What you know about one of these could save your life.

Use a condom correctly, EVERY time. Respect Yourself. Protect Yourself.

Get the brochure, “Everything You need To Know About Condoms” at the National AIDS Programme Secretariat, Hadfield Street & College Road, Brickdam or at any Regional Hospital.

Call the AIDS HOTLINE: 223-7138 or visit us online at www.hiv.gov.gy
HOW BIG IS OUR WINDOW OF LIFE?

We are all afraid of AIDS...and for good reason! But is that a reason to be afraid of people living with HIV/AIDS? Not really. People living with AIDS are just like anyone else. They like the same food, same music and laugh at the same jokes. And just like you they feel embarrassed when the joke is about them. They can still work, play and contribute actively to the community. We have it in our heart to love each other. Let's embrace people with AIDS!

HOW SHOULD I REACT TO SOMEONE WHO HAS HIV?

Just react the way you would to a person who doesn't have HIV. Normally! You cannot tell by looking if a person has HIV. You may have met several people who have the disease and related to them as friends, neighbors or colleagues. Why should that change once you get to know their status?

Share the joy, share the sorrow
For you may need a friend tomorrow.
Don't dis people living with HIV/AIDS.

Friend in Need

Joe and Debbie were my closest friends
One day they found out that they are HIV+ and that was the saddest day of their lives
I was not sure how to react. Should I just stay away or should I help?

WHY SHOULD I CARE?

When you don't care about people living with AIDS or get scared of them, they in turn get scared of you. As a result of this two things happen. First, they may not want to tell you that they have the disease...putting you at risk.

Secondly, they may not get the care and treatment that is now available for them. In effect, when you discriminate you put yourself and others at risk.

“Don’t dis me” music video

Oh...can’t afford to stigmatize persons living with AIDS
So I sing
Don’t dis me, (or) dismiss me
Just cuz I’ve got HIV
Don’t hate, (or) discriminate. Treat every one equally.
It’s not right, it’s not fair.
No...show them that you really care.
Don’t despise, better recognize, that Im a person too living in this world today

Rap...
HIV’s a human stigma. All around the world it’s causing mental anguish.
It happened to me and it can happen to you.
Don’t segregate cause you can’t catch it like the flu.
Spread the love give it from above.
Show em that you care. The hate, the pain the anguish.
No need to be there. Don’t sweat, I’m not a threat.

Don’t live in fear. Spread the love. Don’t disrespect.
Don’t dis me,(or) dismiss me —

Models Depicted In This Brochure Are Not Necessarily HIV+.
My Team knows I am HIV +

...and we make a great Team

SOME PEOPLE FEAR THEY CAN GET AIDS FROM THIS BROCHURE...

When you look at life through a small window...

...You may see the wrong picture

Obviously we know that nobody can get HIV through the sharing of documents like this brochure. You also cannot get HIV from:

- Casual kissing
- Mosquito bite
- Sharing toilet
- Sharing food
- Sharing hands

In fact, the only way you can get HIV is through the exchange of bodily fluids except saliva, urine and sweat.

Embrace People living with AIDS! “Don’t Dis Me”!
AFTER THE BABY IS BORN:

- Keep protecting your baby with safer feeding
- Continue to use condoms

Bring the baby to the clinic to register 7-10 days after birth
Talk with the nurse about family planning

HEALTHY MOTHERS HEALTHY BABIES

EVERYONE SHOULD KNOW HOW TO
PREVENT MOTHER-TO-CHILD TRANSMISSION OF HIV
(PMTCT)

TO LEARN MORE ABOUT PMTCT OR TO TALK WITH SOMEONE IF YOU NEED HELP OR SPECIAL CARE, GO TO THE NEAREST MCH CLINIC OR CALL
Every pregnant woman, her partner and family want a safe pregnancy, safe birth and a healthy newborn. But… a pregnant woman who is HIV positive can give HIV to her baby during pregnancy, birth and breastfeeding. You can help protect you and your baby.

**Before you get pregnant, or as soon as you know you are pregnant:**

- Talk to your partner about why you both need an HIV test
- Get an HIV test yourself
- Ask your partner to get an HIV test
- Protect yourself, your partner and your unborn baby. Always have safer sex. Use condoms before, during and after pregnancy.

**If you are pregnant and HIV positive you should:**

- Tell your partner, family or friend that you are HIV positive so someone can help you get special care
- Go to the clinic regularly
- Go to the hospital as soon as labour starts, to get admitted early
- Learn about safer ways to feed your baby, and decide which way is best for you
- Be sure your baby gets Nevirapine (NVP) syrup within 72 hours after birth
- Arrive in plenty of time to take Nevirapine (NVP) tablet
PREVENT MOTHER-TO-CHILD TRANSMISSION OF HIV

PMTCT is everybody's business
PREVENT MOTHER-TO-CHILD TRANSMISSION OF HIV

BEFORE YOU GET PREGNANT, OR AS SOON AS YOU KNOW YOU ARE PREGNANT:

- Talk to your partner about why you both need an HIV test
- Get an HIV test yourself
- Ask your partner to get an HIV test
- Protect yourself, your partner and your unborn baby.
  Use condoms before, during and after pregnancy.

IF YOU ARE PREGNANT AND HIV POSITIVE YOU SHOULD:

- Tell your partner, family or friend that you are HIV positive so someone can help you get special care
- Go to the clinic regularly
- Go to the hospital as soon as labour starts, to get admitted early
- Learn about safer ways to feed your baby, and decide which way is best for you

AFTER THE BABY IS BORN:

- Arrive in plenty of time to take Nevirapine (NVP) tablet
- Be sure your baby gets Nevirapine (NVP) syrup within 72 hours after birth
- Keep protecting your baby with Safer feeding
- Continue to use condoms
- Bring the baby to the clinic to register 7 - 10 days after birth
- Talk with the nurse about family planning

PMTCT is everybody’s business
Before you take your relationship to another level...

Get to know one of these a little better...

Because what **you** know about using a condom could save your life.

Condoms prevent pregnancy and are effective against the spread of HIV and other sexually transmitted infections.

Use a latex condom correctly, **EVERY** time. For **EVERY** sexual act.

Get the brochure, “Everything You Need To Know About Condoms” at the National AIDS Programme Secretariat, Hadfield Street, Bridgetown or any Regional Hospital or call the AIDS HOTLINE: 223-7108.

Visit us online at www.hiv.gov.gy

Ministry of Health

Supported by The Global Fund
THE ONLY FAITHFUL PERSON YOU REALLY KNOW, IS YOU

Getting tested doesn’t mean you have HIV. It means you’re making a smart decision.

Be sure. Get tested for HIV. Your partner too, the sooner the better.

Respect yourself...Protect Yourself.

Get a list of testing sites at The National AIDS Programme Secretariat, Hadfield Street & College Road, Brickdam, at any regional hospital or call the AIDS Hotline: 223-7138. Visit us online at: www.hiv.gov.gy
My Friends know I have HIV
...and we’re friends forever

Embrace People living with AIDS!
“Don’t Dis Me!”
AIDS Can Happen To Anyone!

Embrace People living with AIDS!
"Don’t Dis Me!"

[Image of children playing on a playground slide with a butterfly]
We ALL need support from our families. We need jobs, friends, self-confidence and hugs.

People who are HIV positive need the same things you do.

Support them. They need YOU.

Contact the National AIDS Programme Secretariat.
Hadfield Street & College Road, Brickdam
or any Regional Hospital or call the AIDS HOTLINE: 223-7138.
Visit us online at www.hiv.gov.gy