

U=U is an initiative of IntraHealth Namibia made possible by the generous support of the American Agency for International Development (USAID) and the U.S. President's Emergency Plan for AIDS Relief (PEPFAR).
 To find out more about U=U, visit <https://quicres.org/assessment/264> to book an appointment with one of our healthcare providers.



#1 black beads with just 1 red HIV bead
#2 black with red HIV beads invading
#3 red HIV beads have taken over

#3 **#2** **#1**

Your tools:

5 Beat HIV so that we can all B-OK!

Imagine if these bottles were **location #1**. Everyone who is living with HIV is on treatment and has it under control.

In **location #2** there are quite a few people living with HIV, who are not on treatment. The number will keep growing as they transmit the virus sexually.

In **location #3** there are even more people with HIV who are not on treatment.

6 Which location is the safest?

Which location would you want to live in?

Support each other in your location. Encourage those living with HIV to take their ARVs daily and your location will **B-OK**.



How to beat HIV so that you can B-OK!

A simple yet effective way of explaining viral suppression and the benefits of taking ART daily.



②

The Explanation:

#1 is full of black beads.

This is a strong, healthy body - it cannot infect anyone.

In #2 we can see the red HIV infection in this body.

It starts with one red bead, but HIV eventually takes over the body, sometimes slowly, sometimes fast. At this stage, you might be feeling normal – you think nothing is wrong with you. But not only are those red beads increasing you are also infecting others if you are having unprotected sex.

If you don't get onto treatment, HIV will eventually take over your body, like #3.

If you let HIV get to this stage, your body is already weak and struggles to fight any illness. People who are thin and sick with AIDS are at this stage. Often, it is too late to be saved.

③

So, which bottle would you prefer to be?

Everyone wants to be strong, healthy and live a normal life. No one wants to infect others. Well, it is possible to be this person, even if you have HIV.

If you have **HIV [#2]** and you take your HIV treatment as prescribed, it stops the HIV from spreading in your body. Instead of moving to **#3**, it pushes the virus down that it cannot harm you and you cannot even infect anyone else – **like #1**.

They haven't found a way to get rid of the virus completely yet, so you have to carry on taking your pills to keep it down – but that one little red bead is all it takes to live a totally normal life.

④

Note:

Usually it only takes a month or two for ARVs to push down the HIV to a level where you cannot pass it to someone BUT you will only know by doing a blood test at 6 months then yearly.

Beat HIV!
One day at a time.