



There is a better way to protect yourself

**HIV: Know The Score**  
An Interactive HIV Prevention  
World Cup 2010 Booklet





## Acknowledgements

This booklet has been developed, as part of the Africa Goal 2010 project, in partnership between Africa Goal and the Southern Africa HIV and AIDS Information Dissemination Service (SAfAIDS). Content was developed by Mary Leakey, with overall review by Sara Page, Lois Chingandu, Monica Mandiki and Juliet Mkaronda. It was edited by Vivienne Kernohan with design, layout and illustrations by Fikile Gotami and Maciej Sudra.

The development of this booklet and the implementation of the Africa Goal 2010 project have been made possible through support from the Government of Canada, specifically through the Embassy of Canada to Zimbabwe, Canadian High Commission in South Africa, Canadian High Commission in Tanzania, Canadian High Commission in Kenya and Canadian High Commission in Mozambique.



In 2010, the FIFA World Cup will be hosted in South Africa. People from all over Africa and abroad, from different cultures, backgrounds and countries, will come together to support their favourite teams, share in the excitement of the football matches and to celebrate the event. This is the first time that the World Cup is being hosted in Africa, making it a truly momentous occasion for the continent. The 2010 World Cup is a time to remind ourselves that we can all unite and join together for a specific purpose and, in so doing, can bring about change.

We need to take this moment to remind ourselves that there are other purposes for which we all need to join together, to respond as a united force. HIV has affected each and every one of us in sub-Saharan Africa, the region with the highest HIV prevalence in the world. As we unite to celebrate the 2010 World Cup, we must also unite and take this opportunity to respond to HIV in the region and make sure that we all play our part in reducing all new HIV infections, now and in the future.





Africa Goal aims to provide a platform for HIV information and experience sharing, centred around the World Cup 2010 matches. Football brings us all together; let us take this opportunity to respond to a disease which affects us all, and continue responding as a team beyond 2010.

[www.africagoal.com](http://www.africagoal.com)

During the 90-minute span of a football match, some 400 young people, aged 15 to 24 years old, around the world will be infected with HIV some 100 children under the age of 15 will die of AIDS, and another 400 will lose their parents to AIDS.

**UNICEF 2010**

## Africagoal 2010 Route



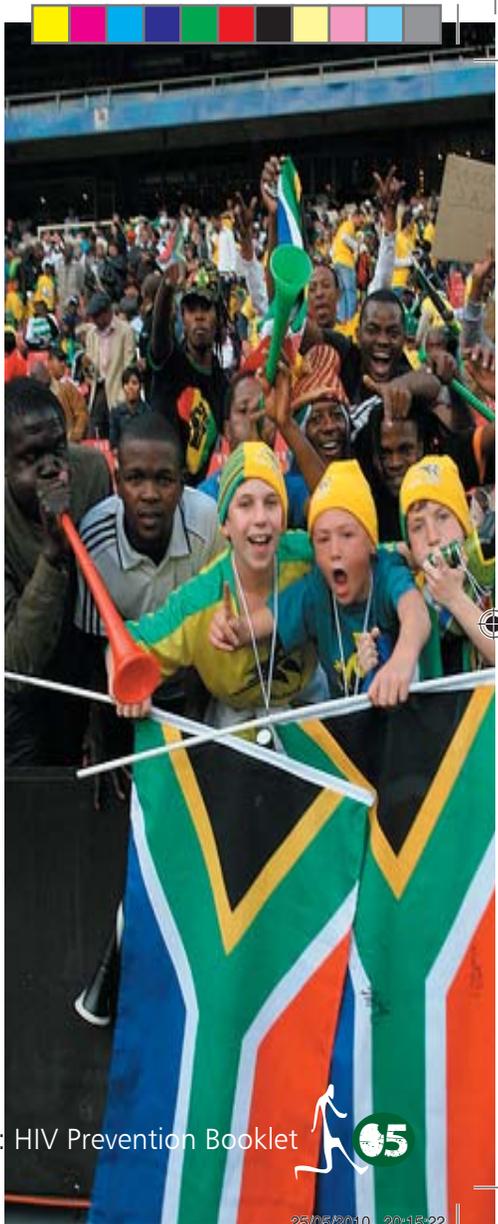
**4** Africa Wins Every Time You Prevent HIV!





# Contents

Acknowledgements.....	3
Africa Goal.....	3
How to use this booklet.....	6
What is HIV?.....	6
What is AIDS?.....	6
How can HIV be spread from one person to another?.....	7
Do you know you HIV status?.....	9
Am I at risk of HIV infection?.....	11
What can I do to prevent HIV?.....	13
Multiple Concurrent Partnerships (MCPs):.....	15
What if I find out that I am HIV positive?.....	17
Prevention of Mother to Child Transmission (PMTCT).....	19
What is the effect of male circumcision on HIV infection?.....	21
Do you know the link between TB and HIV?.....	22
Did you know that alcohol and drugs and have an effect on your HIV risk?.....	23
Sharing stories.....	25
Test your football and HIV knowledge.....	27
What do the football players say?.....	28
Live Life Ready for The Pitch.....	29
List of Terms.....	30
Live Life Ready for the Pitch.....	31



HIV: Know The Score: HIV Prevention Booklet 





## How to use this booklet

This booklet contains a World Cup 2010 match calendar which you can use to track the progress of your favourite teams as they compete in the 2010 tournament – there are spaces for you to write in the scores of each of the matches. Whilst you do that, take time to read the important information about HIV prevention. Share the information that you learn with your friends, colleagues and family.

## What is HIV?

HIV stands for Human Immunodeficiency Virus. It is the virus that causes AIDS. HIV attacks the body's defence system and weakens the body's ability to fight disease. If left untreated, a person living with HIV (PLHIV) slowly becomes more and more sick. The defence system is weakened by HIV and the body is more likely to be infected by other viruses and illnesses. The virus is found in blood and blood products, breast milk, semen and vaginal fluids.



Africa Wins Every Time You Prevent HIV!



## What is AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome. AIDS is the name given to a group of illnesses and health problems (or opportunistic infections – OIs) which affect someone who was been infected with HIV for a long time without being treated.



## HIV Progression Diagram



## How can HIV be spread from one person to another?

1. Through unprotected sexual contact with a person who is infected with HIV
2. Mothers with HIV can pass HIV to their babies during pregnancy, childbirth or breastfeeding
3. You can get HIV if you are in contact with HIV infected blood (through sharing needles or other sharp objects and through the transfusion if the blood has not been tested).

HIV cannot be transmitted through

- Hugging, kissing, shaking hands
- Breathing the same air, coughing, sneezing
- Sweat
- Tears
- Sharing cooking utensils or drinking cups
- Sharing toilet seats
- Using public baths or swimming pools
- Insect bites (e.g. mosquitoes or bed bugs)

HIV: Know The Score: HIV Prevention Booklet



## Friday, June 11

The first day of the FIFA World Cup 2010 tournament! Make sure you are informed about HIV and how to prevent new infections, today and in the future.

16.00 Johannesburg

South Africa



Mexico

20.30 Cape Town

Uruguay



France

## Saturday, 12 June

13.30 Port Elizabeth

South Korea



Greece

16.00 Johannesburg

Argentina



Nigeria

20.30 Rustenburg

England



USA

## Sunday, 13 June

Being informed about HIV will enable you to make informed decisions to maintain good health.

20.30 Durban

Germany



Australia

16.00 Tshwane/Pretoria

Serbia



Ghana

13.30 Polokwane

Algeria



Slovenia

## Sunday, 14 June

Are you caring for someone who is sick? Cover any open wounds and wear surgical gloves, to avoid direct contact with bodily fluids.

13.30 Johannesburg

Netherlands



Denmark

16.00 Bloemfontein

Japan



Cameroon

20.30 Cape Town

Italy



Paraguay



Africa Wins Every Time You Prevent HIV!



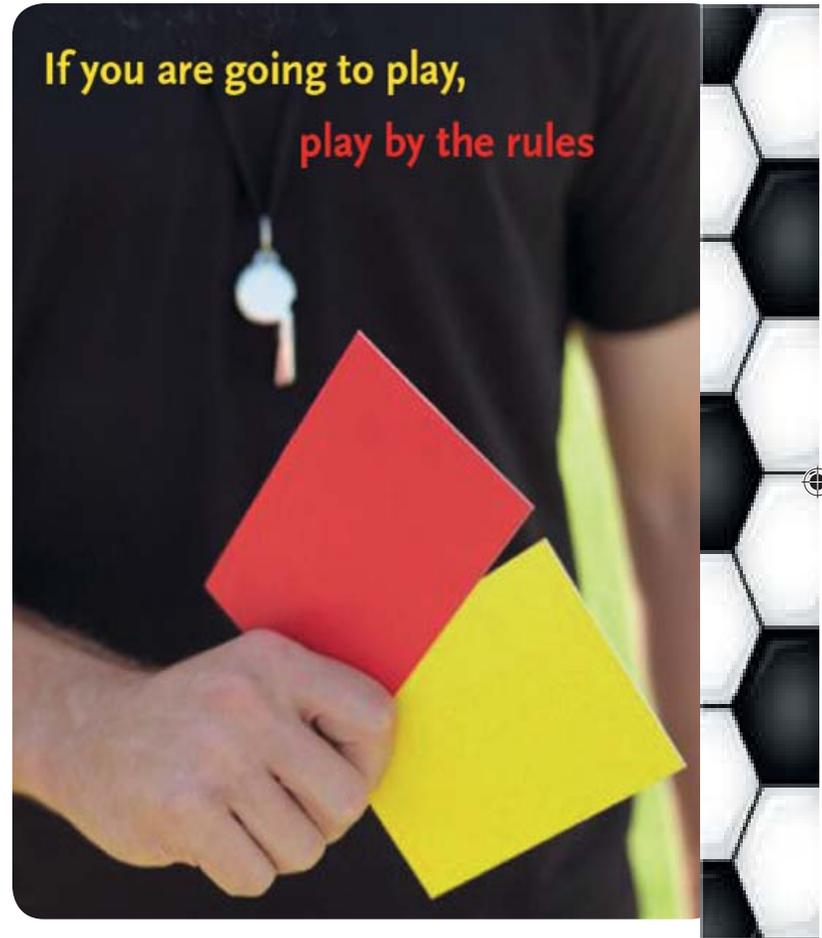
## Do you know your HIV status?

Knowing your HIV status is vital in order to take steps to maintain good health and well being, whether you are HIV positive or negative therefore you can protect yourself, your partners and loved ones, whatever the outcome of the test.

About 20% of people living with HIV do not know they have the HIV virus, thereby denying themselves opportunity to access medical support. They may also infect their partners and loved ones without realising it.

You can find out your HIV status by visiting a Voluntary, Testing and Counselling (VCT) centre, a clinic or hospital. Before you have a HIV test, you will be counselled and given information about HIV and what to do if you find out that you are HIV positive. Following your test, you will be provided with further counselling, support and treatment advice, if you are found to be positive.

You should go for VCT to check your HIV status every six months if you are sexually active or involved in any other activities which could put you at risk of infection.



HIV: Know The Score: HIV Prevention Booklet



**Tuesday, June 15**

Are you in a relationship? Why not suggest joint testing and counselling to your partner today?

13.30 Rustenburg

New Zealand

Slovakia

16.00 Port Elizabeth

Cote D'Ivoire

Portugal

20.30 Johannesburg

Brazil

Korea DPR

**Wednesday, 16 June**

20.30 Pretoria

South Africa

Uruguay

16.00 Durban

Spain

Switzerland

13.30 Nelspruit

Honduras

Chile

**Thursday, 17 June**

Do you know your HIV status? If not find out today.

20.30 Polokwane

France

Mexico

16.00 Bloemfontein

Greece

Nigeria

13.30 Johannesburg

Argentina

South Korea

**Friday, 18 June**

16.00 Johannesburg

Slovenia

USA

20.30 Cape Town

England

Algeria

13.30 Port Elizabeth

Germany

Serbia



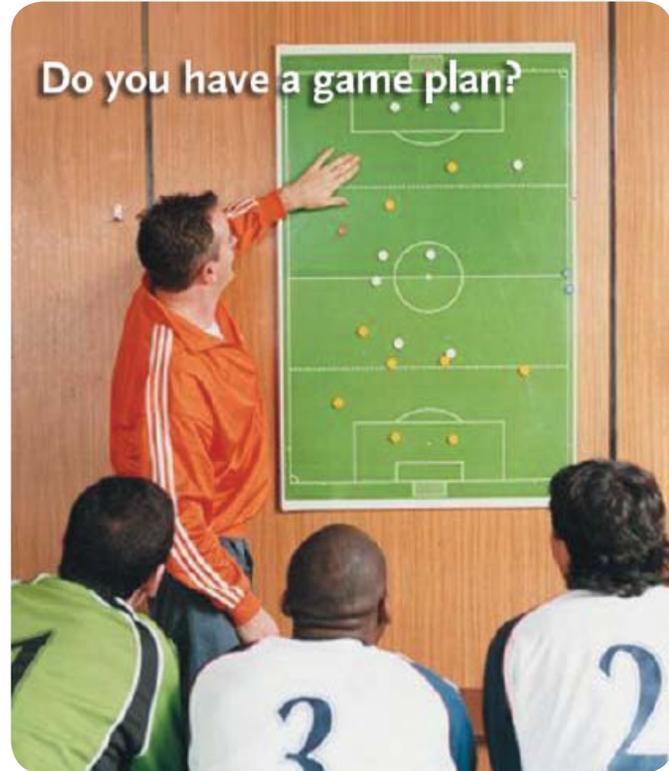
Africa Wins Every Time You Prevent HIV!



## Am I at Risk of HIV infection?

As the coach and players discuss their game at the end of a football match, looking at what they did well and what needs improvement, they identify ways that they can improve in the future. Similarly, it is a good idea for us all to assess ourselves so that we, too, can improve. Answer the questions below to assess your risk of HIV infection and think about what you can do to improve and lower your risk:

- Have you ever had unprotected sex?
- Have you ever had sex with someone whose HIV status you did not know?
- Have you had sex with more than one partner?
- Is it possible that you have ever had sex with a partner who is infected with HIV?
- Do you think your sexual partner might have sex with someone other than yourself?
- Have you ever had a sexually transmitted infection?
- Have you ever shared a needle, razor or other sharp object with someone and used it to pierce your skin?
- Have you, or any of your partners, ever been unfaithful?
- Were either of your parents HIV positive when you were born?
- Have you ever come into contact with someone else's blood, without wearing gloves or other protective clothing?



If you answered YES to one or more of the above questions then you may have been exposed to HIV. If you do not know your HIV status then find out today so that you can take the right steps to protect yourself from future infection or protect your partner(s) from onward transmission.

HIV: Know The Score: HIV Prevention Booklet



## Saturday, June 19

Take time to think about your past HIV risks and how you will avoid these risks in the future.

13.30 Durban

Netherlands

Japan

16.00 Rustenburg

Ghana

Australia

20.30 Tshwane/Pretoria

Cameroon

Denmark

## Sunday, 20 June

13.30 Bloemfontein

Slovakia

Paraguay

16.00 Nelspruit

Italy

New Zealand

20.30 Johannesburg

Brazil

Cote d'Ivoire

## Monday, 21 June

Are you in a relationship? Discuss HIV risk factors with your partner so that you can agree on ways to maintain good health for both of you.

13.30 Cape Town

Portugal

Korea DPR

16.00 Port Elizabeth

Chile

Switzerland

20.30 Johannesburg

Spain

Honduras

## Tuesday, 22 June

You should only ever engage in unprotected sex with someone you truly trust and whose HIV status you know is negative.

16.00 Rustenburg

Mexico

Uruguay

16.00 Bloemfontein

France

South Africa

20.30 Durban

Nigeria

South Korea

20.30 Polokwane

Greece

Argentina

# What can I do to prevent HIV?

## 1. Practice safer sex:

- The safest way to prevent sexual transmission of HIV is through abstinence (which means not having sex with anyone).
- Before starting a sexual relationship with a partner, make sure you know your HIV status and that of your partner
- When in a sexual relationship, remain faithful to one partner who is also faithful to you.
- If abstinence or faithfulness are not possible, or if there is any doubt about your partner's faithfulness, or if you do not know either your own or your partner's HIV status, make sure that you use a condom correctly every time you have sex.

## 2. Prevention of Parent to Child Transmission (PPTCT):

- If you are pregnant, planning to have children or sexually active, it is very important that you learn your HIV status and visit an antenatal clinic for advice on PPTCT.

## 3. Prevention of blood contact:

- If you are caring for someone it is important to cover all open wounds and dispose of waste carefully (use gloves or plastic bags where necessary) to prevent contact with blood or bodily fluids

## 4. Post Exposure Prophylaxis (PEP):

- If you have been exposed to HIV, through rape, an injury or through a caring accident, you must visit a clinic or hospital urgently
- If the doctor thinks that there is a risk of you having been infected with HIV, they may give PEP which is medication that reduces the risk of HIV infection
- You must visit a medical practitioner right away because PEP is most effective when administered within 72 hours (three days) from the time of exposure.



HIV: Know The Score: HIV Prevention Booklet



## Wednesday, 23 June

Are you in a sexual relationship? If so, speak to your doctor about what measures you can take to minimise the risk of onward HIV infection.

16.00 Port Elizabeth Slovenia     England

16.00 Tshwane/Pretoria USA     Algeria

20.30 Johannesburg Ghana     Germany

20.30 Nelspruit Australia     Serbia

## Thursday, 24 June

16.00 Johannesburg Slovakia     Italy

20.30 Cape Town Cameroon     Netherlands

16.00 Polokwane Paraguay     New Zealand

20.30 Rustenburg Denmark     Japan

## Friday, 25 June

Do you know how to put on a condom correctly? If not, ask a health professional to show you how or take the time to read the instructions in this book, and in condom packets, today.

16.00 Durban France     Brazil

16.00 Nelspruit Korea DPR     Cote d'Ivoire

20.30 Bloemfontein Portugal     Honduras

20.30 Pretoria Chile     Spain

## Multiple Concurrent Partnerships (MCPs):

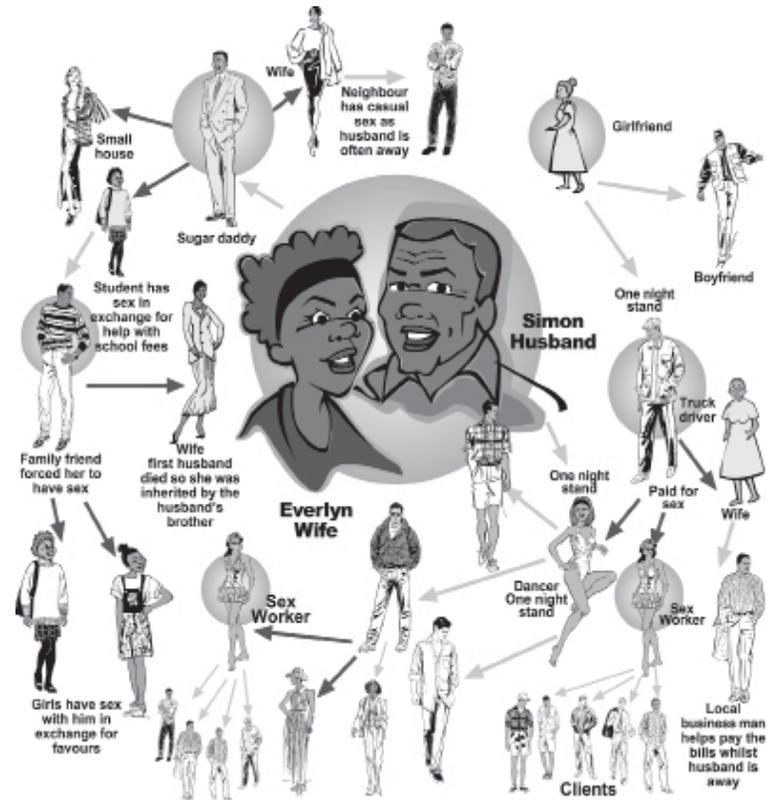
MCPs refer to the practice where men or women have more than one sexual relationship at the same time.

The widespread practice of engaging in MCPs in sub-Saharan Africa is one of the key reasons why HIV prevalence is higher in the region than anywhere else in the world.

Unprotected sex is always a risk. The more you engage in it, and the more people you engage in with, the greater your risk of becoming infected with HIV.

Each partner in a sexual network may have their own additional partners with whom they are having unprotected sex. All it takes is for HIV to enter the network through one individual and everybody is at high risk of infection because, when somebody is first infected with HIV, their viral load is very high, making it easy for them to transmit the virus to their partners.

You should only ever have unprotected sex with someone you truly trust and want to have a child with. Being in a trusting relationship means trusting one another enough to take an HIV test together and being able to talk openly about safer satisfying sexual choices.



**Remember:**  
Champions do not cheat.

HIV: Know The Score: HIV Prevention Booklet





Always remember that if someone is willing to have unprotected sex with you, they may have been willing to have unprotected sex with others – this is a risk alert for you.

Be faithful to one partner who you know is faithful to you or make sure you use a condom every time you have sex and get tested regularly.



## What if I find out that I am HIV positive?

Since ARVs became readily available, HIV can now be treated with great success so that PLHIV can live longer, healthier and fulfilled lives. ARVs reduce the viral load of PLHIV so that they are less likely to get opportunistic infections but it is very important that PLHIV adhere to their treatment regime properly – taking the right medications, in the proper doses, at the right time.

Only your doctor can change your treatment regime, even if you feel that they are not working or you start to feel well again. If you think of a football coach as being like the doctor and your treatment regime like the team formation; only the coach can decide on the team formation. If team players feel that their formation is not working, they should talk to the coach but, ultimately, only the coach can make any formation changes.



PLHIV can play an active role in the community; continue to work and enjoy the same activities as HIV negative people; have sexual relationships and can choose to have children, as long as they take precautions to guard against re-infection or onward transmission of HIV. Even if a PLHIV has sex with another PLHIV, condoms must be used consistently and correctly every time. Otherwise, they risk re-infecting each other with different strains of HIV every time they have sex, which will cause each of their viral loads to increase, making them both sicker and making treatment much more complicated and costly.

## What is a person's viral load?

A PLHIV's viral load refers to the amount of HIV in their body. The higher a person's viral load, the more likely they are to pass on HIV to others, through unprotected sex, blood contact or parent-to-child-transmission. When a person is first infected with HIV, their viral load is very high. Similarly, when a PLHIV becomes sick or unwell, their viral load is likely to be very high.





### Saturday, 26 June

Are you having unprotected sex with more than one person? If so, you are putting your partners, and yourself, at high risk of HIV infection. Make a change today.

16.00 Port Elizabeth Group 1A   Group 2B

20.30 Rustenburg Group 1C   Group 2D

### Sunday 27 June

If you and your partner are both living with HIV, you must still use preventative measures to protect against re-infection of HIV, which could make you both sicker.

16.00 Mangaung/Bloemfontein Group 1D   Group 2C

20.30 Johannesburg Group 1B   Group 2A

### Monday, 28 June

16.00 Durban Group 1E   Group 2F

16.00 Durban Group 1G   Group 2H

### Sunday 29 June

If you are living with HIV, speak to a health worker to find out more about positive living.

16.00 Tshwane/Pretoria Group 1F   Group 2E

20.30 Cape Town Group 1H   Group 2G





## Prevention of Parent to Child Transmission (PMTCT)

It is the responsibility of both parents to protect their babies from infection with HIV. If you are pregnant or planning to have a baby, it is very important that you and your partner visit an antenatal clinic to ask about PPCT.



© 2007 FIFA TM

The surest way to protect your baby is to protect yourself, however, if you find out that you or your partner are HIV positive, it is possible to have HIV negative children, if you access PPCT services at your nearest hospital or clinic.

There are a number of things that can be done to help reduce the risk of parent-to-child-transmission:

- Ensuring good health during pregnancy by maintaining a healthy diet and getting plenty of rest
- Taking steps to avoid contracting bacterial infections during pregnancy, e.g. by maintaining good hygiene and sleeping under a bed net to reduce the risk of contracting malaria
- If sexually active during pregnancy or breastfeeding, a condom must be used correctly and consistently every time the mother has sex
- If the woman has any STIs then they must be treated urgently
- Deliver by voluntary caesarean section conducted in sanitary conditions, by a trained medical practitioner, poses the least risk of HIV transmission to the infant
- Sometimes the mother is given doses of ARVs during pregnancy, prior to delivery and the baby is given a separate dose following delivery
- During breastfeeding, the breasts should be kept in good health
- The pattern and duration of breastfeeding can affect the likelihood of transmitting HIV to the infant. Speak to a doctor or medical practitioner for advice specific to your situation.



HIV: Know The Score: HIV Prevention Booklet





### Friday, 2 July

Are you thinking about having a baby, planning to start a family or currently pregnant? If so, find out about how to prevent parent to child HIV transmission today.

16.00 Port Elizabeth	Quarter Final Match 1	<input type="checkbox"/>	<input type="checkbox"/>	
20.30 Johannesburg	Quarter Final Match 2	<input type="checkbox"/>	<input type="checkbox"/>	Group 2D

### Saturday 3 July

16.00 Cape Town	Quarter Final Match 3	<input type="checkbox"/>	<input type="checkbox"/>	Group 2C
20.30 Johannesburg	Quarter Final Match 4	<input type="checkbox"/>	<input type="checkbox"/>	Group 2A

### Tuesday 6 July

Have you recently had a baby? Speak to your doctor about how to minimise the risk of HIV transmission through breastfeeding.

20.30 Cape Town	Semi Final Match 1	<input type="checkbox"/>	<input type="checkbox"/>	Group 2F
-----------------	--------------------	--------------------------	--------------------------	----------

### Wednesday 7 July

If you are living with HIV, speak to a health worker to find out more about positive living

20.30 Durban	Semi Final Match 2	<input type="checkbox"/>	<input type="checkbox"/>	Group 2E
--------------	--------------------	--------------------------	--------------------------	----------



## What is the effect of male circumcision on HIV infection?

Medical male circumcision (MMC) involves cutting off the loose skin (foreskin) from the penis. It is a simple procedure that does not require hospitalisation but it must be done by a health worker who has been properly trained and in hygienic conditions.

Studies have shown that medical male circumcision may reduce the risk of sexual HIV infection in men by between 40% and 60.

Circumcision makes the penis easier to keep clean and healthy (so that bacterial infections are less likely), reduces the risk of cuts and abrasions occurring during sex and involves the removal of cells around the foreskin which HIV can infect more easily than other cells. Being circumcised also reduces the risk of becoming infected with other sexually transmitted infections (STIs).

Remember, although medical male circumcision reduces the risk of HIV transmission for men, it is still possible to become infected with HIV if you are

circumcised so it is still very important to practice other safer sex practices such as using condoms correctly and consistently every time you have sex and sticking to one faithful partner.

It is important to remember that female circumcision does not reduce the risk of HIV infection or other STIs at all.



HIV: Know The Score: HIV Prevention Booklet





## Do you know about the link between TB and HIV?

Tuberculosis (TB) is a chronic and infectious lung disease which is spread by bacteria that are carried in the air. PLHIV are more susceptible to TB infection, because their immune system has been weakened but anyone can get TB. However, if you suspect that you have TB or if you are diagnosed with TB than it is best to get tested for HIV as well. Similarly, if you are living with HIV, it is important to get screened regularly for TB.

The good news is that TB can be cured, even if you are living with HIV. It is best to get tested early, so that you can access treatment early.

If you have any of the following symptoms, you should get screened for TB:

- Persistent coughing (for two weeks or more)
- Chest pains
- Loss of appetite and weight
- Fever
- Night sweats
- Spitting up blood when coughing
- Swelling of glands.

Here are some simple things that you can do to reduce TB transmission:

- Wash your hands with soap or ash frequently, and always before eating
- If you sneeze or cough, direct your mouth into your shoulder or elbow or cover your mouth with a tissue and throw the tissue in a rubbish bin afterwards
- Ensure that your house has as much air passing through as possible. Sleep in a room with an open window if possible
- Avoiding crowding too many people into one room to sleep
- Make sure that your house and bedroom are cleaned regularly
- Put your bedding outside in the sun to air after you wake up.



Africa Wins Every Time You Prevent HIV!

## Did you know that alcohol and drugs have an effect on your HIV risk?

The World Cup being held in South Africa in 2010 is a very exciting event and cause to celebrate. However, in order to ensure that 2010 is a year that you look back on with happiness and not regret, make sure that you celebrate responsibly. Non-prescription drugs and excessive drinking hinder your ability to make good decisions.

People who have been drinking are more likely to take risks. They are more likely to have unplanned, unprotected sex – increasing their risk of exposure to sexually transmitted infections, HIV and unplanned pregnancy. Bars, pubs and other venues where alcohol is served are also the most likely locations where people experience 'date rape' or similarly traumatic experiences.

Take note of the following advice stay safe during this World Cup, and after:

- If you choose to drink alcohol, drink in moderation, alternating alcoholic and non-alcoholic drinks
- Know your limit and don't be embarrassed if your limit is lower than your friends'



- Eat something before you drink. Drinking on an empty stomach increases the effect of alcohol
- Never accept a ride with someone who has been drinking
- If you are going to a party where you know there will be alcohol, plan your strategy in advance - stick together with friends who know how you feel about alcohol
- Don't leave a party alone but arrange to go home with friends you trust
- Always mix your own drinks to avoid people putting alcohol or drugs into your drink.

HIV: Know The Score: HIV Prevention Booklet





**Monday, 10 July**

3rd place match

Do you suffer from persistent coughing, chest pains, loss of appetite and weight, fever, night sweats or swelling of your glands? If so, visit your nearest medical clinic for TB testing today.

20.30 Port Elizabeth

3rd Place Match

**Sunday 11 July**

Final Match

There is a lot of excitement and celebration around the World Cup 2010 Final. If you drink alcohol, stay safer by drinking responsibly. Avoid recreational drugs and try to stay away from any risky situations.

20.30 Johannesburg

World Cup Final

**The 2010 final winner is...**

---

---

---



**Seventy years of FIFA World Cup Winners**

2006 – Italy, 2002 – Brazil, 1998 – France, 1994 – Brazil, 1990 - Germany



**24**



Africa Wins Every Time You Prevent HIV!



## Sharing stories

### Jane's story

John was my first boyfriend and the first person I had sex with. I was 17 and I loved him — he was charming, kind and very handsome. We were really careful; we both went for an HIV test before we first had sex and we always used condoms as we agreed that we wanted to avoid pregnancy at that stage — we both wanted to finish our studies and get jobs before we had a baby.

Things don't always work out as planned though. After we had been together about two years, we discovered I was pregnant. It was such a shock. We had always been so careful, hadn't we? Then I remembered — one night, about two months earlier, we had been to a party. We had both had a bit to drink — we were celebrating as he had just been nominated as the captain of his football team. We went back to his house and one thing led to another but we didn't have a condom. It was the only time we ever had sex without a condom. It was then that I must have become pregnant.

Although I was scared, and didn't feel ready to have a baby, I finally got used to the idea and even started to get excited about it. It was then, during my pregnancy, that I discovered I was HIV positive. I couldn't believe it, how could this be possible? Finally, John admitted that he had been having a casual relationship with a neighbour of ours — he swore it was nothing serious and that it was over — but it was too late by then, his actions had brought the virus into our relationship — we were now both HIV positive and had a baby to worry about — all of this because of casual sex with a girl that was 'nothing serious'.

John and I broke up after that. I was angry for a long time - I had been so careful to make sure I stayed safe but, in the end, it was just one careless time that changed my life. My advice to you is: be careful who you trust — it's easy to get swept up in the excitement of love but your health is too important to risk.

*Be careful who you trust it is easy to get swept up in the excitement of love but your health is too important to risk.*

### Ben's Story

I've been playing football since I was 7. I love it. I love the sport but I also love being part of a team, hanging out and having fun together. When I was 20, I lived for football. I spent all my time at matches and partying with all my team members. It was great. Then it all went wrong one day.

I was the only one in the team who hadn't had sex and all the other players used to tease me and try to encourage me to have sex with the girls who used party with the football players. I felt like I wasn't part of the team if I didn't. I couldn't join in their conversations about girls and sex so I ended up doing it. After that first time, I went on and slept with quite a few girls — I thought it made me more of a man, one of the guys. Well, my actions caught up with me. I got an STI so I went to the doctor. He suggested that I should also have an HIV test. I went along with it — I wasn't worried — I felt fit and healthy and didn't think I could possibly be HIV positive — I would feel ill, wouldn't I? That's when everything changed.

The test came back positive. It took me a long time to accept it and even longer for my friends to. They completely disowned me when they found out and I stopped playing football. Things are better now. I'm on treatment and I feel really well again. I've even started playing football again. My advice to you is to protect yourself — if you have sex, always wear a condom, no matter what your friends say. Do not care in to peer pressure - looking 'cool' in the eyes of your friends is not worth it.

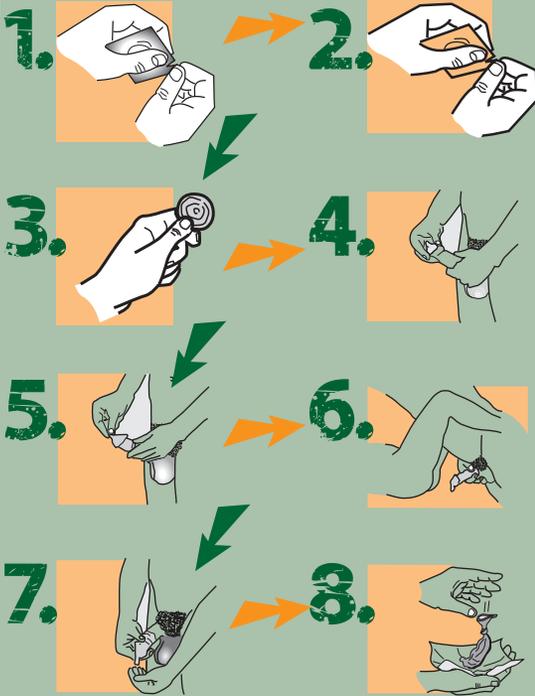
*If you have casual sex, always wear a condom, no matter what your friends say. Do not give in to peer pressure - looking 'cool' in the eyes of your friends is not worth it.*





Use a condom correctly every time you have sex.

**a.**



Male condoms are safe when used consistently and correctly.

**b.**



Female condoms are safe when used consistently and correctly.



## Test your football and HIV knowledge

Answer true or false to the statements below, then check the answers at the bottom of the page to see how you did.

1. The commonest way that HIV is passed from one person to another is through unprotected sex
2. France won the 2006 FIFA World Cup
3. HIV cannot be treated
4. 2010 is the first World Cup tournament where six African countries are represented
5. Everyone who is infected with HIV will get AIDS
6. The oldest player to score in a World Cup game played for an African team
7. If a man is circumcised, he can no longer become infected with HIV
8. The most goals scored by a single player in a World Cup match is four
9. A child born to HIV positive parents will also be HIV positive.
10. The National team of Ghana is known as the Super Eagles

### Answers

1. True: In Africa, the commonest way that HIV is passed from one person to another is through unprotected sex
2. False: Italy won the 2006 FIFA World Cup
3. False: HIV can be treated and PLHIV can live long, healthy lives but it cannot be cured
4. True: Normally Africa is represented by five countries in the World Cup but, in 2010, they have six because it is being hosted South Africa (and the hosting nation automatically qualifies)
5. False: With effective treatment, PLHIV will not necessarily get AIDS
6. True: The oldest player ever to score in a World Cup game was Roger Milla, playing for Cameroon, in the 1994, in the 1994 World Cup tournament
7. False: Although male circumcision reduces the likelihood of HIV infection for men, a circumcised man can still become infected and should still take precautions to prevent infection, such as practicing safer sex if sexually active
8. False: The most goals scored by a single player in a World Cup match is five, by Oleg Salenko from Russia, playing against Cameroon in the 1994 World Cup tournament
9. False: With PMCT, HIV positive parents can have HIV negative children
10. False: The National team of Ghana is known as the Black Stars and the Super Eagles are the National team of Nigeria.

## What do the football players say?

Emmanuel Adebayor (Togo) and Michael Ballack, both very successful and well-renowned footballers, are passionate about reducing global HIV prevalence. Adebayor became interested in HIV related issues and working to address them after seeing the impact of the epidemic, first hand, in Togo.

Ballack and Adebayor both recognise that each and every one of us has to play our part in reducing HIV infection and, as a result, they are doing everything possible to reach out to young people and disseminate HIV prevention information.



Be smart protect yourself.  
Emmanuel Adebayor



On the pitch, we compete, but off the pitch we are united against AIDS.  
Michael Ballack



Africa Wins Every Time You Prevent HIV!



## Become part of the goal. Score against HIV.

One of the biggest causes of distress and trauma amongst PLHIV is the stigma and discrimination that they face from others. Stigma and discrimination refers to prejudice, negative attitudes and directed at PLHIV, including treating PLHIV differently from others; talking about PLHIV behind their backs and excluding PLHIV from activities and events.

HIV related stigma and discrimination can make individuals reluctant to access HIV testing, treatment and care (as they fear being excluded from society if they are thought to be HIV positive).

By being supportive and understanding of PLHIV and making an effort to ensure that HIV-related stigma is eradicated, you can play a major role in the response to the HIV epidemic. Make 2010 the year that you stamp out HIV-related stigma and discrimination in your family, social group and community.



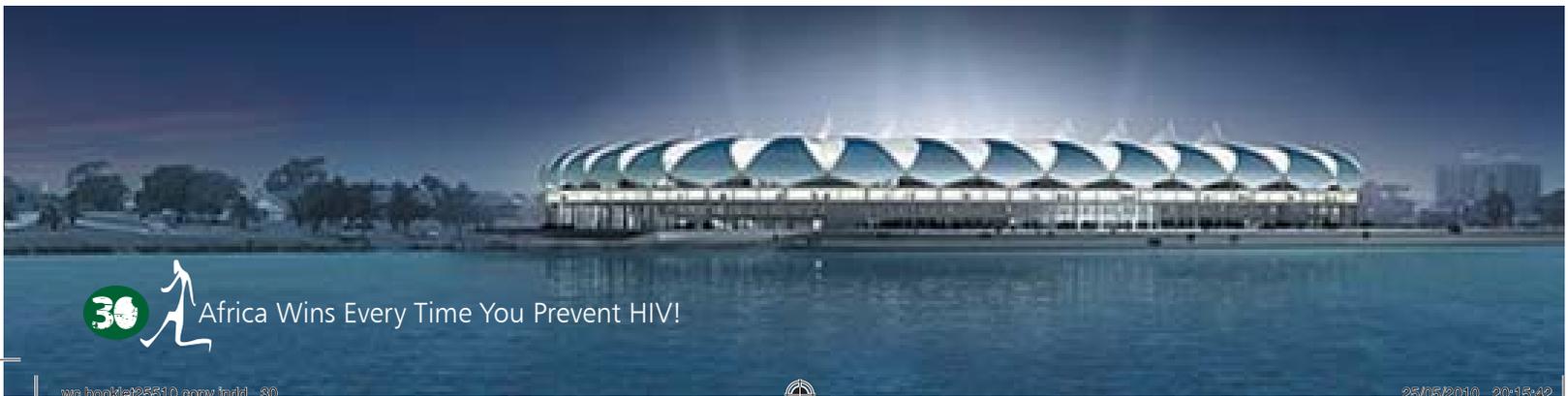
HIV: Know The Score: HIV Prevention Booklet





## List of Terms

- AIDS Acquired Immune Deficiency Syndrome – AIDS refers to a group of illnesses which affects PLHIV who have been HIV infected for quite a long time, without treatment.
- ARVs Antiretroviral Medicines are sometimes given to PLHIV to help them stay healthier.
- CD4 CD4 cells are the immunity cells that are affected by HIV. A CD4 count is a test done to check how strong a PLHIV's immunity is.
- HIV Human Immunodeficiency Virus is the virus which can cause AIDS.
- MCP Multiple Concurrent Partnerships means having sexual relations with more than one person during a short period of time.
- OI Opportunistic Infections are infections that affect PLHIV, as a result of low immunity.
- PEP Post Exposure Prophylaxis can be given to people who have been accidentally exposed to HIV (usually either through rape or a caring accident) to reduce their risk of contracting HIV.
- PLHIV People Living With HIV.
- PMTCT Prevention of Mother to Child Transmission – treatment given to women who are HIV positive to reduce the risk of transmitting HIV to their babies.
- STI Sexually Transmitted Infections which are infections which are passed from one person to another through sex.
- TB Tuberculosis is an opportunistic infection which can affect anyone but is the most common cause of death for PLHIV, due to lowered immunity. TB is curable.
- VCT Voluntary Counselling and Testing are clinics that offer HIV testing and counselling.



Africa Wins Every Time You Prevent HIV!





## Live Life Ready for The Pitch

There are a number of things that you can do improve your health, whether living with HIV or not. Some examples include:

- Practicing prevention methods, to ensure against HIV infection, re-infection or infecting anyone else
- Reducing stress

- Eating a regular, healthy, varied and balanced diet
- Bathing regularly, washing your hands before every meal and after using the toilet
- Ensuring that your surroundings are clean and hygienic
- Getting regular exercise
- Getting plenty of rest and going to sleep early
- Avoiding alcohol, cigarettes and non-prescription drugs
- Getting any infections treated early and going for regular medical checks

- Having a positive mind.
- By supporting and being understanding of others, you will be a happier and healthier person.

HIV: Know The Score: HIV Prevention Booklet





# Africa *WINS!* Every time *YOU* prevent HIV!

## Contact Us :

**SaFAIDS Regional Office:** 479 Sappers Contour, Lynnwood, Pretoria,0081, South Africa.

Tel: +27-12-361-0889, Fax: +27 12 361-0899, [reg@safaids.net](mailto:reg@safaids.net)

**Country Office - Zimbabwe:** 17 Beveridge Road, Avondale, Harare, Zimbabwe.

Tel: +263 4 336193/4, Fax: +263 4 336195, [info@safaids.org.zw](mailto:info@safaids.org.zw)

**Country Office - Zambia:** Plot No. 4, Lukasu Road, Rhodes Park, Lusaka, Zambia

Tel: +260 211 257 652, Fax: +260 125 7652, [safaids@safaids.co.zm](mailto:safaids@safaids.co.zm)

**Country Office - Mozambique:** Avenida Ahmed Sekou Toure 1425 R/C, Maputo, Mozambique

Tel: +258 213 02623, [safaids@teledata.mz](mailto:safaids@teledata.mz)

Websites: [www.safaids.net](http://www.safaids.net)  
[www.africagoal.com](http://www.africagoal.com)

