



English Master Script For Translation

Your HIV Medicine

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Your HIV Medicine

1. Today we will talk about medicines called ART. ART stands for antiretroviral therapy.
2. ART is a treatment for people who have HIV. HIV is the virus that causes AIDS. ART can help people with HIV stay free from AIDS for many years. In most places, ART is available free, so you should not worry about the cost.
3. If you have HIV, you should take ART. It doesn't matter how old you are, whether you are male or female or where you live. You can find out if you have HIV by having a test at the health centre. Watch the lessons about HIV and Having an HIV Test, and talk to your health worker if you need more information.
4. Now it's time to answer a question! Try to answer by pressing the buttons on the controller. You can hear any question again by pressing the centre button.
5. If you have HIV, will you need to take ART?
6. Press the up arrow if you think no, you will be OK without ART,
7. Or press the down arrow if you think Yes, everyone with HIV should take ART
8. Press a button now.

Your HIV Medicine

9. That's right, anyone who has HIV should take ART. This includes children and women who are pregnant or breastfeeding.
10. Let's learn why it is important to take ART. In our blood there are small parts that protect us. One of the parts is called CD4 cells. These CD4 cells are important. They protect our bodies and help to keep us healthy.
11. The HIV virus attacks these protective CD4 cells.
12. Health workers can measure how many CD4 cells you have in your blood by doing a blood test. If you have a CD4 level of less than 200 you are at risk of becoming very sick.
13. Health workers also look at how much HIV virus you have in your body. This is called viral load monitoring. If you have too much virus, or too few CD4 cells, they can adjust your ART treatment to keep you healthy.
14. If you have HIV, and you are given ART, you will need to take the medicines every day for the rest of your life. This is very important.
15. You must not stop taking ART because you can't afford to travel to the health centre. Always make sure you have enough tablets, and ask for help if you need it.
16. Now here are some more questions for you:
17. How do you know if you need to start taking ART?
18. Your health worker will do a blood test,

Your HIV Medicine

19. Or your friend will tell you?
20. Press a button now.
21. Yes! If you have HIV, your health worker will tell you to take ART.
22. How long should you continue taking ART after you have started?
23. For the rest of your life,
24. Or until you finish your packet of tablets?
25. Press a button now.
26. Yes, that's right. You must take ART for the rest of your life.
27. Now we will learn how the ART treatment works.
28. ART kills the HIV virus in your blood and allows the CD4 cells to increase again. It stops the virus spreading in your body, but it is not a cure.
29. If you stop taking ART, the HIV virus will be able to infect the protective CD4 cells again. When this happens, the HIV virus can change, and your ART might not work so well when you start taking it again.

Your HIV Medicine

- 30. This may happen even if you miss taking your ART for only one day.
- 31. Now it's time for another question.
- 32. Is HIV cured by taking the ART treatment?
- 33. Yes,
- 34. Or no?
- 35. Press a button now.
- 36. Well done, that is a very important thing to learn from this lesson. ART does not cure HIV, but it will stop you getting sick. You must continue to take ART for the rest of your life.
- 37. Find a way to remember to take your ART every day. You could ask a friend or member of your family to remind you and help you.
- 38. If you forget to take a tablet you must take it as soon as you remember. Then you must continue to take the tablets as usual. Try not to forget any more tablets!
- 39. What should you do if you forget to take your ART one day?
- 40. You should stop taking the tablets,

Your HIV Medicine

41. Or you should take a tablet as soon as you remember?
42. Press a button now.
43. That's correct! Take the tablet as soon as you remember and try not to forget again. It's good to have someone to remind you to take your tablets every day.
44. Now we will learn a bit more about ART treatment.
45. Most people will get a combination tablet. This is a tablet that contains three different medicines, or drugs, all in one tablet.
46. Most people with HIV take one combination tablet every day. It is very important with ART that you have at least three different medicines as three medicines are much better than one. You will probably have all the medicines in just one tablet, to make it easier for you.
47. Sometimes you might have to take more tablets, if the combination tablet is not available.
48. Talk to your health worker so that you understand about the medicines they are giving you, and tell them about any medicine you are taking for other health problems as well.
49. Listen carefully when your health worker starts your treatment. They will tell you when you should take the tablets, and how many you should take; it is very important that you understand this.
50. If you have any problems with your ART tablets, talk to your health worker.

Your HIV Medicine

- 51. There are several types of ART and the health worker at your clinic may recommend a different type for you.
- 52. Always listen carefully to what the health workers at the clinic tell you.
- 53. To make sure you understand how to take your medicines, it is a good idea to say the instructions to someone before you leave the clinic.
- 54. Now try a few more questions to see if you understand how to take ART.
- 55. Should everyone on ART take one tablet three times a day?
- 56. Yes,
- 57. Or no?
- 58. Press a button now.
- 59. That was a difficult question! Well done! The answer is no. Most people will take one tablet that contains three medicines, once a day, but your health worker may recommend different ART.

Your HIV Medicine

- 60. Who should you ask for advice on how to take your ART?
- 61. A friend,
- 62. Or the health workers at the clinic?
- 63. Press a button now.
- 64. Correct! The health workers at your local clinic will tell you how to take the ART. Show that you understand how to take your medicine by saying the instructions to someone before you leave the clinic.
- 65. Never take traditional medicine or tribal medicine with ART. Traditional medicines may stop the ARTs working.
- 66. If you have other tablets from the health centre, check that it is OK to take them with your ART.
- 67. Never share your ART with other members of your family or friends.
- 68. You may think that someone in your family needs treatment for HIV. Encourage them to go to the clinic for an HIV test. Then they will get their own treatment if they need it.

Your HIV Medicine

69. Can you take traditional medicines at the same time as ART?
70. Yes, you can take ART and traditional medicines together,
71. Or no, you cannot take ART with traditional medicine?
72. Press a button now.
73. Correct. You must not take ART with any other medicine, unless your health worker agrees.
74. If a friend, a member of your family or your child has HIV, can you share your medicine with them?
75. Yes,
76. Or no?
77. Press a button now,
78. Correct. You must never share medicine with other people. If you share your medicine, you will not have enough tablets for yourself. If you miss taking tablets, the ART will not work so well.

Your HIV Medicine

- 79. Let's continue. ART is very safe, and it will help you stay free of AIDS, but it is possible that you may develop a bad reaction to the medicines.
- 80. You may have difficulty sleeping, or you might become heavier. You might have nausea and vomiting.
- 81. You may get these problems or other health problems when you start to take ART. If you get any of these problems, go to your local health clinic immediately. Do not wait for your next appointment.
- 82. Your health worker may need to change your ART medicine.
- 83. If you have a treatment supporter in your community it is good to discuss with them what you can do. Your treatment supporter will know how to describe your symptoms to the health worker and will help you get advice.
- 84. If you have a bad reaction to the tablets what should you do?
- 85. You should stop taking the tablets immediately,

Your HIV Medicine

86. Or you should go to the health centre?
87. Press a button now.
88. You are right. You must never stop taking ART tablets, but it is important to get advice quickly if you have a problem. Go to your health centre or talk to your community treatment supporter immediately.
89. When you start taking ART you will usually feel better.
90. However there is no way to know that the treatment is working unless you have regular checks at your clinic.
91. The health workers will then be able to change your treatment if necessary.
92. If you remember to take your ART regularly, you only need to have your blood tested for viral load or CD4 every 6 months.
93. Remember that ART treatment is for the rest of your life, but if you are taking ART you should be able to stay well for many years
94. Now here are the last few questions for you!

Your HIV Medicine

95. How do you know your tablets are still working well?
96. Because you feel really well,
97. Or your blood test has shown good results?
98. Press a button now.
99. That's right, you can only know that the ART is working by having blood tests at a health centre.
100. How long do you need to continue taking ART?
101. For the rest of your life,
102. Or for about 3 years?
103. Press a button now.
104. Well done! You must take ART for the rest of your life to stay free of AIDS!
105. This lady has HIV. She has been taking ART for several years. She has never forgotten to take her medicine.

Your HIV Medicine

- 106. She has a normal CD4 count.
- 107. Here she is telling other people about ART.
- 108. She is also teaching about the types of food to eat. It is important to eat healthy foods when you take ART.
- 109. Remember that the most important thing is to take ART for life. ART does not make HIV go away completely, but it will stop the virus from attacking the CD4 cells that protect you.
- 110. Once you start ART treatment you must continue to take the tablets for the rest of your life. The ART will help you live a normal life, and will help you stay healthy and strong.
- 111. That was the wrong answer. Let's go back and listen again.
- 112. Sorry! Wrong answer.
- 113. Hello. The title of this lesson is "Your HIV Medicine". 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 centre button.
- 114. You have now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
- 115. Correct!
- 116. 'Your HIV Medicine'.

Your HIV Medicine

117. 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!
118. Sorry, you haven't got enough points for a gold star. Have another go at the lesson and try to get every question correct.
119. Congratulations, you got every question correct and you have a gold star. Choose another lesson, to learn more!