



What You Need to Know

HIV/AIDS

**Cartoons for children
9-12 years of age
by the Children's Voice
Independent Children's Media Center**

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HIV and AIDS...

Today we often come across these two words in posters, newspapers and magazines, on radio and TV, or hear them from adults.

Unfortunately, many of us neither know, nor realize what HIV/AIDS is and how it affects our lives and the lives of our family members; why it is so dangerous for people throughout the world.

AIDS is the disease that affects you as well as the entire humanity!

How can you protect yourself against HIV/AIDS?

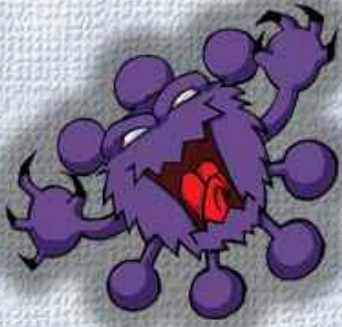
The most important weapon is your knowledge!

You have the right to know EVERYTHING about HIV/AIDS.

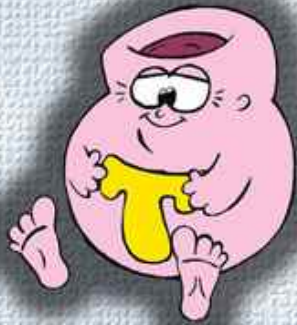
This publication will give you the idea of what HIV and AIDS are; how HIV gets into human body and what the effects are; what should be done to avoid the infection and many other useful information.

We hope that this knowledge will help you make wise decisions in difficult situations.

Our comics features:



HIV – human immunodeficiency virus – an extremely dangerous virus resulting in AIDS;



T- lymphocyte – is a good blood cell helping the organism



Anti-bodies – soldiers of immune system who fight infections that get into human body.



Immune system – the system of self-protection against infections and diseases of human body.

HIV – human immunodeficiency virus – an extremely dangerous virus resulting in AIDS;

AIDS – Acquired Immunodeficiency Syndrome - incurable disease

A Virus Story

Once upon a time, an extremely dangerous and wicked virus called HIV decided to rule the Earth.



He developed his evil plan - to establish big army of viruses to enslave as much people as possible.

HIV Virus is searching for any possibility to get into human body.



He hides in needles thrown away by drug addict and abusing drugs, and is waiting for the right moment...



It does not really matter who picks up the needle - a street cleaner or a kid playing a doctor ...and as soon as he pricks himself ..."

FREEDOM

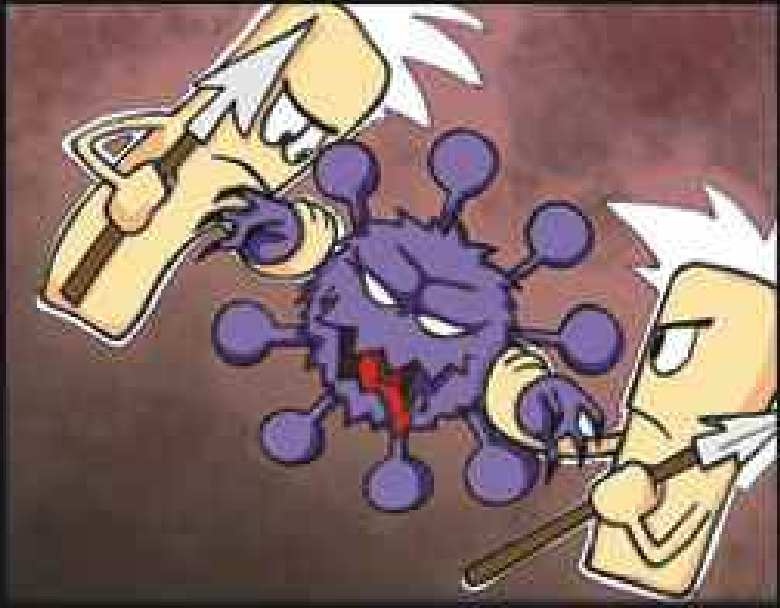


HIV is wandering along blood vessels.

Anti-bodies take notice of him. They know that HIV Virus is dangerous for the organism they are protecting. The Anti-bodies capture HIV...



To make his evil plan come true he needs an assistant.



...and they take him to the Immune System to destroy.



On their way to the Immune System HIV sees Lymphocyte - the good blood cell.



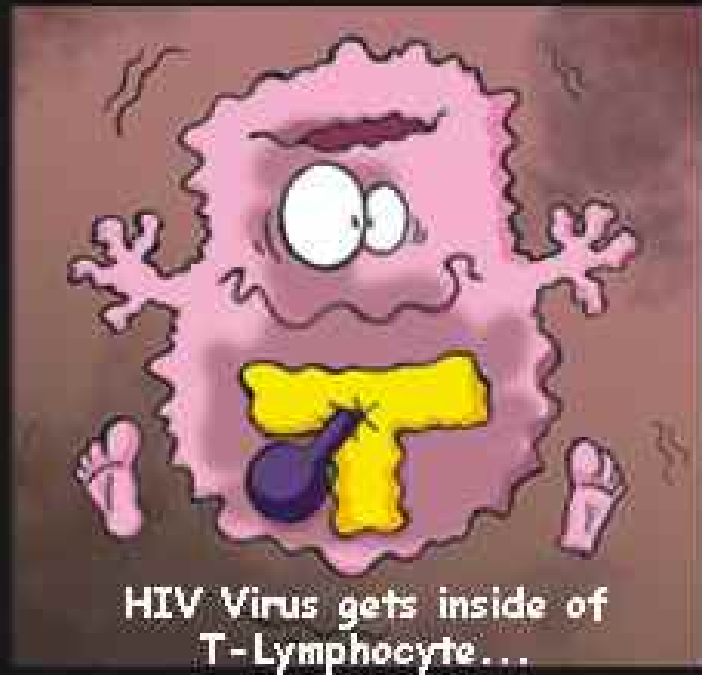
"Here he comes, the assistant of mine!"



"You miserable Anti-bodies! Do you think you can stop me?"

"Don't be afraid, my dearest Lymphocyte, it won't hurt at all."

Maybe..."



HIV Virus gets inside of T-Lymphocyte...



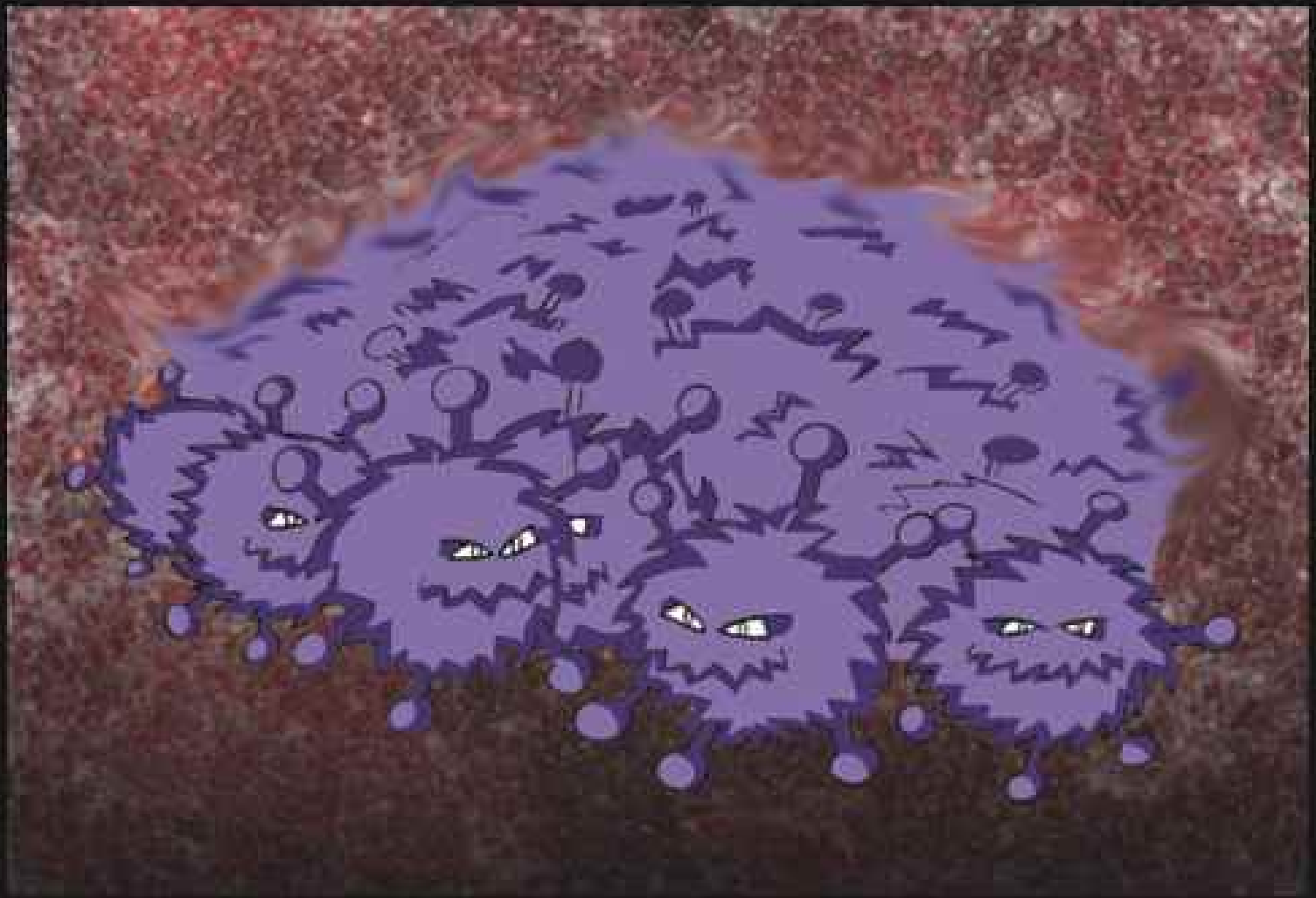
T-Lymphocyte starts changing...



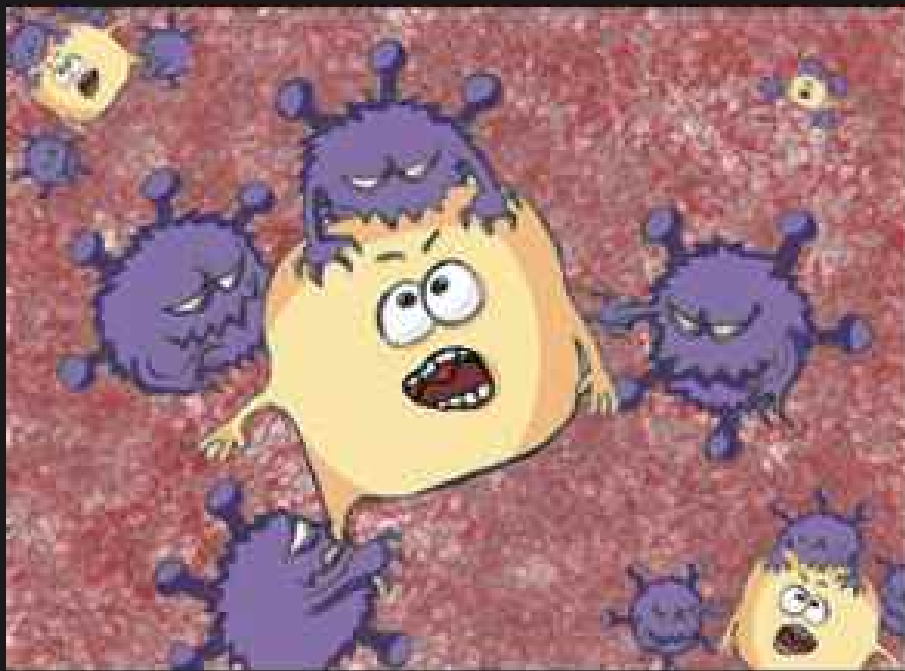
The good blood cell is turning into a strong assistant to evil HIV Virus.



Being controlled by evil HIV the new T-Lymphocyte starts making numerous copies of HIV.



The number of HIV viruses - copies of HIV - is increasing rapidly. They are getting big and strong and eventually come to form a powerful army.



To strengthen and grow they start hunting other blood cells.

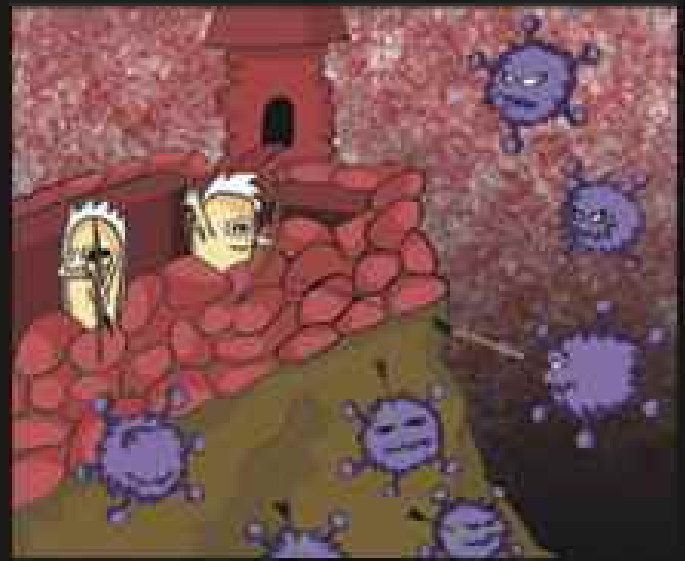


Some turn the captured cells into "safe boxes" where they can hide from medicine.

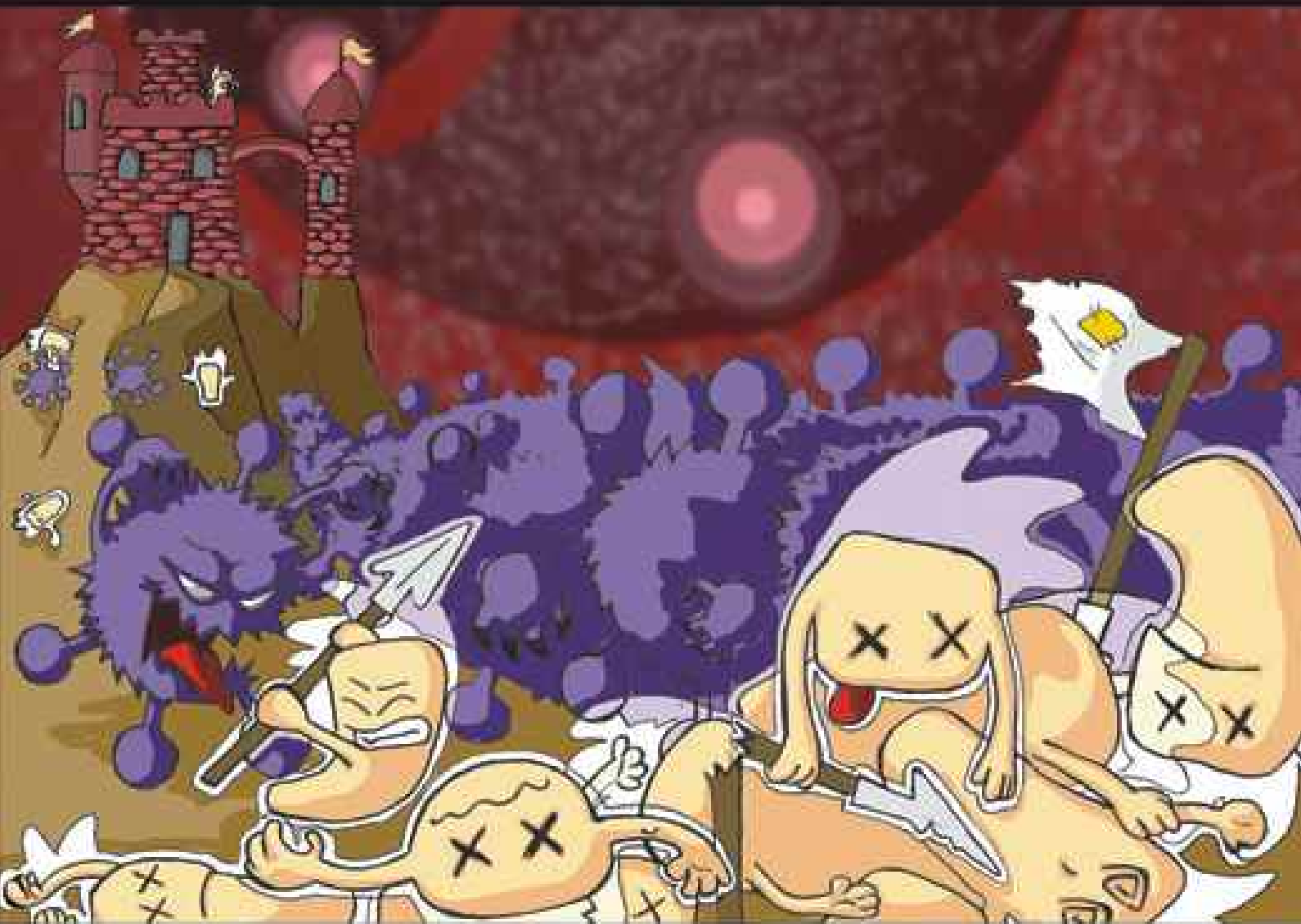
The HIV army starts its siege of the Immune System...



Lengthy and furious struggle between the two armies takes place. Anti bodies - soldiers of the Immune System - fight the HIV army.



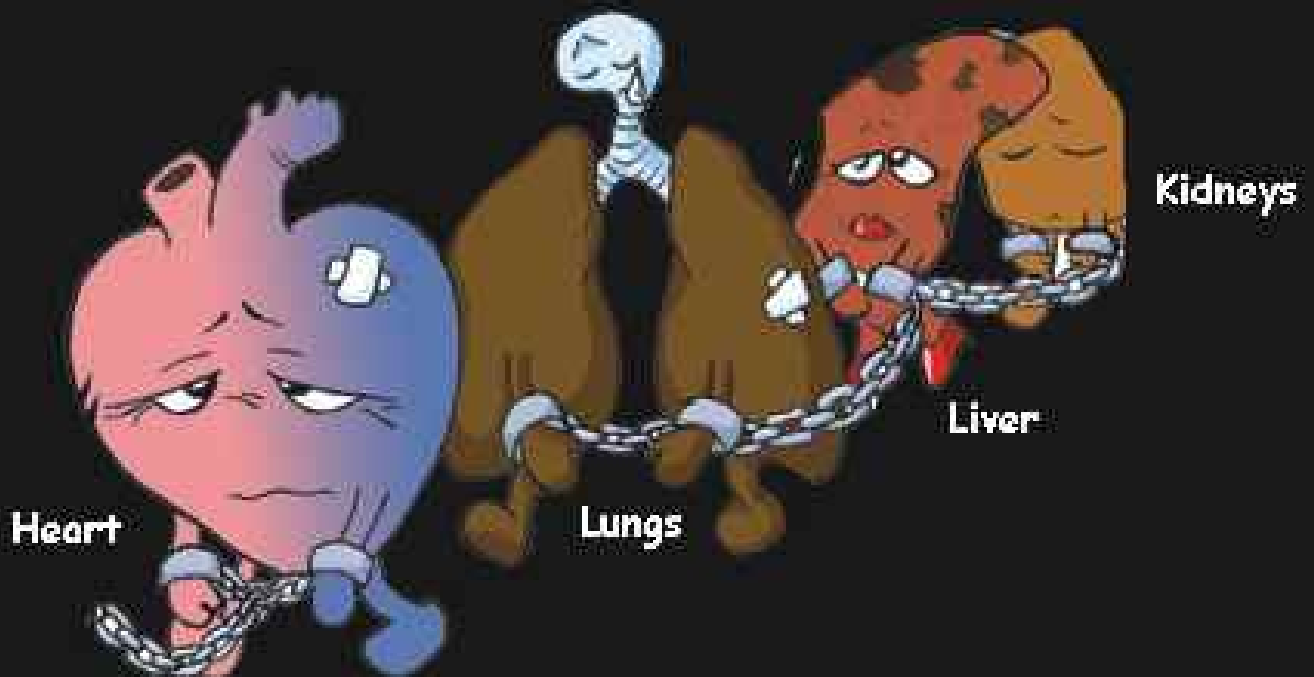
while the infected person does not even suspect it.



Some years pass. The Anti-bodies are eventually defeated.



Now HIV captures the Immune System. It distresses the entire organism. Long and horrible disease - the AIDS - starts destroying the body.



Unfortunately so far no medicine to treat HIV/AIDS has been invented, but scientists and doctors from all over the world strive to help people defeat this disease!

Your weapon is your knowledge. So read carefully and remember our advice to you!

It is important to



HIV is transmitted:

by blood and other blood substances when:

- utilizing used needles;
- having unsafe sexual relations (like those adult men and women have);
- transfusion of already infected blood
- infected mother gives birth to a child

HIV is not transmitted when :

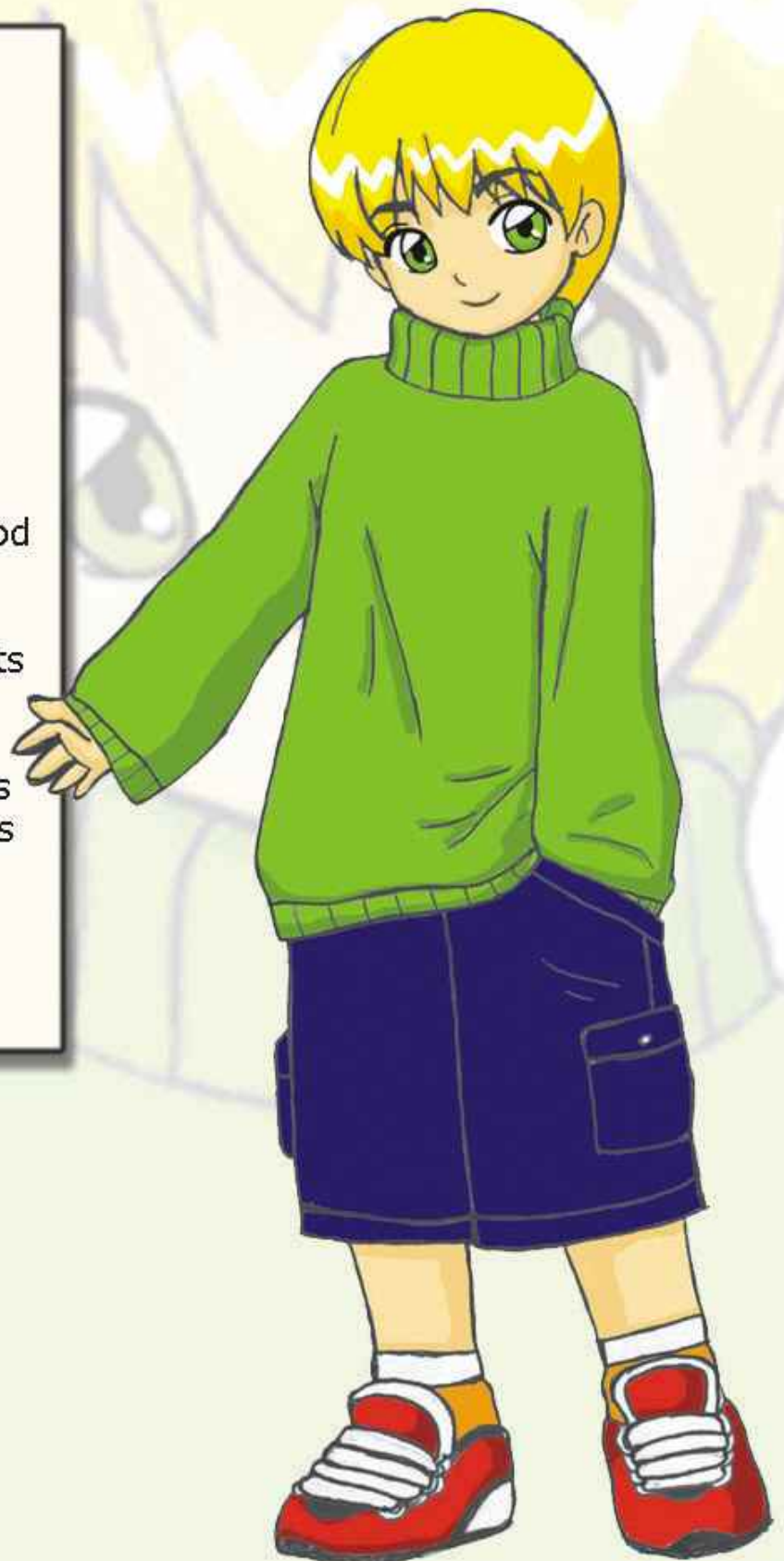
- sneezing and coughing
- sharing room - kissing
- shaking hands
- hugging
- bitten by insects
- from pets
- sharing tableware sheets and towels
- sharing bath tube, toilet, sauna, water pool
- sharing desk, stationery and books

Even if your friend is HIV-positive, it will not ruin your friendship!

remember that

Key Safety Rules

- Be careful! Never play with needles you find at street. Don't even touch them.
- If you accidentally pricked yourself with the needle tell adults about it immediately
- Avoid any contacts with blood of strangers. If such contact does happen wash your skin under running water tell adults about it immediately
- Be sure that medical sisters and doctors use rubber gloves and disposable syringes



DO YOU WANT TO HAVE STRONG IMMUNE SYSTEM?

The easiest way to achieve it is through healthy way of life



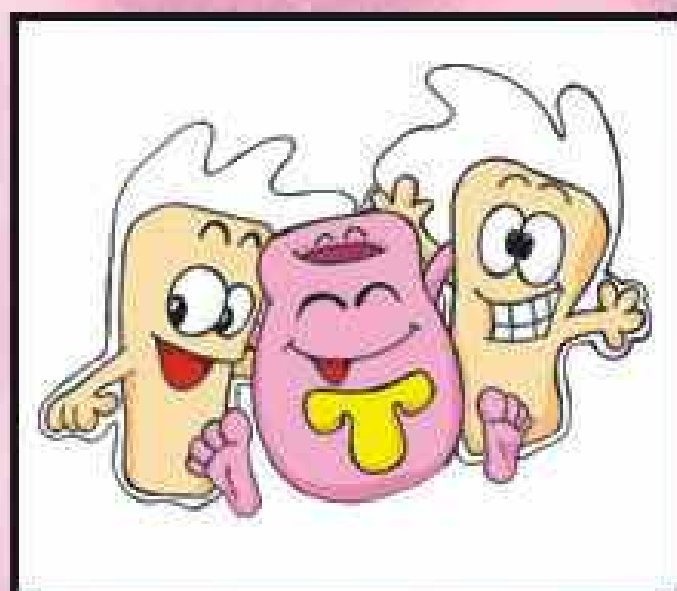
DO MORNING EXERCISE
Sport tempers and
strengthens your body



SAY FIRM "NO" TO BAD HABITS!
Smoking and alcohol weakens your
system and makes you catch diseases



EAT FRUITS AND VEGETABLES
They are rich in vitamins and
other useful elements that
strengthen immune system



SMILE MORE
Smile and good mood
make your life longer!