

WHAT IS TUBERCULOSIS (TB)?

Tuberculosis, commonly known as TB, is a bacterial infection caused by a germ called Mycobacterium Tuberculosis that is spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys or the spine. TB can be contracted by anyone, simply by breathing in invisible germs in the air.

HOW IS TB SPREAD?

TB germs are spread through the air when a person with TB coughs or sneezes without covering their nose and mouth. These germs can stay in the air for several hours, depending on the environment. People who breathe in the contaminated air containing these TB germs can become infected with TB.

THE SIGNS AND SYMPTOMS OF TB



TB can be fatal without treatment. If you experience any of these symptoms and suspect you may have contracted the disease from a person with TB, get help immediately.

HOW TO PREVENT TB TRANSMISSION?

Early detection saves lives, TB is curable. Don't wait and be too late.



Consult your doctor regularly, stay active and stick to the treatment plan.

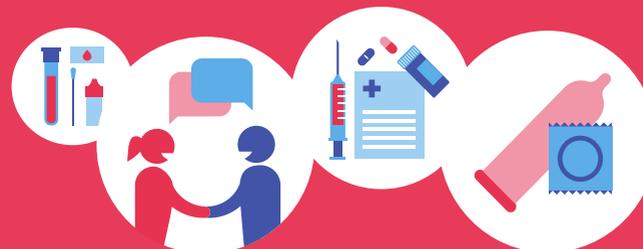


SEXUAL REPRODUCTIVE HEALTH

Reproductive health implies that people are able to have a responsible, satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so. Reproductive healthcare is a collection of methods, techniques and services that includes maternal and perinatal health, contraception and family planning, preventing unsafe abortion, prevention and treatment of sexually transmitted diseases and promoting sexual health.

CONTRACEPTIVES

There are different methods of free contraception available at your campus, local clinic and public hospital and these include:



No contraceptive is 100% reliable, and some can have side effects. Speak to your healthcare worker to be sure which method would best suit you.

262 ROSE AVENUE, WILD OLIVE, RIVERFALLS OFFICE PARK, CENTURION, 0132

TEL +27 (0)12 030 0133

WWW.HIGHERHEALTH.AC.ZA

@HIGHERHEALTHSA @HIGHERHEALTHSA



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WHAT IS HIV/AIDS?

HIV stands for Human Immunodeficiency Virus. It is a virus that causes AIDS, which stands for Acquired Immune Deficiency Syndrome. When HIV enters your body, it targets your immune cells, which are known as CD4 cells. CD4 cells are a type of white blood cell that play a major role in protecting your body from infection. They send signals to activate your body's immune response when they detect "intruders", such as viruses or bacteria. When the CD4 cells have been infected with HIV, they are no longer able to detect intruders and send these signals to assist your immune system to fight infections. Your immune system is therefore compromised. Without treatment, HIV can gradually destroy the immune system and advance to AIDS. HIV is not curable but is treatable and manageable.

HOW HIV CAN BE PREVENTED:

Use a condom during sex. Consistent and correct use of condoms reduces your chances of contracting HIV.

Pre-exposure prophylaxis (PrEP). This means taking daily HIV medication to prevent HIV infection. If you're using PrEP, it's important to take the drugs exactly as prescribed and to use other preventative measures (e.g. condoms).

Post-Exposure Prophylaxis (PEP). PEP means taking antiretroviral treatment if you suspect possible exposure to HIV. It must be taken within 72 hours of exposure and reduces your chances of becoming HIV-positive. PEP is often given to people who work in a medical environment (after a needle-prick incident) and to those who have been sexually assaulted or shared drug needles. PEP is available at local clinics. PEP must be taken for 28 days and has some side effects, such as nausea. PEP is not a substitute for regular HIV preventative measures for example condom usage.

Prevention of mother-to-child transmission (PMTCT). Taking of anti-retroviral treatment is necessary for the prevention of transmission of HIV from an HIV-positive mother to her unborn child. Taking this medication reduces HIV transmission during pregnancy, labour, delivery or breastfeeding.

Male Circumcision. Male circumcision is the removal of the foreskin - the retractable fold of tissue that covers the head of the penis. The foreskin is highly susceptible to HIV infections. Safe removal of the foreskin reduces the chances of HIV infection by 60%. Post circumcision you should ensure that condoms are always used.

Avoid blood contact. If you are helping a bleeding person, avoid getting any of their blood into any sores or cuts you may have on your skin. Also protect your eyes and mouth. Use surgical gloves and masks when administering first-aid.

HOW HIV IS SPREAD:

HIV is spread through contact with certain body fluids from a person infected with HIV. These body fluids include:

**Blood | Semen | Pre-seminal fluids |
Vaginal fluids | Breast milk**

WHY SHOULD YOU GET TESTED?

IT'S PAINLESS: JUST A FINGERPRICK.

NO COST - THE TEST IS FREE AT YOUR CAMPUS, PUBLIC HOSPITAL OR LOCAL CLINICS.

GET IMMEDIATE REFERRAL TO TREATMENT IF YOU ARE HIV-POSITIVE.

IT'S CONFIDENTIAL - ONLY YOU AND YOUR HEALTHCARE WORKER KNOW YOUR STATUS.

COUNSELLING AND SUPPORT FROM QUALIFIED PERSONNEL BEFORE AND AFTER THE TEST.

I TESTED POSITIVE. WHAT NOW?

It's important to know that testing positive for HIV is not a death sentence! By being diagnosed early, diligently following prescribed treatment and changing your lifestyle, there is every reason you can stay healthy and prevent the virus from developing into AIDS. South Africa has adopted the universal test and treat approach. This means all HIV infected individuals receive treatment immediately. A HIV-positive person taking their treatment correctly reduces the risk of them spreading the virus to other people.

HIV TREATMENT

HIV can be suppressed by combination antiretroviral Therapy (cART) consisting of three or more antiretroviral (ARV) drugs. It is important to note that cART does not cure HIV infection but controls viral replication within a person's body and allows an individual's immune system to strengthen and regain the capacity to fight off infections. This treatment is available for free at public hospitals and local clinics.

WHAT ARE SEXUALLY TRANSMITTED INFECTIONS (STIs)?

STIs are infections that are most commonly passed or transmitted through sexual contact. Sexual contact may be:

ORAL

VAGINAL

ANAL

SKIN
-TO-
SKIN

**GET TESTED EARLY, KNOW
YOUR HIV STATUS, GET
TREATMENT, LIVE HEALTHY,
STOP THE HIV SPREAD**

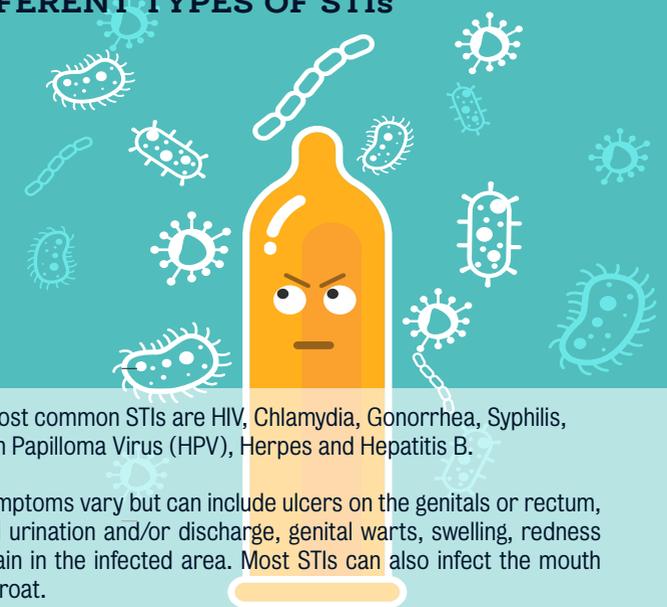
STIs AND HIV

Sexually Transmitted Infections (STIs) can increase an HIV-negative person's risk of becoming infected and an HIV-positive person's risk of transmitting HIV to someone else. One explanation for this is that some types of STIs increase the risk of HIV infection through ulcers, which create open sores or "holes" for HIV to enter the body through the mouth, genitals or rectum.

TRANSMISSION OF STIs

A person gets infected with a sexually transmitted virus, bacteria or parasite through the transfer of body fluids like semen, vaginal fluids, blood and fluid in sores and blisters.

DIFFERENT TYPES OF STIs



The most common STIs are HIV, Chlamydia, Gonorrhoea, Syphilis, Human Papilloma Virus (HPV), Herpes and Hepatitis B.

STI symptoms vary but can include ulcers on the genitals or rectum, painful urination and/or discharge, genital warts, swelling, redness and pain in the infected area. Most STIs can also infect the mouth and throat.

MANY PEOPLE WHO HAVE STIs HAVE NO SYMPTOMS AT ALL, SO NEITHER YOU NOR YOUR PARTNER MAY REALISE YOU ARE INFECTED. EARLY DETECTION THROUGH REGULAR SCREENING IS ADVISED.