



# Positive Prevention: Strategies for People Living with HIV

**Guiding  
Principles and  
Values**

**Program  
Elements**

**Common  
Misconceptions**

**Strategies for  
People Living  
with HIV**

**What New HIV  
Prevention  
Technologies  
Mean for People  
Living with HIV**

**Resources**

## **Protecting your sexual and reproductive health—and avoiding other sexually transmitted infections (STIs)**

1. Avoid contracting STIs by practicing safer sex to protect yourself and your partner.
2. Have regular sexual health check-ups.
3. Find a knowledgeable healthcare provider.
4. Understand your medications—what they are for, how long you should take them for, how you should take them and any potential side-effects to watch out for.
5. Seek advice on family planning methods.
6. Consider dual protection (i.e. using condoms combined with other contraceptives such as hormonal contraceptives, IUD or the pill) if you want to avoid becoming pregnant at the present time.
7. Seek advice on safe pregnancy.
8. Access safe abortion services if you decide to terminate your pregnancy.
9. Be aware of the risks of various STIs.
10. Ask for cervical screening if you are a woman living with HIV.

## **Delaying HIV disease progression**

1. Stay up to date—seek out the latest information on HIV and related illnesses, including progression and treatment.
2. Find a holistic health care provider.
3. Look out for health problems that arise between your regular visits to your health care provider and make sure you follow-up these issues as soon as possible.
4. Understand your medications: Make sure you understand what any (prescribed) medications are for, how long you should take them for, how you should take them (e.g. with or without food) and any potential side-effects to watch out for. Take your medications on time!
5. Adhere to your ART: Adhering to your medication (taking the correct dose of your medications on time) is vital, and especially so for ART.
6. Discuss the use of complementary medicines with your health care provider.
7. Look after your physical health: Make a long-term plan on ways to reduce any of your current behaviours that may harm your health, such as the use of alcohol and other drugs, and smoking.
8. Eat well and exercise. Find out your ideal body weight and try to maintain it.
9. Look after your emotional health. Counselling can help you learn some new

skills to cope with living with HIV. Consider joining a HIV-positive peer support group.

10. Consider becoming involved in your local support group, volunteer for an organization or get involved in peer education activities to meet other positive people, learn new skills and help to make life better for all positive people in your community.

## **Promoting shared responsibility to protect your sexual health and reduce the risk of HIV transmission**

1. Take responsibility to protect yourself and your sexual partner and encourage your partner to do the same.
2. Be familiar with any laws which criminalize specific behaviours—for example drug consumption, sex work, non-disclosure or HIV transmission.
3. Know your rights as a person living with HIV. This includes the right to health, dignity, freedom of expression and movement, and the rights to privacy, confidentiality and informed consent.
4. Assess when to disclose your HIV status given your current situation and the obstacles you might face regarding disclosure, including legal implications of disclosing or not disclosing.
5. Understand the risk of HIV transmission by ensuring you have up-to-date and full information on what constitutes risk of transmission.
6. Seek psychosocial support services.
7. Identify organizations and networks that can

offer legal information and services, in case you need it.

8. Promote the concept of shared responsibility.
9. Advocate against laws that criminalize HIV transmission/exposure.
10. Understand human rights and advocate for the inclusion of legal literacy components in positive prevention programmes to build capacity of people living with HIV to understand human rights, the law and its implications for HIV prevention.

## **Community mobilization, advocacy and policy change**

1. Advocate for universal access to testing, diagnosis, support, care and treatment.
2. Advocate for improved access to existing prevention options, and for the development of new prevention options.
3. Advocate for the provision of prevention supplies and commodities (for example: male and female condoms, needle exchange programs) and for their integration in support, care and treatment programs and services.
4. Participate in peer support programs.
5. Advocate for training opportunities for peer educators and counsellors.
6. Advocate for the meaningful involvement of people living with HIV.
7. Support treatment literacy programs.
8. Advocate for a supportive legal and policy environment for positive prevention.