



SEEK CARE URGENTLY if you have:

- Severe abdominal pain
- Yellow eyes
- Skin rash
- Fatigue AND shortness of breath

Painful feet



ART does not cure HIV: SAFER SEX is still essential when on ART

Abstinence from sex is the safest method from getting or transmitting HIV.

If you wish to have a child, talk to the health worker before getting pregnant in order to decrease the possibility of passing on HIV.

Continue to protect yourself and others. **Use a condom each time you have sex.** Always be mindful of your partner.



Safer sex protects **you** from another HIV strain. If you get re-infected again with a different strain of HIV, your immune system gets weaker.

If you do not desire a child, talk to health workers about **FAMILY PLANNING**.

FAMILY PLANNING



HIV CAN BE PASSED ON TO AN UNBORN CHILD IN ANY OF THE FOLLOWING STAGES



PREGNANCY



DELIVERY





BREASTFEEDING

Some ART medicines are safer during pregnancy than others USE PMTCT

Some ART medicines are safer to use while you are pregnant. Talk to your health worker about which ART medicines to use. Tell your health worker right away if you are pregnant or want to have a baby

Now, you are on ART

ZDV-3TC-NVP

<div style="display: inline-block; border: 1px solid black; padding: 2px;">zidovudine</div> + <div style="display: inline-block; border: 1px solid black; padding: 2px;">lamivudine</div> + <div style="display: inline-block; border: 1px solid black; padding: 2px;">nevirapine</div>		
	Week 1-2	Week 3 and after
	Morning: ZDV-3TC-NVP (Combined tablet)	Morning: Combined tablet
	Evening: ZDV and 3TC (2 separate tablets)	Evening: Combined tablet

Remember that:

- If you miss doses (even 3 doses in a month), **DRUG RESISTANCE** can develop. This is bad for you and your community (these drugs will stop working).
- Drugs must be taken twice daily. **Do not miss any doses.**
- This is very important to maintain blood levels so ART can work.
- If you forget a dose, do not take a double dose.
- If you stop you will become ill within months or years.
- Drugs **MUST NOT** be shared with ANYONE, including family and friends



If you find it difficult taking your pills twice daily, DISCUSS with health workers, ASK for support from your treatment supporter, family or friends



It is common to have side effects. They usually go away in 2 weeks. If you have them, do the following:

- Nausea** → Take the pill with food.
- Diarrhoea** → Keep drinking and eating.
- Muscle pain, fatigue** → These will go away.



If nausea or diarrhoea persist or get worse, report it to the health worker **AT THE NEXT VISIT.**



SEEK CARE URGENTLY if you have:

- Yellow eyes
- Skin rash
- Pale or do not have enough blood
- Fatigue AND shortness of breath



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Now, you are on ART

ZDV-3TC-EFV

zidovudine	+	lamivudine	+	efavirenz
		<p>Morning: ZDV and 3TC (2 separate tablets)</p>		
		<p>Evening: ZDV and 3TC and EFV (3 separate tablets)</p>		

Remember that:



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- Drugs must be taken twice daily. **Do not miss any doses.**
- This is very important to maintain blood levels so ART can work.
- If you forget a dose, do not take a double dose.
- If you stop you will become ill within months or years.
- Drugs **MUST NOT** be shared with **ANYONE**, including family and friends

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It is common to have side effects. They usually go away in 2 weeks. If you have them, do the following:

- | | | |
|---|---|---|
| Nausea | → | Take the pill with food. |
| Diarrhoea | → | Keep drinking and eating. |
| EFV can cause brain effects such as sleepiness, dizziness, bad dreams or problems with sleep or memory | → | These side effects usually go away. Taking the EFV at night is important. |
| Muscle pain, fatigue | → | These will go away. |



If nausea or diarrhoea persist or the brain effects get worse, report it to the health worker **AT THE NEXT VISIT.**



SEEK CARE URGENTLY if you have:

- Bizarre thoughts/confusion
- Yellow eyes
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USE PMTCT**

Some ART medicines are safer to use while you are pregnant. Talk to your health worker about which ART medicines to use. Tell your health worker right away if you are pregnant or want to have a baby

Now, you are on ART

d4T-3TC-EFV

stavudine	+	lamivudine	+	efavirenz
		Morning: d4T and 3TC (2 separate tablets)		
		Evening: d4T and 3TC and EFV (3 separate tablets)		

Remember that:



- If you miss doses (even 3 doses in a month), **DRUG RESISTANCE** can develop. This is bad for you and your community (these drugs will stop working).
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- This is very important to maintain blood levels so ART can work.
- If you forget a dose, do not take a double dose.
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- Nausea** → Take the pill with food.
- Diarrhoea** → Keep drinking and eating.
- EFV can cause brain effects such as sleepiness, dizziness, bad dreams or problems with sleep or memory** → These side effects usually go away. Taking the EFV at night is important.
- Muscle pain, fatigue** → These will go away.



If nausea or diarrhoea persist or the brain effects get worse, or you have any of the following, report it to the health worker **AT THE NEXT VISIT.**

- Tingling, numb or painful feet or legs or hands
- Arms, legs, buttock, and cheeks become **THIN**
- Breasts, belly, back of neck become **FAT**



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