



**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!**

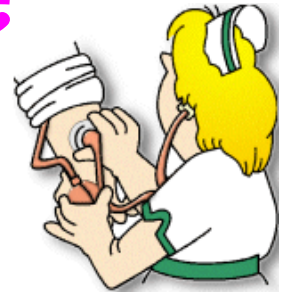


# Who can help me?

- **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**

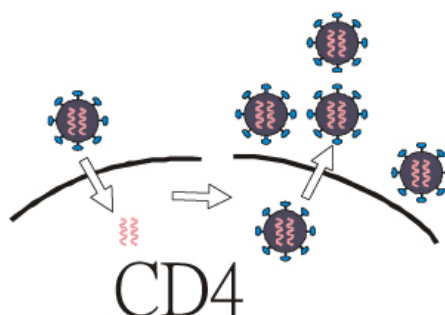


# What is HIV?



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

**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



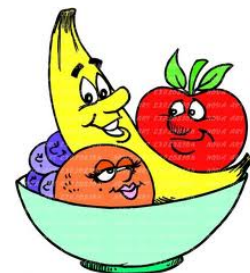
Get plenty of rest



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



© www.ClipProject.info

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

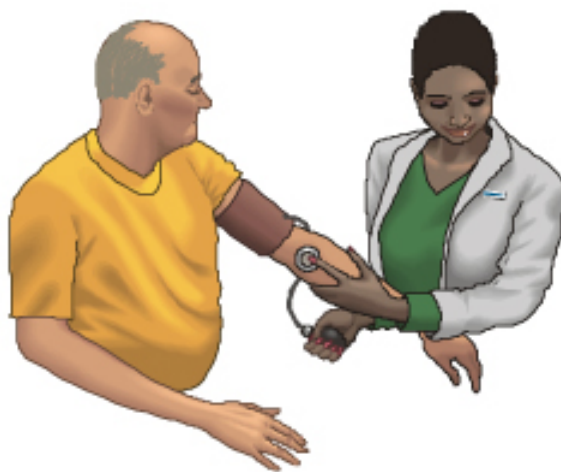


## Regular follow up

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

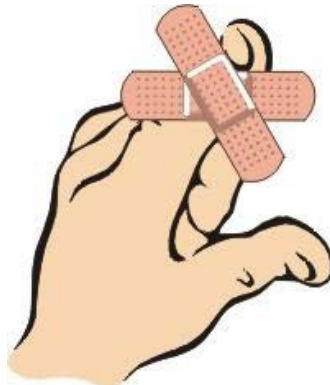
## Regular blood testing of CD4 and viral load

- 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**