



I will survive



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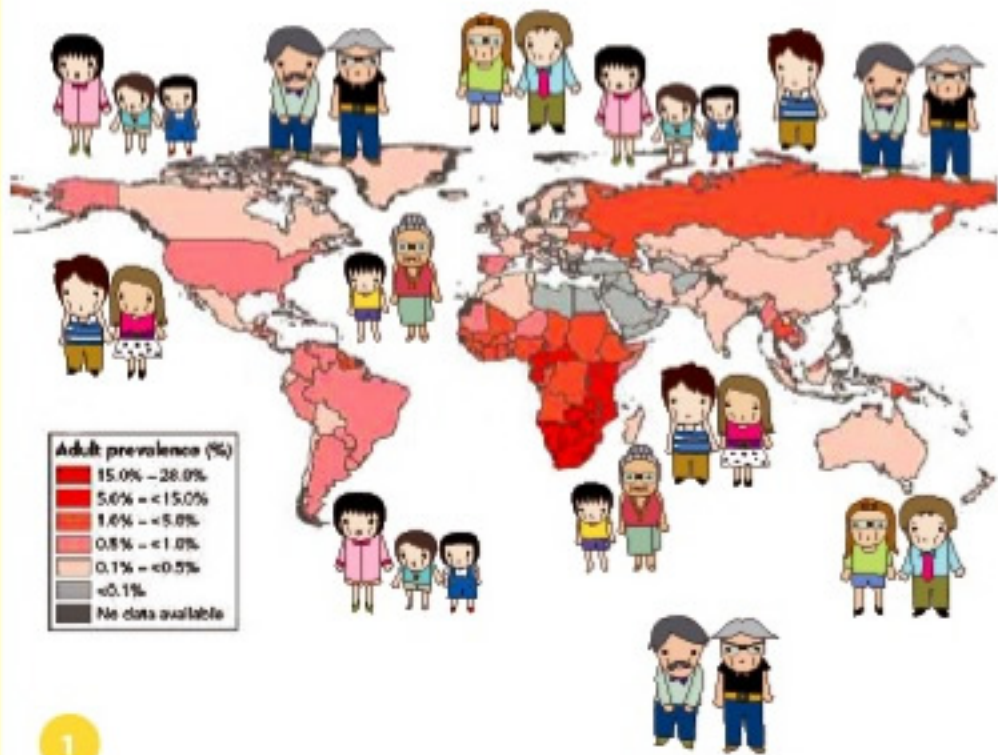
Anuwat Kingtrakarn





AIDS : A global health threat

The AIDS epidemic has quickly spread throughout the world touching all populations.



What is AIDS



AIDS is a disease caused by virus that can get into the body through sexual intercourse, blood and from mother to her baby.





When the AIDS virus gets into the body

It will attack CD4 white blood cells which are the cells that protect our body.



It can take many years before the CD4 declines to the level which will cause symptoms such as weight loss, enlarged lymph glands, rashes, and opportunistic infections.

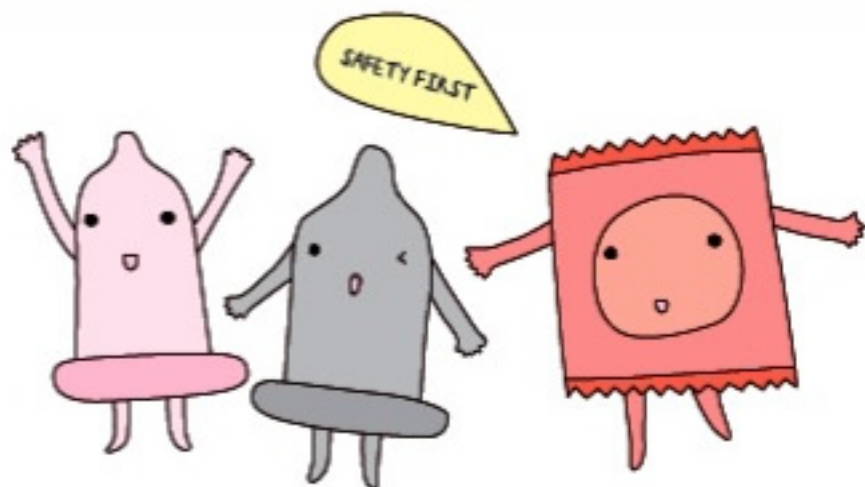


Note: Opportunistic infections are those infections caused by the organisms that normally live in our bodies without causing any problem; these organisms will become harmful and cause diseases when the body becomes weak.

AIDS can easily
be prevented by



Avoid unsafe sex.



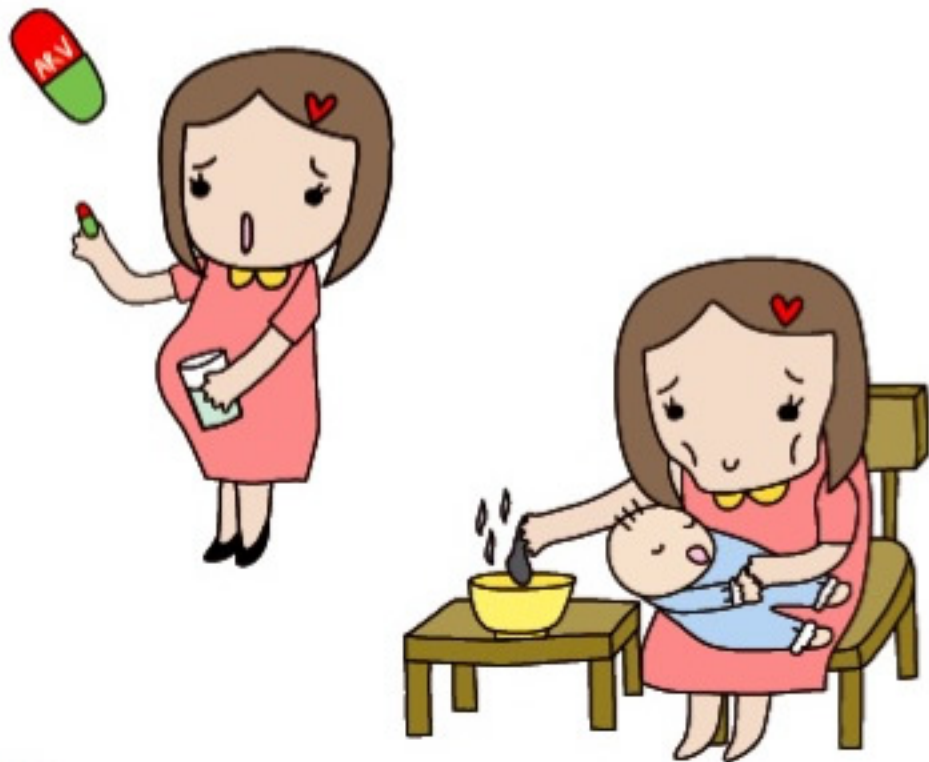
You can protect me from
getting infection.





**AIDS can easily
be prevented by**

Prevention of mother-to-child transmission: Give antiretroviral drugs (ARV) to the infected pregnant women and to their babies after birth. Avoid breast feeding since the virus can be transmitted to the babies through breast milk if their mothers are infected with the virus.



**AIDS can easily
be prevented by**



Prevention of blood transmission of the virus: Screening on every unit of donated blood. Drug addicts should avoid sharing needles.





Life skills : Children and Youth away from AIDS



The students' leaders and teachers are identified to join the training workshop on AIDS prevention about how their behavioral attitudes can put them at risk and how to avoid it. Networking among them is developed and lessons learned are further shared.

AIDS cannot be transmitted by :



Casual contact such as holding hands, hugging, cheek kissing, sharing restroom and eating from the same dish.



Understanding the plight of people with AIDS and acceptance by the society are extremely necessary.



**AIDS is
treatable**



Although there is no cure at present but AIDS is treatable. Regular follow-up is important.



The ARVs are the important weapon to destroy as many viruses as possible. The other drugs may be necessary in preventing opportunistic infections. Discipline in taking medicine is the road to success.



Taking good care both physical and mental health by doing exercise, eating nutritious food, avoid uncooked food or alcohol beverages and quitting smoking.





Although AIDS vaccine is not yet available but AIDS can easily be prevented





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