

EMPLOYERS FOR CHRIST: HIV/AIDS (1)

KEY POINT: WHAT IS HIV?

H–Human: This virus only affects humans. **I**–Immunodeficiency: HIV weakens your immune system making it deficient.

V–Virus: A virus can only reproduce itself by taking over a cell in the body of its host.

HIV is a lot like other viruses, including those that cause the "flu" or cold, but there is an important difference. Your immune system can clear most viruses out of your body, but that is not the case with HIV. HIV can hide for long periods of time in the cells of your body and it attacks a key part of your immune system, your T-cells or CD4 cells. These cells are the soldiers of your body. Your body needs these cells to fight infections, but HIV invades them, uses them to make more copies of itself, and then destroys them. Over time, HIV can destroy so many of your soldier cells that your body can't fight infections anymore. When that happens, HIV infection can lead to AIDS. When your viral count gets above a certain count and your white blood cell count gets lower you are not only HIV positive but you have full blown AIDS.

KEY POINT: WHAT IS AIDS?

A–Acquired: AIDS is not something you inherit from your parents. You acquire AIDS after birth. **I**–Immuno: Your body's immune system includes all the organs and cells that work to fight off infection or disease. **D**–Deficiency: You get AIDS when your immune system is not working the way it should. **S**–Syndrome: A syndrome is a collection of symptoms and signs of disease. AIDS is a syndrome, rather than a single disease, because it is a complex illness with a wide range of complications and symptoms. AIDS is the final stage of HIV infection. People at this stage have badly damaged immune systems, which put them at risk for opportunistic infections (OIs).

KEY POINT: EDUCATION AND AWARENESS

Diema 29:18 / Izaga 29:18 / Proverbs 29:18 "Where there is no revelation, the people cast off restraint; But happy is he who keeps the law."

KEY POINT: PREVENTION AND BEHAVIOUR

Bahebere 13:4 / KumaHeberu 13:4 / Hebrews 13:4 "Marriage should be honoured by all, and the marriage bed kept pure, for God will judge the adulterer and all sexual immorality".

ABC

Abstinence, be faithful, use a Condom

A - Abstinence until marriage. If you are not married, abstinence is the best way to prevent HIV/Aids.

B - Be faithful in marriage. If you are married, being faithful to your partner is the best way to prevent HIV/Aids.

C - Condom use. If you are married, and one partner is HIV positive, condom usage is the best way to prevent HIV/Aids. Condoms usage outside marriage is not an excuse to have sex. Fornication is fornication, using a condom does not make it not to be a sin.

KEY POINT: LIFESTYLE

1 Bakorinthe 6:19 / 1 kwabaseKorinte 6:19 / 1 Corinthians 6:19 "Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?"

REMEMBER:

1. What is HIV?
2. What is Aids?
3. Education and awareness
4. Prevention and behaviour
5. Lifestyle