

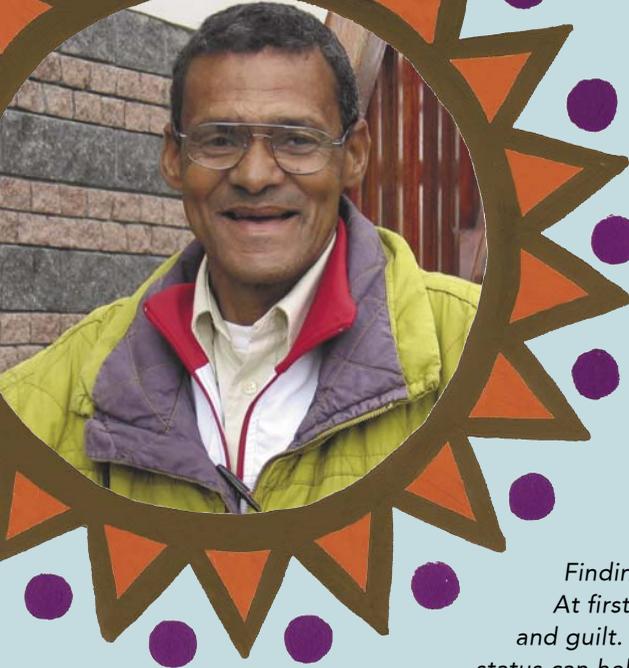
the test
EVERYONE
should take

It's best to know



TAC
TREATMENT ACTION CAMPAIGN

treat
200 000
by 2006



“If your test is positive, this means you have HIV.”

John Vollenhoven

Finding out you have HIV can be difficult. At first, you might experience fear, anger and guilt. This is normal. But knowing your HIV status can help you improve your health.

Many years may pass between becoming HIV-positive and actually developing AIDS.

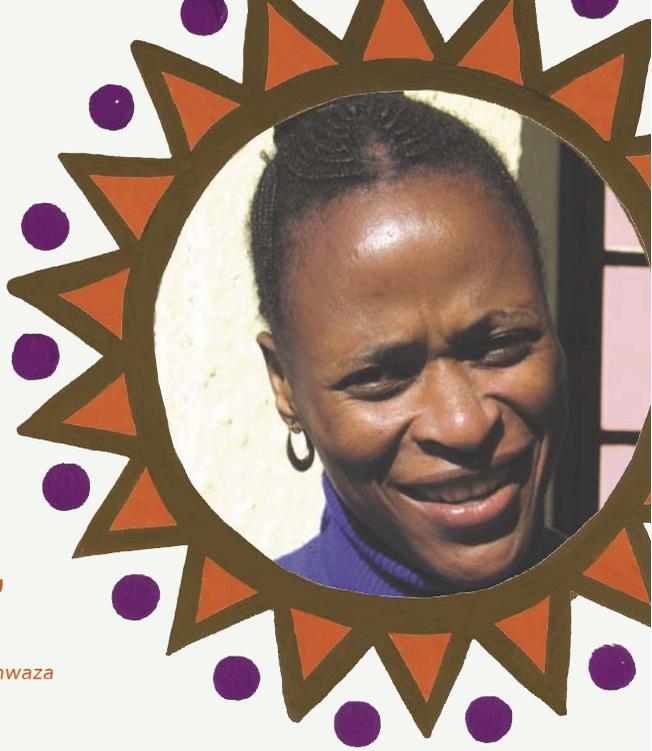
-  *You should learn more about the virus and how it affects your body. Try to eat enough and exercise.*
-  *You must use a condom if you have vaginal or anal sex.*
-  *If you are pregnant and have HIV, you should be able to get antiretroviral medicines at your clinic to reduce the risk of your baby getting HIV.*

AIDS can be treated:

-  *People with HIV get diseases known as opportunistic infections. All clinics must offer treatments for opportunistic infections.*
-  *Antiretroviral medicines can help many people who develop AIDS to live long, healthy lives. They are a lifelong treatment, not a cure.*
-  *Most people with HIV only need to take antiretrovirals after many years. Ask your clinic for a CD4 test. This will tell you how healthy your immune system is. If your CD4 count is near or below 200, you should start antiretroviral treatment.*

**“If your
test is
negative,
this means
you do not
have HIV.”**

Ntombozuko Khwaza



- ✔ You should use a condom if you have vaginal or anal sex to avoid contracting the virus.
- ✔ If you have recently had vaginal or anal sex without a condom, you must go for another test three months later as the virus might not have shown in the first test.
- ✔ Offer support to people in your community that have HIV.

Contact TAC for more information:

National office:	021 788 3507
Johannesburg:	011 339 8421
Polokwane:	015 291 5448
Nelspruit:	013 755 2298
Cape Town:	021 447 2593
Khayelitsha:	021 364 5489
Durban:	031 304 3673
Pietermaritzburg:	033 394 0845
Mandeni/Stanger:	083 474 8449
East London:	043 722 2645
Lusikisiki:	039 253 1951

treat 200 000 by 2006

The nearest clinic where you can get an HIV test and treatment is:

Government has set a target to treat over 200 000 people with HIV by March 2006. You can help government achieve this goal by getting tested for HIV and encouraging your friends and family to get tested too. If you know someone who is sick with AIDS, help him or her to get treatment at a clinic or hospital.

