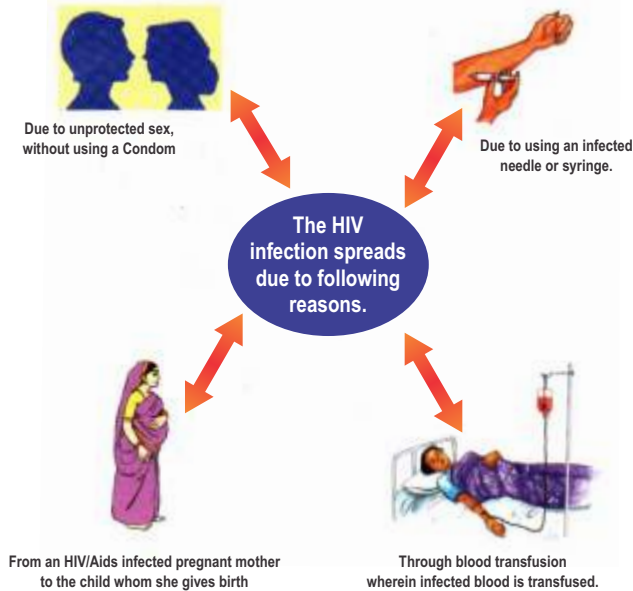
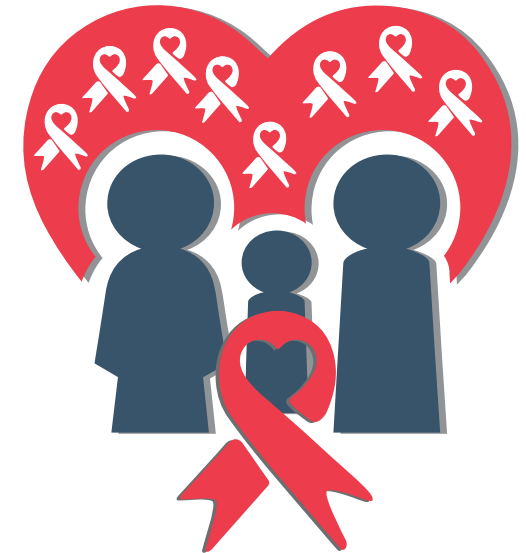


How does HIV spread?



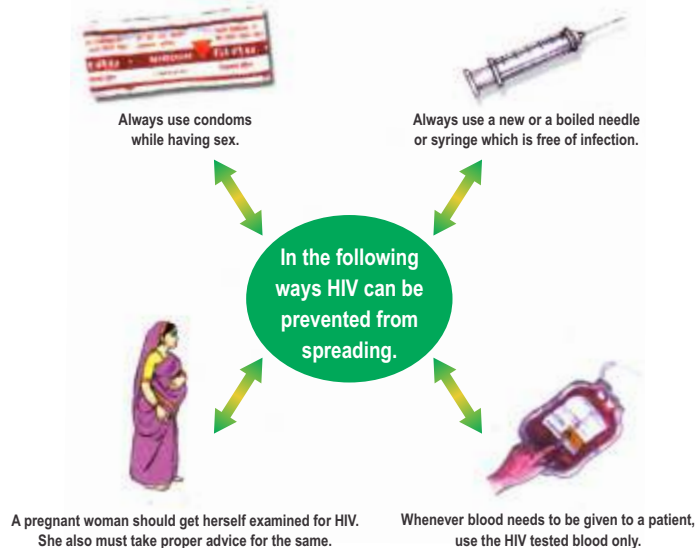
- The leukocytes which are present in our blood, work like a police and protect us against various bacteria which can cause us diseases. This ability of our body is known as immunity system.
- But the micro bacteria (Viral) which are named as HIV enter into the leukocytes of our blood and damage these cells. Due to this, slowly and gradually our immune system gets destroyed.
- It takes approximately 8 to 10 years or more for it to completely destroy our resistance power. During this period, the body does not show any sign of disease, but such a person can be infectious for others.
- When the resistance power of the body gets destroyed completely, then the bacteria which can cause different types of diseases can easily attack our body. All these symptoms of diseases are called Aids.

CIMS HIV/Aids



Do you know that we can prevent the **HIV infection** which the kids can get from **their mother?**

HIV can be prevented from spreading.





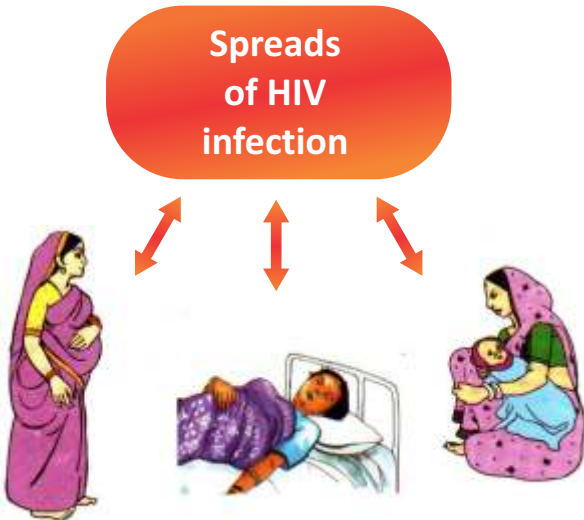
The risk of a child getting infected due to his/her own mother

The risk of a child getting infected from his/her own mother

An HIV infected women must keep the following things in mind :-

34 percent of the children get infected from their HIV infected pregnant mother who gives birth to them.

Only 66 percent of such kids are normal.



If the mother would be HIV infected, then in a newborn child's case

5 to 10 percent of infections are transmitted during pregnancy.

15 to 20 percent of infections spread during the process of delivery.

5 to 15 percent of infections are transmitted during breast feeding. However, the breast milk is considered to be the best food for the baby.

- Women who would be HIV positive need to avoid unwanted pregnancy.
- It is necessary for a pregnant lady that they undergo an HIV test in order to know that whether they are infected or not.
- The gynaecology department of the CIMS hospital provides the necessary guidance and the laboratory test facilities.
- The HIV infected (Positive) mother and her new born child are given the drug dosage at the time of pregnancy. Due to this, the risk of infection being transmitted from the mother to the child can be reduced.

- Regularly consult the counsellor.
- Go for periodic laboratory tests in order to find out the status of their immune system.
- After these tests are done, if required go for further treatment.
- Take special care regarding cleanliness.
- Eat nutritious food.