

**Helping
Yourself**



To Have Better Health

Impression from the contributors



I am living with HIV/AIDS. When I get sick I always try to manage my illnesses by consulting with older people, neighbors, the Health Care Team in our area and seeking treatment at the health center, hospital or clinic.

We are very happy to contribute to society and help other PLWHAs. I hope that the information in this booklet will help other PLWHAs in treating their opportunistic infections.



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In collaboration with IEC advisory committee

To help prevent opportunistic infection and maintain your health, eat foods that are full of vitamins and exercise regularly.



If I get sick,
What can I do ?



Cough

What can I do at home?



Drink plenty of water.

Boil 2 cloves of garlic, 3 piece of ginger, and a half lemon in water. Drink some of the cooled liquid every hour.





- For sore throat, boil water with sugar or honey and lemon and drink it warm.



- Do not spit on the ground. Use an empty can to spit into.



- Stop smoking.

- When you have a cough or have a conversation with other always, cover your mouth with a krama, handkerchief or scarf.

When do I need help from other caregivers?

If you have:



- A cough and high fever together.

- Chest pain and difficulty breathing.



- A cough for more than 3 weeks.
- Blood in your spit.
- Severe stomach pains and your stomach is swollen.
- Large swollen places on your neck.

You should seek treatment from:

Home Care Team



Your Home Care Team will give you medicine and advice for treating your cough and tell you about other health services that you can access.

If you do not have a Home Care Team, you can get help at a health center, hospital or clinic.



Skin Problems



What can I do at home?

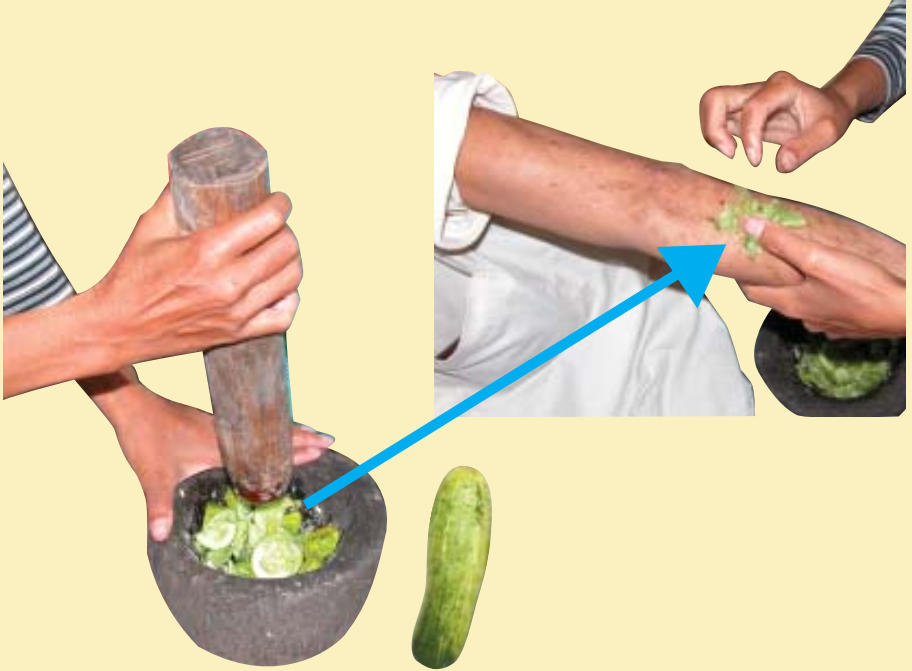


- Wash wounds with soap and water or gentian violet solution and cover them with clean bandages.

- Wash skin daily with soap and water.



- For hot and itchy rash, apply crushed cucumber to skin.



- Treat all wounds early.
- Do not scratch wounds.
- For bedsores, try to move your body every few hours. Put pillows between the bed and bony parts of your body.

When do I need help from other caregivers?

If you have:



- Wounds that are red and swollen and you have a fever.

- Many wounds.

- Wounds that smell bad, bleed, or look black.



- Wounds on your face.

You should seek treatment from:

Home Care Team

Your Home Care Team will help you decide if your wounds are too serious to treat at home.



If your wounds are very serious and you go to the health center, hospital or clinic for treatment, you will get better faster.



Mouth Sores



What can I do at home?



- Suck lemon 2 times per day.

- Chew 2 cloves of crushed garlic every 4 hours.



- Brush teeth and tongue with a soft toothbrush and toothpaste or salt mixed with lemon and water.



- Paint mouth with gentian violet 2 times per day.



- For throat sores, mix 2 drops of gentian violet with 1 cup of water and sip 3 times per day.

- Do not eat bread or drink beer.



- Wash mouth with salt water 2-3 times per day.
- Eat soft foods.

When do I need help from other caregivers?

If you:

Cannot swallow food and water.



Have a severe sore throat.

You should seek treatment from:

Home Care Team



Your Home Care Team will comfort and encourage you and provide you with medicine.

If you still cannot eat or drink, you must go to the health center, hospital or clinic for treatment.



Diarrhea

What can I do
at home?



Mix 1 packet of ORS
with 1 liter of boiled
water in a clean bowl
and drink 1 cup every
hour.



- Drink plenty of other liquids like boiled water, coconut water, fruit juice, porridge and soup.



- Wash your hands with soap before cooking food, eating, and after going to the toilet.

- Eat plenty of soft foods like rice porridge.
- Do not take any medicines for diarrhea (except what a doctor has given you).

When do I need help from other caregivers?

If you have:



- Severe stomach pain.



- Diarrhea for more than 4 days.
- Diarrhea and fever together.

- Thirsty
- Blood in your diarrhea.
- No appetite and vomiting.
- Severe weakness.

You should seek treatment from

Home Care Team



Your Home Care Team will teach you how to prevent diarrhea in the future.

If you treat your diarrhea at the health center, hospital or clinic early, you will be able to return to your work sooner.



Fever

**What can I
do at
home?**



Wash your body with cool washcloths
and put cool wet towel on your
forehead or body.





- Drink plenty of fluids.

- Boil ginger in water and drink.



- Get plenty of rest.

- Eat 2 or 3 raw garlic cloves 3 times per day.



When do I need help from other caregivers?

If you have:

- A fever with diarrhea or vomiting.



- A severe headache and a stiff neck.

- A fever and cough and are losing weight.



- A fever for more than 3 days.
- A very dry mouth.

You should seek treatment from:

Home Care Team

Your Home Care Team will treat your fever or refer you to the hospital for more treatment.



If your fever lasts more than 2 days, you must go to the health center, hospital or clinic for help.



Headache



What can I do at home?



Rub tiger balm onto your head and forehead to reduce the pain.

Put a cool, wet towel or ice pack on your forehead.



Drink plenty of water.

When do I need help from other caregivers?

If you have:

- Have a severe headache that gets worse.



- Have a high fever.

- Cannot stop vomiting.
- Are feeling very confused.
- Have a headache and fever together.

Where can I get help?

Home Care Team :

Your Home Care Team will explain to your family ways to take better care of you.

If do not have a Home Care Team :

You should go to health centers, hospital or clinic for treatment.



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