HEALTHY PARENTS, HEALTHY CHILDREN, HEALTHY FAMILIES.

**YOUR HEALTH, YOUR PARTNER'S HEALTH,
YOUR CHILDREN'S HEALTH:
WE KNOW HOW IMPORTANT THEY ARE TO YOU —
AND WE WANT TO HELP**

**HIV and AIDS IS NOT A DEATH SENTENCE.
HIV and AIDS CAN BE PREVENTED.
HIV and AIDS CAN BE TREATED OR CONTROLLED**

Purpose

- Couldn't find simple materials
- Enable the 100's partners of CCABA members to play a role in PPTCT expansion and quality
- With simple information
- Flexible commitment
- Focusing on key issues

Key issues

- Hope and encouragement
- Support and
- Partner testing
- Disclosure
- Norms and stigma
- Adherence
- Infant feeding
- Health promotion

Strengths of CBOs

- Community endorsement
- Contact and reach
- Trust, holistic
- Family-centred
- Home visiting
- Networked

Roles

- Information and support
- Companionship
- Accompaniment
- Help with disclosure
- Retention in treatment
- Family planning

THIS IS THE BACK PAGE OF THE BROCHURE.

PUT YOUR ORGANIZATION'S INFORMATION HERE AND DELETE THIS TEXT.

Put information about your organization, where to find you, what you do, etc.

This pamphlet was produced with guidance from the Coalition for Children Affected by AIDS and its members, in solidarity with several international campaigns -- by UNAIDS, UNICEF, WHO, The Global Fund, PEPFAR and others. Its purpose is to support families and communities a) to prevent women and men from becoming infected with HIV, b) to help women prevent or avoid unwanted pregnancies, c) to keep parents alive through treatment, d) to treat AIDS in children, and e) to support families and children so that they can enjoy a healthy life together. All of these strategies together are what are otherwise known as 'preventing mother to child transmission (PMTCT), 'preventing parent to child transmission (PPTCT), or 'preventing vertical transmission'.

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available and accessible. For instance, with proper testing, treatment, care and support:

- If you, your husband/partner or your child tests HIV-negative, you can make sure you all stay HIV-negative.
- If you test HIV-positive
  - Make sure your **partner tests** too.
  - Women living with **HIV can have a safe and healthy pregnancy and give birth to a healthy baby**.
  - You and your family can stay healthy.
  - With support, you and your family can cope with illness and difficulties that may arise.
  - You and your partner can **choose if and when you want to have another child**

Even so, we know there are still challenges. Here's how we can support you.

To be able to receive the care that you need, it's important to **get tested for HIV**. If you know your HIV status, you can **take steps to protect your baby** from contracting HIV.

It's important to bring your **husband/partner to be tested**, and any other children you might have.

It's important to go back to **get your results** because the people who tested you might not reach you to ask you to come back.

- If you or a family member tests HIV-negative, it's important to protect yourself from HIV in the future.
- If you or a family member tests HIV-negative, it's important to protect yourself from HIV in the future.

- **HOW WE CAN SUPPORT YOU**
- We are happy to **support you** your results, and support you if you are worried about how he or she might react.
- We will support you if you **fear that stigma** might affect how you are treated.
- We will **remind you to pick up your test results**, and go back with you to pick them up.
- We can help you learn about ways to protect yourself from HIV, especially if your partner or someone else in your family is HIV-positive.

or
- We can help you learn about ways to protect yourself from HIV, especially if your partner or someone else in your family is HIV-positive.

- Ensure that you attend clinics and **take your medicines** exactly as your health worker tells you to. You need to do this to keep yourself healthy, to protect your baby from getting HIV, and to help your baby remain healthy even if your baby is born with HIV.
- Be active but rest when you are tired. Eat well.

HIV, and to help your baby remain healthy even if your baby is born with HIV.

HOW WE CAN SUPPORT YOU

- We will be happy to **go to the clinic with you** when you first come for your results.
- We can offer support when you get tested and we can be your companion.
- We can **support you if you're worried about stigma**.
- We can help you **remember the clinic visits** and remind you to take your medicines.
- We can offer support, whether you are tested and when you collect your results.

always take your medicines

always take your medicines, even if it gets difficult.

- If you or your family member has HIV or AIDS, or another illness, we can help explain what you should expect, and what should happen when you go to the clinic to see a health worker.
- We can work out together how you can eat healthy foods.

who is HIV free.

You should go to a clinic or health centre to as directed by your health

At birth, you should go to a clinic or health centre to at home. give birth, or make sure there is an experienced person to help you. Feed your baby the first thick milk from your breasts. It's a special natural medicine for your baby. as soon as possible

Take your baby to a health clinic, as important as your baby breast milk – it's the best food in the world for a baby, and your baby doesn't need anything else. The more

It is important to take your baby for immunizations

and give your baby medicine exactly as

As much as possible, share instructions for baby medicine with your husband/partner and your family, so that they also understand what needs to be done to keep your baby healthy.

As much as possible, share instructions for baby medicine with your husband/partner and your family, so that they also understand what needs to be done to keep your baby healthy.

- **Look after yourself**. Be active but rest when you are tired, and eat well.

- We can help you to remember to take your baby to the clinic and to **give your baby medicine** exactly as the clinic told
- your baby.

We can help you explain feeding and the baby's medicine to your family.

- We can tell you about healthy foods to regain your strength after birth.

- It’s important to **tell the heath worker if you feel unwell**. They will test to see if you need new medicine.
- Ensure that you
- It’s important **to ask for help** when you need it. The earlier you get help, the better it will
- Your **family can support each other!**

HOW WE CAN SUPPORT YOU

- Be active when you need it. The earlier you get help, the better it will
- We can help you to **remember to take your medicine** exactly as the health worker told yo
- We will be happy to
- We can **visit you at home** if you feel lonely, worried or sad, or need our help.
- We can **introduce you to other women** who are going through the same things as you.
- We can try and help you if you have problems at home or with your baby.
- We can **introduce parents and family members to other families** who are going through the same things.
- We can support you **if health workers at the clinic or health centre stigmatize you** or discriminate against you or your family.
- We can **accompany you to the clinic** if you need support.

You and your husband/ partner can choose when or if you want to have another child

- **Spacing babies out**, with a few years between children, is better for you and your children's health. You and your husband/partner should talk about **child**

- **Spacing babies out**, with a few years between children, is better for you and your children's health. You and your husband/partner should talk about family planning so that your babies don't come too close together. Ask the clinic or health centre for help.

either because you are HIV positive or because of who you are or what **the choice is yours**

, and you have a right to health services if you decide to have a baby, no matter who you are or what you do.

HOW WE CAN SUPPORT YOU ABOUT family planning

- We can talk to you about family planning or health centre if you are uncomfortable talking to a health worker about family planning.
  - We can talking to a health worker about family planning. about your choices to have a
  - We can baby or not to have a baby.

about your choices to have a