

# HIV/AIDS AWARENESS CARD FOR PEACEKEEPING OPERATIONS

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## Basic Facts About HIV/AIDS

AIDS is a deadly disease.

AIDS is caused by the HIV virus. HIV destroys the body's ability to fight off infections and diseases, which ultimately lead to death. Currently, medication can only slow down the disease, not cure AIDS.

HIV can be passed from person to person through sexual fluids, blood, contaminated needles and sharp instruments. Infected women can pass the virus to their babies during pregnancy, birth and breastfeeding.

**HIV is transmitted mainly through unprotected sex. Using condoms correctly every time you have sex can protect you and stop the spread of HIV and other sexually transmitted infections.**



Joint United Nations Programme on HIV/AIDS

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## ***Protect Yourself And Others***

The HIV virus can be present anywhere in the world.

You do not know who is infected with HIV. Only an HIV blood test can determine if a person is infected.

If you feel you are at risk, it is strongly recommended that you seek HIV counselling and testing at the earliest.

To protect yourself and others from transmission of HIV, **CONDOMS** should be used for all types of sexual acts.

After sex, condoms should be carefully removed to avoid spillage and disposed of.

Condoms should **NEVER** be re-used.

## ***In An Emergency...***

If possible, protect yourself against contact with the other person's blood. Cover any cuts or wounds on your hands or arms with bandage.

Be careful when handling sharp instruments and use sterilised needles.

Wash yourself with soap and water before and after attending to the injured person.

- If the injured person is not breathing, clear the airways and perform mouth to mouth resuscitation. After you have finished, rinse your mouth immediately several times, if possible, with antiseptic mouth wash.
- If vomiting occurs, place the injured on the side to prevent choking.
- Control bleeding by applying pressure on the bleeding part, except on the throat.
- Bandage and immobilise injured parts.
- Call a doctor as soon as possible.

# **Code of Conduct for Uniformed Services**

- 1. Have pride in your position as a peacekeeper and never abuse or misuse your power of authority.**
- 2. Show respect for the law, customs and traditions of the people you protect.**
- 3. Show special consideration for the most vulnerable – including women and children.**
- 4. Respect your fellow peacekeepers.**
- 5. Limit your alcohol intake and stay away from drugs.**

