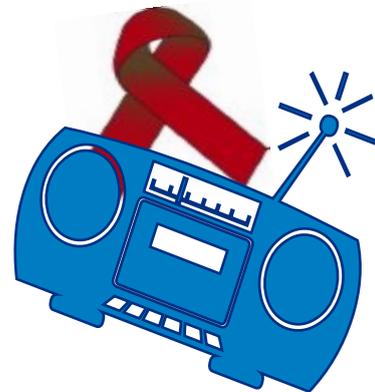
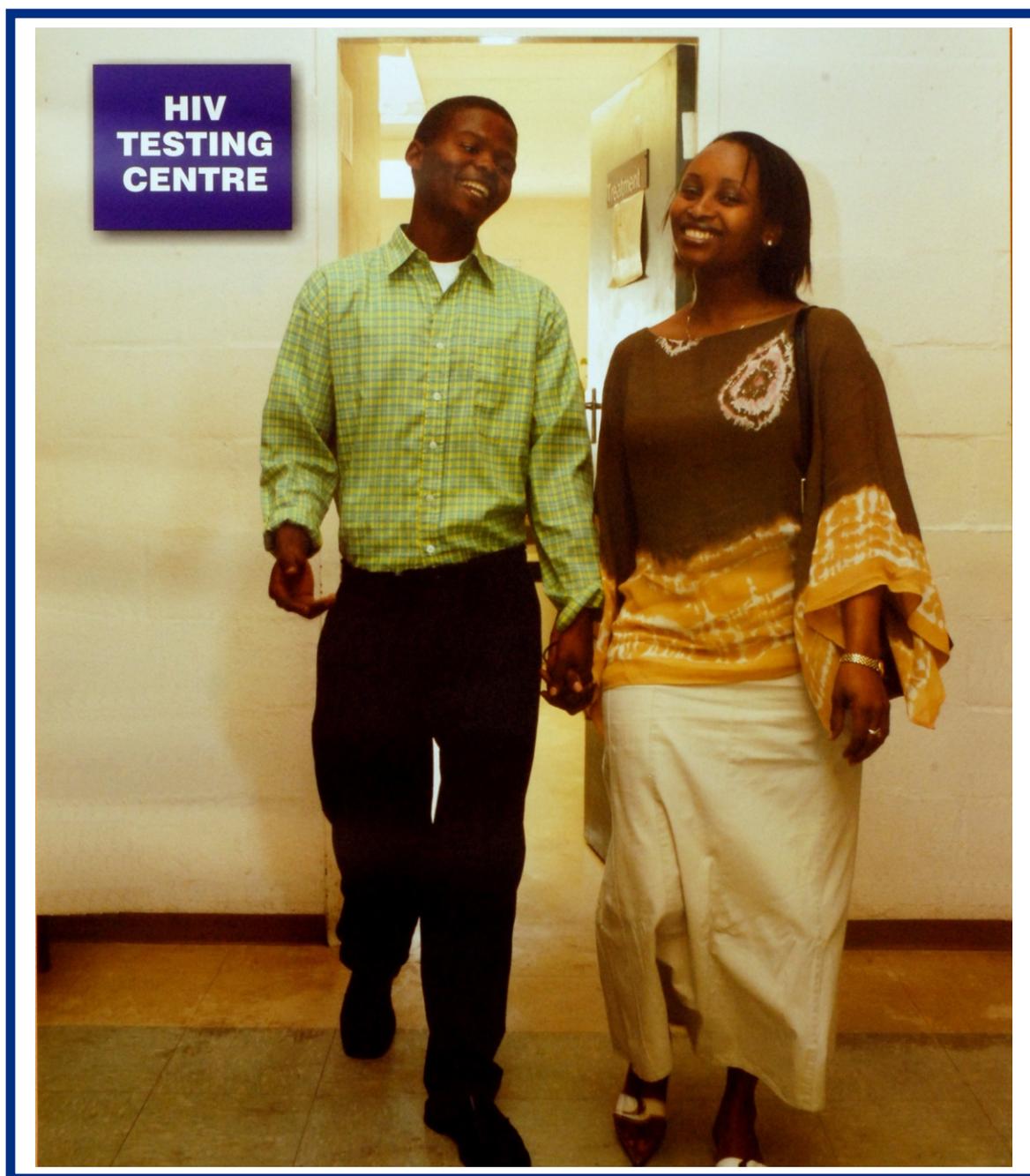


# HIV and AIDS

## Community Radio Programme



### KNOW WHERE YOU STAND WITH HIV?



April 2007

### PRODUCER'S GUIDE

Edition 1



## A note to all Health Reporters

***Congratulations on completing the HIV and AIDS for Community Radio Producers orientation course. We trust that you have enjoyed the course and that it has helped you build on your existing knowledge and skills base.***

***As discussed several times during orientation, our common goal is to make a difference with regard to HIV and AIDS in each of the communities that we serve. The challenge of making an impact is far greater than any individual need and it is our sincere hope that together as partners, we are able to make a significant difference that is sustainable and that has a lasting impact.***

***In many parts of the world, HIV and AIDS continue to be a subject of serious misconception, misunderstanding, ignorance and fear. There is an urgent need to present facts about HIV clearly, to reduce the fear, stigma and discrimination associated with HIV, and to provide practical advice on how to minimise the risk of being infected. Above all we need to offer support and care to infected and affected people and to help our communities develop long-term solutions that will help them face the day-to-day challenges of living with HIV. Radio has a vital role to play in this educational and “life saving” challenge.***

***We at MTC have developed this guide to assist you in producing the first in the 12 part series of radio programmes. You are welcome to include any other aspects that we may have overlooked that are relevant to the theme of “Where do you stand with HIV?” If you need any additional help please do not hesitate to call Busi or Xolani on 021 4487339.***

***Good luck and best regards,***

***From all at MTC.***

## OBJECTIVES

This program will focus on what it actually means to go for an HIV test, where you can go and what to do afterwards.

The program will promote positive living.

This program aims to address the fears of taking the HIV test, outlining the benefits of knowing one's status, empowering people by providing more knowledge about HIV and also addressing problems of living with secrets.

The program also aims at encouraging those that are negative to remain that way and for those that are positive to address the opportunistic infections, avoid re-infection and the option of using treatment.

This is only a guide, the presenter/producer should familiarize him/herself with the content and not read directly as it is. This will help the program quality.

**Please note that if a person is HIV positive, it does not mean that s/he has AIDS, so make sure you do not refer to HIV positive people as people with AIDS.**

## INTRODUCTION

HIV and AIDS is a reality, whether we like to talk about it or not. It affects us all directly or indirectly. HIV is part of our daily lives, most of us know at least one person who has died of an HIV related illness, whether the person is directly connected to us as a family member or as a friend. No matter how much we try to push HIV issues away from us, the reality is, it is always around and dealing with it is the only solution.

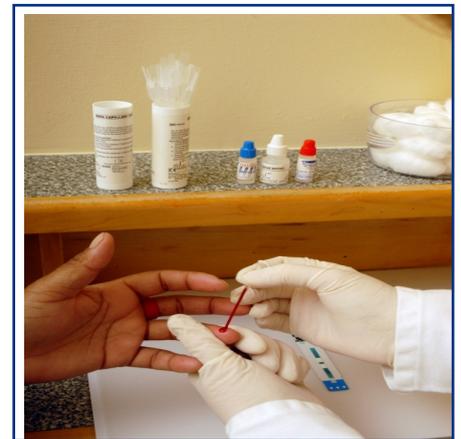
**Remember: The aim of the programme is to promote positive living. Do not dwell on the negatives, rather try to encourage listeners who are HIV + to live healthy lifestyles.**

For more information visit - [www.redribbon.co.za](http://www.redribbon.co.za). Click on "AIDS BASICS" and follow the prompts on the left.

## SUGGESTED GUESTS FOR THE PROGRAM:

- Health worker (HIV counselor or nurse that is responsible for HIV testing)
- Person living with HIV
- Ordinary person who doesn't know his/her status
- An employer, e.g. a business owner
- An employee, e.g. a teacher

- 🎧 You should have different questions for the different guests. Make sure you do not focus only on one guest.
- 🎧 Do follow up questions and also add questions you feel are relevant.
- 🎧 Allow listener participation in terms of questions or comments on the matter. Continue to repeat a studio telephone number throughout the programme and encourage listeners to debate with the presenters.
- 🎧 Ask the questions provided on the left-hand side and add your own.
- 🎧 NGO partners should provide detailed facts of statistics and circumstances that are specific to your community
- 🎧 It is important that you keep yourself informed about what is happening in the news with regard to HIV and AIDS. For example if a health minister/ celebrity /politician makes a controversial statement or provides inaccurate information you have to try and respond to it as soon as possible.



## PRE-RECORDED MATERIAL

**Vox pops** - Vox Pop questions: Why are people scared of going for an HIV test?

**Children's involvement** - be creative - allow children to talk about their own experiences eg. - knowing their parents' status or maybe vox pop question: How would you feel if your parents told you they are HIV positive?

**Short drama**

**Insert** - maybe an interview with an HIV positive person if the person wont be part of your guests

**It's important to remember that we are all either infected or affected By HIV/AIDS. There is no shame in being HIV positive.**

### QUESTIONS to the Health Worker

- What is an HIV test?
- Give us in detail the process of taking the test.
- Why is important to know your HIV status?
- People always talk about VCT, what do they mean by that?
- Does that mean no one can force you to take the test?
- What if my partner wants us to do the test and I am not ready?
- Some people complain that the counseling becomes so scary that they end up scared to go ahead with the test as they diagnose themselves positive even before taking the test. Do you agree?
- If one decides to go for the test and after the pretest counseling, the person is too scared to continue with the test?
- Do you have people taking the test and then decide to leave without getting the results?
- Do you see a positive turn out on people coming to test for HIV?
- What does a negative test mean? If negative, does that mean I am safe from HIV?
- What is a window period?
- What does a positive test mean?
- How do you help those that test positive?
- What are support groups and how do they help?

### QUESTIONS to the HIV positive person

- For how long have you been diagnosed HIV positive?
- How did you find out? Was it voluntary testing or some other means?
- After you received the result, what was the first thing that came into your mind?
- How long did it take you to disclose your status?
- Who is the first person you told and how did that person react?
- What reaction are you getting from people around you when you tell them about your status?
- Do you have children, if yes do they know about your status, how are they treated by their friends regarding your status?
- How are you taking care of yourself?
- What keeps you going?
- Are you on ARV's? If yes, since when?
- Do you regret knowing your status?
- How different is knowing your status to not knowing it all?
- Would you encourage people to test for HIV? Why?

### QUESTIONS to the person who doesn't know his/her status

- How come you don't know your HIV status?
- Have you ever thought of going for an HIV test?
- Are you sexually active?
- Do you know your partner's HIV status?
- What is your greatest fear when it comes to HIV?
- When you hear that somebody is HIV positive, what comes to your mind?
- Do you treat them differently from those that are negative or those that do not know their status?
- There's a saying that "We are all positive until we test negative" meaning we should take ourselves as HIV positive until we go for the test and get the proper result, what is your take on that?
- Are you protecting yourself from the risk of being infected or infecting others and re-infecting in case you are positive?
- What would make you ready for an HIV test?

### QUESTIONS to the employer

- If one of your employees discloses his or her HIV status, what would be your reaction?
- Some HIV positive people get opportunistic infections and sometimes get ill, meaning the employee will have to attend to other matters for the sake of his/her health, how would you deal with situations like that as the person will be away from work in cases like these?
- As an employer, how would you support the HIV positive employee?
- If not one of them, what's your take on employers that discriminate against HIV positive people?

## FACTS THAT SHOULD BE HIGHLIGHTED!

- HIV is the virus that causes AIDS.
- HIV test is the test that identifies HIV specific antibodies.
- Voluntary Counseling and Testing - where people volunteer to go, be counseled and take the test.
- People are getting infected and affected with HIV everyday but most do not know that they are infected and thus continue infecting other people and re-infecting themselves.
- No one can force you to take the test, you have to do it voluntarily.
- Counselors are not trying to scare you but they need to know your history and help you get ready for the test.
- Going for an HIV test is the right thing to do.
- Everyone should know their status whether negative or positive.
- We are all either infected or affected by HIV/AIDS.
- There is no shame in being HIV positive.
- Everyone who goes for an HIV test should receive counseling before and after the test.
- Many people are scared of knowing their HIV status.
- When in sexual relationships, people tend to use protection at first and 3 months down the line they stop without even going for a test.
- Most people always think being HIV positive is like you are going to die soon whereas knowing your status early helps you take care of your life so you can live longer.
- Testing relieves anxiety.
- Testing encourages one to adopt healthier lifestyle.
- If HIV+ you are exposed to discrimination and prejudice.
- If you are HIV+, there are many things you can do to stay healthy. You can make sure you eat a healthy diet, limit or stop smoking and alcohol because they weaken the immune system.
- You should use a condom whenever you have sex to avoid infecting your partner and to avoid being re-infected with a different virus from someone else.
- If you are HIV negative you should continue to stay healthy. Eat a balanced diet, exercise and keep your body strong, always use a condom when you have sex to avoid contracting HIV.
- People with HIV are like you and me.
- HIV positive people need our support.
- One teacher was discriminated against by the principal, this was shown on Third Degree and the Dept of Education was called in to intervene.

## OUTCOMES

- » The program should raise an awareness of how important it is to have an HIV test and for everybody to know their status.
- » People should know where to go for the test.
- » People should be assured of the confidentiality of the process.
- » People should be health conscious and take the HIV test as a health routine check up.

Have you considered doing a “live” HIV test in the studio. Should you decide to go this route remember:

**Regardless of whether the person tests positive or negative in the studio you should not disclose status on air unless the person voluntarily does so him/herself. We need to stress confidentiality at all times.**

## CONCLUSION

- » The presenter should summarize the issues that were raised during the discussion.
- » The presenter should then give out addresses and contact numbers of where people should go for the test
- » The presenter should also give out numbers for HIV/AIDS call centers like the **AIDS Helpline, loveLIFE and any NGO dealing with HIV in that community.**

## Some basics terms related to HIV/AIDS

🚫 **HIV** = **H**uman **I**mmunodeficiency **V**irus.

🚫 **AIDS** = **A**cquired **I**mmune **D**eficiency **S**yndrome.

🚫 **HIV is the virus that causes AIDS**

🚫 **Is there a difference between saying someone has HIV or has AIDS?**

- ▶ An HIV positive person is someone who has been infected by the virus but might not yet show any symptoms of the immune system being weakened.
- ▶ A person has AIDS when their immune system has been severely weakened by HIV. That person starts getting sick from illnesses they would usually be able to resist or would recover from quickly. They might contract certain diseases and cancers.

🚫 **HIV test** = This tests for the presence of HIV antibodies in the blood. HIV antibodies are molecules produced by the body once it detects the presence of HIV. There are several different kinds of HIV tests.

🚫 **ARV** = **A**ntiretroviral

🚫 **ART** = **A**ntiretroviral **t**herapy

🚫 **HAART** = **H**ighly **A**ctive **A**ntiretroviral **T**herapy. A treatment for AIDS that involves the use of three or more antiretrovirals.

🚫 **CD4 cell** = These are cells in the body that control the body's ability to resist infections. When HIV gets into the body it targets these cells and eventually destroys them, making the immune system weaker.

🚫 **OI - Opportunistic Infection** = An illness or disease that most healthy people can resist, but which infects people who have weakened or compromised immune systems as a result of HIV. Some examples of Opportunistic Infections : Tuberculosis (TB), Pneumonia, some cancers. NB! Not everybody who is infected with TB, Pneumonia or cancer is HIV+

🚫 **STI or STD** **S**exually **T**ransmitted **I**nfection or **S**exually **T**ransmitted **D**isease = Any infection or disease that is spread through sexual contact, including HIV.

🚫 **MTCT** **M**other **t**o **C**hild **T**ransmission = The passing of the HIVirus from an HIV+ mother to her child during pregnancy, labour, delivery or breastfeeding.

🚫 **PMTCT** = **P**revention of **M**other **t**o **C**hild **T**ransmission. This is possible through various means. They include, voluntary counselling and testing, antiretroviral therapy, safe delivery practices and formula feeding instead of breast milk where appropriate.

🚫 **Risky Behaviour** Any behaviour that increases a person's chance of acquiring or transmitting HIV. This includes having sex without a condom, having sex with many different people, injecting drugs, alcohol or drug abuse which reduces a person's ability to make decisions or negotiate safer sex.