



MINISTRY OF HEALTH, KENYA KENYA NATIONAL AIDS CONTROL PROGRAMME

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PERSONAL PROTECTION KEEPS AIDS AWAY.

- Do you doubt the existence of AIDS?
- IT REALLY EXISTS.
- AIDS has so far claimed close to 10,000 Kenyan lives.
- More than 200,000 people are infected with the AIDS causing virus.
- They look healthy BUT can spread the killer disease.

HOW AIDS IS SPREAD

1. Through sexual INTERCOURSE
2. By transfusion of infected blood
3. Through use of unsterilised piercing instruments.
4. From infected mother to unborn baby

SIGNS AND SYMPTOMS OF AIDS

1. Diarrhoea for more than one month
2. Extreme weight loss about 10%
3. Prolonged cough and fever for more than one month
5. Mouth ulcers and whitish tongue
6. Swollen glands

HOW TO PREVENT AIDS

1. Stick to one sexual partner
2. Use of a condom correctly if you suspect your sexual partner.
3. Avoid unnecessary injections. Be injected ONLY at recognised health institutions, by medically qualified personnel.
1. Get treatment for any sexually transmitted disease immediately
2. Avoid sexual intercourse with people of high risk behaviour such as male and female prostitutes, bar maids, long distance truck drivers.

NOTE

Drinking of alcohol contributes to spread of AIDS by reducing inhibition.

REMEMBER

1. AIDS is not transmitted by insects such as mosquitoes or bed bugs.
2. AIDS is not transmitted through casual contact.

Casual contact include:

- Shaking hands
- Sharing utensils like cups and plates.
- Living in the same house and taking care of an AIDS patient.
- Being in the same work place or in a matatu with an AIDS patient. etc.

PROGRAMME OF ACTIVITIES FOR WORLD AIDS DAY. 1ST DECEMBER, 1990 NAIROBI

KIBERA NEXT TO PATRICK NJIRU PETROL STATION (CALTEX).

1. SPEECH DAY BY MINISTER FOR HEALTH HON. MWAI KIBAKI AT KIBERA
2. VIDEO SHOWS
MUSIC VARIOUS GROUPS
AIDS PROCESSION WALK FROM DO'S OFFICE KIBERA
PROGRAMME STARTS AT 9.30 A.M.

MAKADARA (AT THE MAKADARA OPEN FOOTBALL PITCH ON JOGOO ROAD)

1. SPEECH BY AN ASSISTANT MINISTER FOR HEALTH HON. OCHOLA OGUR.
VIDEO SHOWS
AIDS PROCESSION WALK FROM MAKADARA DO'S OFFICE.
MUSIC BY VARIOUS GROUPS.
PROGRAMME STARTS AT 9.30 A.M.

THE WORLD AIDS DAY WILL BE CELEBRATED AT ALL PROVINCIAL HEADQUARTERS
COUNTRYWIDE AND AT DISTRICT HEADQUARTERS.

ALL ARE WELCOME

LEARN ABOUT AIDS BEFORE IT IS TOO LATE.

AIDS DAY SUPPLEMENT



Some antiquated beliefs and attitudes can only increase your chances of contracting Aids.

Unity urged to fight disease

Soon after the first Aids case was diagnosed in the country in 1984, Kenyan medical authorities moved in to lay the ground work for combating the disease.

This was in response to the realisation that the disease needs a concerted effort right from the village to national levels if it is to be curbed.

Indeed, only massive mobilisation of the people would save the country from disease with a potential to wipe out the whole population.

Thus in 1985 the Ministry of Health formed the National Aids committee (NAC) to help deal with all aspects of control and prevention of the spread of the Human Immuno-deficiency Virus (HIV) which causes Aids.

The NAC works through five sub-committees each looking into a specific aspect of the disease and its control efforts.

The five sub-committees are: the epidemiology sub-committee which monitors the spread and distribution rate of the HIV infection. The clinical services sub-committee deals with issues linked to the treatment and management of Aids and its manifestations as well as opportunistic infections.

The Blood Transfusion Laboratory Services (BTLS) sub-committee monitors the vital aspect in the disease's control.

Indeed, every major hospital in the country now has the equipment to screen blood to ensure that blood used in the hospitals is safe.

To augment the blood screening services there is also a blood transfusion policy which states that patients should only be given blood in life-threatening situations.

This minimises the patient's exposure to HIV through infected blood.

The fourth sub-committee is the Information, Education and Communication (IEC) sub-committee.

As long as a cure for Aids has not been found, aggressive health education continues to be one of the major weapons against its spread.

Well informed and educated people are more likely to adopt behaviour that does not expose them to the HIV.

This is an important and crucial element in curbing the spread of Aids.

Then there is the scientific steering committee which looks into the scientific aspects of the disease as well as monitoring the

developments in the search for cure.

The NAC's policies are translated into action by the Kenya National Aids Control Programme.

From its secretariat at the Kenyatta National Hospital, the programme has a network spreading over all parts of the country and co-ordinates Aids control activities throughout the Republic.

The Aids Control Programme's major objective is to prevent the spread of the HIV. In order to do this the programme carries out various activities. Major among them are:

- Constant evaluation of the status of the Aids epidemic
- Boosting laboratory services to accurately diagnose infection by HIV. This includes training manpower, acquiring equipment, servicing, etc.

- Strengthening information education and communication for Aids. Campaigns via radio, television and print media have been intensified.

- Promotion of condom use to help reduce the rate of HIV transmission.

- Early detection and treatment of sexually transmitted diseases including genital ulcers which may be linked to increased rate of HIV infection.

- Training of health personnel on management of Aids.

By the end of 1989, several anti-Aids projects had been successfully launched and continued to operate.

These include the information project that entails broad-based anti-Aids programmes in 18 languages.

Several educational campaigns in educational institutions and in the rural areas continue to sensitise people to the need for fighting Aids.

The NAC draws its membership from specialists in different disciplines of medicine and related sciences.

The chairman, Dr J.B. Were is also the head of the Clinical Research Centre at Kenri.

Dr Were heads a team of dedicated men and credited men and women who, with the support of the Ministry of Health, must be credited with the encouraging results apparent in that Kenyans now know more about Aids than they did five years ago.

The National Aids Committee reports to the Director of Medical Services Prof J. Oliech. The Kenya Aids programme enjoys the support of all the top brass at the Ministry of Health.