

We have also made it possible for a quick and easy option to pick up your medication so that you can avoid long lines at the clinic. This service is called CCMDD. The CCMDD service offers a simple, fast and efficient service where eligible patients can now collect their diabetes, hypertension, ARVs and other chronic medication for free from a convenient pick-up point like Dis-Chem, Clicks, Pick n Pay – saving you time, reducing your transport costs, and ensuring that you have the stocks you need to maintain your treatment programme. Ask your nurse about registering for the CCMDD service.

The 'Zenzele Living with HIV' publication range includes the following brochures:

	1 TREATMENT	
	2 DISCLOSURE	
	3 ADHERENCE	
	4 PMTCT	
	5 LOVE AND SEX	
	6 NUTRITION AND LIFESTYLE	
	7 ADOLESCENTS AND HIV	
	8 AGEING WITH HIV	
	9 UNDERSTANDING TB	
	10 WELCOME BACK	

FINDING HELP AND SUPPORT

If you are living with HIV, you are not alone. You can get the help and support when you need it.

AIDS Helpline 0800 012 322
Gender-based Violence Command Centre 0800 428 428
Lifeline Counselling Line 0861 322 322
Suicide Crisis Line 0800 567 567
Childline (under 17) 0800 055 555
Substance Abuse Line 0800 12 13 14
Momconnect *134*550#

You can find more information on living with HIV in other brochures in the Zenzele series.



WELCOME BACK

Start ARVs today

10 START TREATMENT, STAY ON TREATMENT



Adhere to ARVs

YOU HAVE BEEN DIAGNOSED WITH HIV WHERE DO YOU GO FROM HERE?

THIS PROVIDES REASONS TO START ARV TREATMENT IMMEDIATELY; RETURN TO CARE IF YOU HAVE STOPPED; AND STAY ON TREATMENT

GOOD NEWS FOR ANYONE LIVING WITH HIV!

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The most important thing is you must stick to treatment. Adhere to treatment. The treatment is one thing that can help you to live longer and is the only thing that can stop the virus to multiply. If you take the treatment accordingly, you will also see the difference in your life; even other people won't believe that you are positive.

LIVE LONG

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Bheki Mazibuko





WELCOME BACK

We will welcome you back to treatment with open arms. Clinic staff may shout at you if you stop treatment because they are concerned about your health; nothing personal. We are here to support you so that you can look after your health.

DON'T DELAY – COME BACK TODAY

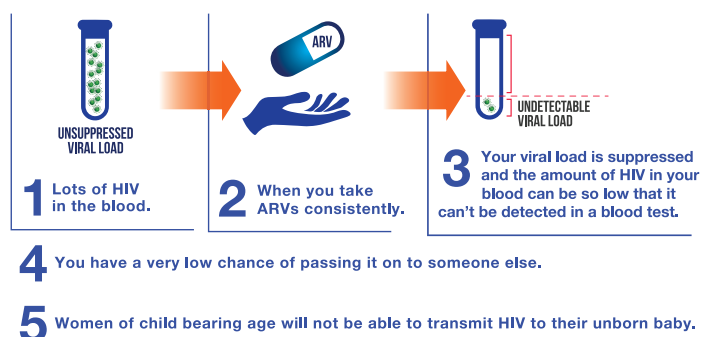


RETURN TO CARE:

Return to care because taking Antiretroviral treatment (ART) means that people living with HIV can live long and healthy lives.

- ART stops HIV from making copies of itself. This keeps the amount of virus in your body low, protecting your immune system - the part of your body that protects you from other infections.
- Without treatment HIV attacks the immune system
- If you take your treatment properly, you can achieve viral load suppression, which means that there is so little virus in your blood that it has become undetectable. This does NOT mean that HIV is cured, just that there is very little of it in your blood.
- If the virus is undetectable, you cannot transmit HIV to another person.
- Undetectable means Untransmittable or U=U

If you want to achieve viral load suppression and get to U=U. Come to your nearest clinic and talk to us.



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I was introduced to a programme where I should go into the community to encourage them to take their treatment. After a training I felt guilty because I don't take my treatment regularly, I had stopped my treatment. I decided to go the healthcare facility and I spoke to the nurse; I disclosed my status. I was introduced to TLD, so since I started treatment in February this year, it has been five months now. There are no side-effects and my viral load is suppressed. I take treatment regularly and I am more healthy.

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Millicent Sebotsa



This is REALLY good news, because you have a very low risk of developing diseases like TB, and you will not transmit HIV to a sexual partner.

REMEMBER:

- Even if you are virally suppressed, HIV is still in your blood
- For ARVs to be effective you need to take it as prescribed, which means that you never miss a dose and you take your ARVs at the same time every day.
- Your viral load can change, and you should have a viral load test as advised by your healthcare worker.
- Go for clinic visits as advised by your healthcare worker.
- Avoid taking other medication that might interfere with ARVs. This includes traditional medicine, immune boosters, recreational drugs, or alcohol. Talk to a health care worker about any medicines you want to take.



WHAT TO EXPECT WHEN RETURNING TO CARE:

1. A health professional will assess your condition, collect your information, and explain the way forward.
2. The health professional will engage with you thoroughly, to determine your reasons for stopping ARVs, and also do a full medical check-up.
3. The health professional will give you adherence counseling and prescribe ARVs as necessary
4. You will have to come back to the clinic as prescribed by the health professional. If you have stayed on your ARVs the health professional will do a medical check and a viral load test to check that the treatment is working effectively. If your viral load is suppressed, you will be offered the chance to receive 3-6 months supply of medication at a time and at any external pick-up-point of your choice.

NEW COMBINATION THERAPY MEDICATION AVAILABLE:

South Africa has introduced a new state-of-the art ARV, known as TLD, which stands for Tenofovir, Lamivudine and Dolutegravir. Three existing ARV drugs that have been combined into a really impressive new treatment.

TLD is great because:

- The pill is small and easy to take
 - It has few side effects
 - It provides rapid viral suppression
 - It can be taken for a long time without developing resistance
- Are you interested in starting TLD? Come to your nearest clinic and talk to us.*



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I remember bursting out and crying, and saying I need my ARVs otherwise I am going to die. I haven't had them for seven days, and no one knew I had this extra medicine I had to take. That was the first time I voiced it...After that things changed, and they changed for the better.

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Dorian Basson