

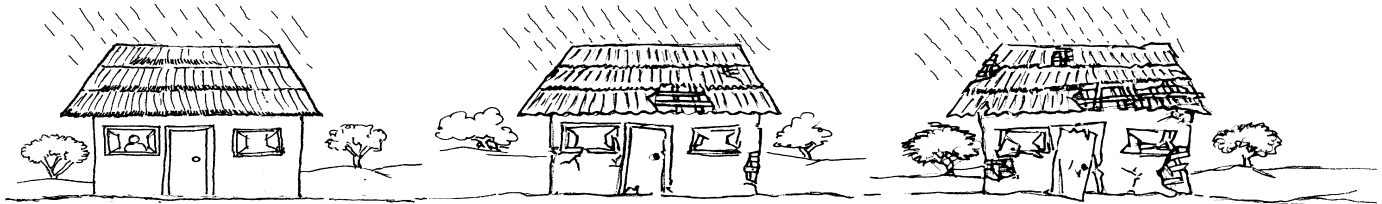
Opportunistic Infections

Infections that attack the body when it is weak are called opportunistic infections.

Opportunistic infections enter the body when the immune system is weak the way rain enters a house that is falling apart. Opportunistic infections cause very serious problems when a person's immune system is weakened by HIV/AIDS. Oral thrush, chronic cough and recurrent boils are some of the opportunistic infections.

O | Opportunistic Infections

The body immune system



Opportunistic infections weaken the body immune system.
A weak body is like a neglected house that cannot protect us from rain and cold.

OI | Opportunistic Infections

Opportunistic Infections

- Infections that attack the body when it is weak are called opportunistic infections.
- Opportunistic infections enter the body when the immune system is weak the way rain enters a house that is falling apart. Opportunistic infections cause very serious problems when a person's immune system is weakened by HIV/AIDS.
- Just as a house that is well kept lasts longer, a person who takes good care of him or her self will live longer. That is why it is important to protect yourself from opportunistic infections.

Learn about living healthy

- There are several ways to keep your immune system strong and to prevent and treat opportunistic infections.
- Do not wait till you feel sick to talk to your doctor.

Remember

You can improve your chances of feeling better and living longer with HIV by visiting your doctor. Your doctor can treat and explain how to prevent opportunistic infections.

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Opportunistic Infections

Signs and Symptoms



(a) Being dizzy



(b) Pain when swallowing,



(c) Trouble breathing



(d) Frequent or very bad headaches



(e) Problems seeing



(f) Feeling more and more tired



(g) Fever or feeling hot for more than a day



(h) Your sweat soaks your bed

Signs and Symptoms of Opportunistic Infections

- (a) Feeling dizzy
- (b) Pain when swallowing,
- (c) Trouble breathing
- (d) Frequent or very bad headaches
- (e) Problems seeing
- (f) Feeling more and more tired
- (g) Fever or feeling hot for more than a day
- (h) Your sweat soaks your bed
- (i) Cough lasting over 2 weeks

Remember

- Treatment works best when it starts early.
- don't wait until you are sick.
- Your doctor can help you decide how often to come back – it may be once every month or only twice a year.
- See your doctor regularly as advised

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Opportunistic Infections Signs and Symptoms



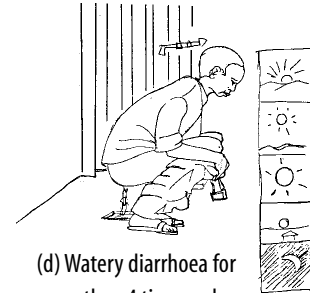
(a) Shaking, chills



(b) Problems with balance,
walking or speech



(c) Losing weight
for no reason



(d) Watery diarrhoea for
more than 4 times a day



(e) Vomiting



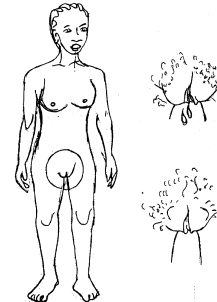
(f) Sore mouth
or tongue



(g) Stiff neck



(h) Severe stomach or
abdominal pain



(i) Swelling, bumps, burning,
itching, soreness, discharge or
smell on or near the vagina.

Additional Signs and Symptoms of Opportunistic Infections

- (a) Shaking, chills
- (b) Problems with balance, walking or speech
- (c) Losing weight for no reason
- (d) Watery diarrhoea for more than 4 times a day
- (e) Vomiting
- (f) Sore mouth or tongue
- (g) Stiff neck
- (h) Severe stomach or abdominal pain
- (i) Swelling, bumps, burning, itching, soreness, discharge or smell on or near the vagina.
- (j) Changes in menstrual cycle or menstrual flow.
- (k) Pain during sexual intercourse

Remember

- Treatment works best when it starts early.
- don't wait until you are sick.
- Your doctor can help you decide how often to come back – it may be once every month or only twice a year.
- See your doctor regularly as advised

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Opportunistic Infections

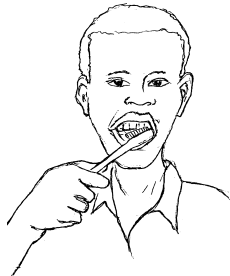
What to do to avoid infections



(a) Take baths everyday



(b) Wear shoes all the time



(c) Brush your teeth after eating



(d) Wash hands with soap after going to the toilet

Opportunistic infections can be avoided by taking care of ones hygiene through:

- (a) Taking baths everyday to keep your body clean
- (b) Wearing shoes to avoid small injuries which may result in infections
- (c) Brushing your teeth after eating
- (d) Washing your hands with soap after going to the toilet

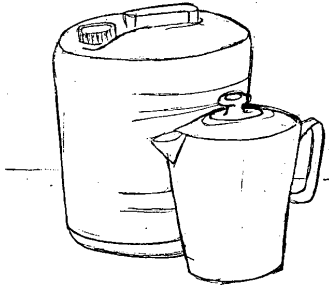
Remember

The tiny germs that cause opportunistic infections are too small to see but they are found in many things including unclean food, water and animals.

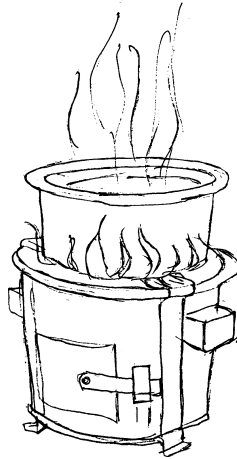
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Opportunistic Infections

What to do to avoid infections



(a) Fetch and store water in a clean container.
Avoid making water dirty with your hands.



(b) Boil water until it steams.



(c) Use clean cups or containers to draw and drink water.

Opportunistic infections can be avoided by using and drinking clean water. Therefore:

- Draw water from recommended sources such as clean wells or running rivers.
- Use clean containers such as buckets, pots or cooking oil containers.
- Avoid contaminating the water by washing hands in it.
- Boil water until it steams hot.
- Store in a clean container.
- Draw and drink water with clean cups.

Remember

Water can be a major source of infections if it is drunk without boiling. Boiling water is an important way of killing the tiny germs that cause opportunistic infections.

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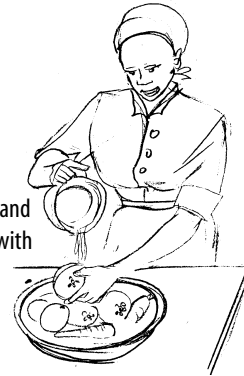
Opportunistic Infections

What to do to avoid infections

(a) Wash hands with soap before preparing food



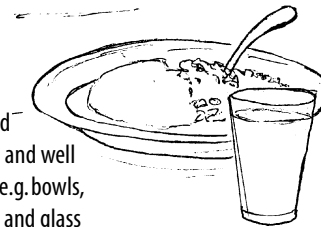
(b) Wash fruits and vegetables with clean water



(c) Use a clean table or chopping board to prepare the food



(d) Serve food and water in clean and well dried utensils e.g. bowls, plates, spoons and glass



Opportunistic infections can be avoided by observing cleanliness when preparing and serving food. Therefore:

- (a) Wash your hands with soap and plenty of clean water before you start preparing food.
- (b) Wash fruits and vegetables before you start to cook or to eat them.
- (c) Use a clean table or chopping board to prepare the food
- (d) Serve food and water in clean and well dried utensils e.g. bowls, plates, spoons and glass

Remember

Observing cleanliness by washing our hands and preparing food in a clean place and using clean plates to serve food is a good way of avoiding germs that can cause opportunistic infections.

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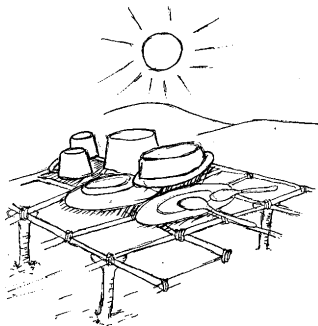
Opportunistic Infections What to do to avoid infections



(a) Cook meat until it is no longer pink in the center. Meat, if not properly cooked, can be a source of infection.



(c) Cover food or put it in a cupboard away from flies.



(b) Dry eating utensils in the sun.



Opportunistic infections can be avoided by observing cleanliness when preparing and storing food. Therefore:

- (a) Ensure that meat is well cooked i.e. until it is no longer pink in the center.
- (b) Wash eating utensils and dry them in the sun.
- (c) Cover food or put it in a cupboard away from flies.

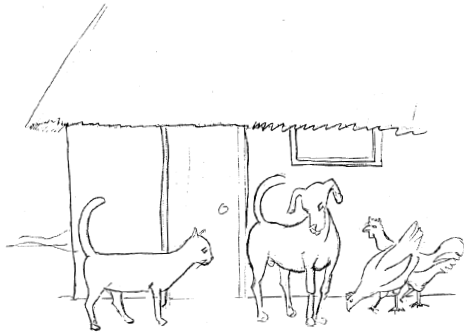
Remember

Observing cleanliness by ensuring food is well cooked and stored in a clean place and by using clean and dry utensils to help avoid germs that can cause opportunistic infections.

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Opportunistic Infections

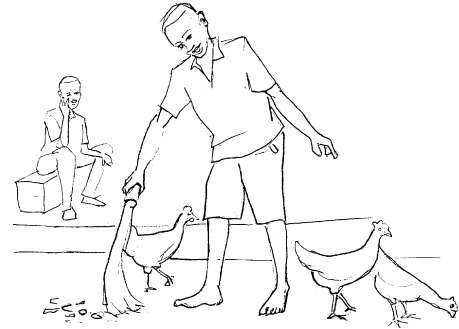
What to do to avoid infections



(a) Keep animals and pets outdoors.



(c) Always wash your hands after handling animals.



(b) Ask someone else, if possible, to clean up after animals especially cats, kittens, chickens and other birds.



(d) Avoid contact with young animals, especially animals with diarrhea

Opportunistic infections can be avoided by maintaining cleanliness around domestic and farm animals. Therefore:

- (a) Keep animals and pets outdoors.
- (b) Ask someone else, if possible, to clean up after animals especially cats, kittens, chickens and other birds.
- (c) Always wash your hands after handling pets and other animals.
- (d) Avoid contact with young animals, especially animals with diarrhea

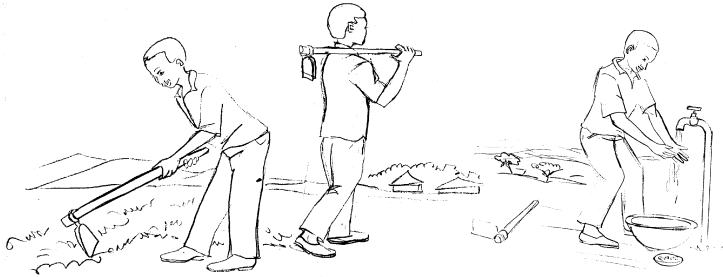
Remember

Domestic animals can be a source of germs which cause opportunistic infections. Observe cleanliness by avoiding contact with animals.

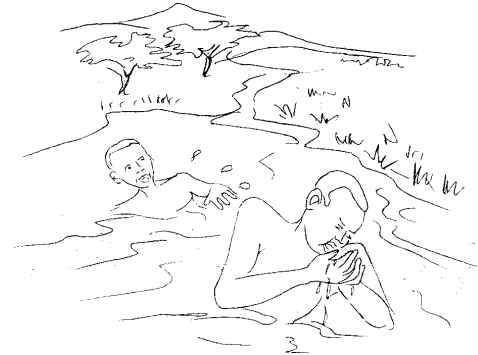
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Opportunistic Infections

What to do to avoid infections



(a) Soil contains germs and bacteria which can cause opportunistic infection. Wash your hands with soap after working outside



(b) Sometimes river water can contain germs that cause opportunistic infections. Avoid swallowing water anywhere you swim.

Opportunistic infections can be avoided by keeping safe outdoors through:

- (a) Washing your hands with soap after working in the farm to get rid of germs that can cause opportunistic infections.
- (b) Avoiding swallowing water anywhere you swim. This water may be contaminated with germs that can cause opportunistic infections.

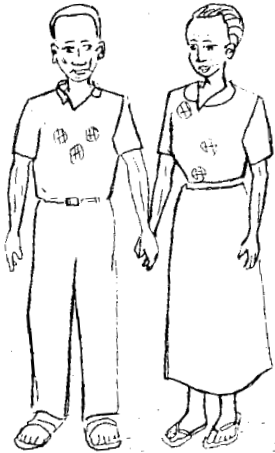
Remember

Soil and river water can be a source of germs which cause opportunistic infections. Observe cleanliness by washing hands after working in the farm and avoid swallowing water anywhere you swim.

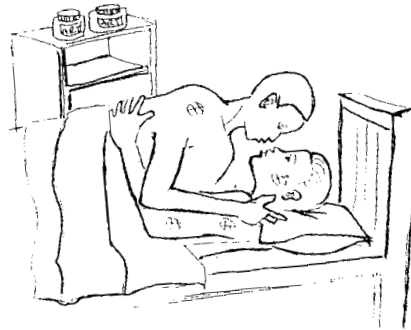
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Opportunistic Infections

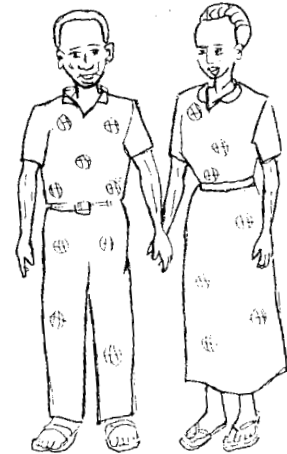
Protect yourself from HIV re-infections



(a) You can be re-infected with a different strain of HIV even if you are HIV positive.



(b) ART does not protect against HIV re-infection.



(c) If you get re-infected again with a different strain of HIV, your immune system gets weaker.

Protect yourself from HIV re-infection

- (a) If you have unprotected sex, you can be re-infected with a different strain of HIV even if you are HIV positive.
- (b) ART does not protect against HIV re-infection.
- (c) If you get re-infected again with a different strain of HIV, your immune system gets weaker.
- (d) Protect yourself and your partner – always use a condom, or don't have sex.

Remember

Protect yourself whenever you have sexual intercourse by using a condom. This will minimise your chances of re-infection and avoid weakening your immune system.

10 Opportunistic Infections

Protect yourself from HIV re-infections



Protect yourself and others always use a condom, or don't have sex.

Protect yourself from HIV re-infection by:

- A – Abstaining from sexual activity
- B – Being faithful to one partner with whom you have protected sex.
- C – Use a condom whenever you have sex.

Remember

Protect yourself whenever you have sexual intercourse by using a condom. This will minimise your chances of re-infection and avoid weakening your immune system.

11 Opportunistic Infections

Take good care of yourself



(a) Eat a balanced diet



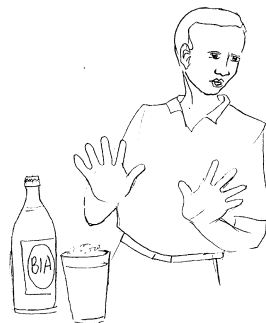
(b) Exercise moderately



(c) Get enough sleep



(d) Don't smoke



(e) Don't drink alcohol

Take good care of yourself

There are a number of ways of keeping your body healthy and avoiding opportunistic infections.

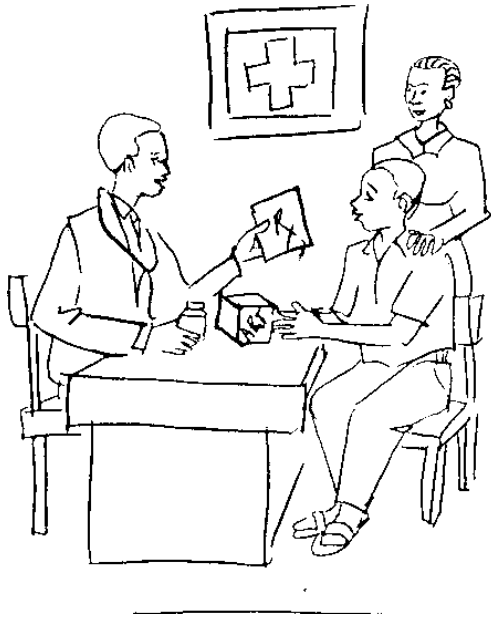
- (a) Eat a balanced diet
- (b) Do regular exercise moderately
- (c) Get enough sleep
- (d) Avoid smoking
- (e) Avoid taking alcoholic drinks

Remember

By observing simple rules of keeping your body healthy, you can minimise your chances of getting opportunistic infections.

12 Opportunistic Infections

Take good care of yourself



Take good care of yourself

- Only take medicines given to you by your doctor
- Ask your partner to accompany you when visiting the doctor

Remember

ART drugs are only prescribed by a qualified medical practitioner.

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Opportunistic Infections

In Summary

Ask your doctor about medicines that can help prevent opportunistic infections.



Check regularly with doctor

You are not alone!

Remember, over a million people around the world take ART everyday, you too can take them successfully.



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How to avoid Opportunistic Infections

This booklet is designed to help you understand signs and symptoms of opportunistic infections and explains what to do to prevent them and when to seek medical care