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**WORLD AIDS DAY – 1<sup>st</sup> December 2009**

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**World AIDS Day**  
**December 1**



## **Key Messages for World AIDS Day - 1<sup>st</sup> December 2009**

**I am responsible**

**We are responsible**

**South Africa is taking responsibility**

Under the theme “I am responsible, We are responsible, South Africa is taking responsibility”, the 2009 World AIDS Day heralds a new era in the country’s collective effort in the response to HIV and AIDS. The theme encourages everyone in South Africa from individuals, communities, businesses and government to take personal and collective responsibility to stop new HIV infections, provide care and support to those living with HIV and to ensure access to treatment for all people in need.

The HIV&AIDS and Sexually Transmitted Infections National Strategic Plan for South Africa, 2007-2011 has key objectives to:

- Halve new HIV infections by 2011
- Ensure that 80% of people living with HIV have access to treatment

To achieve these goals we all need to work together. Each one of us can play a part and must take responsibility to meet the goals of the National Strategic Plan.

## Key Messages:

### I am responsible calls on:

- Everyone to know their HIV status by testing regularly for HIV
- Young people to delay having sex for the first time.
- Young people to make informed choices to prevent unwanted pregnancies and HIV infection.
- Sexually active people to be faithful to their partners and to use condoms each time they have sex
- Pregnant women to test for HIV early in their pregnancy and to use condoms each time they have sex.
- Those with TB to test for HIV and those with HIV to test for TB so that they can get the right treatment.

### We are responsible calls on:

- Couples to talk about their relationships and how they can protect each other from HIV infection. Couples can protect themselves by remaining faithful to each other, testing for HIV together and always using condoms.
- Men, women, families and health care workers to support pregnant women so that they can make decisions to protect their children from HIV.
- Communities to provide care and support to those living with and affected by HIV, in particular orphans and vulnerable children.
- Communities to take action and speak out against violence against women.
- Communities to stop stigma and discrimination against people living with HIV.

### South Africa is taking responsibility:

- Government and all sectors of society represented in the South African National AIDS Council are providing leadership to ensure that every South African can prevent HIV infections, know their HIV status, that pregnant women can access Prevention of Mother to Child Transmission services, that all those with TB can access TB drugs and that all HIV positive people can access Anti-RetroViral (ARV) treatment.

### **HIV Prevention:**

- If you and your partner stay faithful to each other you can protect yourselves from HIV.
- Every time you start a new sexual relationship you should both be sure of your HIV status. You can find out where to go for a HIV test by calling the numbers at the back of this booklet.
- Use condoms each time you have sex. This means every time and every round.
- Having sex when you have been drinking or using drugs increases your chances of getting infected with HIV.
- Having sex in exchange for money or other material things increases your chances of getting infected with HIV.

### **Anti-RetroViral Treatment:**

- Every South African living with HIV has the right to get Anti-RetroViral (ARV) treatment.
- Successful treatment means being responsible for taking the medications every day and this is a life long commitment.
- Anti-RetroViral (ARV) treatment and good nutrition can prolong and improve the lives of people living with HIV.
- Your health is your responsibility, if you are HIV positive then go for regular check ups at your nearest health facility so that you get the medications that you need.

### **HIV and TB – There is a strong link between HIV and TB:**

- Ask to be tested for TB if you are HIV positive and tested for HIV if you have TB.
- TB is preventable and curable even if you are HIV positive. Speak to your health care worker for more information.
- TB can be cured if you take your medication in line with instructions from your health care worker.

### **Prevention of Mother to Child Transmission of HIV – Saving Mothers, saving Babies:**

- Every man and woman has the right to decide if and when they want to have a baby.
- Every man and women has the responsibility to prevent unwanted pregnancies and sexually transmitted infections.
- Every woman has the right to terminate her pregnancy.
- Every pregnant woman and her partner should visit a clinic as soon as she realises she is pregnant and they should test for HIV.
- Fathers, families, communities and health care workers should support women living with HIV so that they can make the best decisions for their baby during the pregnancy and after the birth.
- Every HIV positive pregnant woman should ask for and receive Anti-RetroViral (ARV) treatment to stay healthy and to prevent infecting her child with HIV.
- Every HIV positive mother has the right to decide whether to only breastfeed or to only use infant formula feeding. To make a decision she must discuss these choices with her health care worker.
- Every baby born to a HIV positive mother should be tested for HIV after six weeks.
- Every baby born with HIV has the right to receive Anti-RetroViral (ARV) treatment to improve its quality of life.

### **World AIDS Day 2009 – Show that you are responsible:**

- Go for a HIV test. Test alone, with your partner, with your friends or with your family.
- Wear a red ribbon to show your personal commitment to stopping new HIV infections and to providing care and support for people living with HIV.
- Talk to your partner, friends, family and colleagues at work about how you can prevent becoming infected with HIV.
- Encourage pregnant women to test early in their pregnancy for HIV so that they can prevent their babies from getting infected with HIV.

### **World AIDS Day 2009 – Show that we are responsible:**

- Provide red ribbons to your employees, colleagues, family and friends to show your collective responsibility.
- Organise a discussion in your office, community or organisation about what you can do to stop the spread of HIV.
- Organise a community march or activity to talk about HIV.

### **World AIDS Day 2009 – South Africa is taking responsibility:**

- The Government is taking responsibility to make sure that everyone tests for HIV, receives counselling, that condoms are available and that all people have access to treatment for TB and HIV.

**Remember that your health is your responsibility**

**I am responsible,**

**We are responsible**

**South Africa is taking responsibility.**

## HIV Helplines

<b>ORGANISATION NAME</b>	<b>TELEPHONE NUMBER</b>
Child Victims of Sexual, Emotional and Physical abuse	0800 035 553
Child Welfare South Africa - National Head Office	011 492 2888
Childline	0800 055 555
Corruption Helpline Line	0800 201 414
Crime Stop	0860 010 111
Department of Basic Education	012 312 5911
Department of Home Affairs	012 810 8911/0800 60 1190
Department of Social Development	012 312 7794
Department of Women, Youth, Children and People with Disabilities	012 300 5200
Diabetes Action	031 205 9886
Emergency Contraception Hotline	0800 246 432
Grants Helpline	0800 601 011
HIV-911 Programme - Countrywide Database of HIV Service Providers	0860 448 911
Human Rights Advice Line	0860 120 120
Lifeline Southern Africa	0861 322 322
Love Life Sexual Health Line	0800 121 900
Marie Stopes South Africa (Toll Free Number)	0800 117 785
Money for Mom's – UIF maternity claims services	(011) 465-9876
Mothers2mothers	0800 668 4377
National AIDS Helpline	0 800 012 322 (helpline)
National Association of Child Care Workers	021 762 6076
National Association of People Living with AIDS (NAPWA)	011 873 7156/58
National Children's Rights Centre	011 480 4835
National HIV Health Care Workers Hotline	0 800 212 506
National Network on Violence Against Women	012 321 4959
National Toll Free PMTCT Related Information Helpline	0800 mothers
Nursing Services SA	0860 654 321 – day and night
Office on the Rights of the Child	012 300 5500/01
People Opposing Women Abuse (POWA)	0 11 642 4345
Rape Crisis 24 Hours Life Line	0861 322 322
SAPS Emergency number	10111
South African Social Grants Helpline	0800 601 011
Stop Gender Violence Helpline	0 800 150 150 (Helpline)
Suicide Helpline	0800 567 567
Teenage Pregnancy	0800 035 553
The Gay and Lesbian Helpline (Triangle Project)	021 712 6699
The South African Depression and Anxiety Group (SADAG)	011 262 6396
Thetha Junction, sexual health information	0800 121 900
Toll Free Crisis Line	0861 574 747
Treatment Action Campaign - National Office	0 21 422 1700
Vaccine Helpline	0860 160 160
Women's Health	0800 116 941

## Mobile Services:

We can stop AIDS, and we can live with it – but you need the right information to help understand how to prevent getting it, how to manage it, and how to help others cope.

Now all this is available in your pocket – on your cellphone!

### For all cellphones

- Get updated about HIV on World AIDS Day, 1 December 2009: send a please-call-me to [079 706 4014](tel:0797064014) (free!)
- Find a World AIDS Day event close to you: send a blank SMS to [30060](tel:30060) (from 16 November. Free to Vodacom subscribers; normal SMS rates for other networks)
- Read about all the ways you can use your cellphone to get HIV info and help: dial [\\*120\\*923#](tel:*120*923#) (20 cents for 20 seconds)

### For fancy phones

- Learn about HIV and get counselling on Mxit: go to [Tradepost>Mxit Mix>My Culture>Red](#) (about 1c to read HIV content and have a chat with a counsellor)
- Learn all you need to know from a book on your cellphone! SMS one of the following - EHIV (English), ZHIV (Zulu), SHIV (Sotho) or AHIV (Afrikaans) - to [32907](tel:32907) (R1 for SMS + standard data charge of about 30c to download)
- Become an expert on HIV basics: use the internet on your phone to browse [redhiv.mobi](http://redhiv.mobi) (R2/MB)
- Vodacom subscribers can log on to [live.vodafone.com](http://live.vodafone.com) and visit the Young Africa Live section to read and talk about HIV (from 1 December. Free for Vodacom)

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