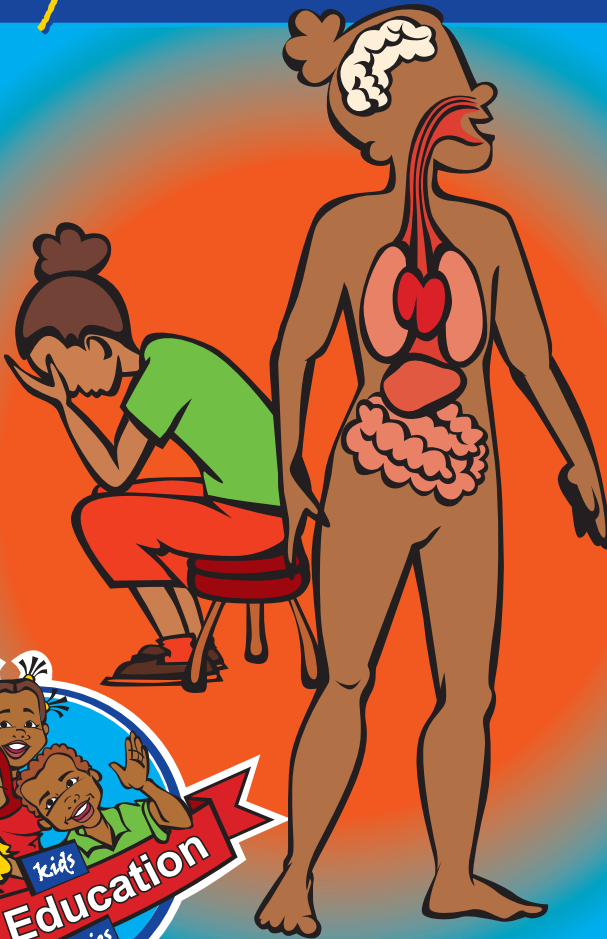


My Body and My Treatment



Why is this booklet important?

Knowledge is power! Understanding how our bodies work helps us see how being sick with HIV and being on antiretroviral treatment affects us. Once we have knowledge we can make choices. This booklet will help you to think about what is happening to your body, as well as think about some of the worries and feelings you have now or had before, and how you can find ways of overcoming them.

Hearing other's ideas about what to do when you are facing difficulties will help you come up with your own ideas about what to do too.

Facts we must know:

Our bodies, our thoughts, our experiences and our feelings are all connected and can affect each other. ART can really help you feel a lot better – it will help your body get stronger and therefore help your mind and feelings be positive as well – as it gives you a longer and healthier life.



I'VE NOTICED THAT WHEN I AM REALLY SCARED OR UNHAPPY I START TO FEEL SICKER AND SICKER. BUT ONCE I'VE TALKED TO MY MOM OR DAD AND UNDERSTAND MORE ABOUT WHAT I'M GOING THROUGH I START TO FEEL A LOT HAPPIER, AND THEN I START TO FEEL BETTER TOO AND STOP GETTING SO SICK. YOU MUST ALWAYS TALK TO SOMEONE WHEN YOU ARE FEELING SCARED OR UNHAPPY AND ASK THEM TO HELP YOU THROUGH THOSE TIMES SO YOU CAN GET BETTER.

My Body and My Treatment

LOOK HOW HEALTHY ANNA HAS BECOME. SHE HAS BEEN ON ART FOR SEVERAL WEEKS AND SHE HAS BEEN PRACTICING POSITIVE LIVING

This is what your body looks like inside!

STOMACH:
I LOVE MY FOOD AGAIN AND AM FEELING BETTER

JUST BEFORE ANNA STARTED ART SHE WAS GETTING SICK MORE OFTEN. SHE WAS WONDERING WHAT WAS HAPPENING TO HER BODY.



IF I AM HIV POSITIVE, EVEN THOUGH I MAY LOOK WELL ON THE OUTSIDE, HIV IS KILLING OFF CELLS THAT HELP FIGHT INFECTION INSIDE ME.

BRAIN:

I CAN DO BETTER AT SCHOOL, I CAN CONCENTRATE BETTER AND GET HIGHER MARKS IN THE CLASSES I ENJOY

MOUTH:

I CAN EAT ALL MY FOOD AND I ENJOY IT!

LUNGS:

WE CAN BREATHE NICELY WHEN WE ARE WORKING WELL

HEART:

PUMPS MY BLOOD WELL SO I DON'T FEEL TIRED EASILY

ARMS:

WE CAN GIVE OTHERS A HUG

LEGS:

WE CAN TAKE PART IN SPORTS

WHOLE BODY:

I CAN HELP AROUND THE HOUSE, AND I CAN EVEN SUPPORT OTHERS TO STAY ON TREATMENT!



Activities:

Let's have fun and share!



Activity 1:

Identify Your Feelings

How are you feeling today?

Mark on the picture.



Now finish the following sentences, as you feel like:

When I go to the clinic for more pills, I _____

When other children tease me about taking pills I _____

When my Mum is very sick I _____

When I first started ART, I _____

The ART stopped me getting sick so often and when I think of that I _____

At first it was a bit difficult to take the medicine, so I _____

A Activity 2: Finding Ways to Feel Better

Anna's heart was heavy and sad when her friends made fun of her.

Can you show where your heart is in your body?

How does your heart feel?

Does it sometimes feel sad?

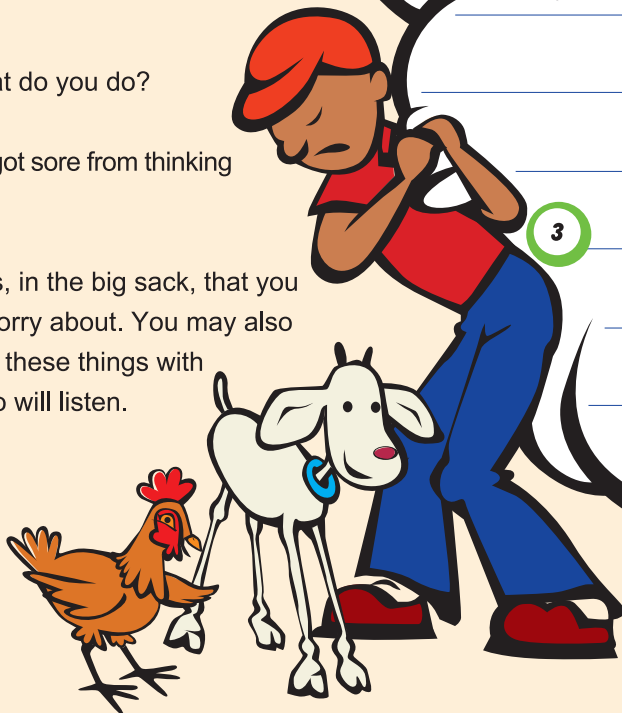
When?

And then what do you do?

Anna's head got sore from thinking too much.

Write 3 things, in the big sack, that you sometimes worry about. You may also wish to share these things with someone who will listen.

Write your worries down
in this big sack...



My Body and My Treatment

These 4 things helped Anna when she felt sick or worried:

- Talking to her mother.
- Singing.
- Going to her favourite rock where she could see the big sky and where she felt safe.
- Saying a prayer.

When you are sick or worried, who do you tell? Think of 3 things that help you feel better. Write them here:



Do you have a special
place where you feel safe?



Activity 3:

Not Letting Anything Stop You from ART

When Anna first started ART she felt like being sick and had bad headaches. These are called “side effects”.

Side effects is the term used when the same drugs given to improve health also cause problems in the body. Many ARVs have side effects and some of these side effects can be serious. Most side effects are felt in the first few weeks of starting ARVs as the body is getting used to them and as they begin their fight against the opportunistic infections in the body. Not everybody will have the same side effects.

Don't stop taking the pills even if you have some side effects! See the doctor first. They might give you something to make you feel better or even change the pills you are taking.

What side effects have you had, or seen in others taking ART?

*Side effects may
include:*

*nausea -
feeling like vomiting*

*•
vomiting*

*•
diarrhoea*

*•
abdominal pain*

*•
headache*

*•
fatigue -
being tired a lot*

*•
skin rash*

*•
loss of appetite -
not feeling like eating*

*If you are unwell,
go to the
clinic immediately*

Remedies

Here is what you can do when you are not feeling well:-

- **For nausea:-**

- Drink some water with lemon in it, when you wake up and before you eat

- **For Vomiting and Diarrhoea:-**

- Drink plenty of water with salt and sugar (750ml boiled, cooled water mixed with 6 level teaspoons of sugar and 1/2 a teaspoon of salt)
- Avoid all oily and spicy foods

- **For Headaches:-**

- Take a pain killer
- Put a cold towel or cloth over your head and lie down
(Do NOT take your pain killers for more than 5 days in a row)

- **For Skin Rashes:-**

Add garlic powder to your vaseline

If any of these symptoms get worse, go to the clinic or tell your community worker.

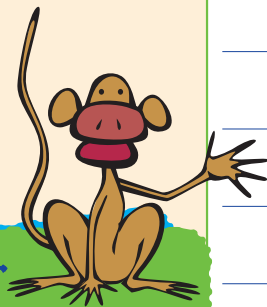


Let's remember...

- Take your ART exactly as the doctor tells you, every day, at the same time and in the same way – this is called adherence
- Side-effects should not stop one from taking ART, always tell your doctor / clinic nurse when you have them and discuss with others ways to find ways to get rid of the side effects
- It is important to know how you are feeling, and to identify ways to feel better
- Always write down when you may have forgotten to take your pills and let your doctor know
- Use your adherence calendar to write down when you forget to take your pills

*You can make a
difference!*

- Help a child on ART to keep an adherence calendar (like the one in this package).
- Remind others to take their pills regularly.
- Tell others what ART has done for you.



Try this later...

- Talk to someone this week about one of your worries, and together find a way of overcoming that worry.
- Listen to someone who may also have something worrying them. This could be a child in your class, a family member or someone in your community. Think of ways you may be able to help them feel a bit better.

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