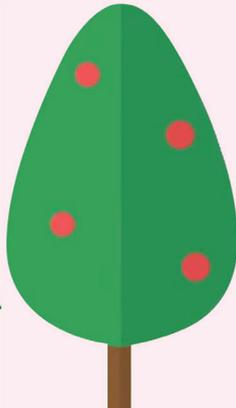
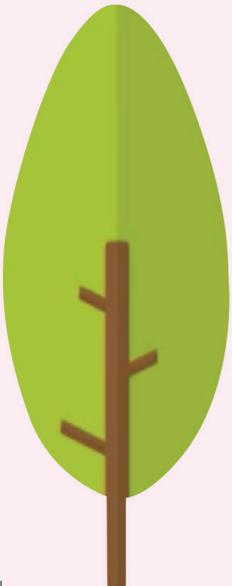


ENGLISH

TALKING ABOUT COVID-19, HIV AND ARVS





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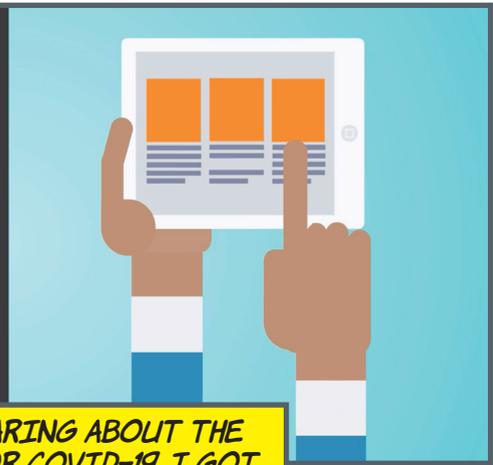
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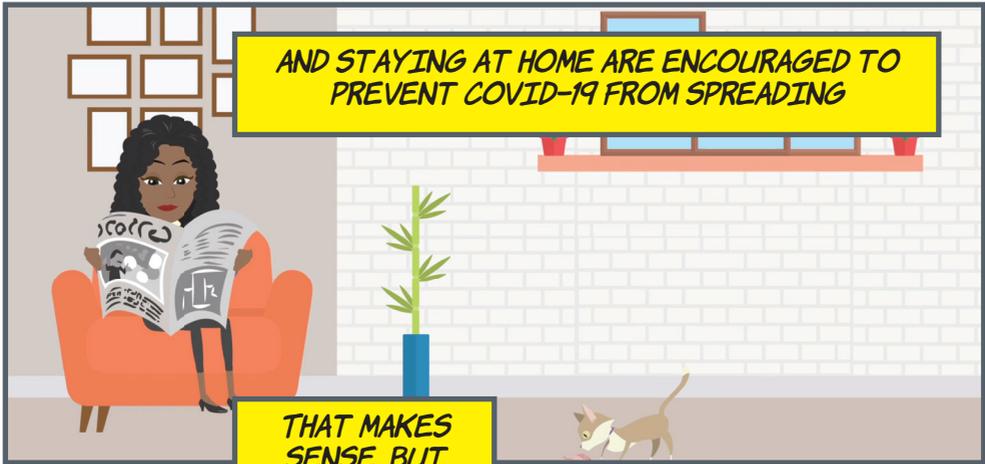
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WHEN I STARTED HEARING ABOUT THE NEW CORONAVIRUS, OR COVID-19, I GOT VERY WORRIED GIVEN MY STATUS





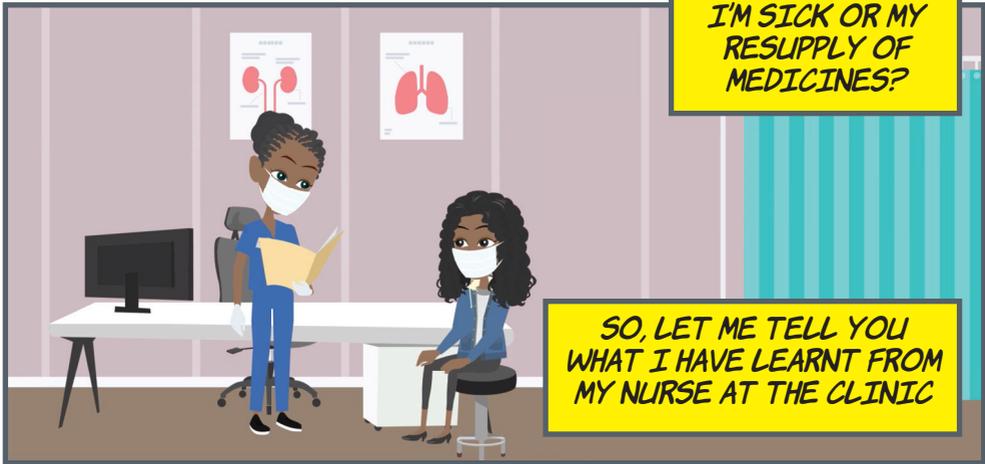
AND STAYING AT HOME ARE ENCOURAGED TO PREVENT COVID-19 FROM SPREADING



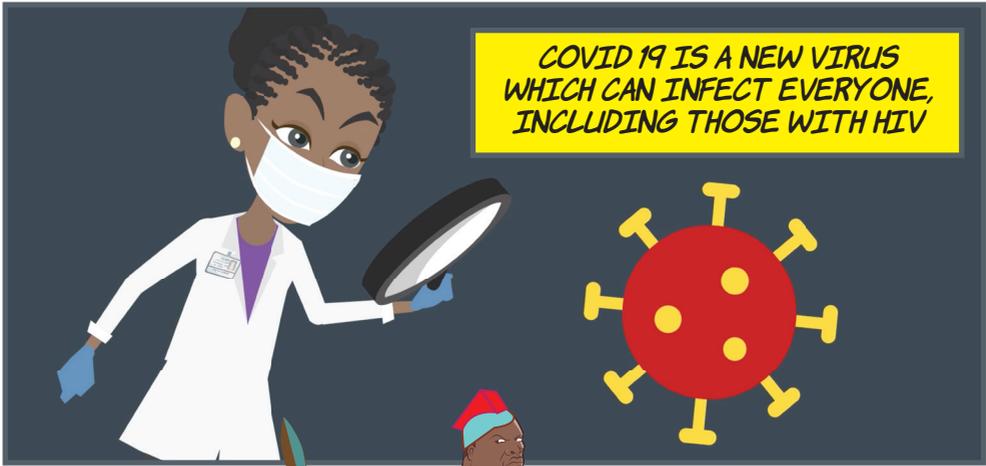
THAT MAKES SENSE, BUT WHAT DOES THAT MEAN FOR ME, MY HIV-POSITIVE STATUS AND TAKING MY MEDICATIONS?

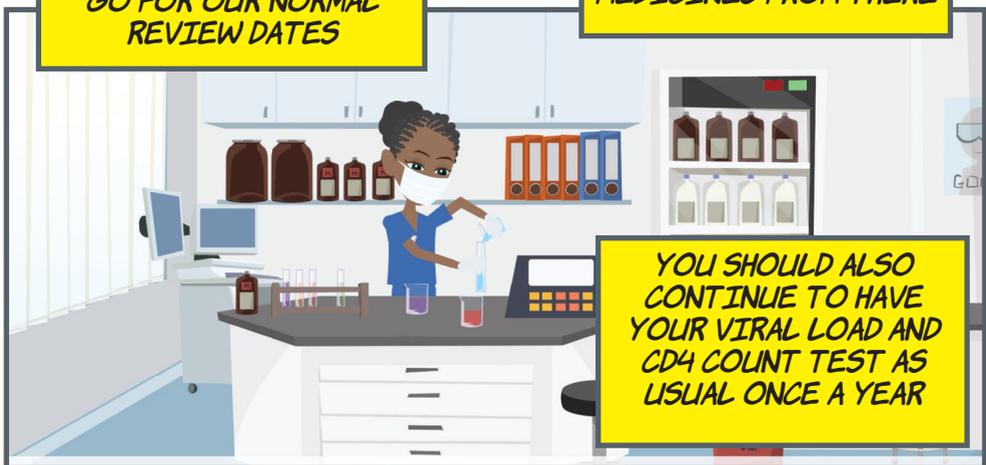
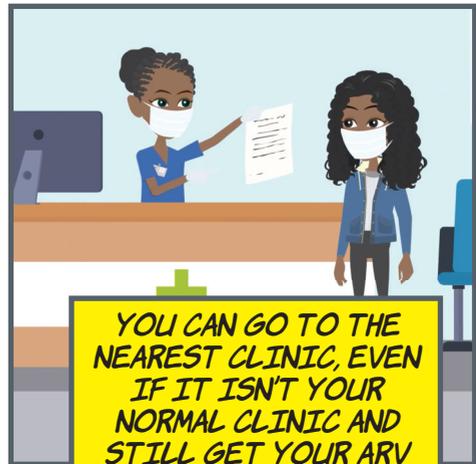
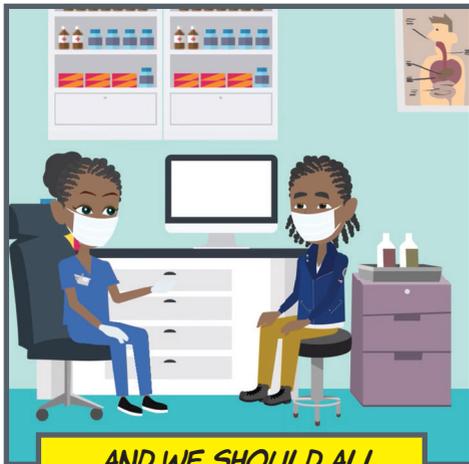


WILL I BE ABLE TO KEEP HEALTHY AND ALSO GO TO MY CLINIC WHEN I'M SICK OR MY RESUPPLY OF MEDICINES?



SO, LET ME TELL YOU WHAT I HAVE LEARNT FROM MY NURSE AT THE CLINIC







IF YOU CAN IT IS BEST FOR YOU OR AN ADULT TO CONTACT THE HEALTH FACILITY BY PHONE FIRST TO MAKE AN APPOINTMENT AND FOR ANY ENQUIRIES



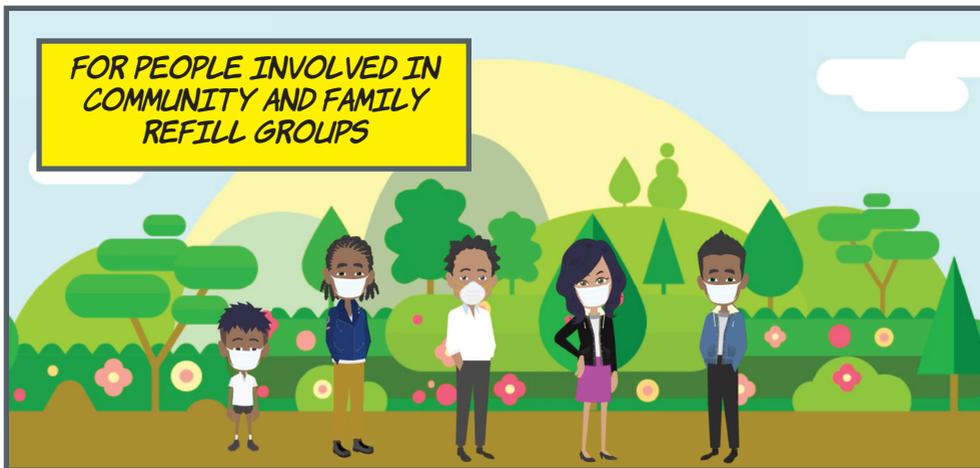
AT THE CLINIC WE ARE NOT SUPPOSED TO BE IN CROWDS OR SIT IN GROUPS. WE SHOULD KEEP 1 METRE APART AND LISTEN TO INSTRUCTIONS GIVEN BY THE NURSES.



WHEN WE MEET FRIENDS, LET'S TRY TO TO GREET THEM WITH A WAVE AND AVOID HANDSHAKES OR HUGS



I WAS GIVEN THREE MONTHS SUPPLY OF ARVS SO I DON'T HAVE TO GO TO THE CLINIC SO OFTEN. PEOPLE TAKING MEDICATIONS FOR TB, DIABETES, HYPERTENSION, FAMILY PLANNING OR OTHER HEALTH CONDITIONS MUST CONTINUE THEIR TREATMENT



FOR PEOPLE INVOLVED IN COMMUNITY AND FAMILY REFILL GROUPS



ONE PERSON FROM THE GROUP SHOULD COLLECT THE ARVS FROM THE CLINIC

THEN DELIVER DOOR-TO-DOOR FOR EVERYONE IN THE GROUP



I ASKED MY NURSE WHAT WILL HAPPEN IF I HAVE COVID-19 WHEN I'M ALSO HIV-POSITIVE, AND WHETHER I WOULD GET MORE SICK?



SHE SAID THAT WE DO NOT KNOW YET, BUT IT IS POSSIBLE TO GET MORE SICK, ESPECIALLY IF YOU HAVE A WEAK IMMUNE SYSTEM OR IF YOU HAVE TB



I THEREFORE NEED TO MAKE SURE THAT I ADHERE TO MY MEDICINES EVERYDAY, KEEP HEALTHY AND ALSO KEEP A POSITIVE MINDSET



I FELT SO MUCH BETTER WHEN I LEFT THE CLINIC AS I KNEW THAT I HAD EVERYTHING I NEEDED TO STAY HEALTHY AND SAFE



SO, MAKE SURE YOU COLLECT YOUR MEDICATIONS AND STAY HEALTHY

