

You can help in preventing HIV/AIDS

Prevention of HIV/AIDS is the only effective way of escape through this deadly disease. Following points are important:

- Creating awareness in community about risk and causation and advising men and women to avoid sex with many persons.
- Consistent and correct use of condoms to prevent infection.
- Counsel for HIV testing.

Women are caregivers for the family. When they are HIV positive, they may not get the required family support and care. Counselling for the family is very important. Emphasize use of condom and partner management, early detection and treatment of STIs. In some hospitals there are special services for pregnant women. This involves counselling, blood tests and provision of drugs to HIV positive mothers. This will reduce the risk of infection to the baby. Awareness among adolescent boys and girls about healthy family life including sex education is important.

Blood testing facilities are available at most district hospitals. Here blood test for HIV/AIDS is done along with counselling services.

Role & responsibilities of ASHA:

- Raise awareness about, causation, transmission and prevention of HIV/AIDS
- Promote use of condom as a method of dual protection
- Counsel persons having risky sexual behaviour to undergo HIV/AIDS testing at nearby VCTC
- Assist HIV positive/AIDS patients to access ART