

# Stay Alive!

youth magazine

ISSUE 005



June-August 2008

## KNOW YOUR HIV STATUS!

**G**et tested together. By knowing each other's status, you will eliminate any uncertainty and worry. If either one of you does have an STD or HIV,

you'll want to discuss how to prevent the other person from getting it. Your health care provider can help you answer these questions.

### Why is it so important to get tested early?

Because if you have an STD including HIV and don't know it, not only could you pass it on to your partner, but also, since you aren't getting treatment, you could compromise your health now and in the future. Some STDs are curable with antibiotics; others, though not curable, have treatments that can help reduce symptoms or lessen the disease's effects. For example, if you have HIV, an STD for which there is not yet a cure, finding out early is critical. It means you can take advantage of new medications that can help you live a longer and healthier life.

### What is an HIV test and how does it work?

Most HIV tests are designed to detect the antibodies that the body produces to fight HIV once infection has occurred, but do not test for the virus itself. It can take some time for the immune system to produce enough antibodies for these tests to be able to detect them, and this time period can vary from person to person. Most people will develop detectable antibodies within three months, but it can take longer, including up to six months in some cases. This time period is known as the "window period", when an individual may be infected with HIV, but may not yet test positive. There are several different types of approved HIV tests, including blood tests, oral fluid tests, and urine tests. Some tests, called rapid tests, can provide results within 20-30 minutes. The availability of HIV testing and these different kinds of tests will vary depending on where you live.

### Will my health care provider test me for HIV as part of a routine physical?

Many people assume that their health care provider will test them for HIV as a part of a routine physical. However, unless you ask, you can't be sure you are being tested.

### Do all HIV tests involve drawing blood?

There are several different types of approved HIV tests. Most require a blood sample while some newly-developed ones use oral fluids or urine.

### How quickly will I get my test results?

How quickly you get your results depends on the type of test you are given. Results from conventional blood, oral fluid and urine tests are generally available within a few days to two weeks, depending on the testing site. Rapid HIV tests can provide results in as little as 20 minutes, but are not widely available.

### Will my parents know if I get tested?

In general, minors do not need parental consent to get tested for sexually transmitted diseases. However, there may be certain locations where, for one reason or another, the provider may request parental permission.

 GET TESTED FOR HIV TODAY 

Cont...Pg7

## Editor's Note

Hello reader, congratulations for crossing over to the new year 2008. It is yet another time to come together to share with you the youth, the parent, the teacher and everyone else about matters that are dear to our lives.

The questions that many youths keep asking albeit with little and uncoordinated responses revolve around their sexuality.

The third edition has dedicated two pages to explaining to you our dear partner and client reasons why you need to get tested of HIV. In addition, STIs still form a big chunk of our topics in addition to the topic we began in the last edition; male circumcision.

This edition is therefore dedicated to you who still has many unanswered questions about your reproductive health. As always, come for free and confidential counseling and STI treatment at UNIM clinic in Ondiek estate. Enjoy your reading!

WALTER MENYA

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## From the patron's desk

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# Life's Realities

## D R U G A B U S E

Oh my God! Where am I? Muna wondered. It all happened one night when she went out with her friends after an unrelenting and busy week. The events of that night has changed her life to make an a crusader for a good cause.

After having one too many, she could not recall whatever happened to her, only that she was with her friends and that they had been out a few hours earlier, drinking. More puzzling for the bustling lady was the fact that she woke up in a strange bed, and yes, she was naked! Tracing her route to the place became impossible and the young girl lost track of the events leading to her exposing her nakedness in, of all the places, a lodging many, many kilometers away from her comfortable bed.

Still in a state of shock at the stranger who had become her, she could not stop worrying and questioning herself what could have taken place. In her desperate state, she decided to dress up and leave the lodging not knowing what had happened in her naked state nor who could have possibly done this to her.

One month passed before she started experiencing unusual bodily changes. She consulted a renowned doctor who conducted several tests on her. The results were out a while later and a series of disappointing spells began. First she was found to be pregnant with, God forbid, a stranger who had taken advantage of her in her drunken stupor. The bombshell was yet to come and when it did it was diabolic: she tested positive with HIV . Her world and dreams came tumbling on her small frame.

How could the world be so cruel to her. She felt let down but by no one in particular and at one point contemplated suicide.

But before she could do anything stupid to harm her and the unborn, an urge to find out more about her predicament hit her. She spent hours in finding more information about drug abuse, HIV/STI and their subsequent consequences to the unborn child she had decided to keep. This later led her to start her life on a clean slate attending counseling sessions and helping other victims with the same condition as hers.

To Muna, the lesson was right there before her to experience: "We should be careful of who we go out with and who we talk to when we are out." This is what she learnt, and what she wants all her friends and youths to know.

By Renees, PIRH



## N E V E R E V E R R E G R E T

I was still trying to search for the answer to some questions without answers when Carol, my friend came in. I still had the results in my hand and I could not hide it from her. I did not know how she would take it when she found out that I was infected by HIV.

Carol was working with a guidance and counseling group and had tried to educate me so many times. If only I had listened to her. I watched as she gazed at the sheet of paper in disbelief but in a surprise move she embraced me and promised to support me all through. She even gave me some leaflets about HIV/AIDS which I had many times refused to read. I had no choice because I wanted to live a positive healthy life. Even though my friend was ready to help me, I could not help but regret for ignoring her advice.

Now I wish the clock of time could turn back so that I could mend my life, but unfortunately I cannot do that now. What I can do is to educate fellow youths that it is better to abstain and live a better life than to live a life full of regrets in future.

Anonymous

## PIRH reaches Kombewa , finally!

With a view to avail reproductive health services to youths in Kisumu PIRH recently organized workshops in Kombewa Division. PIRH is based on the firm belief that the fight against Sexually Transmitted infections (STIs) and Human Immunodeficiency Virus (HIV) can be effectively won if the youth and young adults are actively involved as partners in prevention, as clients of STI/HIV prevention and care services, and as agents of positive behavior change. Thus youth and young adults constituted the trainees. The two trainings, lasting five days each were by no means uneventful. Never to be left out was the 'energizer' that kept participants alert. Thus, the Kanu Hall, Kombewa Catholic Church Hall and the Ndiru Secondary School Hall buzzed with activity at the time when students were on holiday. The aim was to come out with effective peer educators that would help transform behaviour in the division. This was achieved through the active participation of participants as they discussed sensitive sexual matters that affect their community on a day-to-day basis based on the Men As Partners (MAP) Curriculum. Myths and facts were not left untouched. The participants got to Explore Gender Issues on the first day. The second day was all about Understanding Sexuality among other important topics. Sexual Decision Making was featured on the third day with the respondents defining Abstinence. HIV/ AIDS and other STIs were broadly discussed on the fourth day. Participants were informed on the myths and facts that surround STIs and particularly HIV.

Personal impact of HIV/ AIDS was also discussed. Also HIV risk assessment was tackled with the participants suggesting the ways to reducing those risks of HIV and STI contraction. This included the use of male and female condoms. To conclude the day the participants discussed on alcohol and drugs and how they influence STI spread. On the final day, sexual jeopardy was the topic that featured. Participants also got the chance to learn on the sexual right and responsibilities of an individual. Thus as Kenya buzzed with campaigns in December, so did PIRH buzz with extension plans proceedings that will be felt for a very long time to come. Yep, more people were empowered to create awareness on the effects of STIs and HIV/AIDS. At PIRH Reproductive health education is inevitable.

By Michael Obura, PIRH

## TREAT STIs TO REDUCE CHANCES OF HIV INFECTION

Sexually transmitted infections are called so because they are mainly transmitted through unprotected sexual contacts with an infected individual. The common signs are the discharge from the vagina in women, blister and sores in and outside the genital and swollen glands in the groins. When untreated, STIs may cause serious complications such as chronic abdominal pain, infertility and entopic pregnancies in women which is a life threatening condition. Syphilis may cause premature birth, congenital deformities and even death of the baby. Prompt and effective treatment of sexually transmitted infections (STI) will significantly improve the reproductive health of the youth and potentially slow down the HIV epidemic.

STIs facilitate the transmission of the Human Immune-Deficiency Virus (HIV). A person infected by an STI especially where lesions occur is at a higher risk of getting HIV from an infected partner.

Mass education campaigns contribute to improved knowledge on STIs and to safer sexual behavior. Projects involving the social marketing of condoms have been successful in making condoms available and encouraging their correct and consistent use among the youths.

Proper treatment of STIs reduces the transmission to ones sexual partner. It also lowers the risks of complications and HIV infections. Other measures that have proved to be effective include comprehensive and early sex education as well as voluntary testing.

Adolescents are more vulnerable to infections than the adults because behavioral characteristics such as frequent change of partners, social factors such as the difficulty in saying "NO" to unsafe sex. The youth to be taught the importance of safe sex and condom use and trained on prevention skills, decision making skills, problem solving skills as well as skills in existing social pressures.

Factors increasing the spread of STIs include the increasing mobility of populations, urbanization, poverty, demographical changes, displaced populations in unstable political situations and migration of men and women seeking work.

The prevention and effective treatment of STI will have a major impact on improving the reproductive health of the youth. More importantly, it also has the potential to slow down the HIV pandemic.

## PARENTS BE CONCERNED ABOUT YOUTHS

**P**arents should not assume that they don't know what the youths face. I wonder if really there is an adult who was never a youth at any one time. Sometimes it is because of lack of communication between the youth and their parents or guardians that contributes a lot to the stray behavior we find among some youth. This happens because of the perception that parents/guardians have towards their children in the young ages. For example, if a student drops out of school because of one reason or the other, it does not mean that he/she is unable to engage in any productive work. We have seen many of the drop outs making it well in life, even better than the graduates. An example is Kalembe Ndile who despite lacking strong academic credentials rose to the position of an assistant minister

Please do not get me wrong for encouraging school drop out but only giving an overview of how one can rise to become an important figure in the society irrespective of past behavior. Parents are needed now more than ever before to cultivate responsible sexual behavior in their sons and daughters lest the society loses out on the huge potential of the youth under their care. Now is never the time to sit back and feel shy to talk about sex education to our children when most of the youth are falling prey to the HIV/AIDS scourge.

Lastly, I challenge fellow youths to be assertive and determined now not only towards material goals in life, but set and practice high moral standards through sexual behavior change. These are the virtues that will see us achieve our individual and collective goals.

So wake up and strive for excellence.

Otieno Oketch  
YOFOC Network



**Participants following proceedings at the peer education training at Kombewa. Parents should take lead in educating their teenage children about reproductive health**

## STIs : BE SAFE THAN SORRY

**S**ome sexually transmitted infections (STIs) among women go unnoticed.

Many women who contact them delay in seeking treatment or do not seek it at all either because they do not have the symptoms or because of the stigma attached to STIs.

Some women do not even have the money for treatment. Most STIs can be cured if diagnosed and treated in the early stages.

Unusual vaginal discharge or any discharge from the rectum, pain during sexual intercourse, burning sensation or when passing urine are some of the symptoms of an infection. Other symptoms are unusual pain or discomfort in the abdomen, blisters, open sores, warts or rashes in the genital area or in the mouth. Fever, headache, aching muscles or swollen glands also

point to a possible STI infection. However, having these symptoms may not mean that one has an STI. Some of the common sexual transmitted infections include Chlamydia, gonorrhoea, genital herpes,

***“STIs can be cured if diagnosed and treated in the early stages”***

genital warts, syphilis and HIV. Many infections are highly infectious. For example, if one partner has gonorrhoea, the other partner who gets sexually engaged with him without protection has 80-90 per cent risk of getting infected. If one partner has both gonorrhoea and Chlamydia, then the other partner is at even higher risk of

contacting both STIs at the same time.

If untreated, the STIs can lead to several health complications including ectopic and tubal pregnancies and infertility in the future. Children born to women with STIs may suffer from various illness associated with the infections. Cervical cancer is also associated with an STI, the Human Pappiloma Virus (HPV). Sexually transmitted infections can also damage other organs such as the heart, kidneys and the brain. They also present a risk factor for the contracting of HIV. Safe sex practices are important for preventing such STIs. One should take first action for early treatment to avoid health complications.

**Benard Otieno, PIRH**

# KNOW YOUR

## What Is HIV?

Human Immunodeficiency Virus (HIV) is the virus that causes AIDS, or Acquired Immunodeficiency Syndrome. HIV harms the body's immune system by attacking certain cells, known as helper T cells or CD4 cells, which defend the body against illness.

## What is AIDS?

AIDS, or Acquired Immunodeficiency Syndrome, occurs when an individual's immune system is weakened by HIV to such an extent that the individual develops one or more of about 25 "opportunistic infections" (OI's), conditions that take advantage of a weakened immune system. When this happens, a person who is HIV positive is considered to have developed AIDS, or to have an "AIDS diagnosis". They are also considered to have an AIDS diagnosis when their CD4 cell count (a special type of white blood cells that fight infection) falls below a certain level and/or the amount of virus in their body rises above a certain level.

## What is the difference between HIV and AIDS?

HIV is the virus that causes AIDS, the most advanced stage of HIV disease. A weakened immune system caused by HIV will allow opportunistic infections (OI's) to develop. A healthy immune system would normally fight these infections, while an HIV-weakened immune system is susceptible to them.

## How does someone get HIV?

Worldwide most people become infected with HIV through unprotected sex, including vaginal, anal, and oral sex, and through injection drug use (sharing needles). Certain body fluids including blood, pre-ejaculation, semen and vaginal secretions, can spread HIV. An HIV-infected woman can pass HIV to her baby through pregnancy, labor or delivery, as well as through breast milk.

HIV is NOT transmitted through casual contact. You cannot become infected with HIV by hugging, touching, sneezing, coughing, playing sports, sharing eating utensils, or sharing a bathroom or swimming pool with a person who is infected with HIV. According to public health authorities, contact with saliva, tears, or sweat has never resulted in HIV transmission. Mosquitoes, fleas and other insects also do not transmit HIV.

## How does someone know if they are infected with HIV?

The only way to know for sure is to get an HIV test. You cannot tell by looking at someone if he or she is infected with HIV. Someone can look and feel perfectly healthy and still be infected.

## Can you tell if someone has HIV or AIDS by looking at them?

No. The only way to know for sure is to get an HIV test. You cannot tell by looking at someone if he or she is infected with HIV. Someone can look and feel perfectly healthy and still be infected. In fact, worldwide, most people living with HIV are unaware that they are infected.

## Who is at risk for HIV?

HIV does not discriminate. It is not who you are, but what you do that determines whether you can become infected with HIV. The factors that are considered to increase your risk for becoming infected with HIV include having ever done any of the following:

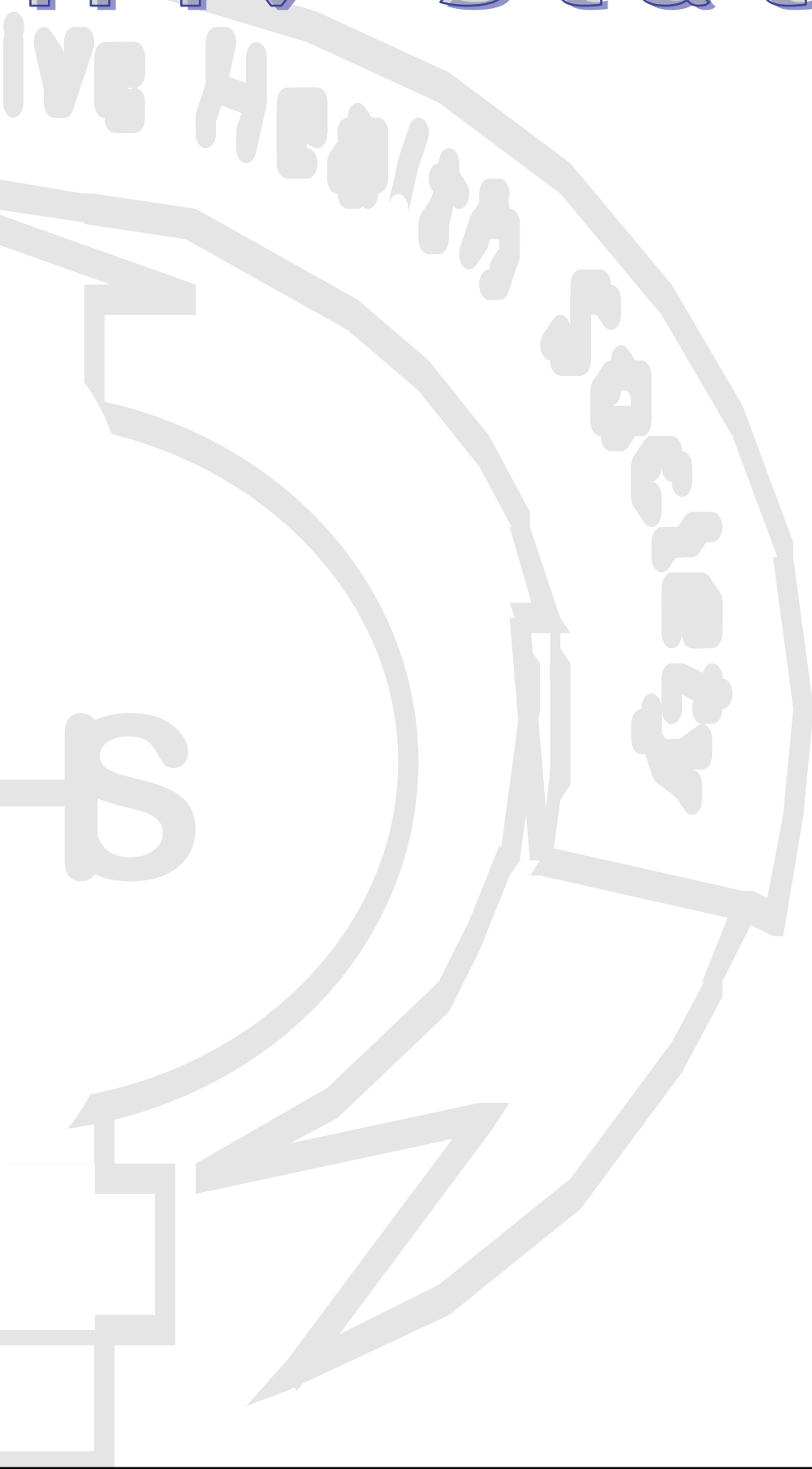
- had unprotected sex with someone who is infected with HIV
- shared injection drug needles and syringes
- had a sexually transmitted disease, like Chlamydia or gonorrhea
- had unprotected sex with anyone who falls in the above category

## JOIN HANDS

*I encourage all the youths to join hands and fight the Sexually Transmitted Diseases (STIs), and HIV and AIDS by understanding our sexuality and reproductive health. We should have courage to share our problems with others and avoid suffering silently.*

Carolyne  
Okuta  
Uzima  
Bidii

# HIV Status!



*In the last edition we carried a story on the increased demand for male circumcision among male youths within and around Kisumu. In this edition, we explore male circumcision further to tell you what to expect as get into the operation room for the surgical exercise.*

*C o n t . . . P g 7*

### **KNOW YOUR HIV STATUS!**

Talk with your partner (s).  
Tell your sexual partner about your HIV status and make sure you reduce your risk of transmitting the virus by practicing safer sex, including using latex condoms or dental dams, if you are having sex.

#### **If I test HIV negative, does that mean that my partner is HIV negative also?**

No. Your HIV test result reveals only your HIV status. Your negative test result does not tell you whether your partner has HIV. Also, it is important that you make sure your test was done after the window period between possible exposure to HIV and the time it takes for the body to develop antibodies to HIV (which is what most tests look for). Most people will develop antibodies within three months, but it can take longer, including up to six months in some cases. HIV is not necessarily transmitted every time there is an exposure. Therefore, your taking an HIV test should not be seen as a method to find out if your partner is infected. Testing should never take the place of protecting yourself from HIV infection. If you are engaging in behavior that puts you at risk for exposure to HIV, it is important to reduce your risks.

**By PIRH Field Team**



**PIRH staff and volunteers relax at the lake after a mobilization exercise. Part of the mobilization is to enlighten the population about HIV prevention mechanisms including Male Circumcision**

## **FAMILY PROBLEMS**

You think you have family problems?

Listen to my situation. A few years ago I met this young widow and her grown up daughter and we got married. Later, my father married my step-daughter step mother and my father became my step son. Also my wife became mother-in-law to the father-in-law.

Then the daughter of my wife had a son. This boy was my half brother because he was my father's son, but he is also the son of my wife's daughter which makes him my wife's grandson. This made me the grandfather of my half-brother.

This was nothing until my wife and I had a son. Now the sister of my son, my mother is law, is also the father of my child, whose step sister is my father's wife.

I am my step mother's brother-in-law, my wife is her own child's aunt, my son is my father's nephew and I am my own grandfather and you think you have family problems!

Sylvester Odhiambo

## QUESTIONS AND ANSWERS ON RELATIONSHIPS

**Question:** How can I know that the person I love loves me too?

**Answer:** It is possible to tell if a person loves you by using indicators such as how much he/she cares and respects you, whether they are honest in their communication, how much quality time you spend together to know each other and many signs related to love.

**Question:** Is it right to have sex before marriage?

**Answer:** No. having sex before marriage could lead to early unwanted pregnancy, STI and HIV infections. The religious teachings are also against it while sex outside marriage is a major course of school drop outs among the female youth.

**Question:** Should one forget a bad sexual moral history of a partner once they have reformed and have an unaffected relationship?

**Answer:** Yes, one could forget a bad sexual moral history of his or her partner. However, it is important to note that people desire a chance to prove their change in behavior before making judgments

**Question:** Is it wrong to have a sexual relationship with a close relative?

**Answer:** It's religiously, socially and morally wrong to have sexual relations with a close relative. In fact, some inheritable diseases can be passed to children born as a result of such relationships e.g. Albino

**Question:** Is it safe to have many sexual partners as most young people believe?

**Answer:** No. it puts them at higher risks of contracting STI and HIV and also there will be no faithfulness, trust and respect leading to conflicts, even death.

JOHN OJAL  
PIRH

### QUOTABLE QUOTES

If someone is going down the wrong road, he doesn't need motivation to speed up what he is doing. He needs education to turn him around

If you are planning for a year, sow ice, if you are planning for a decade, plant trees but if you are planning for a lifetime, educate people



*PIRH staff Joseph Oyugi (2nd left) relaxes with participants during a break at the peer educators; training in kombewa. The idea at these trainings is to equip the youths with skills to answer questions on relationships and*

## WATCH OUT

**Peter:** Girl, do you love me?

**Jacky:** Yes of course darling

**Peter:** Okay, if you love me then prove it baby

**Jacky:** But I think I always show you my love

**Peter:** Yes buy you know sex brings us closer and give a feeling of comfort to one another

**Jacky:** Come on, it only brings our bodies closer but it can drive the rest of us apart

**Peter:** Sweetie, if you truly love me then you'll let me in

**Jacky:** Be patient, you know patience pays and if you love and care for me, you could not have asked me for that now!

**Peter:** This is just to prove our love, have a feeling of belonging and just once

**Jacky:** Sex is like potato chips, just once is never enough?

**Peter:** It is special between us

**Jacky:** It will even be special if we wait for our wedding night

**Peter:** I just want to give you something to remember me

**Jacky:** Just lend me your heart

**Peter:** If you refuse, our relationship will end right away

**Jacky:** So you threaten? OK I wish you all the best in your next move

**Peter:** Can I ask you something?

**Jacky:** Go right ahead

**Peter:** Why are you so scared of sex?

**Jacky:** I do fear HIV/AIDS, pregnancy at an early age and lowering my dignity

**Peter:** Don't be so upright

**Jacky:** Don't be so stupid

**Peter:** Don't worry, I have protection

**Jacky:** So do I, its called NO, ABSTINENCE and my protection is 100% safe

Therefore let's not be swayed by this wind of teenage sex. Let's be ourselves and be firm on our stand.

Say NO to teenage sex

Say YES to abstinence

And Stay Alive

Dennis Menya

Bala Youth Group



## GENITAL HYGIENE

**H**giene is more than just being clean. Therefore genital hygiene can be defined as the practice that helps one to stay healthy and avoid catching and spreading disease, and feel good about one's body. Although some bacteria found in the genital area are harmless and beneficial, excessive growth of these bacteria can harm the body. It is for this reason that it is necessary to manage your genitalia so as to avoid undergrowth or overgrowth of these bacteria. Moreover, it is important to wash the genital area regularly including the anus so as to ward off infections and bad odor. Further, it is important to be careful of what we wear and make sure that the clothing touching the genital is always clean. These clothes should be light so as to allow aeration and avoid perspiration which creates a conducive environment for bacteria growth. The inner clothing touching the genital (including towels) should not be shared as they may pass along bacteria. It is also advisable for one to cover the public toilet seats with tissue paper before sitting on

**Youths follow proceedings at the peer educators' training in kom-bewa. Genital hygiene is a topic that is highly emphasized by PIRH during such gatherings as a way of fighting some STIs**

them.

There are different measures that need to be taken by different sexes to maintain genital hygiene:

### **Genital care for men.**

Most men are reluctant to maintain proper hygiene of the genitalia. This is observed both in their cleanliness and their practice. However, it is important to note that the genital should be washed everyday with soap and water. This should include the washing of the penis, scrotum, anus and pubic hair. When cleaning the penis, if it is uncircumcised, the foreskin should be pulled back and the glands thoroughly cleaned. If the glands are not washed properly, a cheese-like substance called *smegma* is secreted and this causes a very unpleasant odor and may lead to an infection. Research has also shown that the proper cleaning of the penis lowers the risk of HIV infection and specifically for the uncircumcised men, the penile wetness often found under the foreskin would increase the risk of infection and this may be avoided by proper cleaning and keeping the area under the foreskin dry.

When washing the genital, soaps with strong scent should be avoided as they irritate the glans and cause infections.

Some of the infections caused by poor genital hygiene in men are Balanitis and Genital Lice. These may cause serious complications of the urethral structure, difficulty and pain when retracting the foreskin to expose the tip of the penis and also when repositioning the foreskin over the head of the penis.

### **Genital care for women**

Unlike men, women often overcompensate on genital hygiene. However for most women, they are unaware of the fact that the vagina is a self-cleaning organ and has its own way of dealing with bacteria. The moisture in the vagina contains acid that kills infectious bacteria and therefore women should note that the vagina should never be washed using antiseptics, perfumed soap or vaginal deodorants as these neutralize the natural acid and kill the useful bacteria hence the vagina's incapacity of fighting infectious bacteria. It is important to note that the inside of the vagina should not be washed. The washing should reach the entrance of the vagina, the anus, labia, and pubic hair. This should be done once a day and should be done from front to back so as to avoid transfer of the bacteria from the anus to the vagina. Women should avoid light clothing including thongs and girdles.

Vaginal discharge is a normal process of the body that it helps in cleaning the vagina. However this discharge is always odorless or may have mild odor. Some infections caused by poor hygiene include Trichomoniasis, Candidiasis, Gardnerella (overgrowth of Gardnerella bacteria always found in the vagina), and urinary tract infections (when bacteria from anus or vagina gets their way in the urinary tract). During menstruation, women should be more careful on their hygiene. The tampons/sanitary pads should not be worn for more than 8 hours.

**Agunga Chris,**

*In the last edition, we started out on an in-depth look at the common STIs, their symptoms and where possible the kind of medication that they may need. We pick it up from*

### **Non Specific Urethritis (NSU)**

NSU occurs in men and may produce discharge from the penis and a burning sensation when passing urine. It is inflammation of the urethra which is not caused by gonorrhoea or Chlamydia. Anti biotic treatment cures the infection.

Although it does not occur in women, female partners of men with NSU may need to be examined in re-infection occurs. Male partners of men with NSU should also be examined.

### **Trichomoniasis**

In women, this infection can cause an unpleasant discharge and irritation of the vagina. Antibiotics cure the infection. Men usually do not get symptoms but may need to be preventing re-infections.

### **Hepatitis B.**

Hepatitis B is a virus which infects the liver. The virus is spread by contact with blood (e.g. sharing needles) or during sex (vaginal, oral or anal). People who are infected may have no symptoms or they may become ill with fever, nausea, dark urine or jaundice (yellow skin, eyes).

Most adults recover from hepatitis B infection, develop antibodies to the virus and are no longer infectious to others. A few people retain the virus, become carriers, can infect other people and have increased risk of developing liver disease.

A vaccine for hepatitis B is available though it is not effective for hepatitis B carriers. Use a condom when you have sex.

### **Hepatitis C**

Hepatitis C is another virus which affects the liver. It is spread by blood to blood contact and is not easily spread by sexual contact. As being infected, a few people clear the virus, but most become carriers. There is no test to check if the virus is completely cleared from a person..

The blood of all carriers is infectious. Some carriers are healthy but others have liver problems

### **Scabies**

Scabies are mites which burrow into the skin and cause intense itching in the infested person. Transmission occurs by prolonged close body contact; the mites are easily passed among children. A lotion is applied externally to the body, from the neck down. One or two applications of the lotion will usually kill the mites and eggs.

### **Bacterial Vaginosis**

Bacterial Vaginosis is caused by excessive growth of bacteria which are normally present in the vagina. The reason for the change in bacteria growth is uncertain. Some women develop vaginosis soon after intercourse with a new partner. Symptoms

**TREAT STIS AS SOON AS POSSIBLE TO REDUCE CHANCES OF HIV INFECTION. VISIT UNIM CLINIC, LUMUMBA HEALTH CENTRE, ONDIEK ESTATE FOR FREE AND CONFIDENTIAL TREATMENT OF STIS. STAY ALIVE!**

### **Thrush (Candidiasis)**

Candida is yeast that lives naturally in the mouth, vagina and intestines. If effective growth occurs, it may produce an itchy vaginal discharge which requires anti-fungal treatment. In some women, sex may irritate the vagina and allow Candida to grow.

Thrush is not an STI and sexual partners do not require treatment.

### **Balanitis**

Balanitis is inflammation (redness and soreness) of the head of the penis. It is not an STI but sex may irritate the head of penis and lead to balanitis.

Men with foreskin are more likely to get this condition. The most effective treatment is to keep the head of the penis and the foreskin clean and dry.

Antifungal or steroid creams are not usually recommended. Sexual partner do not require treatment. may include irritation and vaginal discharge with an unpleasant odor. Women who have symptoms are given medications.

No counterpart to medical vaginosis occurs in men, and treatment of male partners is not required.

**All depends on how you look at it:**

A sign in the obstetrics ward of a hospital.

"Research shows that the first five minutes of life can be most risky"

Underneath someone had scrawled: "the last five minutes aren't so great either"