

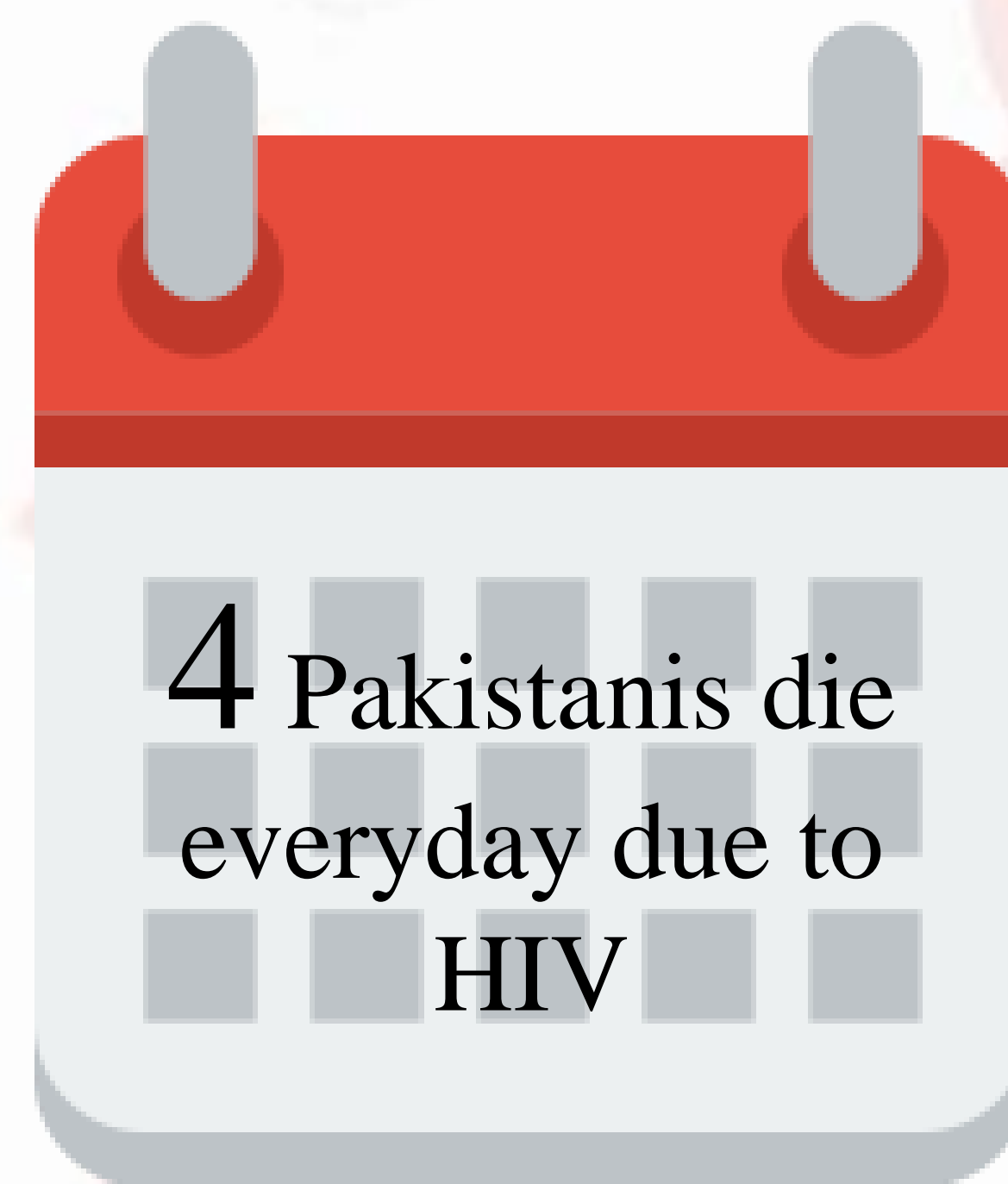
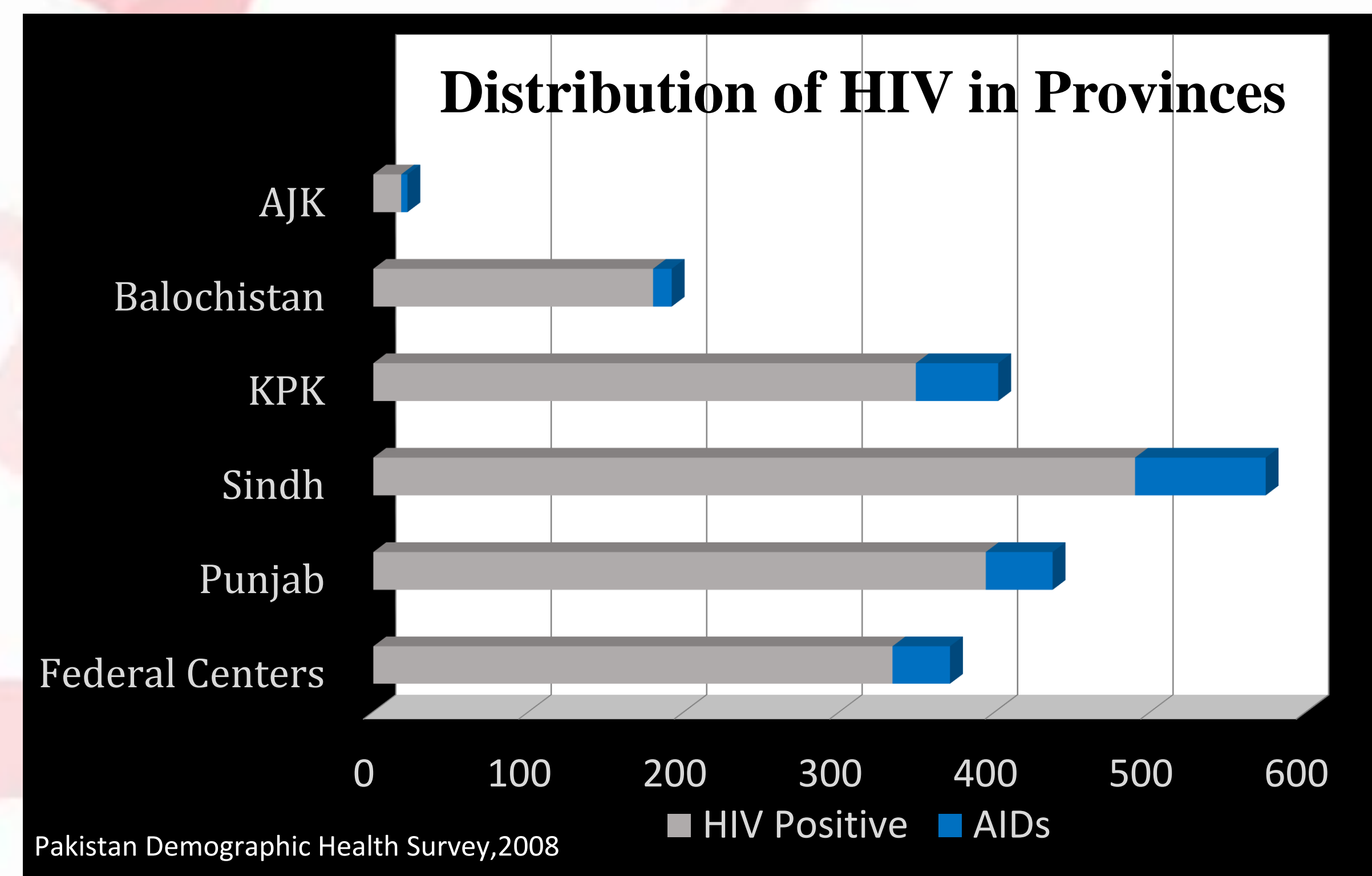


“Living with HIV”

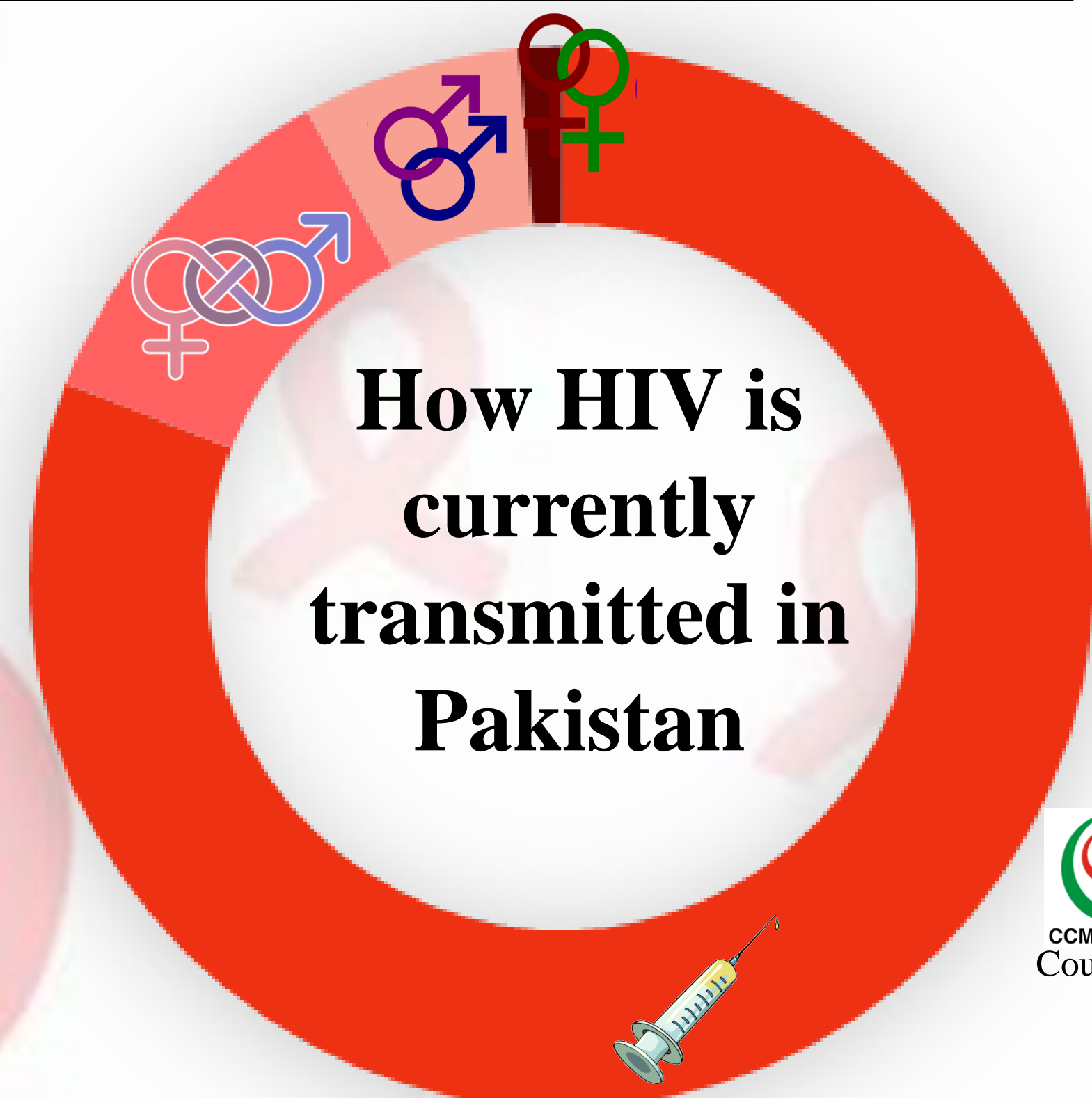
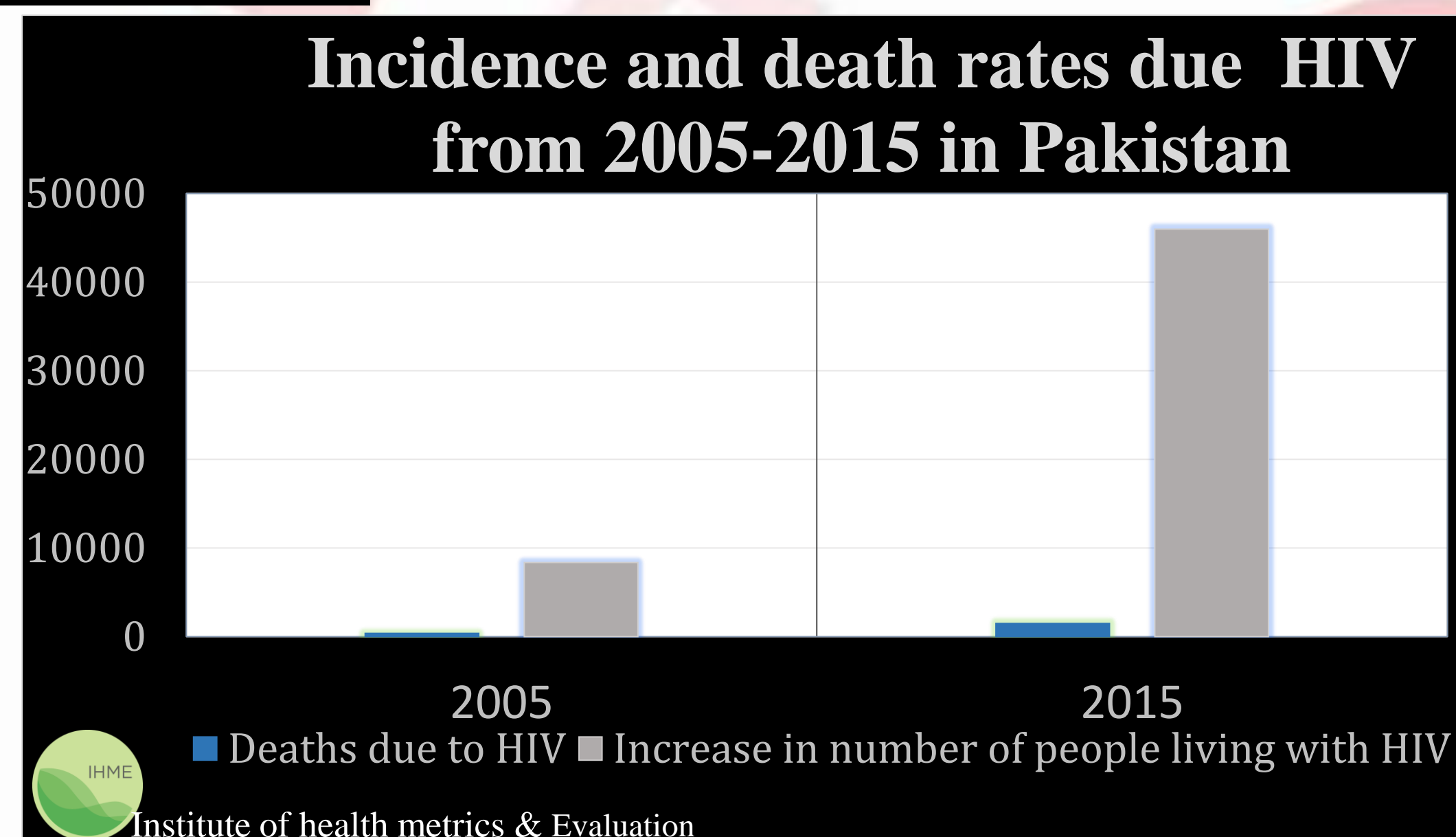
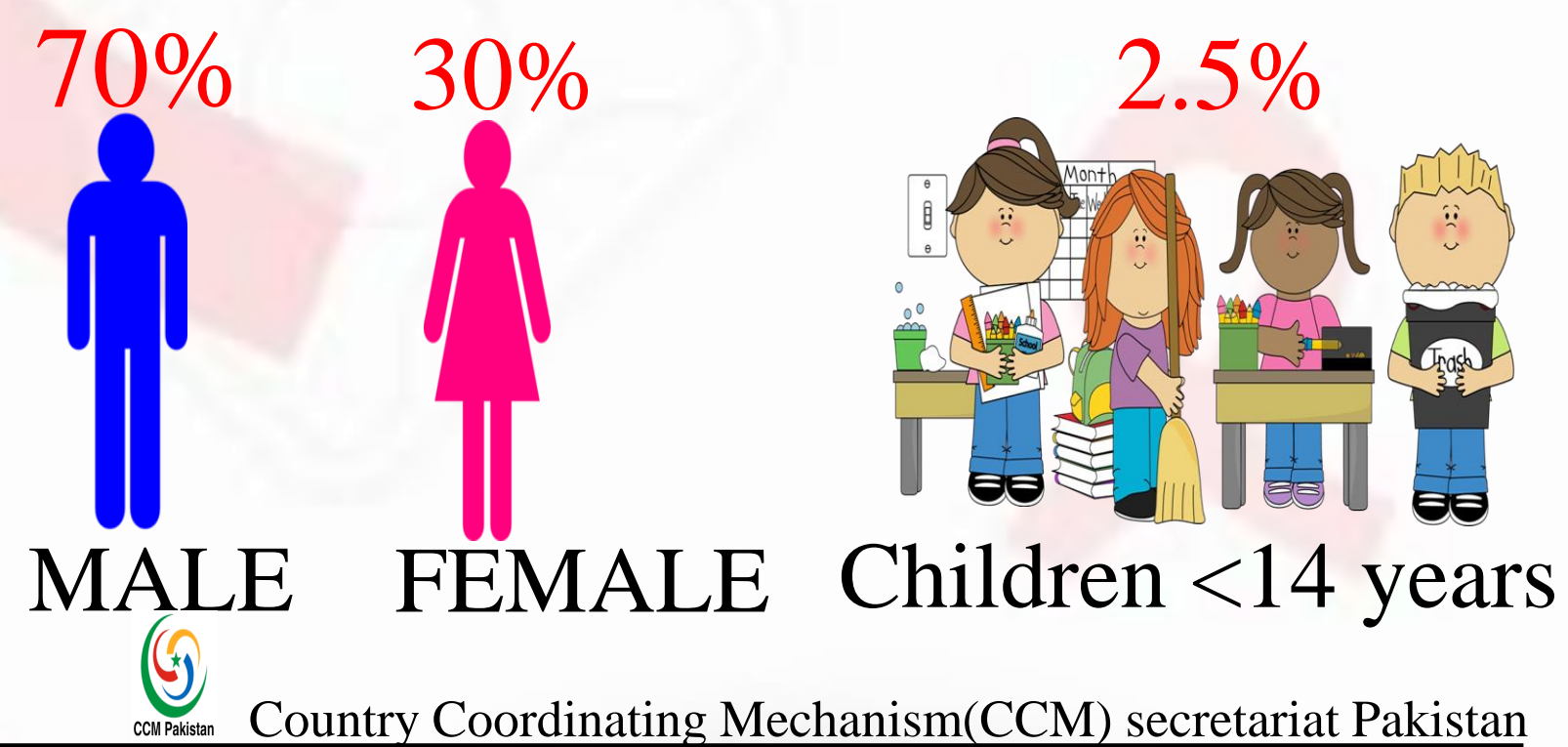
NIMRAH FAROOQ and AYESHA ALI

Department Of Microbiology & Molecular Genetics, University Of The Punjab

AIDS IN PAKISTAN



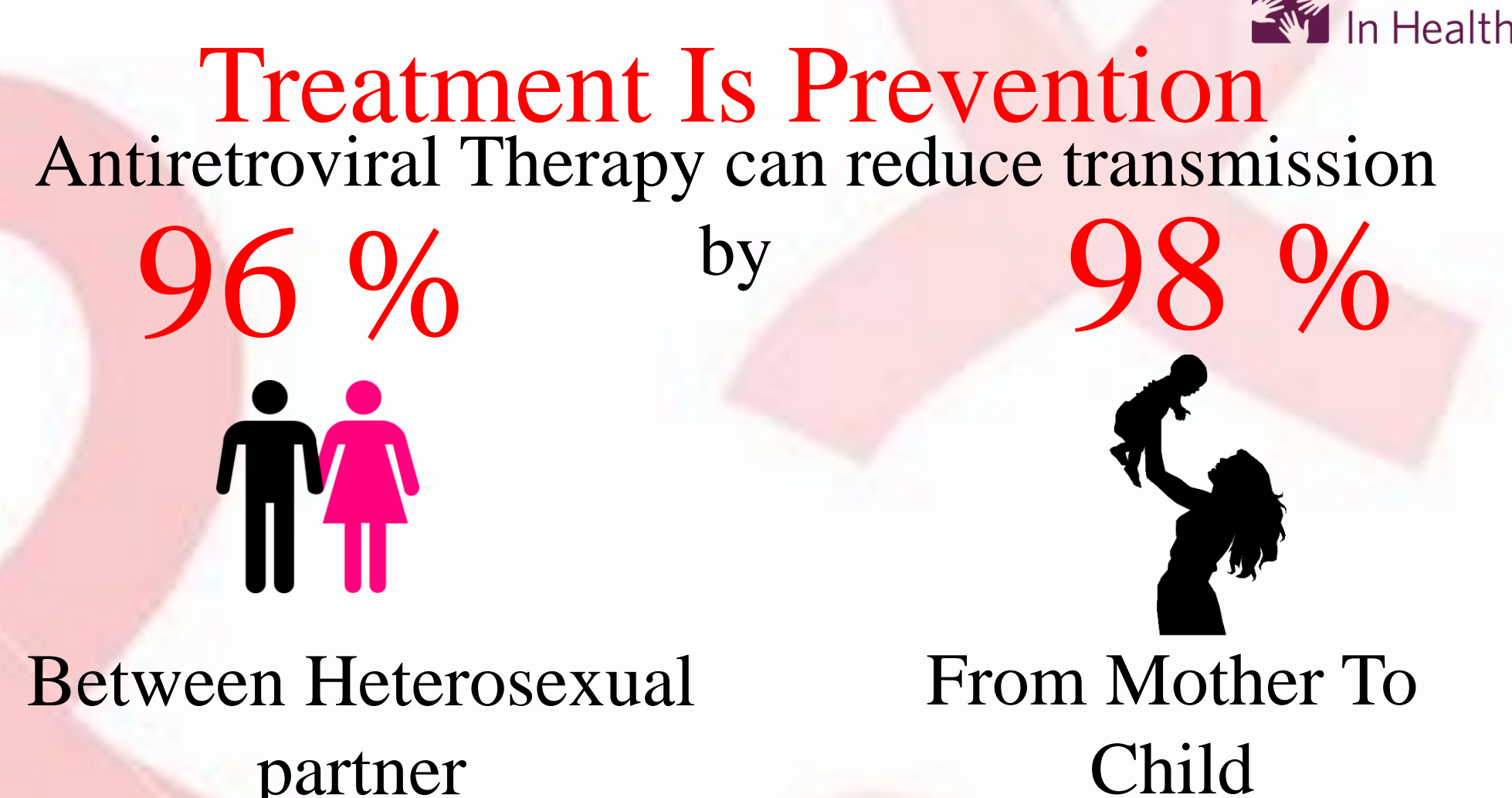
Currently there are an estimated 93,925 people are living with HIV (PLHIV) in Pakistan. Out of which



- 37.8 % people who inject drugs (PWID)
- 5.2 % Transgender (TG)
- 3.1 % Male sex workers (MSW)
- 0.6 % Female sex workers (FSW)

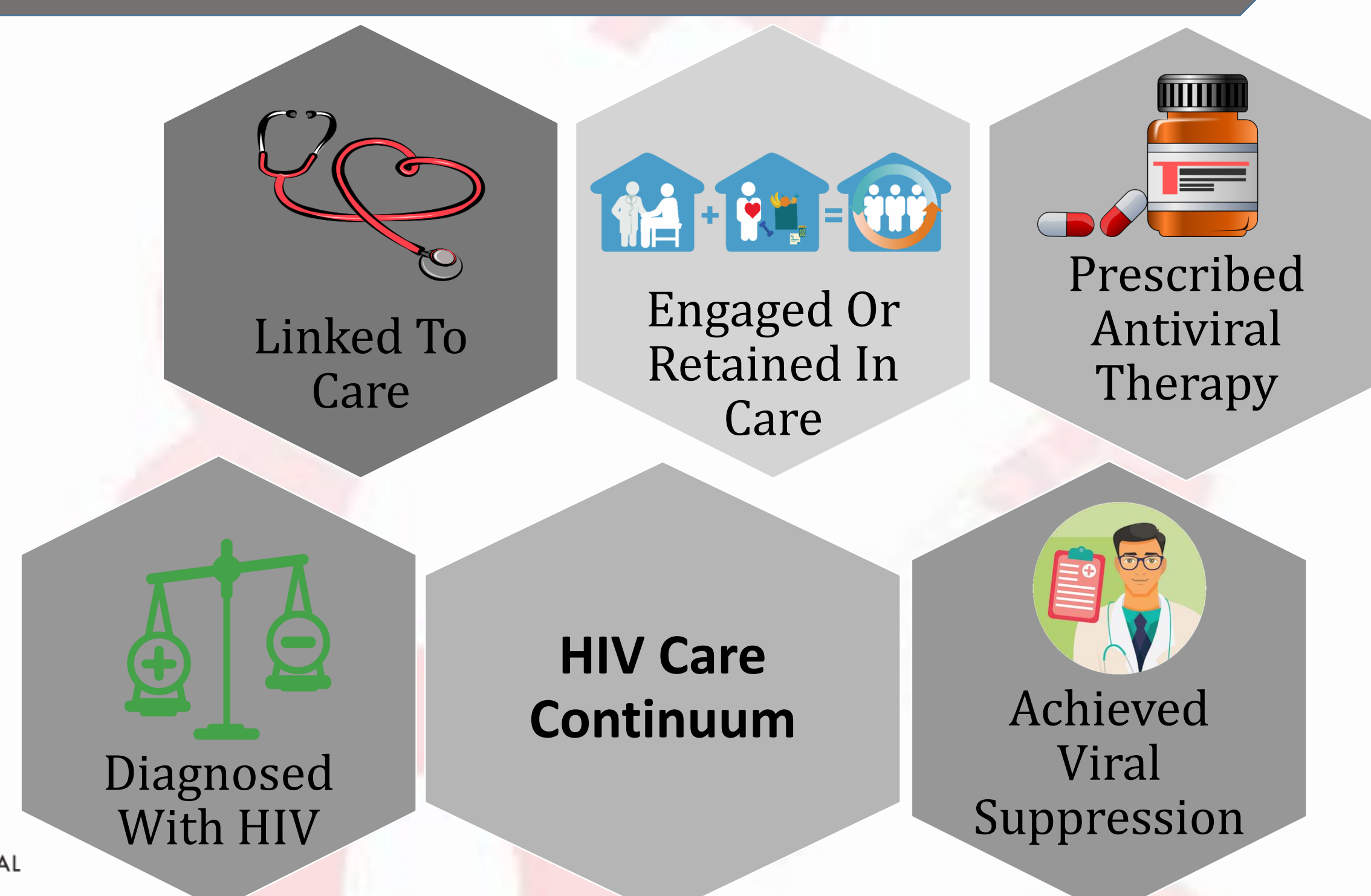
Early Treatment Means A Longer Life

ART isn't a cure, but it can control the virus so that you can live a longer, healthier life and reduce the risk of transmitting HIV to others,



HIV Care Continuum

The Series of steps a person with HIV takes from initial diagnosis through their successful treatment with HIV medications.



What HIV Patients Can Do To Take Care Of Themselves?



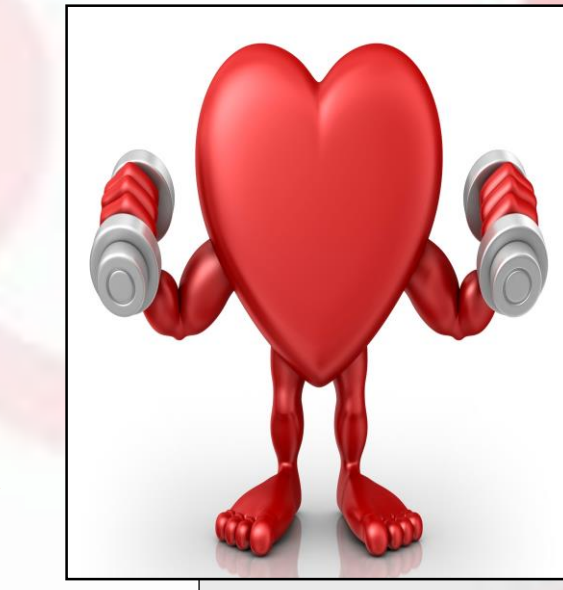
Regular Checkups



Avoid Alcohol, Tobacco And Drug Use



A Balanced Diet



Exercise



Plenty Of Rest

FACT UP

Five facts everyone should know about living with HIV in 21st century

FACT 1

People living with HIV have a normal life span if diagnosed and treated in time.

FACT 2

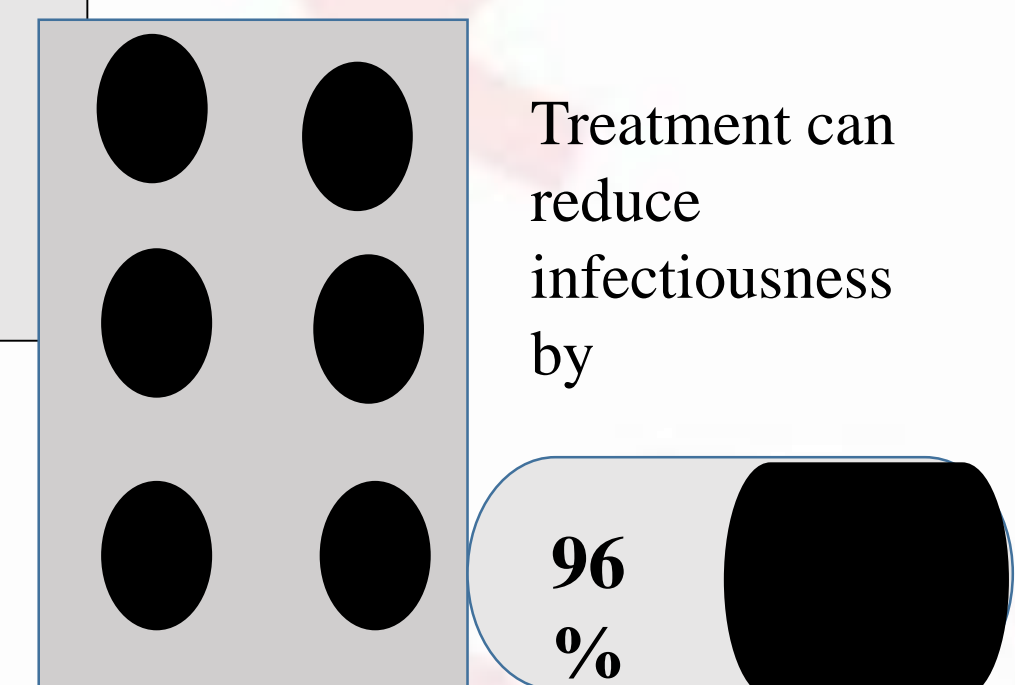
There is no job which someone cannot do specifically because they have HIV

FACT 3

Men and women living with HIV can become parents of an HIV-free baby

FACT 4

Treatment can mean that people living with HIV are no longer infectious



FACT 5

But people living with HIV still face Stigma and Discrimination

1 in 3 people living with HIV have faced discrimination



HIV Disclosure Etiquette

Your Friend Has just told you they have HIV. Here are few suggestion on how to properly respond

Avoid

- “How long do you have?”
- “Who gave it to you?”
- “How did you get it?”
- “I am not going to get it am I?”
- “Why I am not surprised?”

Say

- “You are not alone.”
- “Have you found a good doctor?”
- “Have you Started treatment yet?”
- “I am here for you.”
- “I appreciate you telling me that.”

“Living with HIV is not contagious, discriminating the sufferers is!”

