

# Module 3: Individual Peacekeeping Personnel

## Lesson 3.9



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HIV/AIDS



# Relevance

HIV education is important to:

- Protect your health
- Protect health of others
- Protect legitimacy of mission



# Learning Outcomes

Learners will:

- Explain HIV/AIDS and how it is transmitted
- Explain how to prevent transmission of HIV
- Explain what to do when exposed to HIV
- Explain what to do if you have HIV



# Lesson Overview

1. HIV/AIDS
2. HIV Transmission
3. Preventing Transmission of HIV
4. HIV Status
5. Dealing with Exposure to HIV
6. Living with HIV



## Learning Activity

3.9.1

### Knowing about HIV/AIDS

#### **Instructions:**

- What is HIV? What is AIDS?
- How is HIV Transmitted?
- How do I prevent HIV transmission?

#### **Time:** 15 minutes

- Brainstorm: 5-7 minutes
- Group discussion: 5-7 minutes



# 1. HIV/AIDS

## What Is HIV?

**H = Human**

**I = Immunodeficiency**

**V = Virus**

HIV = a virus that causes the weakening of the human defence system against diseases



## What Is AIDS?

**A = Acquired**

Virus has been received from another infected person

**I = Immune**

The body's defence system against disease

**D = Deficiency**

Not working properly – the immune system is weak

**S = Syndrome**

Collection of symptoms associated with a particular disease



## 2. HIV Transmission

### How Is HIV Transmitted?

- Sexual contact with an infected person's semen or vaginal fluids
- Contact with HIV-infected blood
- Transmission from an HIV-infected mother to her child





## How Is HIV Not Transmitted?

- Not transmitted by casual (non-sexual) interaction, e.g. shaking hands, touching and hugging, or eating food prepared by someone with HIV
- There are no documented cases of HIV transmission through saliva



## 3. Preventing HIV Transmission

### How Do I Prevent HIV Transmission?

#### **Through sexual contact?**

- Use condoms correctly and consistently
- Reduce number of sexual partners
- Know your own and your partner's HIV status and maintain a monogamous relationship
- Abstinence is the only method that is 100% effective!

#### **Through blood exposure?**

- Do not share or use non-sterile hypodermic needles
- When assisting injured persons use Personal Protective Equipment
- Ensure a safe blood supply is available

#### **From mother to child?**

- Seek medical advice from a health care professional early in the pregnancy



## 4. HIV Status

### How Do I Know If I Have HIV?

- Confidential voluntary testing is available in all peacekeeping operations





## 5. Dealing With Exposure To HIV

### What Do I Do If I Am Exposed To HIV?

- Post Exposure Prophylaxis (PEP) treatment
- Not a preventative treatment – emergency only!
- Initiate as soon as possible after exposure
- May not be effective over 72 hours
- If exposed, IMMEDIATELY seek medical assistance





## 6. Living With HIV

### What Do I Do If I Am HIV(+)?

- Anyone can become infected with the virus!
- Seek the advice of a healthcare professional
- Early detection and treatment are key to staying healthy





# 12 populations

Being left behind—12 populations at higher risk of HIV infection



## I am a person living with HIV.

Worldwide, 19 million of the 35 million people living with HIV today do not know that they have the virus.



## I am a young woman.

76% of adolescent girls in sub-Saharan Africa do not have comprehensive and correct knowledge about HIV.



## I am a prisoner.

The HIV burden among prisoners in some settings is 50 times higher than among the general population.



## I am a migrant.

Around the world, 39 countries have an HIV-related travel restriction.



## I am an injecting drug user.

Only 55 of 192 countries offer a needle-syringe exchange programme.



## I am a sex worker.

The HIV prevalence among sex workers is 12 times greater than among the general population.



## I am a man who has sex with other men.

Same-sex sexual conduct is criminalized in 78 countries.



## I am a transgender woman.

Transgender women are 49 times more likely to acquire HIV than all adults of reproductive age.



## I am a pregnant woman.

Only 44% of pregnant women in low- and middle-income countries received HIV testing and counselling in 2013.



## I am a child.

Of the 3.2 million children under the age of 15 living with HIV, 2.4 million are not accessing antiretroviral therapy.



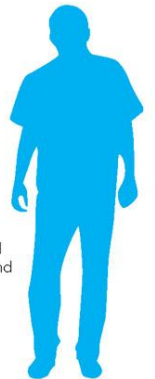
## I am a displaced person.

By the end of 2013, there were 51.2 million people forcibly displaced worldwide.



## I am a person living with a disability.

23% of men with a disability do not return to seek health care because they were treated badly at a previous visit.



## I am 50+.

The life expectancy of people aged 50 and older living with HIV and accessing treatment is the same as the life expectancy of the general public.



# Summary of Key Messages

- HIV/AIDS transmission – sexual contact, blood exposure, mother to child
- You can prevent transmission of HIV
- Post Exposure Prophylaxis (PEP) is available when exposed to HIV
- Know your HIV status – get tested, seek medical advice, get treatment



# Questions





# **Learning Activity**

## **Learning Evaluation**