

**SANAC Information Booklet on HIV, AIDS, STIs & TB**

In April 2010, South Africa will launch a national HIV counselling and testing campaign that will run until June 2011, which marks the end of the current National Strategic Plan on HIV, AIDS, STIs and TB.

The objectives of this campaign are:

1. Mobilise people to know their status.
2. Support people with key prevention messaging in order to take proactive steps to a healthy lifestyle irrespective of HIV status; and
3. Increase incidence of health seeking behaviour
4. Increase the access to treatment, care and support

This booklet aims to provide media professionals with quick and accessible information around HIV, AIDS and TB in South Africa. Through the booklet, we hope that South Africa's media will take responsibility to report accurately and effectively on HIV, AIDS, STIs and TB, and health in general.

**I am responsible.**

**We are responsible.**

**South Africa is taking responsibility.**

## Summary of preferred terminology

The following list has been adapted from the UNAIDS terminology guide and seeks to provide those who report on HIV and AIDS with accurate terminology when describing different situations related to HIV and AIDS.

Inaccurate Term	Accurate Term	Reasons
AIDS carrier	Person with HIV	A person cannot 'carry' AIDS as AIDS is the culmination of the deterioration of a person's immune system due to HIV infection.
AIDS test	HIV test	There is no test for AIDS. An HIV test will test to find out the quantity of antibodies that a person has developed against HIV.
AIDS victim, AIDS sufferer	Person living with HIV	The use of words like 'victim' or 'sufferer' connote powerlessness and perpetuate stigma against people with HIV
Fight/ battle against AIDS	Response to AIDS	Using war terminology to describe efforts to respond to AIDS has stigmatising effects, particularly on people living with HIV.
HIV/AIDS AIDS virus AIDS-infected	HIV and AIDS AIDS HIV-infected/ living with HIV	HIV is a virus, while AIDS is the stage at which the immune system of a person infected with HIV begins to deteriorate rapidly (refer to the section on abbreviations for more information). The two terms are therefore not interchangeable.
HIV prevalence rate	HIV prevalence	The word 'rate' connotes a passage of time. We therefore do not write 'prevalence rate' because a time period of observation is not involved.
HIV virus	HI virus	Since HIV stands for Human Immunodeficiency Virus, adding the word 'virus' after HIV is repetitive.
Prostitute	Sex worker	The word 'prostitute' perpetuates stigma against this profession. As such, the term 'sex worker' is intended to be non-judgemental.

### **Pandemic or epidemic?**

A pandemic is a disease that spreads across an entire region, continent or the whole world. According to UNAIDS, preferred usage is to use “pandemic” when referring to a global disease and to use “epidemic” when referring to country or regional level.

So, when reporting on HIV in South Africa, one refers to it as “the HIV epidemic”. But when reporting on HIV in the world, one refers to it as the “HIV pandemic”.

## Acronyms, abbreviations and explanations

The field of HIV, AIDS and TB is filled with jargon that is often difficult to understand. The following is a list of acronyms and abbreviations, accompanied by brief explanations.

**ABC** Abstinence, Be faithful, Condomise

*This is an abbreviation for widely used HIV prevention strategies, which are: to **abstain** from penetrative sexual intercourse or delay sexual debut; **be faithful** (reduce the number of partners or have sexual relations with only one partner); **condomise** (use male or female condoms consistently and correctly).*

**AIDS** Acquired Immunodeficiency Syndrome

*AIDS is the stage at which an individual's immune system is weakened by HIV to the point where they develop any number of diseases, which are collectively known as opportunistic infections (see below for further information).*

**ASO** AIDS Service Organisation

*This is an organisation that provides some form of AIDS-related service to the public, eg. information, treatment.*

**ART** anti-retroviral therapy, antiretroviral(s)

*These are the drugs that are used in the treatment of HIV, a retrovirus, and are designed to interfere with the virus's ability to replicate itself and therefore, slow the progression of the disease.*

**CBO** Community-Based Organisation

*This is an organisation working with a community or communities to service their needs. The organisation will usually be based within the community that it works with.*

**CD4 cell** also known as T-cell

*This is a type of white blood cell that is part of the immune system and protects people against infections. This cell is the target of HIV once it enters the body and is slowly destroyed. If a person goes for an HIV test and tests positive, they should be referred to a centre that will provide a CD4 count test. This will inform about the number of CD4 cells in the person's blood. If the number is low, the person needs to start on a course of ARVs immediately.*

Currently, in South Africa, most people begin to take ARVs when their CD4 count reaches 200 or lower. It has been shown that treatment is more effective if one starts while the CD4 count is higher, so changes in treatment policy mean that from April 2010, certain people who have a CD4 count of 350 will be able to start ARV treatment. These are people who have HIV and TB, HIV-positive pregnant women as well as all children under one year old who have HIV.

**DOTS** Directly Observed Treatment or Therapy Short-Course

*DOTS is a method of treating people with TB. The system was started because it is difficult to take medicines for 6 months or more. It means that every day the person takes their medicines under the observation of a health worker or helper. This health care worker will monitor that the person takes their TB medication throughout the course prescribed.*

**ELISA** Enzyme-Linked Immunosorbent Assay

*The ELISA antibody test is an HIV test. ELISA tests detect the amount of HIV antibodies in the blood.*

**FBO** Faith-Based Organisation

*These are organisations that have a faith-inspired mandate to provide services to people in need.*

**FDC** Fixed Dose Combination

*This refers to a combination of two or more antiretrovirals, packaged in a single pill. Such pills have been developed to make it easier to take HIV treatment.*

**GIPA** Greater Involvement of People Living with HIV or AIDS

*The principle was adopted at the Paris AIDS Summit in 1994 and is based on the recognition of the involvement of HIV positive people as crucial to an effective response to HIV and AIDS.*

**HAART** Highly Active Antiretroviral Therapy

*This refers to ARV treatment regimens that act aggressively to suppress the replication and progression of HIV in the body. The usual HAART regimen involves the use of three or more antiretrovirals. All ART is HAART now.*

**HCT**

## HIV Counselling and Testing

*This refers to HIV counselling and testing - the only way that a person can get to know their HIV status.*

**HIV**

## Human Immunodeficiency Virus

*This is the virus that causes AIDS. HIV can be transmitted through infected blood, semen, vaginal secretions and during pregnancy or delivery.*

**HPV**

## Human Papillomavirus

*This is a commonly occurring viral infection that affects the genitals. HPV is easily passed during sexual activity and can cause genital warts. Anyone can be infected with HPV. Among people with HIV, HPV infection is more serious and can recur frequently and last for long periods of time. Such persistent infections are associated with higher risks of cervical cancer.*

**IDU**

## Injecting Drug User

*This is a person who injects drugs into their body by using a syringe and needle. People who practise this method of using drugs run the risk of infection with HIV when they share syringes and needles.*

**LGBTI**

## Lesbian, Gay, Bisexual, Transgender, Intersex

*This terms refers to people who are either homosexual, or who identify with or expresses a gender identity that differs from their sex, or people who are born with an indeterminate sex (that is, they have both sex organs).*

**MCP**

## Multiple Concurrent Partnership

*This is when a man or woman has more than one sexual partner at the same time. These partners can overlap for weeks, months or years. Research has shown over the years that MCP is one of the primary factors in the spread of HIV in sub-Saharan Africa*

**MDR-TB**

## Multi-Drug Resistant Tuberculosis

*This is a strain of tuberculosis that is resistant to two or more anti-TB drugs. It usually develops when a person with TB does not take the full course of their medication and develops drug resistance, but it can also be passed on to other people.*

**MIPA**

## Meaningful Involvement of people living

with HIV and Affected Communities

*This is a principle that seeks to ensure that people living with HIV, and their communities, are actively involved in all areas of the response to HIV and AIDS.*

### **MMC**

Medical Male Circumcision

*Medical male circumcision is the surgical removal of the foreskin found around the male penis. Removing this skin has been found to significantly lower a man's chances of contracting HIV, but only offers partial protection. Research has shown that the foreskin provides a good environment for HIV to multiply.*

### **MSM**

Men who have sex with men

*In many countries, men who have sex with men may not perceive themselves as gay or homosexual, but still run a very high risk of contracting HIV through anal sex.*

### **NAC**

National AIDS Council

*This is a national body whose mandate is to coordinate stakeholders (government, civil society, and private sector) in the multi-sectoral response to HIV and AIDS.*

**In 2004, UNAIDS endorsed the "Three Ones" principles, to achieve the most effective and efficient use of resources for HIV and AIDS. The "Three Ones" call for one agreed HIV and AIDS Action Framework; one National AIDS Coordinating Authority, with a broad-based multi-sectoral mandate; and one agreed country-level Monitoring and Evaluation System.**

**In South Africa, and in many countries, these national AIDS coordinating authorities are known as NACs.**

### **NSP**

National Strategic Plan on HIV & AIDS and STIs

*Another one of the tenets of the Three Ones Principle (explained under 'NAC') is to have one agreed HIV and AIDS Action Framework. In South Africa, this framework is the NSP, which has been in effect since 2007. The aims of the NSP are to:*

- *reduce the number of new HIV infections by 50%.*
- *reduce the impact of HIV and AIDS on individuals, families, communities and society by expanding access to an appropriate package of treatment, care and support to 80% of all people diagnosed with HIV.*

*The NSP is premised upon the following four pillars:*

- i. *HIV prevention*
- ii. *Treatment, care & support*
- iii. *Research, monitoring & surveillance*
- iv. *Human rights and access to justice*

#### **PEP**

#### Post-Exposure Prophylaxis

*This is treatment administered following exposure to HIV risk (eg. rape, unprotected sex with a person whose HIV status is unknown or an accidental prick with a needle that has been used on a person with HIV). PEP treatment involves taking ARVs for a specified time period after exposure to risk. Ideally, treatment should begin within 72 hours of exposure to the HIV risk.*

#### **PICT**

#### Provider Initiated Counselling and Testing

*This is a routine offer of HIV testing by a health care provider (eg. a nurse, doctor) to any person who visits a hospital or clinic for treatment of any other ailment. The person can refuse the offer and 'opt out' of getting HIV counselling and testing.*

HIV counselling and testing is premised on the 3 Cs principle, that is:

**C**onfidentiality – pre-test and post-test counselling, as well as the sharing of results, should be conducted in privacy. The health care provider should not share any of the information provided by the client with anyone else.

**I**nformed **C**onsent – consent to go ahead and test should be given by the client, either in writing or verbally.

**C**ounselling – counselling must take place before the test and after the test. This is in order that various issues are discussed and understood fully eg. how to minimise the risk of HIV transmission, where to get further help and services, disclosure of status to other people.

#### **PLHIV**

#### Person living with HIV

#### **PMTCT**

#### Prevention of Mother To Child Transmission

*This is a programme to prevent an HIV positive mother from transmitting HIV to her baby. Transmission can occur during pregnancy, labour and delivery, or while breastfeeding.*

In South Africa, new treatment policy states that all pregnant HIV positive women with a CD4 count of 350 or less or with symptoms of sickness with AIDS, regardless of CD4 count will have access to treatment. Also, all other pregnant women not falling into this



## Important South African calendar dates

World Cancer Day	4 February
STI/ Condom Week (South Africa)	9-15 February
Pregnancy Education Week (South Africa)	15-21 February
Contraceptive Day (South Africa)	28 February
International Women's Day	8 March
Human Rights Day (South Africa)	21 March
World TB Day	24 March
World Health Day	7 April
World Malaria Day	25 April
Workers' Day	1 May
World AIDS Orphan Day	7 May
International Candlelight Memorial	the third Sunday of May
World AIDS Vaccine Day	18 May
Youth Day (South Africa)	16 June
Nelson Mandela Day	18 July
World Breastfeeding Week	takes place in August
Women's Day (South Africa)	9 August
International Youth Day	12 August
Heritage Day	24 September
World Contraception Day	26 September
World Hospice and Palliative Care Day	10 October
International Day for the Eradication of Poverty	17 October
International Men's Day	19 November
Universal Children's Day	20 November
16 Days of Activism Against Gender Violence	25 November – 10 December
World AIDS Day	1 December
International Day of Persons with Disability	3 December

International Volunteer Day	5 December
International Human Rights Day	10 December
Reconciliation Day (South Africa)	15 December
Day of Goodwill	26 December

## Research and Communications Programmes in South Africa focusing on HIV, AIDS and TB

### **AIDS Consortium**

*The AIDS Consortium is a human rights organisation committed to openness and non-discrimination on the basis of HIV and AIDS.*

Physical Address:  
7th Floor, Sable Centre  
41 De Korte St (Cnr Station St)  
Braamfontein  
Johannesburg 2001

Postal Address:  
PO Box 31104  
Braamfontein  
Johannesburg 2017  
Tel: +27 (0)11 403 0265  
Fax: +27 (0)11 403 2106  
Website: [www.aidsconsortium.org.za](http://www.aidsconsortium.org.za)

### **AIDS Law Project**

*The AIDS Law Project (ALP) is a human rights organisation that seeks to influence, develop and use the law to address the human rights implications of HIV and AIDS in South Africa, regionally and internationally.*

Physical Address:  
Unit 6/002, 6th floor  
Braamfontein Centre  
23 Jorissen Street  
Braamfontein 2001

Postal Address:  
AIDS Law Project  
PO Box 32361  
Braamfontein 2017  
Tel: +27 (0)11 356 4100  
Fax: +27 (0)11 339 4311  
Email: [info@alp.org.za](mailto:info@alp.org.za)  
Website: <http://www.alp.org.za/>

### **Centre for AIDS Development, Research and Evaluation (CADRE)**

*CADRE is a South African non-profit organisation working in the area of HIV and AIDS research, programme development and communication.*

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Braamfontein Centre,  
23 Jorissen Street,  
Braamfontein,  
Johannesburg 2001

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South Africa  
Tel: +27 (0)11 339-2611  
Fax: +27 (0)11 339-2615  
E-mail: [helen@cadre.org.za](mailto:helen@cadre.org.za)  
Website: [www.cadre.org.za](http://www.cadre.org.za)

### **Cell-Life**

*Cell-Life is a non-governmental organisation that uses cell phone technology for communication on HIV and AIDS.*

1st Floor CPUT BARC Building  
Cnr Brandweer/Waterloo St  
Gardens, 8001  
Cape Town  
Tel: +27 (0)21 469-1111  
Fax: +27 (0)21 469-1126  
Email: [info@cell-life.org](mailto:info@cell-life.org)  
Website: [www.cell-life.org](http://www.cell-life.org)

### **Community Media Trust (CMT)**

*CMT is a not-for-profit company that produces HIV and AIDS public health education material.*

PO Box 62  
MUIZENBERG  
7950  
Tel: +27 21 788 9163

Fax: +27 21 788 3973  
Email: [info@beatit.co.za](mailto:info@beatit.co.za)  
Website: [www.beatit.co.za](http://www.beatit.co.za)

### **HIV-911**

*The HIV-911 programme is a comprehensive guide to close to 13 000 HIV-related support services in South Africa..*

The Centre for HIV/AIDS Networking (HIVAN)  
Hut 10, King George V Avenue  
Howard College  
University of KwaZulu-Natal  
Durban 4041

Tel: 0860 HIV 911/0860 448 911  
Fax: 031 260 2013  
Email: [webmaster@hiv911.org.za](mailto:webmaster@hiv911.org.za)  
Website: [www.hiv911.org.za](http://www.hiv911.org.za)

### **HIV/ AIDS and Media Project**

*The HIV/AIDS and the Media Project investigates the role and the impact of the news media on the HIV and AIDS pandemic in South Africa.*

ANOVA Health Institute  
12 Sherborn Road  
Parktown  
Tel: +27 11 715 5828/42  
Fax: +27 11 482 1116  
Email: [meyer@anovahealth.co.za](mailto:meyer@anovahealth.co.za)

### **Human Sciences Research Council (HSRC)**

*HSRC conducts large-scale, policy-relevant, social-scientific projects for public-sector users, non-governmental organisations and international development agencies.*

Physical Address:  
134 Pretorius Street  
Pretoria  
South Africa 0002

Postal Address:  
Private Bag X41  
Pretoria  
South Africa 0001  
Tel: +27 (0)12 302 2000  
Fax: +27 (0)12 302 2001  
Website: [www.hsrc.ac.za](http://www.hsrc.ac.za)

### **Johns Hopkins Health and Education in South Africa (JHHESA)**

*JHHESA is a non-profit organisation that aims to improve the health and well-being of all South Africans particularly on HIV prevention, care and support.*

Block D, Equity Park  
257 Brooklyn Road  
Brooklyn, Pretoria, 0011  
Tel: + 27 (0)12 366 9300  
Fax: +27 (0)12-366-9301  
Email: [info@jhhesa.org.za](mailto:info@jhhesa.org.za)  
Website: <http://jhhesa.org>

### **loveLife**

*loveLife is a South African HIV prevention programme for youth.*

Physical Address:  
48 Wierda Road West  
Wierda Valley  
2196

PO Box 45  
Parklands  
2121  
Tel: +27 (0)11 523 1000  
Fax: +27 (0)11 523 1001  
Email: [talk@lovelife.org.za](mailto:talk@lovelife.org.za)  
Website: [www.lovelife.org.za](http://www.lovelife.org.za)

### **OneLove**

*OneLove is a campaign that began rolling out across southern Africa in October 2008. It aims to get people thinking and talking about their sexual behaviour in the context of HIV and AIDS.*

c/o Soul City offices (see details below)

### **Reproductive Health and HIV Research Unit (RHRU)**

*RHRU is a training and research unit in the University of the Witwatersrand.*

Physical Address:

University of the Witwatersrand  
Hillbrow Health Precinct  
Hugh Solomon Building  
Esselen Street, cnr Klein St (opp. Esselen Str Clinic)  
Hillbrow, 2001

Postal Address:

PO 18512  
HILLBROW  
2038  
Tel: + 27 (0)11 358 5300  
Fax: + 27 11 358 5400  
E-mail: [info@rhru.org](mailto:info@rhru.org)  
Website: [www.rhru.co.za](http://www.rhru.co.za)

### **Southern Africa HIV and AIDS Information Dissemination Service (SAfAIDS)**

*SAfAIDS is a regional non-profit organisation based in Pretoria, South Africa with two other country offices in Lusaka Zambia and Harare, Zimbabwe. SAfAIDS' core activities include capacity development for other HIV and AIDS Intermediary Organisations (IOs), information production, collection and dissemination, networking and building partnerships and leadership in promoting dialogue on cutting-edge issues related to HIV and AIDS.*

479 Sappers Contour  
Lynnwood  
Pretoria 0081  
South Africa  
Tel: + 27 (0)12 361 0889  
Fax: 012 361-0899  
Website: [www.saf aids.net](http://www.saf aids.net)

### **Society for Family Health (SFH)**

*Society for Family Health (SFH) is one of South Africa's leading social marketing organisations focused on HIV prevention. As a locally-incorporated affiliate of Population*

*Services International (PSI), a global social marketing organisation, SFH has access to global best practices in various health technical areas communications, research, financial and project administration and procurement.*

Physical Address:

2nd Floor, Block B, Metropolitan Office Park  
8 Hillside Road  
Parktown  
Johannesburg  
South Africa

Postal Address:

PO Box 408  
Auckland Park  
2006  
South Africa

Contact Numbers

Tel: +27 (0)11 484 5320  
Fax: +27 (0)11 484 5802  
Website: [www.sfh.co.za](http://www.sfh.co.za)

### **South African National AIDS Council (SANAC)**

SANAC is South Africa's National AIDS Council, coordinating a multi-sectoral response to HIV and AIDS.

Department of Education  
123 Schoeman Street  
Sol Plaatjies House  
Third Floor,  
Pretoria

Tel: + 27 (0)12 312 6184

Email: [info@sanac.org.za](mailto:info@sanac.org.za)

Website: [www.sanac.org.za](http://www.sanac.org.za)

### **Soul City Institute for Health and Development Communication**

*This is a social change project which aims to impact on society at the individual, community and socio-political levels, through mass media and social mobilisation.*

Physical Address:

First Floor - Dunkeld West Centre

281 Jan Smuts Avenue  
(Cnr. Bompas Road)  
Dunkeld West  
Johannesburg

Postal Address:  
P.O Box 1290  
Houghton  
2041  
Tel: 0861 768 524  
Fax: + 27 (0)11 341 0370  
Email: [soulcity@soulcity.org.za](mailto:soulcity@soulcity.org.za)  
Website: [www.soulcity.org.za](http://www.soulcity.org.za)

### **Online Resources:**

#### **UNAIDS Terminology Guidelines**

Online at :

[http://data.unaids.org/pub/Manual/2008/jc1336\\_unaids\\_terminology\\_guide\\_en.pdf](http://data.unaids.org/pub/Manual/2008/jc1336_unaids_terminology_guide_en.pdf)

#### **The Kaiser Family Foundation Reporting Manual on HIV/ AIDS**

Online at:

<http://www.kff.org/hivaids/upload/7124-07.pdf>