



If your colleague were positive...

Would it matter to you?

TAKE RESPONSIBILITY AND GET TESTED TODAY

NEHAWU HAS LAUNCHED THE VOLUNTARY COUNSELING & TESTING (VCT) PROGRAMME AT THE GAUTENG PROVINCIAL CONGRESS

WHY IT IS IMPORTANT TO HAVE A HIV TEST?

- (a) It is the only way to know if you are HIV positive or not.
- (b) Whether HIV positive or negative you are advised what to do and not to do.
- (c) You need to know how to protect your health to stay healthy for a long time.
- (d) You need to know how to protect other people from becoming HIV positive.
- (e) HIV test therefore means taking responsibility for your health and of others.

It is your right to get pre-test counseling. It is also your right to get post-test counseling, even if your test results are negative.

HOW CAN WE TAKE RESPONSIBILITY AND PREVENT THE SPREAD OF HIV?

(a) Use a condom every time you have sex

Unless you are sure that you are both HIV negative and sure that your partner does not have other partners. If one of you is HIV negative and the other one is HIV positive or if both of you are HIV positive, you must still use a condom each time you have sex.

(b) Know your HIV status and the HIV status of your partner

When you are starting a new relationship or you are thinking of having a baby, get tested together with your partner to build trust and respect.

(c) Think about getting circumcised if you are a man

Men who are circumcised are less likely to get infected with HIV BUT circumcised men also have to use condoms because circumcision does not fully protect them from HIV.

THE MAIN REASONS WHY HIV IS STILL SPREADING

(a) Not using condoms every time

Many people stop using condoms when they have been together for weeks or months because they develop trust for each other but, if you don't know the HIV status of your partner, you are at risk.

(b) Many sexual partners

Many people have more than one sexual partner at the same time and this increases the risk of getting HIV.

(c) Unequal relationships

In many societies women do not have control of their sex lives. Society tells them they have to do what their husbands or boyfriends tell them. They are even afraid to ask their partners to use condoms and get infected in the process.

(d) Inequality:

Socio economic factors such as poverty force poor women and girls to use sex to get food and other things that make their lives easier. Wealthier people use their money to have many sexual partners thus spreading HIV if they are infected and do not use condoms.

HIV/AIDS IS A WORKPLACE ISSUE**What should be in the workplace policy on HIV/AIDS**

- (a) Employees' right to work.
- (b) Right to a healthy working environment.
- (c) Prevention, treatment, care and support programmes.
- (d) Time to attend doctors' appointments and extended sick leave.
- (e) Co-worker's responsibilities towards HIV/AIDS infected workers.
- (f) Management's responsibility towards HIV/AIDS infected workers.
- (g) Right to confidentiality.
- (h) Stigma and discrimination.
- (i) Flexible work schedules.
- (j) Protection and enhancement of benefits including promotion.
- (k) Gender equality.
- (l) Mechanism for continued dialogue at the workplace.

BENEFITS OF AN HIV/AIDS FRIENDLY WORKPLACE

- (a) Better health for people living with HIV/AIDS.
- (b) Greater productivity.
- (c) Less disruption in the workplace.
- (d) Better informed workforce.
- (e) Respect and promotion of the labour and human rights of people living with HIV/AIDS.

This VCT program is for all workplaces & members where we are organised. Branches that hold general/mass meetings and would like to have the VCT programme should either contact their region, provincial office or the National HIV/AIDS coordinator cde Busisiwe Tshabalala (Tel: 011 833 2902, Cell: 082 558 5964).



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