



AIDS HELPLINE ☎ 0800-012-322

HIV/AIDS

AND THE FARMING COMMUNITY

— Caring for people with HIV/AIDS —

***People with HIV/AIDS should lead a normal life
for as long as they can***

People with HIV/AIDS

Persons who have the HIV germ in their blood can stay healthy for many years (5 to 10 years after getting infected). If they become very sick it is important that they are protected from other germs and infections.

♀ A person with HIV/AIDS does not have to use separate dishes, knives, forks or spoons. Their dishes do not need special cleaning either. They can also prepare meals for other people, just like anyone else.

♀ Keep the environment clean and hygienic.

♀ Do not share razor blades or toothbrushes with the person with HIV/AIDS.



Show that you care

♀ Allow the person with HIV/AIDS to stay with the family.

♀ The person with HIV/AIDS should keep on working for as long as possible.

♀ Tell him or her that it is best to use a condom when having sex.

- ♀ Love and support is very important.
- ♀ Be willing to talk about the condition and fears.

Good health is important

- ♀ See to it that the person goes to the clinic or hospital for regular check-ups.
- ♀ Always make sure that the person with HIV/AIDS who has TB, pneumonia or any other disease gets treated as soon as possible.
- ♀ Make sure the person eats good food to stay strong.
- ♀ If the person smokes or uses alcohol, encourage him or her to stop smoking and drinking, because alcohol and smoking weaken the body.



Remember

- ♀ You cannot get HIV/AIDS by only living and working with a person who has HIV/AIDS, because the disease is transmitted mainly through sex.
- ♀ People can even sleep in the same bed and share the same blanket, as long as they do not have sex without using a condom.
- ♀ You cannot get HIV/AIDS by merely touching a person.

For further information contact your nearest health clinic

or

AIDS HELPLINE Tel: 0800 012 322



This publication is available on the website of the

National Department of Agriculture at:

www.nda.agric.za/publications

2000

Compiled by Directorate Communication, National Department of Agriculture
in cooperation with the Department of Health

Printed and published by the National Department of Agriculture
and obtainable from Resource Centre, Directorate Communication
Private Bag X144, Pretoria, 0001 South Africa

