

## NUMBER OF PEOPLE LIVING WITH HIV AND AIDS

Geography	Number of PLHIV	Tins of Rice (approximation)
Sub-Saharan Africa	24,700,000	
Ghana	221,941	
Western Region, Ghana	25,688	
Central Region, Ghana	17,468	
Greater Accra Region, Ghana	26,715	
Volta Region, Ghana	18,495	
Eastern Region, Ghana	32,880	
Ashanti Region, Ghana	30,825	
Brong Ahafo Region, Ghana	20,550	
Northern Region, Ghana	7,193	
Upper East Region, Ghana	24,660	
Upper West Region, Ghana	17,468	

One Tin of Rice = 15,300 grains of rice (people living with HIV and AIDS)

Technical Report - Estimates and Projections of National HIV Prevalence and Impact in Ghana, Using Sentinel Surveillance Data Adjusted with DHS+ Data 2006

Technical Report - 2010 HIV Sentinel Survey Report, National AIDS Control Programme  
Ghana Health Service, Ministry of Health

## HIV TRANSMISSION - QQR

For HIV transmission to take place, remember QQR:

- Quality of the virus must be strong
- Quantity of virus must be large
- Route of transmission must be available

### Quality

- HIV can not survive outside the human body
- HIV dies when it meets air or heat
- HIV can survive inside a syringe if there is no air (vacuum)

### Quantity

- HIV can be found in large amounts (quantities) in semen, blood, vaginal fluids, and breast milk
- HIV can be found in saliva, tears, vomit, faeces, and urine, BUT it is NOT enough to be transmitted (unless blood is also present)
- HIV is NOT found in sweat

### Route

- For HIV transmission to take place, the HIV must get into the body's bloodstream.
- If someone cuts himself, the blood flows out (away from the bloodstream); if you touch someone's bleeding cut, blood will not enter into your bloodstream unless you also have an open sore or wound.

Using **QQR**, you can see why HIV CANNOT be transmitted by:

- |                           |                         |
|---------------------------|-------------------------|
| Kissing                   | Shaking hands           |
| Hugging                   | Sharing cups and plates |
| Mosquitoes                | Sharing toilets         |
| Using the same wash water |                         |

In Ghana, the main route of HIV transmission is by **sex**. The main risk is through the penis to the vagina and from the penis to the anus. There is a lesser risk of transmission from the penis to the mouth. There are almost no recorded cases of transmission from an HIV + woman's vagina to an HIV – person's mouth. There are no recorded cases of transmission from an HIV + person's mouth to an HIV – person's vagina or penis.

During sex, HIV can pass from -

- Man to Man
- Man to Woman
- Woman to Man

## HIV Risk of Infection

### Higher Risk

#### **Anal sex without a condom and without a lubricant**

(A rectum is not designed for sex. A penis can cause rips and tears inside, allowing exchange of blood and semen.)

#### **Vaginal or Anal Sex without a condom with a person with an STI**

(STIs bring blood to the surface of the skin, increasing the opportunity for infection.)

#### **Vaginal sex without a condom and without a lubricant**

(Semen and vaginal fluids can contain HIV.)

#### **Using Vaseline or hair oil to lubricate a condom**

(Oil-based products weaken male condoms and can cause them to break.)

#### **Sharing needles**

(Injecting drug users tend to inject other people's blood right into their veins.)

#### **HIV + woman getting pregnant or breastfeeding**

(A pregnant woman with HIV has one chance in three of infecting her child at birth or through breastfeeding.)

#### **Excessive alcohol**

(Too much alcohol can reduce the desire to use a condom, or cause one to forget to use a condom.)

#### **Drug use**

(Too much drug use can reduce the desire to use a condom, or cause one to forget to use a condom.)

### Lower Risk

#### **Anal sex with a condom and with a lubricant**

(A condom is good protection against HIV unless it breaks or is used improperly)

#### **Vaginal sex with a condom and with a lubricant**

(A condom is good protection against HIV unless it breaks or is used improperly)

#### **Oral sex with a condom**

(While a much lower risk than anal or vaginal sex, condoms are not 100% effective against HIV because they may break or be used improperly)

#### **Sex with multiple partners with a condom and with a lubricant**

(Reducing the number of partners reduces the risk of HIV)



**Sharing uncovered sex toys (dildos or vibrators)**

(There is a possibility of exchange of blood, semen, or vaginal fluids if a sex toy is not covered with a condom or washed well before sharing with a partner.)

**No Risk (Safe)**

**Handshakes**

(The skin is a good protective coating. HIV doesn't go through it unless there is an open sore or cut.)

**Being bitten by a mosquito**

(HIV is not present in a mosquito's saliva that is injected when biting a person. If mosquitoes transmitted HIV, then many more people of all ages would be infected)

**Sharing a toilet**

(HIV is very weak outside the body. It dies in the air very quickly.)

**Masturbation**

(There is no exchange of blood, semen, vaginal fluids, or breast milk, as masturbation only involves one person.)

**Fingering**

(There is no exchange of blood, semen, vaginal fluids, or breast milk; however, it is important to wash your hands after fingering to avoid the possibility of contracting Hepatitis.)

**Rimming**

(There is no exchange of blood, semen, vaginal fluids, or breast milk; however, anal hygiene is important as there is a risk of contracting Hepatitis.)

**Body Rubbing**

(There is no exchange of blood, semen, vaginal fluids, or breast milk.)

**Cyber Sex**

(There is no exchange of blood, semen, vaginal fluids, or breast milk as cyber sex, or internet sex, is through communication using computers.)

**Sharing a toothbrush**

(Sharing brushes may not be hygienic, but HIV transmission is not a problem.)

**Touching/hugging a person with AIDS**

(There is no exchange of blood, semen, vaginal fluids, or breast milk.)



**Sweat and Tears**

(HIV has been found in tears in very low quantities from some AIDS patients, but it is not enough to transmit HIV. HIV has never been recovered from the sweat of HIV-infected persons.)

**Sharing spoons/forks/plates/cups with a PLHIV**

(HIV is a very weak virus outside the body. It dies in the air very quickly and is killed by soap and water.)

**Sharing phones**

(HIV is a very weak virus outside the body. It dies in the air very quickly.)

**Deep kissing with tongues**

(HIV can be found in saliva but not in enough quantities to transfer the virus from one person to another.)

## ANTIRETROVIRAL THERAPY (ART)

- Antiretroviral therapy is a treatment, not a cure for HIV.
- Antiretroviral therapy (ART) or antiretroviral medicines (ARVs) do not kill the HIV virus. However, they can help to decrease the amount of virus in the body (viral load).
- ARVs are taken in combination, usually three different ARVs every day. Each drug attacks HIV in a different way.
- ARVs should not be started until a blood test is done to determine how much HIV is in the body (viral load).
- Once started, ARVs must be taken for the rest of a person's life, and must be taken properly every day at the specified times.
- ARVs can cause side effects (e.g. nausea, anaemia, rashes, and headaches).
- ART helps the body to strengthen the immune system and fight off opportunistic infections.
- ARVs should never be shared. When they are prescribed, they are for one person.
- ART reduces HIV transmission from the mother to child during pregnancy, labor, delivery, and breastfeeding.



## Relationship between HIV and other STIs

There is a close relationship between HIV and other sexually transmitted infections (STIs)

1. **HIV is one type of sexually transmitted infection (STI)**
2. **STIs increase your risk of contracting HIV**  
A person who has an STI is at a much higher risk of contracting HIV through sex from an infected person. The sores, blisters, and rashes from the STI can provide openings for HIV to enter the body (like those symptomatic of syphilis or herpes). However, research also shows that STIs that do not cause breaks in the skin (such as gonorrhea or chlamydia) also increase one's chances of being infected with HIV.
3. **STIs increase your risk of transmitting HIV**  
A person infected with both HIV and another STI has a higher risk of transmitting HIV to another partner.
4. **Prompt and appropriate treatment of STIs reduces individual risk of HIV infection**
5. **STIs can result in an HIV-infected person (PLHIV) developing AIDS more rapidly**  
STIs put additional stress on the body's resistance. Those who are HIV-positive and have another STI are likely to get sick more frequently and develop AIDS more rapidly. When the body has to keep fighting infections for a long time, the body's resistance is weakened and opportunistic diseases take over.
6. **STIs can be symptoms of HIV Infection**  
HIV infection may complicate the diagnosis and treatment of other STIs. A person infected with HIV may have more severe symptoms of STIs and the normal treatment for the STI may be ineffective.

## Sexually Transmitted Infections

STI	Male Signs and Symptoms	Transmission	Treatment
			----- If Left Untreated
Genital Herpes	<p><i>May have no symptoms</i></p> <p><b>Initial infection:</b></p> <ul style="list-style-type: none"> <li>• Flulike symptoms (fever, chills, head and muscle aches, and fatigue)</li> <li>• Blisters and ulcers on and around mouth area or genitals, or in the anus.</li> </ul> <p><b>Recurrent infection:</b></p> <ul style="list-style-type: none"> <li>• Blisters and ulcers on genital area or lips</li> </ul>	Direct skin-to-skin contact during anal, oral, or vaginal sex.	<ul style="list-style-type: none"> <li>• Incurable</li> <li>• Treatment for symptoms with antiviral medication</li> </ul> <p style="text-align: center;">-----</p> <ul style="list-style-type: none"> <li>• Increased risk of HIV</li> </ul>
Syphilis	<p><i>Usually no symptoms</i></p> <ul style="list-style-type: none"> <li>• Painless round, open sores in genital area, anus, and mouth which heal slowly</li> <li>• Rash on palms of hands and soles of feet and flulike symptoms</li> <li>• Proctitis (inflammation of anus and rectal lining)</li> </ul>	Unprotected anal, oral, or vaginal sex	<ul style="list-style-type: none"> <li>• Curable with antibiotics</li> </ul> <p style="text-align: center;">-----</p> <ul style="list-style-type: none"> <li>• Blindness, heart failure, brain damage</li> <li>• Increased risk of HIV</li> </ul>
Genital Warts	<p><i>May have no visible symptoms</i></p> <ul style="list-style-type: none"> <li>• Warts in genital area and anus, sometimes with itching.</li> </ul>	Direct skin contact during anal or vaginal sex	<ul style="list-style-type: none"> <li>• Incurable</li> <li>• Treatment for symptoms</li> </ul> <p style="text-align: center;">-----</p> <ul style="list-style-type: none"> <li>• Disfigurement of genitals</li> <li>• Increased risk of HIV</li> </ul>
Gonorrhoea	<p><i>May have no symptoms</i></p> <ul style="list-style-type: none"> <li>• Painful urination</li> <li>• Pus from tip of penis</li> <li>• Proctitis (inflammation of anus and rectal lining)</li> </ul>	Unprotected anal, oral, or vaginal sex	<ul style="list-style-type: none"> <li>• Curable with antibiotics</li> </ul> <p style="text-align: center;">-----</p> <ul style="list-style-type: none"> <li>• Urethritis</li> <li>• Sterility</li> <li>• Increased risk of HIV</li> </ul>
Chancroid	<ul style="list-style-type: none"> <li>• Painful ulcers (sores) on penis or anus that bleed easily and appear 3-5 days after exposure</li> <li>• Inflammation: one side of lymph gland</li> </ul>	Direct contact with discharge from ulcers (sores)	<ul style="list-style-type: none"> <li>• Curable with antibiotics</li> </ul> <p style="text-align: center;">-----</p> <ul style="list-style-type: none"> <li>• Increased risk of HIV</li> </ul>





**Sexually Transmitted Infections**  
Information Sheet

STI	Male Signs and Symptoms	Transmission	Treatment
			If Left Untreated
Chlamydia	<p><i>May have no symptoms</i></p> <ul style="list-style-type: none"> <li>• Painful urination</li> <li>• Discharge from penis</li> <li>• Proctitis (inflammation of anus and rectal lining)</li> </ul>	Unprotected anal, oral, or vaginal sex	<ul style="list-style-type: none"> <li>• Curable with antibiotics</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Urethritis</li> <li>• Increased risk of HIV</li> </ul>
Hepatitis A	<p><i>May have no symptoms</i></p> <ul style="list-style-type: none"> <li>• Flulike symptoms</li> <li>• Diarrhoea and vomiting</li> <li>• Jaundice</li> </ul>	Rimming (transmitted through faeces)	<ul style="list-style-type: none"> <li>• Hep A vaccination for prevention</li> <li>• No treatment</li> <li>• Bed rest and fluids</li> <li>• Usually get better after 2 to 3 weeks of bed rest.</li> </ul>
Hepatitis B	<p><i>May have no symptoms</i></p> <ul style="list-style-type: none"> <li>• Jaundice</li> <li>• Fatigue</li> <li>• Abdominal pain</li> <li>• Loss of appetite, nausea, vomiting</li> </ul>	Having sex with an infected person and rimming. Risk may be reduced by condom use (transmitted through blood and semen)	<ul style="list-style-type: none"> <li>• Hep B vaccination for prevention</li> <li>• Anti-viral treatment</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Cirrhosis (scarring of liver)</li> <li>• Death from chronic liver disease</li> </ul>
Pubic Lice (Crabs)	<ul style="list-style-type: none"> <li>• Itching of pubic area, mainly at night</li> </ul>	Direct body contact	<ul style="list-style-type: none"> <li>• Special shampoos and lotions</li> </ul>
Scabies	<ul style="list-style-type: none"> <li>• Itchy red rash on penis, buttocks, inner thighs, wrists, ankles, hands, chest, and back</li> </ul>	Direct body contact and contact with infected bedding and clothing	<ul style="list-style-type: none"> <li>• Special lotions</li> </ul>

## CONDOM AND LUBRICANT

### **What is a condom?**

A condom is a thin sheath, usually made of latex, that is placed on an erect penis and used during anal, vaginal, and oral sex.

### **How is a condom used?**

A condom holds the semen so that sperm cannot pass into the anus, vagina, or mouth. The condom is placed on an erect penis before sex. The condom is carefully removed after sex. Condoms can only be used once.

### **How effective is the condom?**

A condom is highly effective in the prevention of sexually transmitted infections (STIs), including HIV, if used correctly and consistently during every sexual encounter.

### **What type of lubricants should be used with a condom?**

Only water-based lubricants such as K-Y jelly or glycerine should be used with condoms. Oil-based lubricants such as Vaseline, hair oil, Robb, Nkuto, and Nku should NEVER be used, as the oils cause the condom to break (making them ineffective).

### **When should a lubricant be used with a condom?**

- When you have anal sex
- When you have dry vaginal sex

### **What are the advantages of using a condom?**

- Protects against HIV and other STIs
- Easy to find
- Inexpensive
- Easy to use

### **What are the disadvantages of using a condom?**

- May occasionally break or slip off during intercourse if not used properly
- May interrupt sexual activity when being put on if the couple is inexperienced in their use (this improves with continued practice)
- May cause decreased sexual sensitivity if the wrong type of condom is used

### **What are the possible side effects of using a condom?**

- Rarely, there may be an allergic reaction to latex which would cause burning, itching, or swelling

## POSITIVE LIVING

### WHAT IS POSITIVE LIVING WITH HIV?

1. Positive living with HIV is living with hope and determination to delay the onset of AIDS, thus being able to live a healthy and long life.
2. It means maintaining a positive mental attitude and healthy lifestyle to help the immune system cope with HIV (or any other illness).
3. It means avoiding infecting others and re-infecting oneself with HIV.

### STRATEGIES FOR POSITIVE LIVING

#### 1. Have the Right Attitude

- a. Accept HIV-positive status. This will not happen overnight, and people living with HIV need support to be able to cope.
- b. Share your status and worries with those you love and trust.
- c. Learn as much as you can about HIV and AIDS and its effects on your life.
- d. Share experiences with others in your community who are also living positively to find strength and hope.

#### 2. Seek Support

- a. Talking to somebody helps an HIV-positive person cope with stress and ease tension, and it will lighten the load.
  - b. Go back to the counsellor, who will listen to your fears and worries about your status.
  - c. Avoid being alone — mix with friends and family members.
- 
- a. This is helpful if you are a member of a church or religious organization. Talking to someone you trust will help in reducing your stress and worries.
- 
- a. It is important for people living with HIV to take care of their health by protecting themselves against infectious diseases such as TB, sexually transmitted infections (STIs), malaria, and chest infections.
  - b. Seek early medical treatment whenever you suspect you have any infection.
  - c. Immediate treatment of opportunistic infections helps to keep the immune system stronger and therefore decreases the viral load.

### **3. Maintain Good Health**

- a. Maintain good personal hygiene by taking a bath at least once a day, washing your hands after using the toilet and before handling food, and keeping your home clean.
- b. Avoid infections or diseases by sleeping under a mosquito net.
- c. Avoid re-infection of HIV or other STIs by using a condom consistently and correctly with ALL sexual partners (this includes using a lubricant for anal and vaginal sex).
- d. Visit the health centre regularly and go whenever you fall ill.
- e. Exercise regularly.
- f. Avoid smoking (cigarettes and drugs).
- g. Get enough rest.

### **4. Engage in Social Activities**

- a. Visit friends and participate in meetings of the local network of people living with HIV and AIDS to share experiences and challenges.
- b. Get involved in care and support groups. This will help you overcome difficult conditions.

### **5. Make Plans for Your Life**

- a. Being infected with HIV does not mean one will die immediately; people with HIV may live for over 20 years with the availability of ART. You need to make plans for your life.

### **6. Eat Healthy**

- a. Good nutrition is very important to help boost your immune system and help protect the body against disease and infection.
- b. Drink boiled or pure water.
- c. Avoid alcohol.
- d. Eat fresh food, including fruits and vegetables.

## TESTING AND COUNSELLING (TC)

### What is Testing and Counselling (TC)?

TC is a service where people can choose to go for an HIV test and receive counselling. Test results are confidential and only shared with the person receiving the test.

### What are the steps for TC?

- First, a person will visit with a counsellor for pre-test counselling to talk about why he wants to be tested, and to discuss the possible results.
- Second, a consent form is signed if a person agrees to take the test. A small amount of blood is taken for testing for the presence of HIV antibodies.
- Third, the person will meet again with the counsellor in a post-test counselling session to receive the results and discuss any next steps.

### Why should I get tested?

- TO KNOW MY STATUS
- Had sex without a condom
- Condom broke during sex
- Have multiple partners
- Partner tested positive
- Am frequently sick and worried about HIV and AIDS
- To receive treatment, care, and support if HIV-infected

### If I test negative, does this mean I do not have HIV?

No, there is a period of about three months after you are infected when you may test negative but actually have HIV. This three month period is called the **window period**. During the window period, HIV may be present in the body, but the body's immune system has not yet developed the antibodies that are found by the HIV test. If you test negative, you should test again after three months to be certain you are HIV –.

### The test cannot tell

- When a person was infected
- How the person was infected
- Who the infection was from
- Whether a person has AIDS or not

### Barriers to TC

- Fear of stigma
- Fear of discrimination
- Fear of results

## ANATOMY OF THE MALE AND FEMALE SEX ORGANS

### What is anatomy and physiology, and why study them?

**Anatomy** is what the parts of the body look like. **Physiology** is how the various parts of the body work. It is important that we learn about our own bodies so that we can take proper care of them.

### What are the genitals and reproductive tract?

The genitals are the body parts involved in sex. The reproductive tract includes those body parts that are involved in sex that are inside our bodies.

### Male Organs

#### External (Outside organs)

**Penis** – External organ for reproduction and urinary excretion. It is normally hanging downward. When sexually excited, it becomes hard and enlarges.

**Shaft** - Filled with a sponge-like tissue that can fill with blood during sexual excitement to become erect and stiff. It is not a muscle.

**Glans** - The bulb-like area on the end of the shaft. This area is the most sensitive to sexual arousal. This is also called the head of the penis.

**Foreskin** - The covering over the glans, it is cut off during circumcision. It can be pulled back and it also pulls back by itself during an erection.

**Scrotum** - The sac or bag that contains the testicles. The testicles are outside the body because they have to be at the right temperature to produce sperm.

**Anus** - The opening of the rectum to the outside of the body. Although it is not a part of the sex organs, it is included here because STIs can happen here.

#### Internal (Inside organs)

**Urethra** - The tube inside the penis shaft. Urine and semen go through it. Just the opening is visible at the end of the penis. The STDs gonorrhoea and chlamydia can live here.

**Prostate Gland** - This gland produces some of the semen that comes out when a man has an orgasm. The prostate can be infected with bacteria that cause STDs such as gonorrhoea or chlamydia. The bacteria are harder to get rid of when they get into the prostate — antibiotic medicine usually has to be given for a longer time.

**Seminal Vesicles** - These glands produce some of the semen that comes out when a man has an orgasm.

**Vas deferens** - This tube connects the testicles with the urethra and carries sperm.

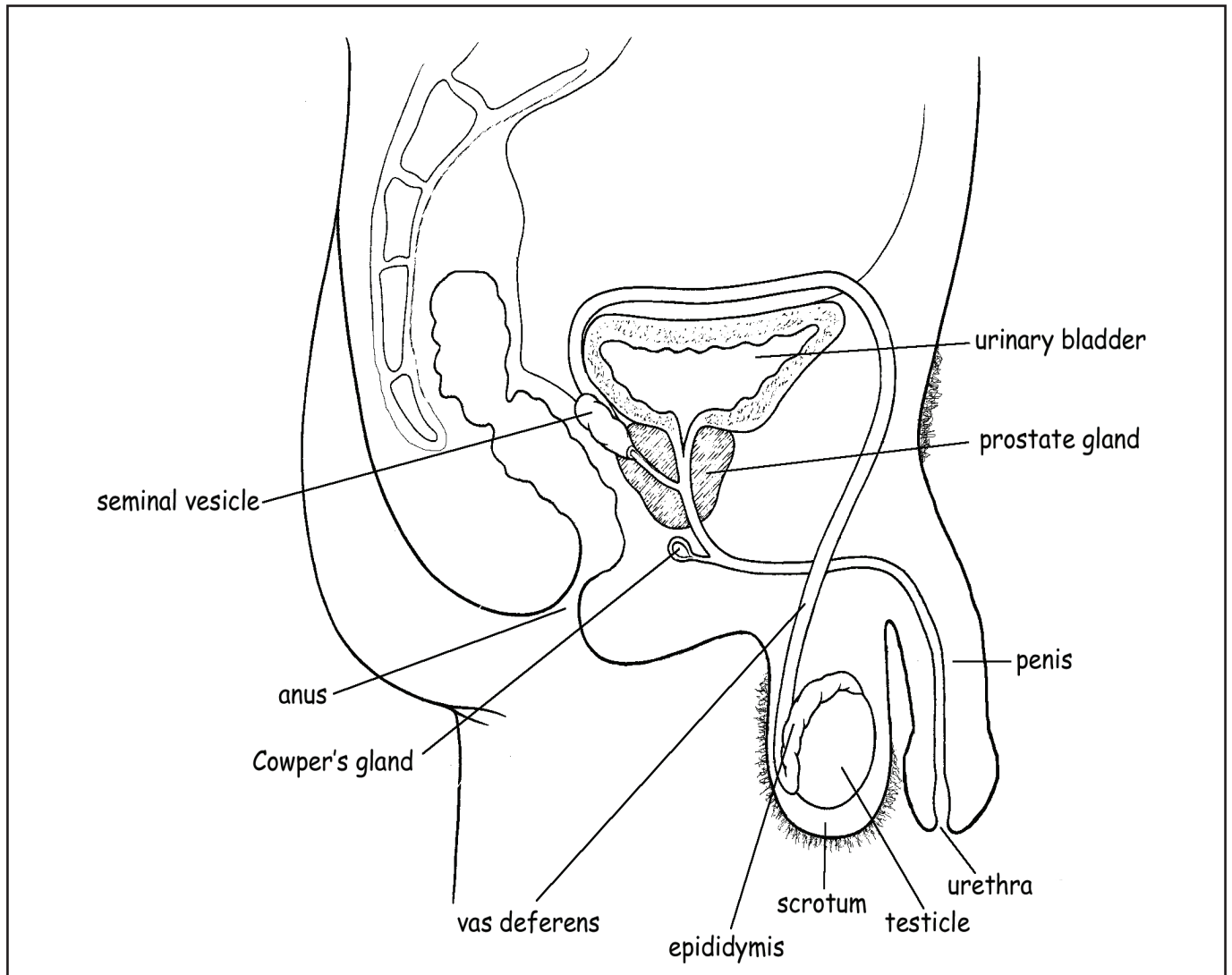
**Testicles (Testes)** – Located inside the scrotum, their purpose is to make sperm and to produce the male hormone (testosterone).

**Epididymis** - This is the area on top of the testicle that collects sperm and connects with the vas deferens. If some STIs, such as gonorrhoea or chlamydia, are left untreated, the bacteria can get into the epididymis and cause them to swell up and become tender.

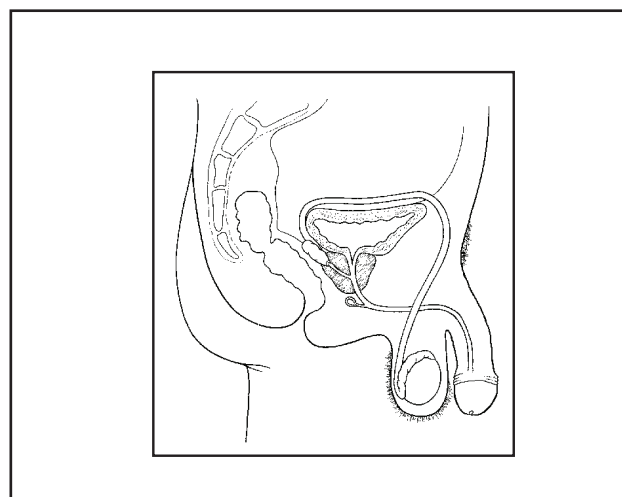
**Cowper's Glands** – A pair of small glands that produce a fluid that is part of semen.

**Urinary Bladder** – A sac which holds the urine.

## Male Reproductive Anatomy (uncircumcised)



## Circumcised Penis





## Female Organs

### External (Outside Organs)

**Labia** - There are two pairs of labia or lips: the outer lips (labia major) and the inner lips (labia minor). They help to protect the opening to the urethra and the vagina. The outer labia may have some pubic hair on them.

**Pubic Hair** - Above the labia is the pubic hair which may be in a small area or may cover a large area on the lower abdomen. This hair develops during the teenage years and serves a protective function.

**Clitoris** – A small bump at the top of external genitals where the labia meet in the middle. It enlarges during sexual excitement and its function is for sexual pleasure. It is covered by a hood or fold of skin to protect it.

**Anus** - The opening of the rectum to the outside of the body. Although it is not a part of the sex organs, it is included here because STIs can happen here.

### Internal (Inside Organs)

**Hymen** - This is a ring of skin around the opening of the vagina that gets broken during first sexual intercourse.

**Vagina** – A hollow, muscular, tunnel-like structure that ends a few inches inside, at the cervix. This is where the penis fits during intercourse and it is through this tube that a baby is pushed when giving birth.

**Cervix** - This is the bottom end of the uterus. It has a small opening through which menstrual blood flows from the uterus. It is also the hole where semen can enter through. This opening, along with the vagina, can expand greatly during childbirth to allow the baby to exit. When a doctor examines a woman, s/he will put a speculum (a tool to open the vagina) inside the vagina and look at the cervix for any abnormalities. The lining of the skin covering the cervix is different in young women who have not started to have their periods yet. This is important in the transmission of STIs since germs may be able to enter more easily in younger women.

**Uterus** - This is a muscular organ that has an inner lining with a lot of blood vessels which is shed monthly during menstruation. The uterus is where a baby develops from an embryo into a foetus. One of the openings of the uterus is through the cervix, which opens into the vagina. The other openings are at the other end and open into the fallopian tubes.

**Endometrium** – The inner layer of the uterus which is shed monthly. The inner lining provides the necessary environment for a developing embryo and foetus.

**Fallopian Tube (Oviduct)** - On each side of the uterus there is a narrow tube that reaches out towards

the ovaries. It is through this tube that the egg travels from the ovary to the uterus and where fertilization takes place if the egg meets a sperm along the way.

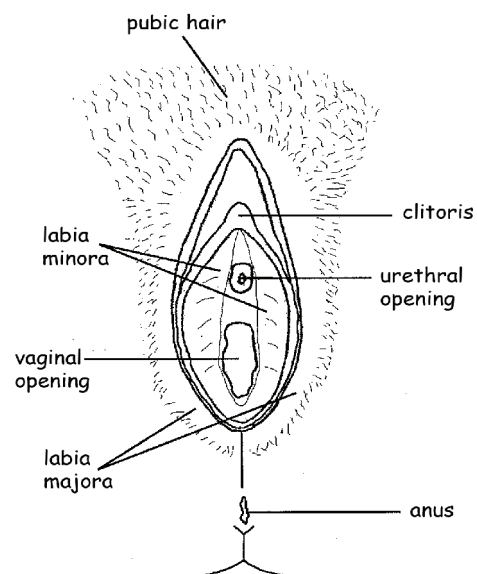
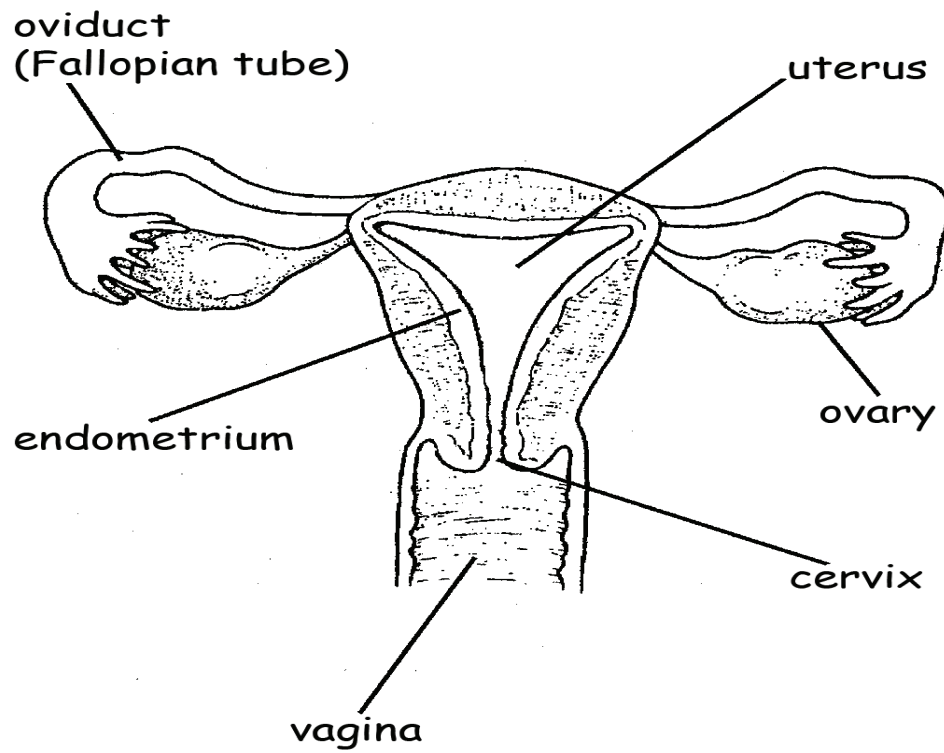
**Ovary** - Women have two ovaries that contain eggs that develop and enlarge during the menstrual cycle and then pop out near the opening of the fallopian tube. The tube catches the egg and transports it towards the uterus. About 300 to 400 eggs are produced during a women's life from the time she starts her period until she stops (menopause). The other function of the ovaries is to produce the hormones estrogen and progesterone.

**Egg** - The egg (also called an ovum or ova) is what combines with a sperm to form a baby. If the egg travels down the tube without meeting a sperm, it doesn't get fertilized and it comes out with the monthly menstrual flow of blood.

**Urethra** - A tube leading from the bladder that carries urine out of the body. Its opening lies between the clitoris and the vaginal opening.

**Breasts** - The breasts are fatty tissues with milk-producing glands inside. The breasts may swell and become tender before the period starts, and they may also swell during sexual excitement. The nipple can become firm in the cold or to a touch. Sometimes there is a bit of hair around the nipple. It is common for one breast to be slightly larger than the other.

## Female Reproductive Anatomy (Internal and External Views)



## GLOSSARY

<b>AIDS</b>	Acquired immune-deficiency syndrome; a collection of illnesses which signal that ones' immune system has been damaged or suppressed by HIV infection.
<b>Antibody</b>	Produced by our bodies in the blood in response to an antigen (foreign body such as a bacteria or virus).
<b>Antigen</b>	Foreign invader or germ that enters the body, such as a virus or bacteria.
<b>Antiretroviral drugs (ARV)</b>	The group of medicines used for ART treatment.
<b>Antiretroviral Therapy (ART)</b>	Treatment with drugs that stop HIV from multiplying in the body.
<b>CD4 Cells</b>	A type of white blood cell and an important part of the body's immune system. CD4 cells are sometimes called T-cells. When someone is infected with HIV for a long time, their CD4 cell count gets smaller — a sign that their immune system is being weakened.
<b>Pubic Lice (Crabs)</b>	Small bugs that attach themselves to the skin in the pubic area and lay eggs in the hair.
<b>Ejaculation</b>	Discharge of semen in males.
<b>Erection</b>	When the penis fills with blood and becomes hard.
<b>Female Condom</b>	A thin rubber tube with rings at both ends that is inserted into the vagina before sex.
<b>Fingering</b>	Inserting one or two fingers into the anus.
<b>Genital Herpes</b>	A common viral sexually transmitted infection (STI) which is non-curable and causes painful blisters or sores on the genital area or lips.
<b>Genital Warts</b>	A common sexually transmitted infection (STI) caused by a group of viruses that cause painless soft growths to appear on the genitals or in the anus.
<b>Gonorrhoea</b>	A common sexually transmitted infection (STI) that causes males to have a burning sensation when urinating and a thick discharge from the penis. Females may have similar symptoms – pain when urinating and discharge from the vagina.

<b>HIV</b>	Human immune-deficiency virus; virus that causes AIDS.
<b>Immune System</b>	The body's defense system: made up of organs, tissues, and cells that defend the body against infection, disease, and foreign substances by attacking the invaders or the abnormal cells.
<b>Interpersonal Communication (IPC)</b>	Communication that occurs between two people or in small groups. Involves both verbal and nonverbal forms and both listening and talking.
<b>Life Skills</b>	Personal and social abilities that are needed to function confidently and deal effectively with the demands of day-to-day life. Life skills include effective communication, decision making, the ability to say no, negotiation skills, and problem solving.
<b>Masturbation</b>	Also known as solo sex. Self-stimulation of genitals for sexual pleasure.
<b>Mutual Masturbation</b>	Touching and stroking each other's genitals for sexual pleasure.
<b>Opportunistic Infections</b>	Infections that take advantage of a weakened immune system caused by HIV.
<b>Oral Sex</b>	The act of using the mouth to suck and lick the penis, vagina, or anus.
<b>Peer Education</b>	An approach of sharing information that involves people who are similar.
<b>Proctitis</b>	Inflammation of the anus and the lining of the rectum.
<b>Rimming</b>	Licking the anus.
<b>Scabies</b>	Small bugs that crawl under the skin and cause severe itching.
<b>Semen</b>	A liquid produced by the male at orgasm that contains the sperm; carries HIV when the male is HIV-infected.
<b>Sexually Transmitted Infections (STIs)</b>	Infections that are caused by viruses, bacteria, or other germs passed through sexual activity.
<b>Sperm</b>	Male reproductive cell that is produced in the testes and released when the male ejaculates.
<b>Syphilis</b>	A common sexually transmitted infection (STI) in which a small painless sore is present in the genitals or vagina for up to one month. Secondary syphilis occurs several months after exposure with a generalized rash. Third stage syphilis occurs years later and may affect any organ, including the brain and heart.

<b>T-cells</b>	White blood cells that are the primary targets of HIV.
<b>Testes (testicles)</b>	The male reproductive organs found inside the scrotum which produce sperm from puberty.
<b>Transsexual</b>	A person who identifies with the opposite sex of which he or she was born. Some transsexual people change their bodies through hormone treatments or operations.
<b>Transvestite</b>	A person who cross-dresses (man dressing as a woman); a transvestite may also be called a cross-dresser.
<b>Tuberculosis (TB)</b>	A lung infection that can occur in people with weakened immune systems and is easily transmitted. TB can be successfully treated with medication.
<b>Urethritis</b>	Inflammation of the urethra; men most often get urethritis from gonorrhoea and chlamydia. Symptoms include burning and pain when urinating.
<b>Virus</b>	A disease-causing organism that can not be seen and which lives inside a person or other living organism.
<b>White Blood Cell</b>	A type of blood cell that helps fight infections.
<b>Window Period</b>	The time period between when a person is actually infected with HIV and when antibodies to HIV can be detected in the test. The window period varies among people. Nearly everyone who is infected with HIV will have antibodies detected by testing within 3 months of the infection.

*Note: Definitions for the male and sex organs are found in the “Life Skills” information sheet.*