

THEME 3

# Preventing Infection and Staying Healthy



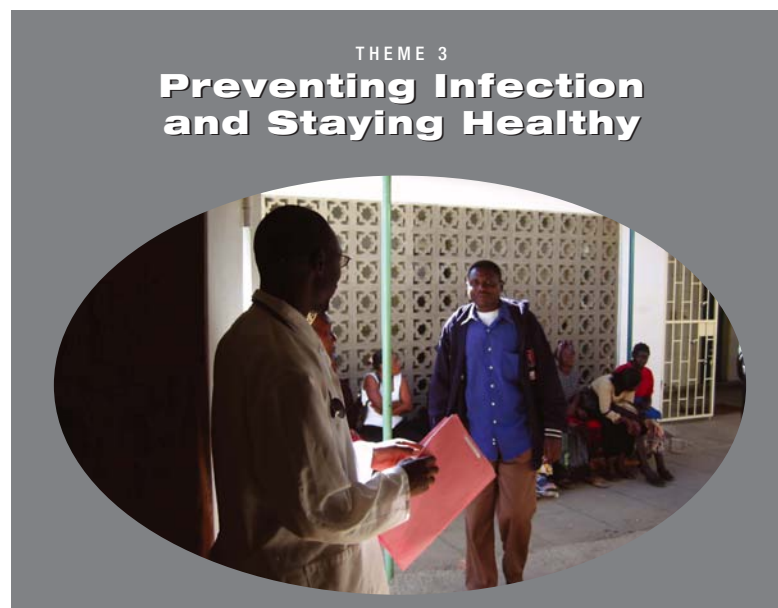
# Preventing Infection and Staying Healthy

## ASK CLIENT

- What is happening in this picture?
- Why visit a health facility regularly?
- What can be done at home and in the kitchen to keep from getting sick?

## EXPLAIN

- People with HIV are more vulnerable to other diseases
- Avoid getting sick from an unclean house by keeping it tidy
- Infections can cause loss of appetite, vomiting, and diarrhoea, which reduce food intake
- Infections increase the nutritional needs of the body
- Regular check-ups can identify hidden sicknesses that can be treated
- Do not wait to seek treatment when sick
- Get better faster by getting treatment right away



# Keep Surroundings Clean



# Keep Surroundings Clean

## ASK CLIENT

- What do you see in these pictures?
- Why should you keep the area around your house clean?
- What can you do to keep your surroundings clean?

## EXPLAIN

- People with HIV and AIDS are more vulnerable to getting sick
- Keeping your surroundings clean reduces the chances of getting sick
- Keep toilets cleaned and covered to help keep out insects and animals
- Wash hands with soap and water after using the toilet, cleaning a baby, and before preparing food or eating
- Keep animals penned and away from the cooking area where they can get into food and make you sick
- Clean up puddles of water in and around the home
- Keep mats clean and cover sleeping mats with a washable fabric
- Sweep your surroundings often, inside and out
- Place garbage in a covered container or plastic bag until disposing of it
- Dispose of garbage away from the house and far away from the water source
- Bury garbage in compost heap (a hole in the ground)

### Keep Surroundings Clean



# Practice Good Food Hygiene



# Practice Good Food Hygiene

## ASK CLIENT

- What is happening in these pictures?
- Why keep your food preparation area clean?
- What can be done to keep your food preparation area clean?

## EXPLAIN

- People with HIV and AIDS are more vulnerable to sicknesses like diarrhoea
- Wash hands thoroughly with water and soap or ash before and after handling, preparing, and eating foods and air dry hands
- Wash your food preparation area daily with soap or bleach if possible
- Clean cooking and drinking water by bringing it to a rolling boil
- Cover clean water to keep it clean
- Chlorine drops like Clorin can also be used to clean water, but must be prepared according to instructions
- Don't let cooked food sit for more than 2 hours: thoroughly reheat any foods before eating
- Avoid eating spoiled food and uncooked eggs, fish, and meat
- Wash fruits and vegetables with clean water before eating, cooking, and serving
- Wash dishes and pots with soap, and store in a clean, covered place
- Keep wells and any water storage container covered and protected from insects and animals

Practice Good Food Hygiene



# Get Regular Check-ups



# Get Regular Check-ups

## ASK CLIENT

- What is happening in these pictures?
- Why should you see a health care provider regularly?
- Why do people sick from AIDS wait too long before seeing a health care provider?

## EXPLAIN

- Get weighed regularly to ensure you are not losing weight
- Have your CD4 count checked at least every 6 months
- Benefit from clinic services such as ARVs, tuberculosis treatment, deworming, and micronutrient supplements
- Ask if food supplements are available for people with HIV and AIDS
- Get medical help if getting weaker or feeling sick
- Have family or friends take you to the clinic
- It makes it harder to get better if you wait too long before getting medical help
- It may cost more for treatment and medicines if you wait too long

