



English Master Script For Translation

Keeping well with HIV

Translation language:

Translator's name:

Translator's email/phone number:

Copyright Education Saves Lives
Registered Charity 1080131

educationsaveslives.org
mail@educationsaveslives.org
+44 (0)926 422711

Keeping well with HIV

1. In this lesson we will talk about how people spread HIV. Then we will talk about how you can prevent spreading HIV to other people. Then we will look at how you can try to keep as healthy as possible if you have HIV.
2. If you have had an HIV test and a health worker has told you that someone or something has infected you with HIV, then this is true. This means you have HIV in your body.
3. But even if you have HIV in your body, you might still feel healthy. It can take many years for people with HIV to become ill. But it will still be possible for you to pass the HIV virus to others.
4. There are no medicines that will cure HIV. You will have it for the rest of your life. But most people who have HIV are able to live a long and healthy life.
5. Now try to answer this question using the up and down arrows on the controller.
6. Can you still feel healthy if someone or something has infected you with HIV?
7. Yes?,
8. or No?
9. Press a button now.
10. That's right. It is possible to have HIV and still feel healthy. This is why it is also important to have a test. If you do not know whether you have HIV you could pass HIV to other people.

Keeping well with HIV

11. Although there is no medicine to make HIV go away completely, there are special medicines that control HIV. These medicines help you to live longer in better health.
12. The special medicines are called A.R.T or antiretroviral therapy. You can ask at your health centre if these special medicines are available.
13. In many places, A.R.T is available free. You should ask at your health centre if these special medicines are free.
14. What do the special HIV medicines do?
15. They can help to control HIV, so that you live longer in better health?
16. Or, They can cure you of HIV?
17. Press a button now
18. Yes. The HIV medicines can help you to live longer in better health, but they do not cure you of HIV.
19. What are the special HIV medicines called?
20. A.R.T,

Keeping well with HIV

21. or Antibiotics?
22. Press a button now
23. Good. The special HIV medicines are called ART. You can ask at your health centre where you can get A.R.T.
24. The most common way for people to pass on HIV is through sex.
25. If you take your A.R.T correctly, you can reduce the HIV a lot. You can reduce it so much that no one can detect it in a normal blood test. This is called an “undetectable” viral load.
26. People with an undetectable viral load can’t pass HIV to others through sex. But you should still use a condom when you have sex. This is because it is possible that your viral load changes.
27. If you have HIV and have sex with someone who also has HIV, then your illness can become worse. A condom will help to protect both of you.
28. What is the most common way for people to pass on HIV to other people?
29. By coughs and sneezes,
30. Or By having sex

Keeping well with HIV

- 31. Press a button now
- 32. Yes. Sex is the most common way for people to pass HIV to other people.
- 33. If you have HIV, can you still have sex?
- 34. Yes
- 35. Or, No
- 36. Press a button now
- 37. Well done. The answer is that you can have sex. But you must protect yourself and your partner by using a condom. Even when both you and your partner have HIV you must use a condom to have sex. This is because it will stop you both from getting more HIV.
- 38. There is another way that HIV spreads to other people. If you are a woman with HIV and you are pregnant, you could give HIV to your baby. This could happen during pregnancy, childbirth or breastfeeding.
- 39. If you take A.R.T correctly during pregnancy and breastfeeding, it will protect your baby. It is possible for a baby not to get HIV, even if the mother has HIV.
- 40. If you are pregnant and think that you might have HIV, the most important thing that you can do is to go to your local health centre. At the health centre you can have a test for HIV. You can also get advice and treatment that will help you to protect your baby.

Keeping well with HIV

- 41. What is another way that people can spread HIV?
- 42. From a mother with HIV to her baby?
- 43. Or, By touching someone with HIV?
- 44. Press a button now
- 45. Yes. A mother with HIV can pass HIV to her baby during pregnancy, childbirth and while she is breastfeeding.
- 46. If you have HIV will your baby also have HIV?
- 47. Yes, definitely
- 48. Or no, not all babies get HIV from their mothers.
- 49. Press a button now.
- 50. That's right, not every mother with HIV will infect her baby.

Keeping well with HIV

- 51. If you have HIV and you are pregnant, who should you go to for advice?
- 52. Your local health workers?
- 53. Or, A witch doctor?
- 54. Press a button now
- 55. Yes, if you are pregnant and have HIV, you should ask for advice at your local health centre. You can have an HIV test and get medicines to protect your baby from HIV.
- 56. There are other ways that people can spread HIV. Blood takes HIV around the body so you must cover any cuts or wounds that you have.
- 57. There is a small risk that your blood could pass HIV to another person. This might happen if blood from your cut touches a cut on another person.
- 58. Although the risk is small, you should not share razors, or syringes or needles, or toothbrushes with anyone else
- 59. There is no risk of getting HIV by eating food prepared by someone with HIV. Neither is there any risk in eating from the same plate or drinking from the same cup as someone with HIV. Now try to answer this question:

Keeping well with HIV

- 60. How can you stop someone getting HIV from your blood?
- 61. By covering up wounds and by not sharing razors, syringes, needles and toothbrushes?
- 62. Or, There's nothing you can do about it?
- 63. Press a button now
- 64. That's right, you can help protect others: cover your cuts and do not share razors, syringes, needles and toothbrushes.
- 65. If you have HIV, you need to keep yourself healthy as this will help you to live longer and in better health. People with HIV cannot protect themselves very well against other diseases. So you need to help your body to be strong.
- 66. To stay healthy you need to eat good food. Good food means that you eat a good mixture of beans, lentils, meat, fish or eggs, oil, fruit and vegetables, maize or rice.
- 67. If you eat a good mixture of these different foods each day, it will help to keep you healthy
- 68. Which good foods make your body strong?
- 69. Lots of meat and nothing else?

Keeping well with HIV

- 70. Or, A good mixture of different foods, including fruit and vegetables?
- 71. Press a button now
- 72. That's right. Every day you should try to eat a good mixture of different foods.
- 73. Something else that you can do to keep yourself healthy is to drink clean water. If the water that you drink is not clean, it can make you ill.
- 74. Remember that you get ill more easily when you have HIV. So you must be careful.
- 75. Why is it important to drink clean water if you have HIV?
- 76. It makes you less thirsty?
- 77. Or, It helps to keep you healthy when your body is not very good at protecting itself against disease?
- 78. Press a button now
- 79. Great! If you drink clean water, it will help to prevent you getting more ill.

Keeping well with HIV

80. If you have HIV, and especially if you are not taking A.R.T, your body cannot protect itself against illness properly. If you get an illness, you will need help to get well. So you must go to the health centre to get medicines.
81. If you are taking A.R.T, you can take other medicine as well. This will help to cure other illnesses. But you must tell your health worker about any other medicine that you take.
82. If you have HIV and are ill, what should you do?
83. Go the health centre and get some medicine?
84. Or, Do nothing. There is nothing that can help you.
85. Press a button now
86. Yes. Although you have HIV, you can get medicine to treat other illnesses that you get.
87. Is there a medicine which will cure you of HIV?
88. Yes

Keeping well with HIV

- 89. Or, No
- 90. Press a button now
- 91. That's the right answer: There is no medicine that will take the HIV out of your body. But there are medicines that you can take to treat other illnesses that you may get. These medicines will also help you to live longer and to have a healthy life.
- 92. There are some things that you can do to help yourself as much as possible. If you have HIV you can feel very lonely. You may worry that people will criticise you or laugh at you. You may also worry that they will behave differently towards you and not include you in their group.
- 93. People are often afraid of talking about HIV and AIDS. But it is important to talk about it with people that you love and trust so that they can encourage you.
- 94. If you have HIV, try to learn about the disease. Be ready to tell some of your family and friends that you have HIV. Try to tell a good friend, or someone who you trust, that you have HIV. It may help you feel less alone.
- 95. If you have HIV should you talk about it?
- 96. Yes, talk to family and friends and ask for their encouragement?
- 97. Or, No, it is best to pretend that there is nothing wrong?

Keeping well with HIV

98. Press a button now
99. That's right, by talking about it with someone who you trust, it can help you feel less alone.
100. Is it possible to have HIV, and to live a long and healthy life?
101. No, it's not possible to live well with HIV?
102. Or Yes, it is possible to live well with HIV?
103. Press a button now
104. That's right. If you have HIV it is possible to live longer and have a healthy life if you follow good advice and take A.R.T every day.
105. If you have HIV and can stay well then you can continue to do your usual work. If you have HIV, it does not mean that you have to stay at home. You need to try to earn money so that you can pay for the things that you need. You may need to buy more medicines.

Keeping well with HIV

- 106. You also need money to buy the healthy food that you need.
- 107. You also need to save for the future, so it is important to live normally and work while you can.
- 108. If you have HIV and are keeping healthy, can you do a normal day's work?
- 109. Yes?
- 110. or No?
- 111. Press a button now
- 112. Yes, if you have HIV and are keeping healthy then you can continue to work well.
- 113. Will your friends at work get HIV from you?
- 114. Yes, probably?
- 115. or No, normal contact with people at work will not spread HIV.

Keeping well with HIV

116. Press a button now
117. That's right. If you do everything that you have learned in this lesson, there is no need to worry. No one at work will get HIV from you. So there is no need for you to stay at home.
118. If you have HIV should you try to continue working?
119. Yes?
120. Or, No?
121. Press a button now
122. Yes! People with HIV are going to need money to help them to live well now. They also need to plan wisely for the future. So it is good to continue working.
123. Many people all over the world have HIV and continue to have a happy and healthy life. Take good care of yourself and try not to spread the infection to other people. This can make a real difference to you and to the people around you.
124. That was the wrong answer. Let's go back and listen again.

Keeping well with HIV

125. Sorry! Wrong answer.
126. Hello. The title of this lesson is 'Keeping well with HIV'. To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.
127. You've now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
128. Correct!
129. "Keeping well with HIV".
130. Welcome to the quiz! You will now be asked 10 questions. To win a gold star you will need to get all 10 questions correct. Let's get started - good luck!
131. Sorry, you haven't got enough points for a gold star. Have another go at the lesson and try to get every question correct.

Keeping well with HIV

132. Congratulations, you got every question correct and you have a gold star. Choose another lesson, to learn more!