

Staying strong with HIV/AIDS

Seven ways to maintain Strength if you are
HIV-positive



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How to Use the Flipchart

- Use in individual or group counseling.
- Counsel all HIV-positive clients on the **Seven Ways to Stay Strong if You Are HIV Positive**.
- Counsel clients taking food supplements by using counseling cards specifically for this group.

Tips for Conducting Sessions

- Greet the client.
- Listen attentively and maintain eye contact.
- Ask questions in ways that encourage clients to talk about themselves.
- In group sessions, invite different people to talk, including quiet people.
- Be empathetic; imagine yourself in the client's position so s/he knows you understand.
- Indicate that clients may have difficulty following all the recommendations but that you are there to provide support.
- Encourage clients to ask questions and share their own experience.

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SEVEN WAYS TO STAY STRONG IF YOU ARE HIV POSITIVE

1. See a health worker for periodic nutrition assessment (especially weight).
2. Eat more and different kinds of foods.
3. Maintain a high level of hygiene and sanitation.
4. Drink plenty of clean, safe (boiled or treated) water.
5. Maintain a healthy lifestyle.
6. Seek early treatment for infections and manage symptoms through diet.
7. Take medicines as advised by your health worker and manage food and drug interactions and side effects.

1. ክብደትዎን በየጊዜው ለመከታተል የጤና ባለሙያን ያማከሩ



1. Get weighed regularly.

EXPLAIN:

- Getting weighed regularly helps you track your nutrition and health status and take action early.
- If you have HIV-related symptoms, get weighed every month by a health worker.
- If you do not have HIV-related symptoms, get weighed at least every 3 months.
- Keep a record of your weight in a book or on a weight chart.
- Unintentional weight loss may mean poor health and lead to hospitalization.
- If you lose more than 5–10 kg in 2–3 months, either your health or eating habits are inadequate to maintain your weight or your HIV is progressing quickly to AIDS.
- Seek clinical care if you unintentionally lose 5–10 kg of weight in 2–3 months.

ASK:

- Why should you have periodic nutrition assessments?
- What may happen if you don't?

Unintentional weight loss of 5–10 kg in 2–3 months indicates that you are not eating enough good food or that HIV is progressing to AIDS.

2. በቂና የተለያዩ የምግብ አይነቶችን ይመገቡ.



2. Eat more and different kinds of foods.

EXPLAIN:

- People with HIV need to eat more to meet the extra energy needs from HIV infection, or else they will lose weight and strength.
- Eat three full meals and at least two snacks between meals every day.
 - Meals: Injera with two sauces, porridge, or pasta with tomato sauce and bread
 - Snacks: Bananas, mangoes, tea and bread, kolo, porridge, and boiled milk (use butter, ghee, or peanuts to flavor and enrich your snacks)
 - If you can't eat three full meals because of poor appetite, eat less food more often.
- Always eat different types of food.
 - Staple foods: Injera, bread, potatoes, porridge, fortified foods
 - Vegetables: Kale, pumpkin, carrots, potatoes, tomatoes
 - Fruit: Bananas, oranges, papayas, avocados, mangoes
 - Sauces: Shiro, lentils or beans, beef, chicken, fish, mutton, liver, or eggs
- Drink plenty of boiled or treated water.

ASK:

- Why should you eat three meals and regular snacks every day?
- What kind of foods can you eat easily at home?

Meals with a variety of foods help you stay strong and meet the additional energy needs resulting from HIV infection.

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3. Practice good hygiene.

EXPLAIN:

- Storing and preparing food improperly and having dirty hands can lead to infections, diarrhoea, or vomiting, which reduce the amount of energy, vitamins, and minerals available to the body.
- Use only boiled or treated water for drinking, taking medicines, and mixing juices.
- Wash your hands with soap and flowing water after using the toilet or helping children using the toilet and before eating or preparing food.
- Wash all fruits and vegetables with clean water before cooking or eating.
- Keep food and water in clean, covered containers away from insects, flies, and rodents.
- Clean food preparation areas and wash utensils with soap and water after every meal and cooking session.
- Avoid raw meat and eggs, spoiled or moldy foods, and juice made with unboiled water.
- Avoid food cooked in unhygienic places.

ASK:

- Why is it important to practice good hygiene?
- What could happen if you don't?
- How can you practice good hygiene in your home? Name three ways.

Good hygiene can prevent infection that can make you weaker.

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4. Drink plenty of boiled or treated water.

EXPLAIN:

- The body needs water to remove the toxins caused by HIV and by ARVs.
- Drink only boiled or treated water to prevent infections such as diarrhoea.
- To make water safe to drink you, bring it to a rolling boil or use water treatment products such as use WuhaAgar or PUR[®].
- Store boiled or treated water in a clean storage container with a narrow mouth and a lid to prevent recontamination.
- Drink plenty of clean safe water; about eight glasses a day.
- Have enough clean, safe drinking water at home at all times to drink, make juice, and take medicine.

ASK:

- Why should you drink plenty of water each day? What may happen if you don't?
- What kind of water should you drink?

Boiling or treating water kills germs that could cause infection.

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5. Maintain a healthy lifestyle.

EXPLAIN:

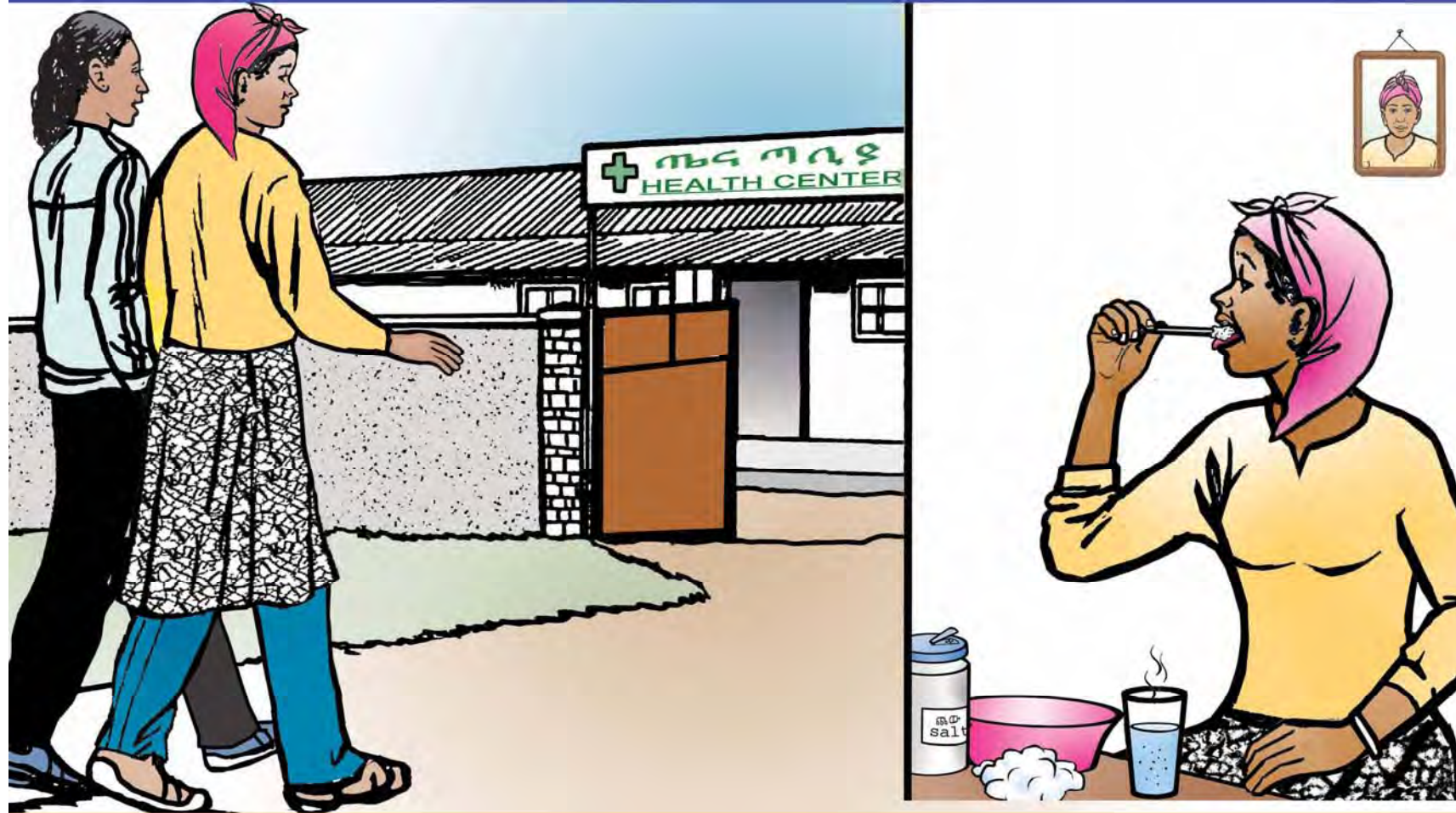
- People with HIV are more vulnerable to illness than people without HIV.
- Practice safer sex to avoid re-infection with HIV.
- See a health worker regularly to check your weight.
- Avoid alcohol because it weakens your body, reduces appetite, affects nutrient absorption, and interferes with how medicines work in the body.
- Avoid eating unhealthy foods such as chips, soda, sugary foods, and street food.
- Avoid situations that cause stress and depression, which can affect your appetite.
- Get regular exercise such as walking, jogging, or gardening to improve blood circulation, stimulate appetite, reduce fat, and maintain muscle tone.
- Do not smoke cigarettes or chew khat, because they reduce appetite and make ARVs less effective.

ASK:

- Why should PLHIV maintain a health lifestyle? What may happen if they don't?
- What kind of unhealthy lifestyle can you avoid? How can you do that??

A healthy lifestyle helps you eat well, stay strong, and avoid infections.

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6. Take care of yourself when you are sick.

EXPLAIN:

- Infections not treated immediately can interfere with the body's use of food, reduce appetite, and cause stress and depression, which cause weight loss and poor nutrition.
- Continue eating and taking medicines when you are sick, even if you do not feel like it.
- Eat foods that are easy to chew and swallow, appetizing, and energy dense (such as vegetable soup or gruel).
- If you have mouth sores, eat soft, mashed foods, avoid sugar and spices, and clean your mouth every day with cotton and salt water.
- If you have diarrhea, drink more fluids, take ORS, and try to keep eating.
- If you have nausea or poor appetite, eat small amounts of food often and eat with supportive friends or family.
- If you have heartburn, eat small amounts of food often and avoid gas-forming foods such as cabbage or soda.
- See a health worker immediately for treatment if you are sick.

ASK:

- Which illnesses cause people to lose appetite or lose weight?
- Give two reasons why you should seek medical treatment for symptoms that affect diet.

Getting infections treated early helps you stay healthy and strong.

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7. Take medicines and food as your health worker advises.

EXPLAIN:

- Medicines are most effective if you take the dose and follow the schedule recommended by your health worker. Some medicines require careful planning of when or what to eat.
- Take all medicines as advised by your health worker.
- Use only boiled or treated water to take medicines.
- Work with a health worker to make and stick to a drug-food schedule to plan when to take your medicines in relation to meals. Ask someone to help you stick to the schedule.
- Avoid alcohol when taking ARVs.
- Tell a health worker if you are taking any supplements, home therapies, or herbs, which may reduce the effectiveness of ARVs.
- Tell a clinician about all symptoms you think are related to the medicines you take.
- Ask your health worker how to manage symptoms and side effects (nausea, diarrhoea, lack of appetite) with diet.

ASK:

- Why is it important to stick to a drug-food schedule?
- Who can help you remember to take your medicines and eat well?

Sticking to the schedule for taking medicines and eating makes the medicines work better and reduces side effects.

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Support for Malnourished People on Food Supplements

EXPLAIN:

- A person who has lost too much weight needs to eat special foods to regain strength and weight. These foods should be eaten as recommended for as long as recommended
- The foods are like medicine—do not share them with other people in your home.
- Prepare the foods as instructed by your health worker.
- Maintain a high level of hygiene and sanitation when handling and preparing food.
- Use only boiled or treated water to drink or prepare food.
- Go to the clinic every month for weighing and any other needed assessment.
- Use your available money to buy foods that are nutritious and full of energy.
- Get dewormed every 6 months (twice a year).

ASK:

- Why are the foods you were given important to treat your weight loss?
- How can you make sure to finish the food as recommended?

Food supplements are ONLY for malnourished clients, to help them regain strength and health.