

## **Anti-retroviral treatment (ART) for people with AIDS / Khomanani.**

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## Anti-retroviral treatment (ART) for people with AIDS

- From 2004, Government is introducing anti-retroviral treatment (ART) at some clinics and hospitals.
- ART offers hope for people with HIV and AIDS. It helps people with AIDS to live longer and improve their quality of life. But it does not cure AIDS – you have to take the medicine every day of your life.
- Start by knowing your HIV status – get tested.
- Not all people who are HIV positive need ART. Ask your health worker to find out if you need treatment.
- Whether you are HIV positive or negative, you need to protect yourself:
  - abstain from sex
  - be faithful to one partner
  - always use a condom



**AIDS Helpline 0800 012 322 or speak to your health worker to find out more.**



**Khomanani Red Ribbon Resource Centre (011) 880-0405 for your free ART booklets.**

