



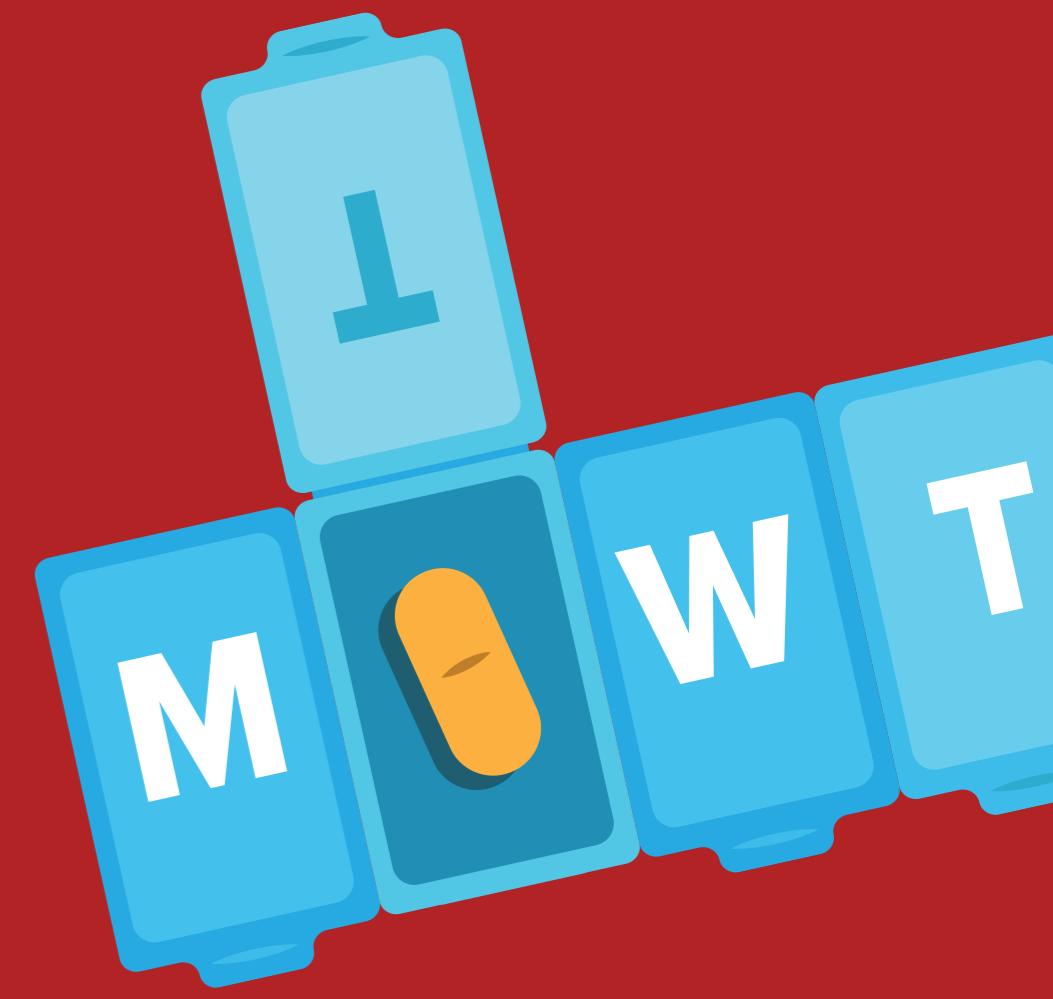
Know the HIV risk

People who experience gender based violence are more at risk of HIV.

Get tested for HIV: it is a quick, free finger prick test.

Taking antiretroviral therapy lengthens the lives of people living with HIV and helps prevent the spread of HIV.

Get onto treatment: ART is available for free at any clinic or hospital.



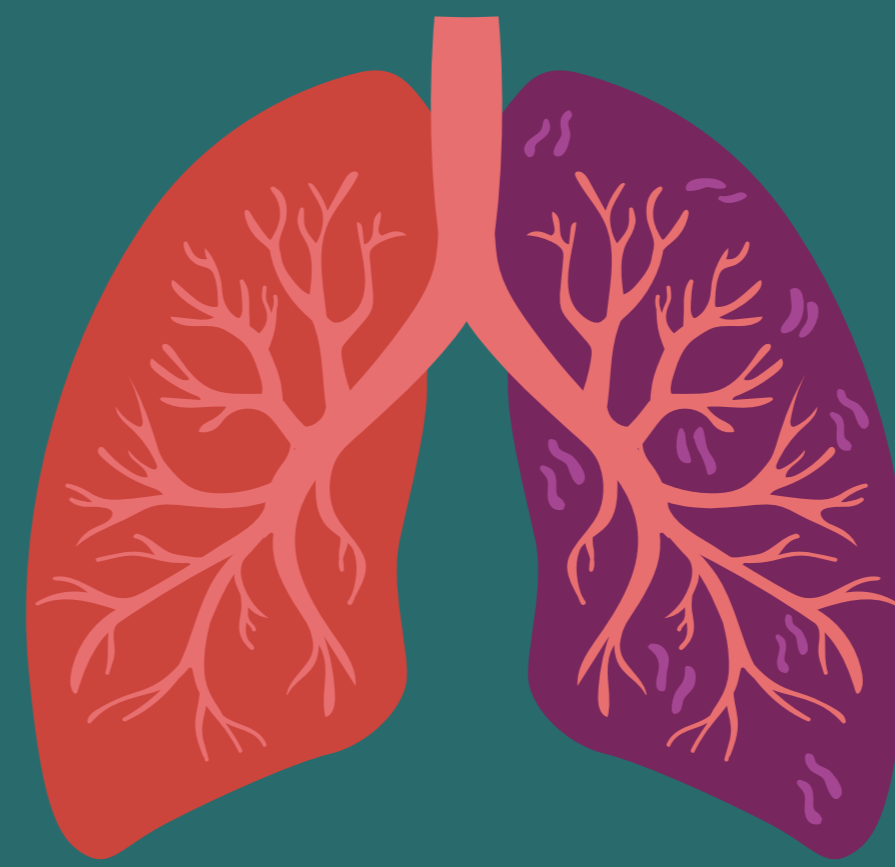
The ART of living with HIV

Post Exposure Prophylaxis can stop victims of rape from getting HIV.

Get PEP as soon as possible (no later than 72 hours after the rape) and take the whole 28-day course.



Get PEP to prevent HIV



Get on top of TB

Rates of tuberculosis are very high in our communities but it is curable if treated properly.

Get tested for TB if you experience a cough for more than 2 weeks, chest pains, lack of appetite, unexplained weight loss, fever or night sweats.



Fight for your SRH rights

Sexual and Reproductive Health is particularly important for victims of gender based violence and includes access to the morning after pill and modern contraceptives, screening for sexually transmitted infections, testing for pregnancy and termination of pregnancy.

Know your SRH rights. Access these services at clinics or hospitals.

Intimate Partner Violence (also called domestic violence) is any behaviour within an intimate relationship that causes physical, psychological or sexual harm to either partner.

Remember: the violence is not your fault. You have a right to be safe and live a life free from violence.



Watch for the signs of IPV

Knowledge is power. Empower yourself by knowing your health rights.



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