



1 December is World AIDS Day!

Take the rights path: My health, my right!

Every year, on 1 December the world commemorates World Aids Day. People around the world unite to show support for people living with and affected by HIV and to remember those who lost their lives to AIDS. This year the theme of World Aids Day is "Take the rights path: My health, my right!"

Platinum Health (PH) believes that all our members have the right to be protected from AIDS. It is for this reason that we offer treatment, medication and care for all our members who register on the HIV Management Programme.

Why is it important to know your HIV status?

- Knowing your HIV status and enrolling on HIV medicine, (also known as Anti-Retroviral Treatment (ARV)), soon after you find out you are HIV positive, can prevent Advanced HIV Disease (AHD) or AIDS (Acquired Immunodeficiency Disease Syndrome).
- You can get tested for HIV at any of our medical facilities.

Why is it important to start taking HIV medicine if you tested positive for HIV?

- Taking your HIV medicine as prescribed every day, will lower the HIV levels in your blood.
- This means that your HIV viral load will become undetectable, and you cannot transmit HIV to your sexual partner or unborn child.

What if you're HIV positive, but you're not receiving treatment?

- It is very important that you see a doctor at your closest Platinum Health medical facility and get onto ARV treatment as soon as possible.
- Once you start treatment, the key to staying well and becoming viral load suppressed, is to make sure that you take your medication regularly as prescribed: which usually means every day at the same time.
- Skipping doses or taking it at different times each day will stop it from protecting your immune system.

What else can you do to take care of yourself?

- Exercising regularly, eating a well-balanced diet, getting enough rest and quality sleep are all important to make sure that you stay healthy.

If you have questions, or want to register on the HIV Management Programme, visit any of our medical facilities for assistance.

An AIDS-free generation is attainable; it starts with me and you!