

FACTS

1. AIDS is not a water-related disease, and HIV is not spread via contaminated water, BUT improved water, sanitation and hygiene protects those with AIDS from infections and enables those infected with HIV to stay healthy for longer, thereby delaying the onset of AIDS.
2. The incidence of waterborne diseases and skin infections are higher in HIV positive people. Clean water and good hygiene are the main weapons in preventing infections and reducing the spread of the germs that cause them.
3. Diarrhoea and skin diseases are among the most common opportunistic infections in HIV positive people.
4. Hygiene and safe water storage in households reduces diarrhoeal episodes by 25 percent in HIV positive people.
5. Hand washing and disinfection reduces incidence of diarrhoea by 53 percent in children.
6. An HIV positive mother who chooses to not breastfeed, in order to lower the risk of infecting her child, needs access to clean and safe water for formula feeding.
7. Over 50 percent of patients with AIDS at some point during illness will have intractable diarrhoea.
8. HIV positive individuals have a greater requirement for clean water than their HIV negative neighbours.
9. High prevalence of worm infestation, especially in HIV positive school children, is associated with lower academic performance. Worm infestations are caused by bad hygiene and unhealthy sanitation.

DID YOU KNOW?

Across the world diarrhoeal disease claims the lives of more than 1.5 million children under five every year. Most of these deaths are preventable, being caused by drinking unsafe water and living in unhygienic conditions.

FOR MORE INFORMATION

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live healthily with HIV



Practice Safe Hygiene



WASHING HANDS



Washing your hands is a key part of good hygiene. Hand washing is a barrier to the spread of disease. You should therefore always wash your hands:



- after using the toilet
- after changing babies nappies
- after handling rubbish
- after handling meat



- before eating
- before feeding your baby
- before preparing food



Storing and transporting food and water is also important. Always make sure that water is kept in clean, covered containers and that food is protected from flies.

PLAY YOUR PART

We all need to do what we can to prevent the spread of infections that are passed on through bad hygiene.

It is not only HIV positive people who are affected by these. All people are at risk from bad hygiene, but people suffering from AIDS are especially vulnerable to opportunistic infections, such as diarrhoea.

As a country with one of the world's highest HIV infection rates, we all need to ensure that we promote and practice good hygiene.

WHAT IS THE DIFFERENCE BETWEEN HIV AND AIDS?

A person is said to be HIV positive if they are infected with HIV, a virus. A person who has HIV may not be sick at all. When a person has AIDS they are infected with HIV **and** have become sick as a result of the HIV infection. In other words HIV is the virus, and AIDS is the disease that it causes.

