

RESPECT

Love. Life. Others.



CARING FOR SOMEONE LIVING WITH HIV OR AIDS

How do I care for someone living with HIV or AIDS?

People who are infected with HIV need support from their friends, families and the community, especially when they are ill. Remember, anybody can be infected with HIV. It does not discriminate.

It is very possible for someone with HIV to live a long and healthy life.

As a friend or family member, you can help a person living with HIV by being supportive and caring. This can help improve the person's quality of life.

How can I help someone living with HIV or AIDS?

- ✓ Show love, respect and support. Many people with HIV feel scared and isolated. How would you feel in their position?
- ✓ Encourage people living with HIV or AIDS to get treatment if they are sick. Most infections, including TB, are easily treated and cured, even if a person is HIV positive.
- ✓ Keep the home and especially the cooking area clean, and free from germs.
- ✓ Help provide balanced and nutritious meals. Vary the foods day to day.
- ✓ Help reduce stress and stressful situations in their life.
- ✓ Know the facts about HIV and AIDS and talk openly about them with your family, friends and colleagues.

Will I get HIV if I help care for a person living with HIV and AIDS?

Friends, family members and caregivers sometimes worry that they might get infected when caring for a person with HIV. You should know that HIV cannot be passed on by touching, hugging, coughing, or sharing eating utensils. HIV is **ONLY** spread through contact with infected blood or bodily fluids.

As a caregiver what do I need to know?

As a caregiver, you may have to clean up bodily fluids or blood. It is important to use rubber or plastic gloves or if you don't have those you can use a plastic bag or thick cloth to prevent direct contact with infected blood or bodily fluids. You should try to find out as much as you can about HIV and AIDS.

My brother told me he has HIV but he is a long-distance taxi driver and is often away for long periods of time, how can I support him?

For someone who is frequently away from home for long periods it can be difficult to ensure that they live healthily and have access to support and treatment. You can support him by:

- ✓ Finding out as much as you can about HIV and AIDS and talking openly about the disease.
- ✓ Treating him with respect.
- ✓ Finding out about support groups and other services in the area that he can go to for support.
- ✓ Encouraging him to get treatment if he is sick and go with him when he visits the clinic.
- ✓ Encourage him to talk about HIV and AIDS.

I am looking after my daughter who is HIV+. Who can I go to when I need support?

VCT centres offer support and counseling for families and friends of people living with HIV. Visit them and see if they have a support group you can join or if they can link you with people in your area that can help you.