



No silence, no stigma, just facts.

In 2018, nearly 1.5 million (89%) of the 1.6 million adolescents living with HIV globally lived in sub-Saharan Africa. AIDS remains a leading cause of death among adolescents in most countries hardest hit by the epidemic, with the number of adolescents dying due to AIDS tripling between 2000 and 2015.

#TheTeaOnHIV is a campaign to educate and empower young people in Africa to have more open and honest conversations about HIV. There are many misconceptions around the virus, and it's more important than ever that young people have fact-based discussions. So, let's spill #TheTeaOnHIV.

HOW MUCH DO YOU KNOW ABOUT HIV?

WHAT IS HIV?



HUMAN IMMUNODEFICIENCY VIRUS



HIV, as its name indicates, is a virus that targets cells in your immune system and weakens your body's ability to fight against infections and diseases.

Without treatment, HIV develops into AIDS, and this is how the virus can kill you.



HOWEVER, developing AIDS is preventable. With the right treatment, you can live a long and healthy life with HIV.

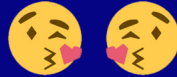
COULD YOU BE AT RISK?



70%

70% of young people living with HIV in Africa acquired it from birth.

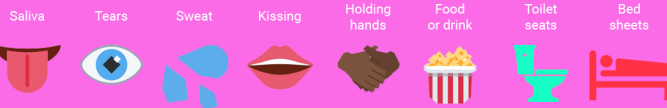
You can also contract HIV through vaginal sex, anal sex or oral sex.



Because HIV can be contracted via blood, it can also be spread through needles. It is important to always follow safe injection practices.



You CANNOT catch HIV through:



157 000 adolescents in sub-Saharan Africa became infected in 2018 – 82% of them girls and young women.

Girls and women across Africa are more vulnerable to contracting HIV due to being at higher risk of sexual violence, pressure to have unprotected sex, child marriage and abusive marriage.



WHAT TO DO IF YOU THINK YOU MAY HAVE CONTRACTED HIV AT BIRTH FROM YOUR PARENTS



1 SPEAK TO SOMEONE

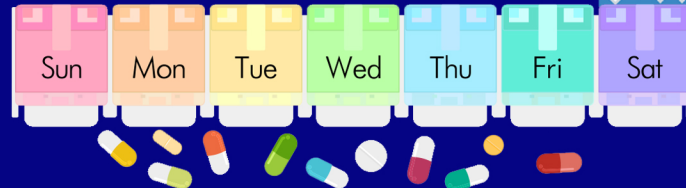


It's super important to find someone whom you can speak to for support. In some countries across Africa, you must be taken by a parent to access services if you are younger than 18 years.



2 FOLLOW YOUR TREATMENT

It is important to respect what the doctor tells you and to always follow your treatment.



With consistent adherence to your treatment, not only can you live a long and healthy life but HIV can become undetectable – this means that you would not be able to transmit the virus to anyone else.

3 DEMAND YOUTH SERVICES



Young people may not have any adult they can talk with. Arm yourself with all relevant health-related knowledge and join with other young people to demand better youth-friendly services for HIV support.

THE BEST WAYS TO PREVENT CONTRACTING HIV?

GET TESTED

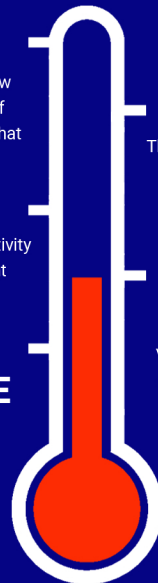
It is quick and easy. This is really important because when you know your status you can take control of your health and get the services that you need.

CONDOMS

Using protection during sexual activity is a highly effective way to prevent yourself from contracting HIV.

TAKE PREVENTATIVE DRUGS

If testing shows you are HIV-positive, antiretroviral drugs can control the virus and help prevent transmission.



GET EDUCATED

This is the first step to erasing stigma and starting more open and honest conversations. Let's learn all we can and support each other.

GET CIRCUMCISED

Voluntary medical male circumcision offers men partial protection against HIV infection during their lifetime.

CAN HIV BE TREATED?



There is no cure for HIV, but it can be suppressed by a combination of ARV drugs.



With treatment, you can live a long and healthy life with HIV.

These medicines allow your immune system to fight off other infections. Your HIV level can become undetectable, thus preventing transmission of the virus to someone else.

ANTIRETROVIRAL DRUGS (ARV)

Antiretroviral (ARV) treatment, also known as antiretroviral therapy (ART), are the drugs that suppress the level of HIV in your blood. ARVs work by keeping your viral load (level) low. Your viral load can become so low that it is undetectable, which means it will not be passed on to someone else.



PRE-EXPOSURE PROPHYLAXIS



Known more commonly as PrEP, this drug can be taken daily to block the acquisition of HIV.

POST-EXPOSURE PROPHYLAXIS



Known more commonly as PEP, this drug can be taken within 72 hours of exposure to HIV to help prevent infection. The sooner you start taking PEP the better because every hour counts. You must take it once or twice daily for 28 days.

ANTIRETROVIRAL TREATMENT



Consistent adherence to the ARV drugs can lead to undetectability of the virus within 6 to 12 months.

BE A CHAMPION



Ending the AIDS epidemic and preventing the spread of HIV across Africa is a big task, and it can only be achieved through your collaboration with the national health system and the empowerment of all adolescents and youths to ask for greater control of their health.

Help us build a healthier community and continent by staying informed and sharing this message.

YOU can be a youth champion!!

- 1 EDUCATE YOURSELF
- 2 CHALLENGE YOUR PERCEPTIONS
- 3 SPREAD THE WORD

LET'S START THE CONVERSATION!



REGIONAL OFFICE FOR Africa

UNAIDS (2019) 'HIV and AIDS - Basic facts'

Retrieved at:

<https://www.unaids.org/en/frequently-asked-questions-about-hiv-and-aids> [Accessed 23rd November 2019]