normal. However, they can still transmit the virus to others.

What are the main ways HIV spreads ?

Through unprotected sexual intercourse, with infected women or men.

Through transfusion of untested HIV positive blood

By sharing HIV infected needles and syringes

From HIV positive mother to her child, during pregnancy, labour and delivery, or after birth, through breastfeeding. BUT if medicines are given in time, HIV positive parents can have HIV negative children. HIV positive parents should consult a doctor when planning to have a child. As one may have got HIV unknowingly e.g. through contact with infected blood, couples planning to have a child should get themselves tested for HIV anyway.

HIV/AIDS does not get spread by :

Shaking hands, touching or hugging

Sharing water or food with a HIV positive person

Kissing

Saliva

Mosquito bites

Working or living with a HIV positive person

Sharing toilet eat

### Symptoms of HIV/AIDS :

Symptoms can vary and may not occur on infection to HIV. Most AIDS symptoms develop approximately eight to ten years after initial infection in people who do not receive Anti Retroviral Therapy (ART). The only way to know whether a person is HIV infected is by having a blood test.

### Care and Support :

An "HIV positive" result is not the end of the world. Those who are HIV positive are now able to live with the disease, healthily and productively for several years.

Testing should be accompanied with both pre test and post test counseling which will help to mentally prepare for the test and the result and to guide on what to do after the test result is declared.

The patient and his family should be counseled in order to prevent further transmission

Patient should eat nutritious diet and maintain good hygiene

Protect his partner by always using condoms and do not share needles but destroy them immediately after use.

Insert Pict-1 Hiv1	Insert Pict-2 Hiv2
Insert Pict-3 Hiv3	Insert Pict-4 Hiv4
Insert Pict-5 Hiv5	Insert Pict-6 Hiv6
Insert Pict-7 Hiv7	Pict-8 Hiv logo & hiv testing