



LIVING POSITIVELY: What to do now that you know

ACTION Project
IHV - Nigeria



OBJECTIVES

“How to live positively!”



1. Adapt to the news
2. Get medical help
3. Educate yourself
4. Find support

1. ADAPT TO THE NEWS

Give yourself time to grieve

Grief often is experienced in four stages:

1. Denial
2. Anger
3. Bargaining
4. Acceptance



1. ADAPT TO THE NEWS

You may experience depression or anxiety:

- Continued sadness
- Difficulty sleeping
- Lack of desire to get out of bed
- Sudden, debilitating anxiety

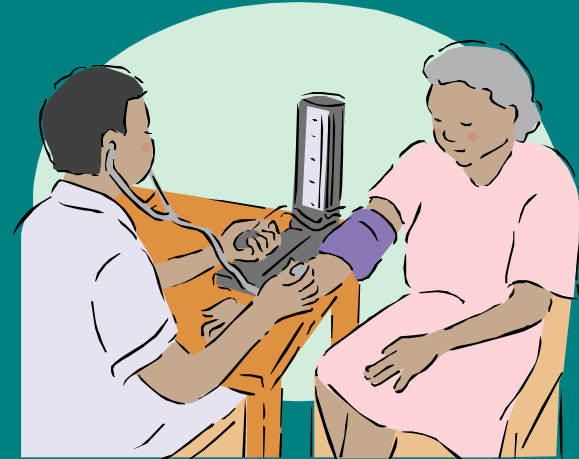


This may go away on its own. If it continues, seek medical help.



2. GET MEDICAL HELP

- ACTION team members are trained to help HIV-positive patients
- They can help you if you are experiencing depression or anxiety
- They can see if you qualify for anti-retroviral treatment



3. EDUCATE YOURSELF

- Talk to your care team—learn about your disease
- Go to patient education classes or attend a support group at your ACTION site
- Read books or online resources about HIV and AIDS if you have access to a library or the internet.





3. EDUCATE YOURSELF: MYTHS AND REALITIES



Myth #1:

HIV is a punishment from God or Allah.

Reality:

HIV is a disease, not a moral judgment.
No one deserves to get HIV or AIDS.

Myth #2:

HIV infection is a death sentence.

Reality:

No, it's not: the anti-HIV medications do work.

But you need to take them every day exactly as prescribed to allow the meds to do their job.

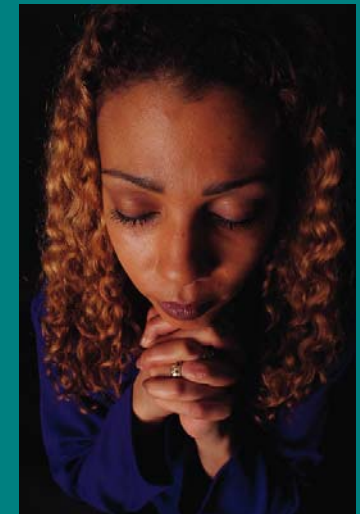
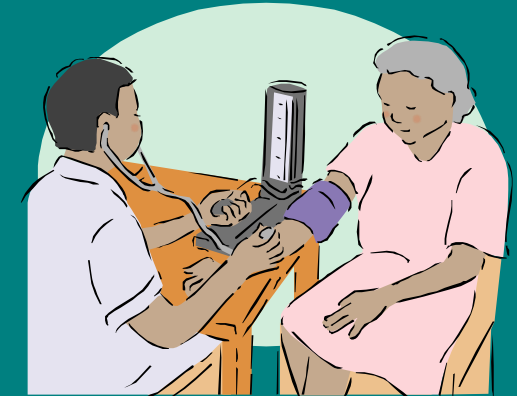


Myth #3:

If I pray very hard, I will no longer have HIV.

Reality:

- Prayer can help, but it cannot cure HIV.
- Control your virus by taking your medicines exactly as prescribed, eating well, and treating any other diseases you may have.
- Prayer can help, but it cannot replace good medical care.



Myth #4:

HIV doesn't cause AIDS.

Reality:

Years of experience and scientific research has demonstrated that HIV causes AIDS. There is no other valid explanation.

Myth #5:

I can't ever have children.

Reality:

Yes, you can. A woman who controls the amount of virus in her body through treatment significantly reduces the chance of transmitting the virus to her child.

Talk to your care team about ways to minimize the risk to your unborn child.



4. FIND SUPPORT

- Disclose to someone—it will take the pressure of the secret off of you
- Find a support group—no matter how supportive your friends and family will be, no one understands your status as much as those who share it.



4. FIND SUPPORT

- Remember that your care team is here to help you!
- Ask your doctor or nurse about symptoms or side effects you are experiencing.
- Ask your counselor about support groups in your area.



I have HIV. It doesn't have me.

I am living positively.

I am more than HIV-positive.



QUESTIONS?



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