

What is HIV ?



H	Human	Only humans can get it. Insects or any other kinds of animals do not carry it. It needs the human body to live.
I	Immunodeficiency	The immune system is that part of our body that fights diseases and infections. Deficiency means not working properly. HIV breaks down the immune system so it does not work properly and the body is not able to fight off disease and infections.
V	Virus	A virus is an extremely tiny being that sometimes replicates (makes copies of itself) by taking over human cells and turning them into virus factories.

Is AIDS the same as HIV? - NO!



A	Acquired	You are exposed to HIV and get infected. The HIV has to enter your blood stream to infect you.
I	Immuno	This is the part of our body that fights diseases and infections. HIV weakens your immune system.
D	Deficiency	It causes a deficiency in our immune system where the body can no longer fight diseases properly.
S	Syndrome	The AIDS syndrome occurs when you have tested positive for HIV antibodies and you have at least one opportunistic infection. Only a doctor can diagnose the disease AIDS.

Some elders say that HIV is a gift that the Creator has given us so that we will learn to care for ourselves and each other again.

