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## Resources:

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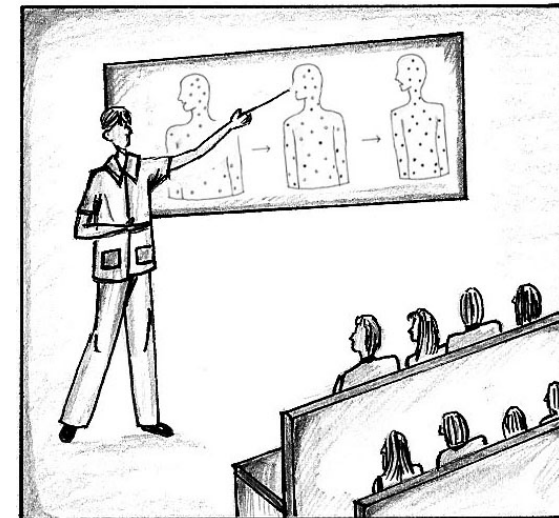
The following sources are listed because they have some useful information. This does not mean, however, that Equip Disciples endorses or subscribes to all the information contained in the sources. The reader must exercise due care, caution, and discernment in both the reading and use of these materials.

1. Informative overview of HIV/AIDS: <http://niaid.nih.gov/factsheets/howhiv.htm>
2. Origin and spread of AIDS: <http://www.avert.org/origins.htm>
3. HIV Statistics in Africa: <http://www.avert.org/subadults.htm>
4. Origin of HIV-1: <http://www3.niaid.nih.gov/news/newsreleases/1999/hivorigin.htm>
5. History of AIDS in Africa: <http://www.avert.org/history-aids-africa.htm>
6. Transmission of HIV: <http://cdc.gov/hiv/resources/factsheets/print/transmission.htm>
7. Breast feeding and the transmission of HIV: <http://www.synergyaids.com/documents/AdvancesSeriesBreastfeedingHIV.pdf>
8. Circumcision helps protect against AIDS: <http://www.dallasnews.com/sharedcontent/dws/news/healthscience/stories/022307dnmedAIDS.8b5365.html>
9. Caring for someone with AIDS: <http://cdc.gov/hiv/resources/brochures/careathome/care6.htm>
10. Safe food and water: <http://cdc.gov/hiv/resources/brochures/food.htm>
11. Nutrition: [http://www.tufts.edu/med/nutrition-infection/hiv/health\\_high\\_quality\\_diet.html](http://www.tufts.edu/med/nutrition-infection/hiv/health_high_quality_diet.html)
12. Nutrition: <http://www.projectinform.org/info/nutrition/nutrition.pdf>
13. Two recipes for dehydration: *Where There Is No Doctor*, by David Werner.
14. Strategies for projects: *Making It Happen*, by Lucy Y. Steinitz, Strategies for Hope Trust – download copy at <http://www.stratshope.org/b-cc-02-happen.htm>

# HIV/AIDS

## Prevention and Care

### With Biblical Insights



***“You must put away lying and speak the truth,  
each one to his neighbor,  
because we are members of one another.”  
Ephesians 4:25***

*Contributors:* Gina Mares, certified Red Cross HIV/AIDS Counselor, Rosa Scott, medical lab technician; Linda Barany, NP, MA Theological Studies, Joe Friberg, MA Theology; MA Linguistics; Tammie Friberg, MDiv Biblical Languages; *Illustrations by:* Beutyani (Mimi) Cheung. Copyright © 2008 Equip Disciples.

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## 14: Summary

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Educating others about HIV/AIDS and how it is spread takes courage and commitment on the part of parents and Christian leaders. We must have a commitment before God both to live out and to teach God's intended design for the marriage relationship. Commitment to God's ways is the greatest means of stopping the spread of HIV in our communities.

Second, ignorance is a major contributor to the spread of HIV. So we must have the courage to speak the truth in love in spite of cultural taboos. We must educate our people in every way about HIV/AIDS.

And finally, we must break down the stigmas associated with those who have the virus. Stigmatizing people is against God's call for us to preach the gospel of reconciliation, because stigmas break down our communities and our families instead of building them up. God is the only righteous judge, and we must not step into His shoes. To those who have sinned, we must always offer the love, forgiveness, and restoration that we ourselves have freely received through Jesus Christ, our Lord.

“Now to Him who is able to protect you from stumbling  
and to make you stand in the presence of His glory,  
blameless and with great joy,  
to the only God our Savior, through Jesus Christ our Lord,  
be glory, majesty, power, and authority  
before all time, now, and forever. Amen.”  
Jude 1:24-25

### ***HIV/AIDS Prevention and Care: With Biblical Insights***

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All Swahili Scripture quotations are from

### ***Contributors:***

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### ***Swahili Translation by:***

Alfred Mtawali

### ***Illustrations by:***

Beutyani (Mimi) Cheung

- **Projects for fund-raising or support for widows:** Ideas include: tailoring, pig or rabbit raising to sell, selling crops or plants, soap making, selling second-hand clothes.
- **Hands on help:** Ideas include: cooking, cleaning, or educational workshops for adults and youth on Christian values, HIV prevention, medical facts, and care for those infected.
- By carefully planning and organizing how it will work, who it will reach, how much it will cost, who will fund it, who will volunteer to help out (including those with experience and those who are willing to help out); what facility you will use; and what resources you will need (lodging, food, cleaning materials, counselors, medical professionals, etc).

Here are some further tips to build the foundation for a successful project:

1. Make your plans simple, measurable, achievable, relevant, and timely. Try to include the people you are helping in the planning process by having them share their ideas.
2. Choose the right leaders. Does the person have a growing relationship with the Lord Jesus? Do they feel called to the task? What kind of vision for the future of the project do they have? What is their motivation? Who has credentials? Good character? Integrity? Responsibility? A burden for the hurting and for those without Christ?
3. Form partnerships with others in the community, such as NGOs, schools, non-profit organizations, individuals, health care facilities, and churches.
4. Consider what hindrances there might be or what issues might arise. Be prepared to meet together and discuss further changes or plans of action that need to take place.
5. Be accountable with the money you receive. Offer receipts, keep good records, be honest, do not keep money for yourself, and use money for the purpose for which it was given.
6. Communicate with your supporters often. People like to know how their time and gifts are helping out in the Kingdom of God.
7. Have a means of monitoring and evaluating your project. Determine how many people you have educated or helped.

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## 1: The Basics

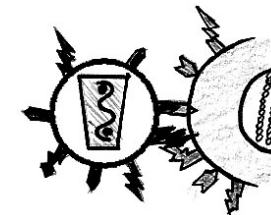
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### **What is HIV/AIDS?**

**HIV** stands for **H**uman **I**mmunodeficiency **V**irus (a retrovirus). This virus enters a person's body and then breaks down their immune system, which is the body's ability to fight off disease. It eventually leads to **A**cquired **I**mmune **D**eficiency **S**yndrome (**AIDS**) within 5-10 years if not treated, and depending on the health of the individual. AIDS is the final stage of the HIV virus in the human body.



**HIV** is the virus that infects people  
**AIDS** is the final stage of illness caused by HIV

### **How does someone get this virus?**

HIV is spread from an infected person to another person through direct, internalizing contact with the following bodily fluids of the infected person:

Blood • semen • vaginal fluid • breast milk

### **How do you know if you have HIV?**

Only a health care worker can diagnose a person with HIV. A health care worker may suspect HIV/AIDS if someone's CD4 (the type of blood cells most associated with becoming infected with HIV) count is less than 200, and if the person has infections that a healthy person would not have. Keep in mind that many people infected with HIV look and feel healthy. So only an HIV test can truly be used to diagnose a person. The following are tests that are available.

1. *An oral swab and test solution.* This is the most commonly used test. It is the most cost efficient test. This test detects the presence of HIV antibodies, which are disease-fighting proteins.
2. *A blood sample* may be used to test for antibodies.
3. *A blood sample* may be used to test for the virus itself. This test is very costly.

All these HIV tests are accurate and reliable in the detection of HIV.

### ***Common Signs and Symptoms***

Not all of these symptoms are present in every individual with HIV, nor are they limited to this disease only.

- Weight loss of at least 10% of your total body weight.
- Overall weakness.
- Chronic fever, cough, headache, or flu like symptoms.
- Chronic diarrhea.
- Oral or genital ulcerations or infections.
- Skin or hair changes; rashes, ulcerations; flaky skin.
- Bone lesions.
- Persistent pelvic inflammatory disease in women.
- Memory loss.

### ***Where did HIV come from?***

Scientists still do not know where HIV came from, but it was first identified in the early 1980s. There are several theories. One is that a similar virus is found in monkeys, called the Simian Immunodeficiency Virus. Scientists speculate that this virus was passed on to people from monkeys after they came in contact with SIV infected blood during butchering or by consuming monkey meat. This virus would have to change in order for it to cross over to people.

There are other theories that are much less likely, and some of the theories are designed to place blame here or there. But while we might not be able to determine where HIV came from, we can take action to prevent the spread of the virus. It can be prevented and it must be stopped.

### ***How has HIV/AIDS spread?***

AIDS was first identified in 1981 in the United States. Its effects were being observed at the same time in Uganda. Yet its history started much earlier:

- 1930 (approximate)** – HIV probably transfers to humans in Africa
- 1959** – A man dies in Congo of AIDS (blood sample tested in 1998)
- 1966 (approximate)** – HIV transfers from Africa to Haiti
- 1970 (approximate)** – HIV transfers from Haiti to the United States

- Hold high standards of behavior for the whole congregation, including leaders, in relation to God's commands.
- Motivate church members to care for those in their own families with HIV.
- Motivate church members to change their attitudes towards those in the community with HIV.
- Motivate church members to see ministry opportunities that count for the Kingdom.
- We should not deny sin, or gloss over it thinking that God does not see what we think in our hearts or what we do in private. God does see. Leaders need to break the strongholds of sexual immorality in the church by setting the example for godly living, and preaching what is right and true.

### ***Community***

The Lord may lead you to undertake a new ministry to help those with HIV. There are many needs to meet and many ways to minister in Jesus' name. Through a variety of ministries, the church body can reach out and touch many as the very hands and feet of Jesus.

*“Now there are different gifts, but the same Spirit. There are different ministries, but the same Lord. And there are different activities, but the same God is active in everyone and everything.” 1 Corinthians 12:4-6*

You can get started:

- By meeting together with those who share your burden to help.
- By researching the needs in your area. You can find out the needs in your area by conducting a community survey to determine who and how many are affected. Ask questions such as, “Do you know any family members who are suffering from HIV?” “What can we do to help orphans?” “What can we do to help widows?” “What can we do to educate the community?”
- By determining what kind of project you want to do:
  - **People:** Do you want to focus your attention just on the traumatized, the widows, orphans, or educating the public?

for adulthood and godly living. Children need to know the purpose of sex, and the consequences of not following God's ways concerning sex.

Parents should educate their children in the following ways.

- Teach them God's design for the family unit (one husband, one wife).
- Teach them the purposes of sex.
  - To procreate.
 

*"God said to them, and God said to them 'Be fruitful, multiply, fill the earth, and subdue it. Rule the fish of the sea, the birds of the sky, and every creature that crawls on the earth.'" (Genesis 1:28)*
  - For oneness and pleasure in the marriage relationship.
 

*"This is why a man leaves his father and mother and bonds with his wife, and they become one flesh." (Genesis 2:23)*
  - Not for lusts of the flesh-immorality.
- Teach them the consequences of sexual immorality.
  - Hurts your relationship to God. Sexual immorality is linked with idol worship and false religion in the Bible.
  - Hurts your relationship with your spouse (or future spouse if not married).
  - Can be addictive, and used to cover one's inner pain, anger; or exhibit power over those weaker, all of which are damaging to the community and oneself.
  - Introduces the likelihood of contracting sexually transmitted diseases such as HIV/AIDS; Genital Herpes; Gonorrhea; Syphilis; Trichomoniasis; Pelvic Inflammatory Disease, Chlamydia; and Bacterial Vaginosis.
  - Can cause emotional issues or psychological damage to others.
  - Creates the issue of caring for children out of wedlock.

### Church

The church needs to boldly speak out in ways which may even seem taboo, in order to educate people about God's ways and the consequences of immoral behavior on people and the community.

Silence on this issue in the church allows for the wrong teachings and HIV to spread. Here are some ways the church can help.

- Develop Biblical curriculum for all groups and ages in your church.

**1970s** – Doctors in DR Congo and Burundi observe increase in certain diseases, including severe wasting

**1981** – AIDS identified in the United States among homosexuals

**1982** – Fatal wasting disease observed in Uganda

**1984** – AIDS confirmed as widespread in parts of Africa

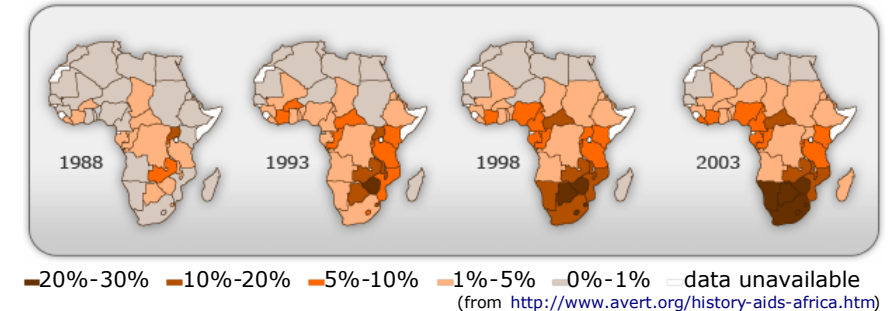
**1986** – 38,000 AIDS cases have been reported from 85 countries

**1990** – Estimated 5,500,000 HIV cases in Africa

**1997** – Around 22,000,000 HIV cases worldwide, of which 70% (15,000,000) are in sub-Saharan Africa

**2007** – Around 33,000,000 HIV cases worldwide; more than 25,000,000 people have died of AIDS since 1981

The following maps show how HIV has spread and increased in Africa. In some countries in South Africa, as many as 33% of adults have HIV.



### Prevalence in Africa

Different regions of Africa have different rates of HIV among adults:

- Southern Africa has 8 countries over 16%
- Central and East Africa countries range from 3-11%
- West Africa countries are all below 10% and most between 1-5%
- North Africa (Sahara region) has low rates

### Women at Higher Risk

Women tend to be infected earlier than men and at a higher rate than men. For example:

- Kenya has 18 women with HIV for every 10 men
- Nigeria has 15 women with HIV for every 10 men
- DR Congo has 14 women with HIV for every 10 men
- Uganda has 14 women with HIV for every 10 men

- South Africa has 14 women with HIV for every 10 men
- Botswana has 12 women with HIV for every 10 men

### ***Why has HIV spread so rapidly in Africa?***

Cultural factors include:

- Lack of awareness early on, and lack of information
- Displacement of people due to conflicts, drought, and economic migration
- Low social status of women
- Widespread acceptance of multiple sexual partners
- Cultural rejection of use of condoms
- Widespread conflicts and use of rape as weapon of terror and war. In areas of conflict the HIV rate among military personnel may be as high as 40-60%.

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## **2: How Does HIV Affect the Body?**

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### ***What makes AIDS/HIV deadly?***

HIV/AIDS itself does not kill people. But it weakens the immune system so severely that the body cannot fight off infections of other diseases. A healthy person's natural body defenses can fight off many common bacteria and viruses. But in people with HIV, these common diseases can turn deadly.

### ***Technical Explanation: How HIV destroys the immune system***

#### ***HIV attacks the white blood cells.***

Our blood is made up of cells. Cells are the tiny building blocks of life. Individual cells are too small to see. We have red blood cells which carry oxygen to our body parts and give the blood its red color. We also have **white blood cells (WBCs)** which fight off bacteria, infections, and diseases which have entered the body. The white blood cells are an indispensable part of the body's immune system. The presence of many WBCs that have done their work of fighting infection can be seen around injuries or sores in pus.

the problem and what the Bible has to say about it. The majority of people contract HIV by engaging in risky behaviors that place them in harms path.

5. Exercise personal and community responsibility.
  - Men, don't leave your wives because they've been raped. This not only tears down a marriage and a family, but in the end it destroys society. Continue to care for and provide for your family. Do not blame your wife for being raped. Destroying the family and the community is exactly what those rapists wish to do. Fight back by not allowing rape to destroy the family. Instead, be all the more determined to hold your family and community together with God's help through marital and community faithfulness and love.

*“So they are no longer two, but one flesh. Therefore what God has joined together, man must not separate.”  
Matthew 19:6*

- If someone in your family has HIV, be sure to take precautions in personal hygiene; and help them eat as healthy as possible. Educate neighbors and friends how to help those in their families who have HIV.
- Help eliminate the stigmas, shame, and discrimination accompanying those with HIV by increasing faithfulness to the family.
- If the Lord leads you, take some initiative in starting up HIV educational ministries or HIV healthcare ministries in your churches and communities.

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## **13: Home, Church, and Community**

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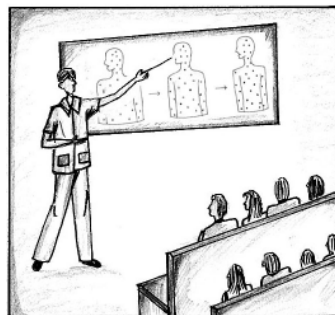
### ***Home***

HIV prevention begins in the home. As children are entrusted to their parents by the Lord for training in His ways, parents must rise to the occasion and instill godly values in them. It is good for parents to talk with children about the marriage relationship in order to prepare them

*“Flee from sexual immorality! ‘Every sin a person can commit is outside the body,’ but the person who is sexually immoral sins against his own body. Do you not know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price; therefore glorify God in your body.”  
1 Corinthians 6:18-20*

2. Share the Gospel of Salvation. How can we expect the world to live pure lives when they are still living in the ways of the kingdom of darkness, under Satan’s control. We must share the Good News of Jesus’ forgiveness and the new life he offers to those who believe in him and who confess him as Lord and Savior. Have the courage to live above the social taboos of your culture, and instead live as Jesus would have you to live. Don’t be among those who cast others out of the church, community, or family because they have HIV. But rather be among those who are bringing others to repentance and faith in the Lord Jesus.
3. Share the Good News of the Kingdom (“Kingship” or “Lordship”) of God. Preach and teach God's design for living pure lives, both as single men and women and as married couples. As believers, we are all to live under the Lordship of Jesus Christ. When we love the Lord, we obey His commands. Teaching begins in our own homes, then extends to the church, and ultimately to the world.

*“Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age.” Matthew 28:19-20*



4. Educate others about how HIV is spread and how to help those infected with the virus. When we educate ourselves, we can more adequately protect ourselves against the dangers of HIV. It’s essential to understand

<http://EquipDisciples.org>

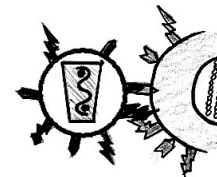
HIV destroys the immune system by attacking the white blood cells (**WBCs**). Remember the WBCs are the cells in the body that fight off germs and diseases.

There are several types of WBCs to fight different types of infections. A crucial type of WBCs that help coordinate the immune system’s response to infections are called **CD4 T-cells**. These CD4 T-cells signal other cells to perform their own special functions in fighting infections. But these CD4 T-cells are also the primary cells infected by the HIV virus, which leads to interference with their normal functioning and death of the cells.

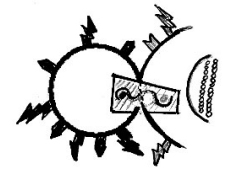
When a health care worker takes the **CD4 count** of your blood, he is measuring the number of CD4 cells (T-cells) in your immune system. A normal healthy person has between 500-1500. A person diagnosed with AIDS has a CD4 count of less than 200.

**How HIV works.**

Normal T-cells can destroy a virus by seeking out viruses or virus infected cells and engulfing them. HIV infected T-cells spread viruses instead of destroying them.

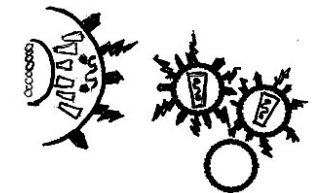


The HIV virus does this by inserting itself into the T-cells. It stays there for a while doing nothing for an extended period.



At some point, it will change the cell in such a way that the T-cell starts producing viruses instead of destroying viruses.

After a large number of viruses have been produced, the cell breaks down, releasing the viruses into the surrounding tissues. Now the virus is free to find another cell, insert itself into it, and start making more viruses.



The immune system does produce **HIV antibodies**, which are proteins intended to fight off the virus, but these are not very effective. In

addition, the disease is difficult to treat because the viruses are inside of the T-cells. Any drugs given to the person may not even affect the virus while it stays inactive in the cell. As far as the immune system is concerned, the HIV infected T-cell looks like a normal part of the body. These are some of the many reasons the disease is hard to treat.

In fact, any response by an infected T-cell to regular infection can activate the HIV virus living inside it, causing it to start making viruses.

The amount of HIV present in the blood is called the **Viral Load**. A person with a high viral load has a weaker immune system and is more susceptible to **opportunistic infections**. These opportunistic infections do not affect healthy people, but they are able to attack HIV patients because their immune system is weak. These include infections caused by common bacteria, fungi, and parasites which cause illness and can lead to death. Anti-retroviral medications are used to suppress and lower the viral load so the immune system can stay strong longer.

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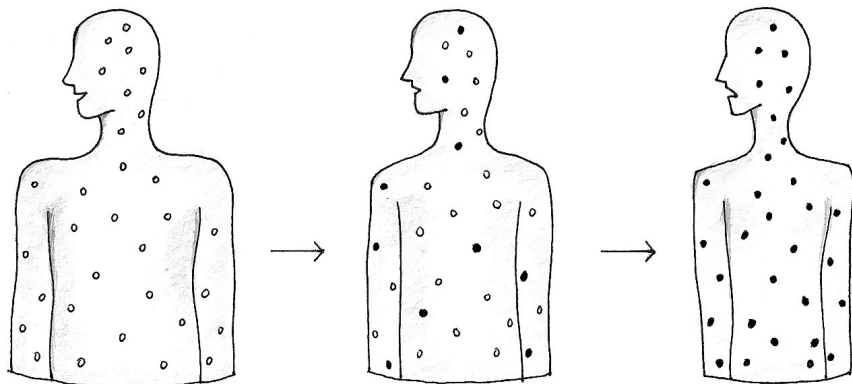
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### 3: The Stages of HIV

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The HIV virus goes through certain stages while incubating in the body. These are general time frames, but vary for each individual. Note that at every stage, HIV is highly contagious and can be spread through the four body fluids: blood, semen, vaginal fluid, and breast milk.



Add ½ cup of one of the following in order to add potassium: fruit juice, coconut water, or mashed banana if available. Give a few sips every 5 minutes day and night until he/she starts to urinate normally. Keep giving it to the person even if he/she vomits. Caution: the drink can spoil in few hours in hot weather so reheat or taste it for a spoiled taste.

Another drink for rehydration is:

- Mix ¼ teaspoon (1 ml) baking soda, with a pinch of salt, and ¼ teaspoon corm syrup or honey in an 8 oz. glass of water or juice.

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## 12: A Kingdom Focus

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As you have read in this booklet, there are several different ways people can contract HIV. The most widespread way of getting HIV is through sexual contact with someone who has been infected with the virus. Some people get this virus because they are disobeying God's design for the marriage relationship by engaging in sexual activities with other women or men either before or after they are married. But some people get HIV because they are victims of rape, or innocent children who have contracted it through birth or breastfeeding.

In any case, as believers in the Lord Jesus, we need to reach out and help those who are hurting from this disease, and we need to do all we can to educate others so that this disease doesn't continue to spread. There are several ways of doing this.

1. Be pure ourselves in our relationship with our spouse, and in our relationship to God. If we sin against our spouse through sexual immorality, we also sin against God.

*"Therefore do not let sin reign in your mortal body, so that you obey its desires. And do not offer any parts of it to sin as weapons for unrighteousness. But as those who are alive from the dead, offer yourselves to God, and all the parts of yourselves to God as weapons for righteousness. For sin will not rule over you, because you are not under law but under grace." Romans 6:12-14*



## ***Dealing with Nausea***

A few helpful hints:

1. Keep something in your stomach.
2. Eat bland, low-fat foods like bananas, rice, oatmeal, bread, pasta, low fat meats, and plain baked potatoes.
3. Drink liquids separately from solid food, with at least 30 minutes between eating and drinking.
4. Focus on lukewarm or cold foods to limit the smell factor. Hot food smells stronger and can trigger nausea.
5. Try lemons, salty, starchy foods and ginger in your foods.
6. Try lying down flat after eating.
7. Eat something small before getting out of bed.
8. Avoid foods such as:
  - o fatty, greasy, or fried foods
  - o very sweet foods
  - o spicy foods
  - o foods with strong odors
  - o hot temperature foods

## ***Dealing with diarrhea***

If the diarrhea is persistent and unresponsive to the usual treatments, you might try totally avoiding wheat and rye. If possible, try substituting corn and rice for other grains. If diarrhea or vomiting is persistent, a person can become dehydrated. This means that the water needed to help the body function properly has been lost through the diarrhea or vomiting.

## ***Recipes for rehydration***

Mix one of the following drinks:

1. Mix 1 liter of clean water, ½ level teaspoon salt, and 8 level teaspoons of sugar. *Caution: Before adding the sugar, taste the drink and be sure it is less salty than tears.*
2. Mix 1 liter clean water, ½ teaspoon salt, 8 heaping teaspoons (or 2 handfuls) of powdered cereal (powdered rice is best, or use finely ground maize, wheat flour, sorghum, or cooked mashed potatoes). Boil for 5-7 minutes to form a liquid gruel or watery porridge. Cool drink quickly and start giving it to sick person.

## ***Stage 1: Acute Infection:***

- Starts about 2 weeks after initial infection and lasts 2 weeks.
- HIV spreads rapidly throughout the body, and the immune system tries to eliminate the infection. The immune system response reduces, but does not eliminate HIV from the body.
- About half of people infected have flu-like symptoms: fever, headache, tiredness, swollen lymph glands, sore joints, and rashes.
- Often mistaken for other common illness and often go unnoticed.
- The other half of people infected do not have any symptoms.
- The person can already infect others with HIV.

## ***Stage 2: Window period:***

- Can take one to three months for an individual exposed to HIV to produce measurable quantities of the antibody, which is a disease-fighting protein.
- The person can infect others with HIV.
- HIV tests taken during this time may show to be falsely negative since it can take three months for antibodies to appear.
- Once the antibody is produced, it is a reliable indicator that a person is infected but is not very effective in fighting the disease.

## ***Stage 3: Asymptomatic:***

- This stage can last years depending on the health and lifestyle of the infected person.
- During this stage there are no symptoms, but an HIV test will detect the presence of HIV-fighting antibodies in their blood.
- This stage is often called the “silent stage” because the individual looks and feels healthy.

## ***Stage 4: Symptomatic:***

- Person may have swollen glands, tiredness, weight loss, fever, chronic diarrhea, skin rashes, or yeast infection (oral or vaginal) among other conditions.
- These symptoms occur because the immune system has been considerably damaged.
- More susceptible to widespread diseases such as tuberculosis, malaria, pneumonia, and shingles.

### **Stage 5: Full blown AIDS:**

- The virus weakens and eventually destroys the immune system.
- The body has lost most of its ability to fight off certain bacteria, viruses, fungi, parasites, and other germs, leading to opportunistic infections.
- A diagnosis of AIDS is made if the CD4 T-cell count is below 200 and there is a confirmed appearance of certain severe illnesses from opportunistic infections.

### **Stage 6: Death:**

- **If left untreated HIV will progress to death.**
- With modern medicine a person with HIV can live longer with the infection and prolong death for up to 20+ years.
- A person who has HIV can infect others even if they look healthy and feel well.
- One person with HIV may have a different combination of signs and symptoms from someone else who is also infected.
- Only an HIV test can show if someone is infected with HIV.
- **Only a health care worker can diagnose AIDS.**

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## **4: How HIV is Transmitted**

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The most common way that the virus finds its way into the body is through sexual contact. It may be spread by either a man or a woman.

But in addition, any contact with infected body fluids where you have an open cut or sore can give the virus a way into your body. There are only four fluids capable of transmitting HIV:

Blood • semen • vaginal fluid • breast milk
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HIV does not survive well outside of the body in the open environment. Very few viruses survive outside the body, so the possibility of environmental transmission is remote. But we must *never assume that*

- Other sources of omega-3 fatty acids are ground flaxseed and walnuts.
- Oils that can be a source of omega-3 fatty acids are: walnut oil, soybean oil, flax seed oil, canola oil, cod liver oil, and sardine oil.
- Fats can help reduce tenderness in joints and decrease morning stiffness in people with arthritis.
- Fats help maintain body weight.
- Fats can be hard to eat if a person is feeling nauseous.

### **Weight loss**

People with HIV tend to lose weight even if there is plenty to eat. Frequent illnesses from secondary infections tend to make the person with HIV feel like not eating. But maintaining their weight will help boost their general health and help the body fight disease. A person who is HIV positive needs to increase the amount of food he eats to maintain body mass during infections, fever, and other illnesses. A sudden loss of 10% or more of the person's normal body weight is an indication that a person with AIDS is suffering from wasting disease.

### **Exercise**

Exercise is important in maintaining one's general health. Keep in mind that exercise, along with good nutrition, is an important part of treating and helping someone with HIV.

- It builds muscle.
- It helps to relieve depression.
- It helps reduce problems with diabetes.

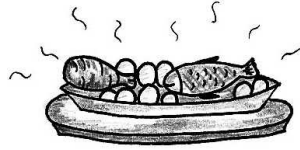


### **Dealing with Stress**

Since stress can affect the Immune System, it is important to keep stress levels low.

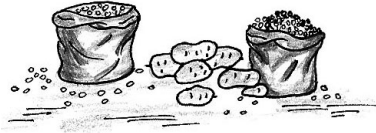
- Stress can make a person more susceptible to infections.
- It may impair a person's response to infection.
- It may cause a person with HIV to be more susceptible to viral activation. Some research has found that HIV infected men with high stress levels progress more rapidly to AIDS as compared to those with lower stress levels.

- It is found in meat, poultry, fish, eggs and dairy products.
- It is found in legumes (dried beans and peas), nuts, and seeds.
- Vegetables, whole grain products, and barley and rice contain small amounts of protein.
- Most plant sources of protein are incomplete by themselves and need to be eaten in combinations or with animal sources of protein in order to receive the full benefit of the protein they contain. For example, legumes and grains can be combined together to form complete proteins: beans and rice, nuts and whole grains, and peanut butter and bread.



### **Carbohydrates**

These give you energy and help you sustain your weight. People with AIDS have a wasting disease. They lose their appetite and lose weight due to diarrhea and other illnesses. Carbohydrates should comprise 50-60% of their daily calories.



- These are starchy foods like grains, beans, rice, barley and potatoes.
- People with diabetes have a problem with carbohydrates raising their blood sugar. Using whole grains and vegetables and abstaining from white flours and refined sugars should help some with this.

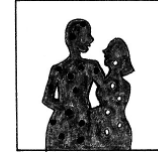
### **Fats**

These are the body's energy store house. There are different types of fat. Fats should be about 25% of your daily calories. Fats are very high in calories, so a little goes a long way. The most healthy and beneficial type of fat for those with HIV is called omega 3 fatty acids. This type of fat actually helps protect the heart against heart disease.

- Ordinary fats can be found in meats, poultry, butter, oils, milk, nuts, seeds and some vegetables.
- Fish have omega-3 fatty acids. At least two fish meals a week are recommended.
- Deep water fish like salmon, tuna, sardines, cod, mackerel, and swordfish are the best source of omega-3 fatty acids.

*dried bodily fluids on objects are safe* because the virus can change and change the way it behaves.

### **Semen/Vaginal fluid Contact**



The most common means of transmission is from unprotected sexual intercourse. God intended sexual intercourse to be between one man and one woman in a marriage relationship.

*“Then the LORD God made the rib He had taken from the man into a woman and brought her to the man. And the man said: This one, at last, is bone of my bone, and flesh of my flesh; this one will be called woman, for she was taken from man. This is why a man leaves his father and mother and bonds with his wife, and they become one flesh.” Genesis 2.22-24*

Sex outside of marriage—outside of God's design of one man and one woman—is destructive to lives, relationships, and to one's mental, physical, and spiritual health.

Sexual intercourse includes vaginal, anal, and oral sex. Proper use of a latex condom greatly reduces the risk of getting HIV; however condoms are not 100% effective. Correct condom use includes the following:

1. Use a new condom for each act of intercourse.
2. Use only one condom at a time. The use of two condoms causes friction and the condoms will break.
3. Put on the condom as soon as erection occurs and before any sexual contact (vaginal, anal, or oral).
4. Hold the tip of the condom with two fingers to make sure no air is trapped in the tip.
5. While holding the tip of the condom, unroll the condom onto the erect penis, leaving space at the tip of the condom for ejaculation.
6. Adequate lubrication is important. But use only water-based lubricants, such as glycerin or lubricating jellies (which can be purchased at pharmacies). Oil-based lubricants, such as petroleum jelly, cold cream, hand lotion, or baby oil, can weaken and break the condom.

7. Withdraw from the partner immediately after ejaculation, holding the condom firmly to keep it from slipping off.
8. Carefully remove the condom.

*Only abstinence (refraining from sex) is 100% effective.* If a woman is married to a non-Christian who is having intercourse outside of marriage, she should insist on the use of a condom for protection from HIV. It is too late to prevent the spread of HIV to the wife after the husband has been diagnosed, because he has already been infectious for at least 3 months.

Anyone with any sexually transmitted disease (**STD**) has a higher chance of contracting HIV. If the STD creates sores or a skin irritation, the virus can be transmitted much more easily through these areas. Even if the STD doesn't irritate the skin or create sores, still, the immune system in the genital area will be compromised, making it easier to contract HIV.

### **Blood Contact**

Contact with blood can spread HIV.

- Allowing infected fluids to get into a cut or sore anywhere on your body can transmit HIV.
- HIV can also be caught if you are given a transfusion of infected blood. It is important for healthcare workers to screen blood donors for HIV.
- If you have HIV, do not donate blood, plasma, or organs.
- Activities such as
  - body piercing
  - tattooing
  - sharing razor blades
  - injecting steroids
 can increase your risk of getting HIV if contaminated equipment is used. Reusing needles or razors can result in blood-to-blood contact.
- A human bite in which there is a mixing of blood can transfer HIV.



Here are some tips about how to avoid blood contact.

- Illnesses that can be transmitted from the cow to the person via the milk include tuberculosis, brucellosis, Q fever, streptococcus, yeasts, and bacteria found in the intestines of the cow.
- Pasteurization of milk does not cook the milk nor sterilize it; it is designed to kill disease causing organisms.
- Milk is heated to 145°F for 30 minutes or 161°F for 15 seconds; any longer will change the flavor of the milk.
- Boiling the milk will also work, but it will change the flavor of the milk.

### **Alcohol consumption can complicate health issues.**

- As stated before, alcohol lowers inhibitions, thus increasing risky behaviors, such as risky sexual encounters.
- Alcohol increases susceptibility to some infections occurring as a complication of AIDS by depleting the body of essential vitamins. This can compromise the immune system.
- Alcohol depletes these nutrients: vitamins A, B<sub>1</sub>, B<sub>2</sub>, biotin, choline, niacin, B<sub>15</sub>, folic acid, and magnesium.
- Infections associated with both AIDS and alcohol includes: tuberculosis, pneumonia from *Streptococcus pneumoniae*, and hepatitis C.
- Alcohol can damage the liver, which is a key organ in the immune system.
- Alcohol may also increase the severity of AIDS-related brain damage.

### **Nutrition**

Nutrition is important to everyone, but especially to the person with HIV. Nutritious foods help provide the body with what it needs to fight infection.

### **Protein**

This is what the muscles, organs, and the immune system need to make them strong. It is the building block of many substances that make up the body's immune system. Proteins should comprise 15-20% of your calories per day, about 64-80 grams. Someone with AIDS requires higher quantities of protein to stay strong. So what are good sources of protein?

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- Boiling water will kill most germs. Water should be boiled to a rolling boil for at least one minute.
- You can store boiled water in a clean container until you use it.
- You can filter your water. This can remove many germs.
- Chemical treatments are also effective in killing many germs present in water.



### **Food Safety**

Food preparation can make a difference in the quality of life for a person with AIDS. Basic food safety benefits everyone in the household as well.

- Raw fruits and vegetables are safe to eat if you wash them first with clean treated water. Peeling fruit or vegetables with a clean knife can help remove bacteria and dirt. Cooking fruits and vegetables until they are well done will kill most germs.
- Meat, poultry, and fish can make you sick if they are raw, undercooked, or spoiled.
- Cook all meat and poultry until it is no longer pink in the middle, and fish should be flaky, not rubbery.
- After handling raw meats, poultry or fish, wash your hands before handling any other food. (Soap and clean treated water is best.)
- Do not let the raw meat, fish, poultry, or their raw juices touch other foods, especially if the food is to be eaten without further cooking.
- Do not let raw meats sit out at room temperature for very long before cooking them.
- Do not eat any raw or lightly steamed fish. This includes shellfish such as oysters, clams, mussels, sushi, or sashimi. Raw shellfish can contain parasites and the virus that causes Hepatitis A.
- Eggs should be well cooked. Cook them until the whites and yellow of the egg is no longer liquid. The inside of the egg is usually sterile, but if the chicken has a vaginal infection such as salmonella or something else, the raw egg will be infected too.

### **Milk safety**

Eat or drink only pasteurized milk or dairy products.

1. Healthcare providers are especially at risk. Wearing gloves while working with patients is one way to reduce the risk of infection. If possible, always wear gloves when coming in contact with blood.
2. Sharing or reusing needles is one of the most common means of blood transmission. Healthcare providers should use new or properly cleaned needles for each patient.
3. Needles cleaned with bleach or heated are not as safe as new, sterile needles.
4. Outside of the medical field, many drug users get HIV by sharing needles that may be contaminated with HIV. In addition to HIV, many intravenous drug users are also infected with Hepatitis C, which affects the liver.
5. Any sharp objects that have been contaminated with blood can transmit the virus. This includes knives used in food preparation. (see also food preparation in section 10 below)
6. Gloves should be worn when cleaning up blood or other fluids that could contain visible blood, such as urine, feces, or vomit.

### **Mother/Baby**



An HIV infected mother can transmit HIV to her child during pregnancy, child birth, or breast feeding. The greatest risk of transmittance is during child birth due to the large presence of blood. The baby comes into contact with the mother's blood during delivery.

Even though the baby is carried in the mother's womb, that does not mean that the mother's blood has been transferred to the baby. Although the blood of the baby and the mother come very close together in the placenta/womb interface, they never actually mingle together. The HIV virus can not cross this barrier unless there is a tear in the tissues. A tear can happen during pregnancy and during labor, but it does not necessarily happen with every pregnancy or delivery.

Giving birth through a cesarean section greatly reduces the possibility of transmitting the virus.

Without taking HIV medications approximately 25% of pregnant women infected with HIV transmit the virus to their child. However with the proper prenatal medical care and HIV treatment, transmission rate  
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drops to less than 2%. An infected mother should take zidovudine (**AZT** or **ZDV**) or nevirapine during pregnancy and labor to reduce the chance of transmission to her child.

After birth the baby should be tested several times for HIV. Many infants test positive at first because they are still carrying the mother's antibodies (but may not have the virus). After 6 months they may test negative because they have developed their own antibodies and do not have the virus.

***An infected woman should consider carefully whether or not to breastfeed.***

Breast milk can spread HIV to the infant. The rate of transmission is about 16%. If at all possible, formula should be given to the baby instead. An HIV positive mother might need to breastfeed if:

- She does not have regular access to baby formula.
- If she cannot afford formula.
- If she does not have access to clean water. Mixing formula with bad water can lead to diarrhea, dehydration, and malnutrition in the infant.

***Other Body fluids***

While HIV has been found in very low quantities in the **tears** and **saliva** of a few AIDS patients, this does not mean that it can be transmitted by these body fluids. The amount of HIV that have been detected is simply too small. Many common HIV tests use saliva samples or cheek swabs to check for HIV antibodies because there is no risk of transmission involved with this method.

Although it is true that the virus is not transmitted by saliva, you should never share toothbrushes or other dental care items, because often a person will bleed in the mouth while brushing. So there is blood involved with the toothbrush, and the virus can be transmitted by blood contamination.

HIV has *never* been detected in the **sweat** of an AIDS patient or HIV infected person.

hands first and not lick their fingers or the utensils while they are cooking. However, **no one** should prepare food for others if they have diarrhea.

4. Cuts, sores, or breaks should be covered with bandages whether the wound is on the care giver or the patient.
5. Hands and other parts of the body should be washed immediately after contact with blood or other body fluids in case there might be a tiny cut or opening that would give the virus access into the body.
6. Surfaces soiled with blood should be disinfected thoroughly.

Diluted bleach is a good cleaning agent. Mix a small amount of bleach in a large amount of water:

<u>Amount of Bleach</u>		<u>Amount of Water</u>
15 ml bleach	in	1 liter water
1 tablespoon bleach	in	1 quart water
60 ml bleach	in	4 liters water
¼ cup bleach	in	1 gallon water

This is good for cleaning hard surfaces. Make a new batch each time because it loses its ability to kill germs after a day (24 hours).

***The Basics of Food and Water Safety***

Illness from food or water can cause diarrhea, upset stomach, vomiting, stomach cramps, fever, headache, muscle pain, infection of the blood, meningitis, or encephalitis. Anyone can get these diseases, but they can be much worse in people with HIV and much harder to treat. When the T-cells in the body try to fight off these diseases, the HIV virus is activated and begins to produce more viruses. This results in the destruction of the person's immunity much faster.

***Water Safety***

Water must be clean and treated to eliminate as many germs as possible. Obviously, water from rivers, lakes and streams can be sources of illness for anyone, but for someone with AIDS even local wells may not be safe. This is true even if the well has been used safely for generations.

treatments are available and becoming more accessible, but by living a healthy lifestyle, one can prolong life with HIV even without treatment. It has been proven that the healthier a person with HIV is, the longer it takes to progress into AIDS. Proper nutrition and hygiene are essential in extending the life of someone with HIV.

### ***The Basics in preventing infections and disease***

Since HIV attacks the body's ability to defend itself against disease, seemingly ordinary things can be harmful or even deadly to someone with AIDS. Someone with AIDS can become ill from things that would never have made them ill in the past. For example:

- Common bacteria may cause skin infections, diarrhea, cramps, fever, vomiting, etc.
- Common diseases for healthy people can be deadly to a person with AIDS. Diseases such as measles, chickenpox, or shingles (Herpes zoster) are a few examples of diseases which can become deadly to someone with HIV. They are also more susceptible to widespread diseases like tuberculosis, malaria, and pneumonia. So sick people must stay away from someone with AIDS. If you are sick and must care for someone with AIDS be sure to wash your hands often and cover your nose and mouth to prevent giving the person with AIDS illness through coughing, sneezing, and nasal secretions.
- Animals can transmit disease to a person with HIV so hand washing is very important after handling animals.
- Common soil can also spread germs and disease to someone with AIDS.

### ***Household cleanliness***

Simple household cleanliness is important to the person with HIV to protect them from infection. The following list includes some suggestions.

1. Use a small amount of bleach in cleaning water. This will help eliminate germs.
2. A person living with AIDS does not need separate dishes, knives, forks, or spoons. Just wash all the dishes together with soap or detergent in hot clean water.
3. A person with AIDS can fix food for other people. But just like everybody else who fixes food, people with AIDS should wash their

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## **5: Beliefs Which Are NOT TRUE About HIV/AIDS (Myths)**

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There are many myths surrounding HIV/AIDS. It is important to educate ourselves on the facts about HIV/AIDS in order to properly protect ourselves and our communities from infection. The following statements in “quotes” are some of the things some people say about HIV that are **NOT TRUE**:

***“HIV is curable.”***

**WRONG.** There is no known cure for HIV/AIDS. There are measures that can be taken to lessen the effect of HIV, such as medications and a healthy lifestyle, but there is no cure to-date. Prevention is the only way to stop the spread of HIV.

***“Saliva, sweat, tears, and urine transmit HIV.”***

**NO.** Only blood, semen, vaginal fluid, or breast milk can transmit HIV.

***“HIV is transmitted by mosquitoes or through an animal bite.”***

**NO.** Mosquitoes do not inject blood from a previously bitten person into the next person they bite—the blood flows in but not out. Even in areas with high HIV infection rates and many mosquitoes, there is no evidence that HIV has ever been transmitted by insects. Animal saliva also does not carry HIV.

***“HIV is transmitted by touching common items in the house.”***

**NO.** It is only transmitted through the 4 body fluids: blood, semen, vaginal fluid, or breast milk.

***“You can catch HIV by sitting next to an infected person.”***

**WRONG.** The virus does not survive in the environment, but only in the 4 body fluids described above.

***“You can get HIV by eating in a restaurant after someone.”***

**NO.** The HIV virus does not live in the air or on the dishes or utensils in the environment. Besides, it is not transmitted by saliva or sweat anyway.

***“HIV is transmitted by touching, hugging, or shaking hands with the infected person.”***

**NO.** The virus is not found in sweat, but only in the 4 body fluids as described.

***“You can get HIV by kissing.”***

**NO.** HIV is not transmitted by saliva.

***“You can catch HIV from a toilet seat.”***

**NO.** HIV does not survive in the open air, and it is not transmitted by sweat, or even urine, anyway.

***“You can get HIV from a swimming pool.”***

**NO.** HIV does not survive in the environment, such as in water.

***“You can tell by looking at someone if they have HIV.”***

**NO.** A person having HIV may appear healthy for years. Only a medical test can detect HIV.

***“Only homosexuals get HIV.”***

**FALSE** HIV can be spread from a man to a woman or from a woman to a man.

***“Sex with a child/infant/virgin can cure HIV/AIDS.”***

**FALSE.** This is a lie fostered by the devil, the enemy of everything good and healthy and holy. Jesus identified enemies of the truth in his day:

*“You are of your father the Devil, and you want to carry out your father's desires. He was a murderer from the beginning and has not stood in the truth, because there is no truth in him. When he tells a lie, he speaks from his own nature, because he is a liar and the father of liars.” John 8:44*

***“You can get HIV from children practicing witchcraft.”***

**NO.** While Satan certainly rejoices in the spread of HIV, the virus is spread through the natural means of body fluids.

- Women can seek an education to hold better jobs.
- Christians can get involved in voting and politics related to women's rights and making laws pertaining to the abuse of women.
- Christians can start ministries aimed at helping victims of rape and HIV.
- Churches should promote respect for women by teaching that:
  - Women and men are both created in the Image of God (Genesis 1:26-27)
  - In Jesus there is no difference between male and female, Jew and Greek (Galatians 3:28)
- We must refuse to place stigmas on those in the community who have been raped or who have HIV.

### ***Justice***

Men and women, government officials, soldiers, and police need to establish and enforce laws against violence and rape. Without penalties to those who are perpetrating rape and violence, HIV will continue to spread.

In the Old Testament, civil laws were established under a principle of justice. The punishment fit the crime. In addition to punishment, another important aspect of justice was that the victims received some kind of restitution for the crime committed. When the people saw the punishment of the guilty, it would deter them from disobeying God's Laws. When violators gave restitution, it brought some healing to the community.

Without punishment for crimes and without restitution, people and communities will be in a state of instability, crime, violence, hatred, and disorder, and rapists will continue to spread disease and destruction.

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## **11: Caring For Those With HIV**

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A person can lead a productive life even with HIV. One can look and feel healthy for a long time. However, they must take precautions to live a healthy lifestyle and to protect others from their body fluids. Drug



- Professionals tend to flee or avoid areas saturated with HIV positive people. This may leave a vacuum of good teachers in schools, and this in turn leads to a lack of education concerning HIV. There is frequently a lack of medical professionals, and economic breakdowns make it even more difficult to get medical help.
- HIV/AIDS kills large numbers of the population, which leads to the erosion of economical development.
- Extreme poverty may lead to increased violence and to desperate means of survival such as stealing and prostitution.
- Orphaned children may join militia groups in order to survive. This increases their chances of getting HIV either by becoming a sex slave or being encouraged or forced to rape women in their raids.
- In the midst of political unrest, many militia groups infected with HIV rape women in order to demoralize and destroy the community, making it easy for rebel leaders to take control of a region.

It's easy to see that each of the problems above tends to feed an endless, vicious cycle of destruction and despair.

### ***Taboo Topics***

In many places in the world, talking about sex, naming body parts, speaking of rape, and talking about HIV are all taboo in the community. As a result, wrong information is often circulated in secret while accurate, reliable information is not discussed in public. This wrong information itself can often lead people to spread HIV unknowingly. It's essential for Christians to break these taboos by speaking the truth with one another both in our families and in the church.

*"You must put away lying and speak the truth, each one to his neighbor, because we are members of one another." Ephesians 4:25*

As people learn more about HIV, and as the Word of God is taught and lived, the spread of HIV can be greatly reduced.

### ***Women's Rights***

Women bear the brunt of injustice related to HIV/AIDS. They often become infected due to rape or the unfaithfulness of their husbands. The church should seek to strengthen the community by encouraging women's rights through a variety of means:

Remember, the statements above in "quotes" are myths—they are **FALSE!**

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## **6: Prevention**

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*"How can a young man keep his way pure? By living according to your word." Psalm 119:11*

While there is no cure for HIV, HIV infection can be prevented. Infidelity, promiscuity, prostitution, homosexuality, drug use (sharing needles), and rape are contributing factors to the rise of HIV. These risky behaviors can lead to HIV and other sexual transmitted diseases. The enemy has a single purpose: to use every means possible—every form of rebellion—to destroy all that is good. But Jesus has a better way:

*"A thief comes only to steal and to kill and to destroy. I have come that they may have life and have it in abundance." John 10:10*

Here are some ways to help prevent the spread of HIV and to preserve life:

1. The number one way to prevent HIV is by choosing abstinence from sex until one is married. Risky sexual encounters increase your chance of getting AIDS no matter what measures you take to protect yourself. This is especially important for young people to understand. God intended for sex to be between a husband and wife. Remaining faithful to one person is essential in preventing the transmission of HIV. Each partner should be tested prior to marriage. Even if one partner has HIV, they can still have sex if they use a latex condom. God's standard of having one sex partner for life may go against what secular and cultural norms dictate, but God calls us to have a higher standard that is pleasing to him and good for us too.

*"Therefore, brothers, by the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your spiritual worship. Do not be conformed to*

*this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.”*  
Romans 12:1-2

2. Abstain from drug and alcohol abuse. The use of drugs and alcohol greatly impairs judgment and can lead to engaging in other risky behaviors. People are more likely to participate in risky behaviors—such as sharing needles or having unprotected sex—while under the influence of alcohol or drugs. If a man who is HIV infected does not use protection because he is drunk, he is not loving and protecting his wife and family as he should.

*“Be sober! Be on the alert! Your adversary the Devil is prowling around like a roaring lion, looking for anyone he can devour. Resist him, firm in the faith, knowing that the same sufferings are being experienced by your brothers in the world.”* 1 Peter 5:8-9

3. A person with HIV infection should never share razors, toothbrushes, tweezers, nail or cuticle scissors, pierced earrings or other “pierced” jewelry, or any other item that might have their blood on it.
4. Clothes and bedding used by someone with AIDS can be washed the same as other laundry as long as very hot water is used. Care should be used if the laundry item has blood, vomit, semen, vaginal fluids, urine, or feces on them. Adding bleach will kill HIV. If at all possible use rubber gloves when handling contaminated items.
5. Needles and other sharp instruments should be used only when medically necessary and handled according to recommendations for health-care settings. Do not put caps back on needles by hand or remove needles from syringes. Dispose of needles in puncture-proof containers out of the reach of children and visitors.



The following sections contain additional ways to prevent the spread of HIV.

*“For wisdom will enter your mind, and knowledge will delight your heart. Discretion will watch over you, and understanding will guard you, rescuing you from the way of evil—from the one who says perverse things, from those who abandon the right paths to walk in ways of darkness, from those who enjoy doing evil and celebrate perversity, whose paths are crooked, and whose ways are devious. It will rescue you from a forbidden woman, from a stranger with her flattering talk, who abandons the companion of her youth and forgets the covenant of her God; for her house sinks down to death and her ways to the land of the departed spirits.”*  
Proverbs 2:10-18

Again Solomon set out a principle that gives hope for parents:

*“Teach a youth about the way he should go; even when he is old he will not depart from it.”* Proverbs 22:6

And he speaks this word to youth:

*“So remember your Creator in the days of your youth: Before the days of adversity come, and the years approach when you will say, ‘I have no delight in them.’”* Ecclesiastes 12:1

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## 10: Community Issues

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### *Destabilization and Community Breakdown*

Many countries across the world experience societal and regional instability because of the widespread affects of HIV on the family and the community.

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### *A life of purity*

Children need to learn at an early age to live a life of purity. There is a phrase “True love waits,” which means that a person should wait until marriage for sexual relations, can help teach them. A young man or woman should learn that God created sexuality for the marriage relationship to build intimacy between husband and wife and for bringing children into the marriage. They should learn that faithfulness to one’s husband or wife is a way we show faithfulness to God.

They should also learn that their bodies are to be the temple of the Holy Spirit, and they should in no way dishonor or harm their bodies either through sexual immorality or by use of drugs (1 Corinthians 3:16-17, 6:18-20). These temptations are pitfalls the devil wants to use to ensnare young people in lives of sin, squandering their potential, and ultimately the despair of broken lives.

In many places in Scripture, such as in Proverbs and some of the Psalms, the Bible teaches young people how to live a wholesome life that is both pleasing to God and rewarding to live. The Bible speaks of living in the fear of the Lord. This is a way of living that always remembers God’s presence in every situation. God is always with us. He can see everything we do and hear everything we say. In fact, since He created us, he knows our innermost thoughts, attitudes, and words—even before we speak them. King David instructed us how to live in the fear of the Lord:

*“Keep your tongue from evil  
and your lips from deceitful speech.  
Turn away from evil and do what is good;  
seek peace and pursue it.  
The eyes of the LORD are on the righteous,  
and His ears are open to their cry for help.  
The face of the LORD is set  
against those who do what is evil,  
to erase all memory of them from the earth.” Psalm 34:13-16*

The way we learn to live in the ways of the Lord is by reading his Word. Storing up God’s Word in the hearts of our children will help them to reject wrong paths in life. King Solomon taught:

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## 7: Men's Issues

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### *Circumcision*

Recent studies have shown that male circumcision (the surgical removal of the foreskin from the penis) can reduce the risk of HIV, but does not prevent it. The underside of the foreskin in uncircumcised men harbors certain kinds of cells which more easily attach to the HIV virus. In addition, because the foreskin may tear during intercourse, this puts the man at a greater risk for contracting the disease. But remember, circumcised men can still contract HIV.

### *Sexual immorality*

God intended for sex to be between one man and one woman in a marriage relationship.

*“This is why a man leaves his father and mother and bonds with his wife, and they become One flesh.” Genesis 2:24*

It’s important that men do not engage in sex outside of the marriage relationship for any reason.

*“You shall not commit adultery.” Exodus 20:14*

Men may give many excuses for adultery. Some men believe women were made just for men's pleasure; some insist that they must have their sexual needs met; some do it to feel powerful or have a sense of control over women or their circumstances; some are proud in their virility or popularity; some do it to be designated “a man”, some do it from other social pressures; some do it to relieve stress or cover inner pain; some to appease the spirits or to make them do something for them; some believe it will actually prevent them from getting HIV—or cure them from it; some use it as a weapon of war. Each of these reasons for sexual impurity is a lie and is destructive to one’s own body, their family, and society. Each is a perversion of God's creation of sex for the oneness of the marriage relationship and for procreation.

*“Therefore God delivered them over in the cravings of their hearts to sexual impurity, so that their bodies were degraded*

*among themselves. They exchanged the truth of God for a lie, and worshiped and served something created instead of the Creator, who is blessed forever. Amen.” Romans 1:24-25*



Instead of proving power, immorality proves to be destructive. A man should show the power of self-control. He should find pride in being faithful to God and to his own wife. He should value and love his wife and care for her. He should be a protector of his wife and family—and this includes protecting them from HIV/AIDS.

*“Husbands, love your wives, just as also Christ loved the church and gave Himself for her, to make her holy, cleansing her in the washing of water by the word. He did this to present the church to Himself in splendor, without spot or wrinkle or any such thing, but holy and blameless. In the same way, husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hates his own flesh, but provides and cares for it, just as Christ does for the church, since we are members of His body.” Ephesians 5:25-30*

It is irresponsible for a man to engage in risky behavior and expose his family to the possibility of bringing HIV into the home, and it also violates one's relationship with Christ.

*Do you not know that anyone joined to a prostitute is one body with her? For it says, The two will become one flesh. But anyone joined to the Lord is one spirit with Him. 1 Corinthians 6:16-17*

In short, God wants us to flee from sexual immorality and impurity.

*“Flee from sexual immorality! ‘Every sin a person can commit is outside the body,’ but the person who is sexually immoral sins against his own body. Do you not know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price; therefore glorify God in your body.” 1 Corinthians 6:18-20*

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## 9: Children's Issues

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### **Orphans**

When parents with HIV/AIDS die, they often leave children all alone. Children need the care of other family members, neighbors, the church, or a local orphanage. All Christians are called to help care for orphans, either directly or as a group ministry through the church:

*Pure and undefiled religion before our God and Father is this: to look after orphans and widows in their distress and to keep oneself unstained by the world. James 1:27*

In addition, many Christian families should consider adoption.

### **Witchcraft and sorcery**

Children are sometimes blamed wrongly for the spread of HIV. There are some who believe that children spread this disease through witchcraft or sorcery. But HIV is spread largely through promiscuity and rape. While the devil rejoices in and promotes destructive lifestyles that spread HIV, it is still through the infected body fluids of people with HIV that others catch it. And then Satan promotes the lie that children are to blame, bringing about further destruction of innocent lives.

There are even prophet-type leaders who earn a lot of money from people paying them to “exorcise” the demons out of children. Blaming children and putting them through ritual abuses is not pleasing to God. Jesus said:

*“See that you don't look down on one of these little ones, because I tell you that in heaven their angels continually view the face of My Father in heaven.” Matthew 18:10*

Even the rituals these people use are unbiblical, for rituals don't cast out demons—it is only by calling on Jesus and by His authority that people are freed from demons. Rituals for casting out demons only have their origin in witchcraft-based religious practices.

*"The Spirit of the Lord GOD is on Me,  
because the LORD has anointed Me  
to bring good news to the poor.  
He has sent Me to heal the brokenhearted,  
to proclaim liberty to the captives,  
and freedom to the prisoners." (Isaiah 61:1)*

### ***Post-Traumatic Stress/Emotional and Psychological Trauma***

Women who have been raped or suffered violence often experience emotional or psychological difficulties after the attack. These difficulties may include the following: recurring dreams/nightmares of the violence; avoidance of men or anything which would trigger a memory; an inability to talk about the experience; difficulty sleeping; fear, shame, or anger; issues related to work productivity; and difficulties in interpersonal relationships. Jesus can offer us hope and help as we work through trauma. If possible, seek the help of a counselor or a support group.

### ***Stigmatism***

Women who have been raped often find that the families and communities, who once loved and supported them, now treat them as though they are polluted by what has happened to them. Sometimes their husbands leave them. Sometimes they are not wanted in the work world. There is a belief that mentally they cannot function normally.

These attitudes and actions against victims of rape are very damaging and destructive to communities and to the women themselves. These women experience social isolation, ridicule, extreme poverty, hopelessness, and severe stigmatism.

As believers, we must not fall into this destructive trap set by Satan for the hearts and minds of our communities. Instead, we must help these women regain their dignity and minister to them in the ways of Jesus. Church leaders and Christian husbands must initiate changes in community attitudes that bring health and healing to individuals and families.

### ***Multiple wives***

Be careful about following traditions of inheriting wives from a family member who has died. If the woman is HIV positive, she can pass on the infection to her new husband. Since it is against God's ideal to have more than one wife, providing for and caring for a widow is the better option apart from having sexual relations with her.

*"He must not acquire many wives for himself so that his heart won't go astray." Deuteronomy 17:17a*

*"Deacons must be husbands of one wife, managing their children and their own households competently."  
1 Timothy 3:12*

The fact that kings sometimes had multiple wives points simply to the hardness of men's hearts. It's like divorce, about which Jesus said:

*"Haven't you read that He who created them in the beginning made them male and female, and He also said:*

*For this reason a man will leave*

*his father and mother*

*and be joined to his wife,*

*and the two will become one flesh ?*

*So they are no longer two, but one flesh. Therefore what God has joined together, man must not separate." Matthew 19:4-6  
(Jesus quotes from Genesis 1:27 and 2:24)*

### ***Procreation***

Many cultures put great importance on the birth of children to carry on the family name. Children are indeed a gift from the Lord (Psalm 127:3), but if either the husband or wife have HIV, it is unloving and destructive to the other spouse and potentially to the child to have unprotected sex. For such a couple, having their own children is simply not an option. Instead, adoption is a loving and honorable means God has given to care for and protect children and to fill the house and hearts of the parents with joy. Think of the great people who were adopted: Moses was adopted by Pharaoh's daughter (Acts 7:21), and Queen Esther had been adopted by her cousin Mordecai (Esther 2:7,15). All of us who are Christians and call God Father have been adopted into his family:

*“All those led by God's Spirit are God's sons. For you did not receive a spirit of slavery to fall back into fear, but you received the Spirit of adoption, by whom we cry out, ‘Abba, Father!’ The Spirit Himself testifies together with our spirit that we are God's children, and if children, also heirs—heirs of God and co-heirs with Christ—seeing that we suffer with Him so that we may also be glorified with Him.” Romans 8:14-17*

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## 8: Women's Issues

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Women have a right to say no to sex. A woman should never feel forced into having sex against her will.

### ***Women's role in society***

Women are the backbone of society and serve in integral and key roles to hold families and societies together. They are frequently the most influential family members. They should be treated with love and respect befitting a wife, mother, and daughter. They are equal heirs of God's promises in his kingdom and family of faith.

*Husbands, in the same way, live with your wives with understanding of their weaker nature yet showing them honor as co-heirs of the grace of life, so that your prayers will not be hindered. 1 Peter 3:7*

### ***Sexual terrorism***

When women are forced to commit the sex act outside of their will, it is called rape. When such acts are committed by militia, gangs, men infected with disease, or in war situations, it is sexual terrorism. Acts of rape are not the woman's fault. A victim of rape is just that—a victim.

### ***Women as “property”***

Some cultures require a bride-price, but this should never mean that a woman is property. Rather, it is a sign of sincerity by the man, an act of good will binding the families. It is an assurance that the woman will be valued, treated well, and well taken care of. And it may provide for the welfare of the woman if something should happen to her husband.

Christ paid for the church with his own life (1 Corinthians 6:19b-20). Each one of us belong to Christ, not as property, but as his own body (Ephesians 5:25-28). So husbands should view their wives as a part of themselves:

*“In the same way, husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hates his own flesh, but provides and cares for it, just as Christ does for the church, since we are members of His body.” (Ephesians 5:28-30)*

So women should not be cast out of the home if they have been raped. They are not property, and they should not be viewed as “damaged goods” if they have been raped. The husband also should not think that she has dishonored him in some way. One purpose of the rapists is to break up families and break up society. By maintaining the home, this purpose of the rapists is denied.

God intends for marriage to reflect the image of God.

*God created man in His own image;  
He created him in the image of God;  
He created them male and female. (Genesis 1:27)*

Both the husband and the wife are made in the Image of God, and the marriage relationship is a commitment for life. What others do to us does not break the Image of God that we are supposed to reflect, nor does it destroy the oneness of the marriage relationship. God's image in marriage and the oneness of marriage are muddied only by our personal choices to sin.

Victims of rape need the care of their husbands and children, as well as that of the church. Many of them suffer pain, bleeding, and incontinence from brutal mutilations, and may need medical attention as well. Think of the story of the Good Samaritan (Luke 10:25-37). He cared for the wounds of a stranger who had suffered at the hands of a gang, and we too should care for our own family members and others who have become a victim. We are to bind up their wounds, both physical and emotional, and take care of them. This is one way we can join in with the ministry of Jesus: