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.

If nausea or diarrhoea persist or 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
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**

<table>
<thead>
<tr>
<th></th>
<th>Week 1-2</th>
<th>Week 3 and after</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning:</td>
<td><strong>ZDV-3TC-NVP</strong> (Combined tablet)</td>
<td>Morning: Combined tablet</td>
</tr>
<tr>
<td>Evening:</td>
<td><strong>ZDV and 3TC</strong> (2 separate tablets)</td>
<td>Evening: Combined tablet</td>
</tr>
</tbody>
</table>

**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
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.

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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-EFV

<table>
<thead>
<tr>
<th>zidovudine</th>
<th>+</th>
<th>lamivudine</th>
<th>+</th>
<th>efavirenz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning:</td>
<td></td>
<td>ZDV and 3TC</td>
<td></td>
<td>(2 separate tablets)</td>
</tr>
<tr>
<td>Evening:</td>
<td></td>
<td>ZDV and 3TC and EFV</td>
<td></td>
<td>(3 separate tablets)</td>
</tr>
</tbody>
</table>

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.
- **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
- Pale or do not have enough blood
- Skin rash
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

**d4T-3TC-EFV**

<table>
<thead>
<tr>
<th>stavudine</th>
<th>+</th>
<th>lamivudine</th>
<th>+</th>
<th>efavirenz</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning:</strong></td>
<td>d4T and 3TC (2 separate tablets)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Evening:</strong></td>
<td>d4T and 3TC and EFV (3 separate tablets)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.
- **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

**SEEK CARE URGENTLY if you have:**
- Bizarre thoughts/confusion
- Severe abdominal pain
- Yellow eyes
- Fatigue AND shortness of breath
- Skin rash
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