

Are you taking ARVs?

Continue taking your medications as advised by your health worker, even if you have vomiting, diarrhea, and loss of appetite. Follow the instructions below for each ARV you are taking:

- **Ziduvodine:** Take 1 hour before breakfast or dinner. If you experience side effects, take with food, but no fat or oil.
- **Nevirapine:** Take with or without food.
- **Lamivudine:** Take with or without food.
- **Efavirenz:** Take with or without food. Do NOT take with foods with too much fat or oil.
- **Stavudine:** Take with or without food.

If you have diarrhoea:

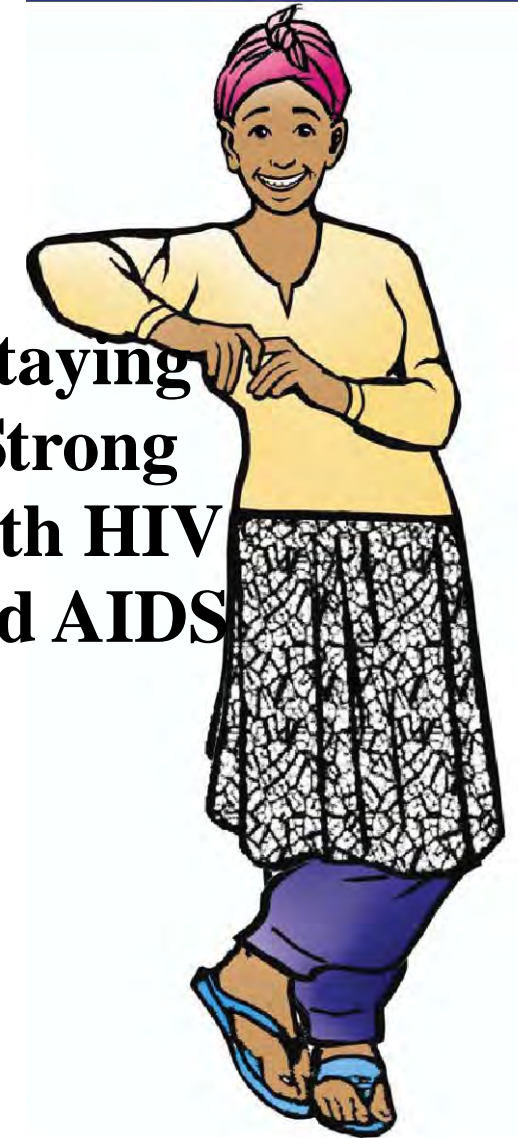
- Drink 1 full glass of oral rehydration solution (ORS). You can make ORS by adding 1 pinch salt and ½ teaspoon sugar to 1 glass of clean, boiled water or water treated with WuhaAgar or PUR®.
- Mash your food to make it easy to chew and swallow.

Have you been given food supplements?

- Follow the **Seven Ways to Stay Strong if You Are HIV Positive**.
- Eat the food supplements at the times your health worker recommends and in the amounts your health worker recommends.
- The foods are like medicine—do not share them with other people in your house.
- Prepare the foods as the health worker instructed.
- Attend the clinic every month to be weighed and checked for any other needed assessments.
- Use available money to buy nutritious and energy-rich foods.
- Get dewormed every 6 months (twice a year)



**Staying
Strong
with HIV
and AIDS**



**Seven Ways to Stay Strong
if You Are HIV Positive**



Get weighed regularly.

- Periodic weighing helps you track your nutrition and health status and take action early.
- Seek clinical care if you unintentionally lose 5–10 kg of weight in 2–3 months.



1

Eat more and different foods.

- Eat three meals every day, with at least two snacks between meals.
- Eat plenty of vegetables.
- Eat fruits such as papaya, avocados, and mangoes.



2

Practice good hygiene.

- Wash your hands with soap and flowing water after using the toilet or helping children using the toilet and before eating or preparing food.
- Keep food and water in clean, covered



3

Drink plenty of boiled or treated water.

- Drink at least 8 glasses of cool, boiled, or treated water every day.
- To make water safe to drink, bring it to a rolling boil or use water treatment products such as WuhaAgar or PUR®.
- Store boiled or treated water in a clean storage container with a narrow mouth and a lid to prevent recontamination.



4

Maintain a healthy lifestyle.

- See a health worker to check your weight once a month if you have HIV-related symptoms and every 3 months if you don't.
- Do not drink alcohol or chew khat when taking ARVs.
- Get regular exercise such as walking, jogging, or gardening to improve blood circulation, stimulate appetite, reduce fat, and maintain muscle tone.



5

Take care of yourself when you are sick.

- Continue eating and taking your medicines, even if you do not feel like it.
- See a health worker immediately for treatment of illness and infections.
- For mouth sores, eat soft mashed foods, avoid sugar and spices, and clean your mouth with cotton and salt water.
- For diarrhea, drink more fluids, take ORS, and try to keep eating.



6

Take medicines and food as your health worker advises.

- Take your food and medicines according to the schedule recommended by your health worker.
- Tell a health worker if you are taking any supplements, home therapies, or herbs, because these may reduce the effectiveness of ARVs.
- Tell a health worker about all symptoms that you think are related to the medicines you are taking.



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