

ASAS HIV & AIDS

BASICS OF HIV & AIDS



APA ITU HIV & AIDS? WHAT IS HIV & AIDS?

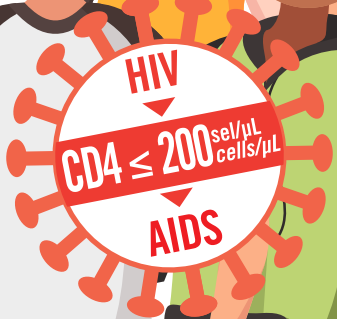
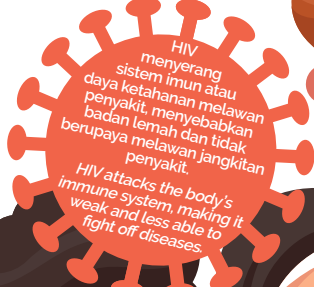


HUMAN IMMUNODEFICIENCY VIRUS (HIV)



Sistem imun terdiri daripada sel darah putih CD4. Sel CD4 menyerang dan membunuh kuman dan virus yang masuk ke dalam badan kita.
Our immune system consists of CD4 white blood cells. CD4 cells fight and kill any germs and viruses that enter our body.

HIV ≠ AIDS



ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS)

AIDS ialah sekumpulan penyakit yang berlaku kepada orang yang dijangkiti HIV, apabila sistem daya ketahanan badan menjadi semakin lemah ataupun kiraan sel CD4 kurang daripada 200 sel/μL.

AIDS is the name given to a group of illnesses, which occur in people infected with HIV as a result of a weakened immune system or a CD4 cell count of 200 cells/μL or less.

HIV BERJANGKIT MELALUI

HIV IS TRANSMITTED THROUGH

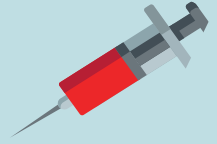
1 Hubungan seks tanpa perlindungan kondom dengan pasangan yang dijangkiti HIV.

Sex without condom with an HIV infected partner.



2 Perkongsian jarum dan alat suntikan yang tercemar oleh HIV.

Sharing of needles or injecting equipment contaminated with HIV.



3 Daripada ibu-ke-anak melalui tiga kaedah/peringkat:

From mother-to-child, at these three stages:



Kehamilan
pregnancy



Kelahiran
birth

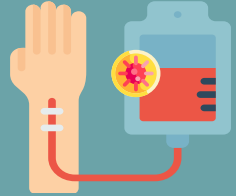


Penyusuan
breastfeeding



4 Pemindahan darah dan hasil darah yang tercemar oleh HIV.

Transfusion of blood or blood products contaminated with HIV.



HIV TIDAK BERJANGKIT MELALUI

HIV IS NOT TRANSMITTED THROUGH



Ciuman.
Kissing.



Berkongsi makanan dan perkakas dapur.
Sharing food and utensils.



Bersin, batuk, air peluh, air mata atau air kencing.
Sneezes, coughs, sweat, tears or urine.



Menjaga seseorang yang hidup dengan HIV.
Caring for someone living with HIV.



Sentuhan kulit luaran yang tiada kecederaan atau luka seperti berjabat tangan dan berpelukan.

Contact with intact external skin such as shaking hands and hugging.



Berkongsi kemudahan awam seperti telefon, kolam renang dan tandas.
Sharing public amenities such as telephones, swimming pools and toilets.



Berkongsi tempat tinggal, kerja atau belajar.
Sharing living, working or studying spaces.



Gigitan nyamuk atau serangga lain serta binatang.
Insect (including mosquitoes) or animal bites.

PENCEGAHAN PREVENTION

1 SEKS SELAMAT SAFE SEX



Anda boleh mengelakkan jangkitan HIV dengan menggunakan kondom dengan betul dan konsisten setiap kali melakukan hubungan seks.

You can avoid HIV infection by using condoms correctly and consistently every time you have sex.

2 TIDAK BERKONGSI JARUM SUNTIKAN NOT SHARING INJECTING NEEDLES OR SYRINGES

Jika menyuntik dadah, dapatkan khidmat bantuan Pengurangan Kemudaratan (Pertukaran Jarum Suntikan dan Terapi Gantian Methadone).

If injecting drugs, access Harm Reduction (Needle & Syringe Exchange and Methadone Maintenance Therapy) services.



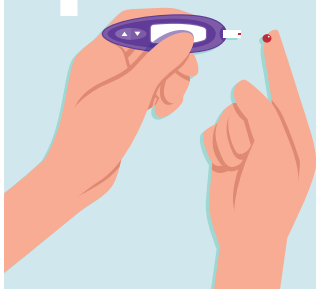
3 PENCEGAHAN TRANSMISI IBU KEPADA ANAK PREVENTION OF MOTHER-TO-CHILD TRANSMISSION



Wanita hamil yang disahkan positif HIV melalui program kesihatan antenatal di hospital-hospital dan klinik-klinik kerajaan akan diberikan rawatan antiretroviral untuk mengurangkan risiko transmisi HIV kepada bayi dalam kandungan.

Expectant women who are diagnosed HIV positive through antenatal health programme at government hospitals and clinics will be offered antiretroviral treatment to reduce the risk of HIV transmission to their babies.

4 JALANI UJIAN GET TESTED FOR HIV



Status HIV hanya boleh diketahui melalui ujian.

The only way to know for certain if you are infected is by taking an HIV test.



Hubungi Ahli-Ahli Gabungan kami untuk khidmat ujian saringan HIV secara **PERCUMA** di klinik-klinik kesihatan atau NGO berhampiran anda.

Talk to our Partner Organisations about FREE HIV screening tests at your nearest health clinics or ngos.

ANTIRETROVIRAL



HIV kini dapat dirawat secara berkesan dengan ubat-ubatan antiretroviral.

HIV can be effectively treated with antiretroviral medicines.

KEHIDUPAN NORMAL & PRODUKTIF *NORMAL PRODUCTIVE LIVES*



Akses awal dan kepatuhan kepada rawatan antiretroviral mampu mengawal jangkitan HIV, memanjangkan jangka hayat serta membantu mencegah transmisi HIV kepada pasangan intim dan juga ibu kepada anak, membolehkan mereka yang hidup dengan HIV menjalani kehidupan yang normal dan produktif.

Early access and adherence to can control the progression of HIV disease progression, prolong life expectancy and help prevent transmission of HIV between intimate partners and mother-to-child, allowing people living with HIV to lead normal productive lives.

HOSPITAL & KLINIK KERAJAAN *GOVERNMENT HOSPITALS & HEALTH CLINICS*



Ubat-ubatan antiretroviral boleh didapati di hospital-hospital kerajaan dan klinik-klinik kesihatan.

Antiretroviral medicines are readily available at government hospitals and health clinics.

PERCUMA *FREE*



Di Malaysia, rawatan peringkat pertama antiretroviral disediakan secara PERCUMA untuk rakyat Malaysia yang hidup dengan HIV.

In Malaysia, first line antiretroviral medicines are provided for FREE to all Malaysians living with HIV.



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