

- Medicines often have unwanted side effects.
- Medicines can interfere with food and nutrition.
- Take medicines prescribed by health workers only.

Avoid alcohol:

- Alcohol harms the liver.
- Alcohol can cause you to be more vulnerable to infections.
- Alcohol destroys vitamins in the body.
- Combined with medicines it can increase the unhealthy effect on the liver.
- Too much alcohol can make it more difficult to practice safe sex.

Find support

The **AIDS Helpline** of the **Department of Health** offers a **24-hour toll-free advice service** for people with HIV/AIDS and their carers.

AIDS Helpline
0800-012-322

If you need more support in any area, there are some important contacts at the end of the guidelines. Why not volunteer? As a person living with HIV/AIDS, you may be able to help others.

CARING FOR SOMEONE WITH HIV/AIDS

People with HIV/AIDS often need help when they are not feeling well. There are many loving and kind people around who care enough to lend a hand. Here are some tips for those family members, partners, friends, buddies, neighbours, colleagues and others who support the person living with HIV/AIDS.

REMEMBER: HIV cannot be transmitted by food or drink. It is safe to share cups, plates, knives and forks.

- **Be gentle.** Do not force the person to eat. Giving too much food at one time may cause them to refuse.
- **Be encouraging.** Go with the flow. If they want to have food of their choice at any time of the day, this should be accommodated where possible.
- **Help where you can.** Help to clean the kitchen if you cannot help with food. Help to tidy the house when they are feeling unwell. Help may also be welcome to mind the children, mow the lawn or do the laundry or shopping.
- **Visit often.**
- **Invite him or her** over for dinner or take them out on a picnic.
- **Keep a watchful eye.** Do not pry, but look around to see if the hygiene needs attention or if there is enough food in the house.
- **If they are not feeling well,** cook extra food and take some to them.
- **Look after yourself.** Carers have to be healthy and strong too. Make sure you have support for yourself too.
- **Get enough rest.** Take some time off. If you are too tired you are not much use for the person you are caring for. Get some help for yourself if you can. Ask a friend or family member to stand in for you, or arrange to take turns.
- **Get some support.** There are many people out there who know what you are feeling. The organisations listed at the end of the document also offer support for people who are caring for people living with HIV.
- **Touch the person you are caring for. Touching shows compassion.**

Addendum I HIV/AIDS HELP ORGANISATIONS

- 1. AIDS Action Office Beyond**
011-482-6737
011-482-2099

P O Box 994
Auckland Park
2006

.....
- 2. AIDS Consortium**
011-403-0265
011-403-0390

4th Floor, East Wing
185 Smit Street
Braamfontein
2017

P O Box 31104
Auckland House
Braamfontein

.....
- 3. AIDS Counselling Care and Training (ACCT)**
011-933-9340
011-933-4361

Glyn Thomas house
C Hani/Baragwanath Hosp

P O Box 255
Diepkloof
1864

.....
- 4. AIDS Helpline**
0800-0123-22

.....
- 5. AIDS Info Centre**
011-313-7988

.....
- 6. AIDSLink**
011-484-4803
083-309-6840

23 Mitchell Street
cnr Fife Ave/Louis Botha
Berea

P O Box 403
Melville
2002

.....
- 7. AIDS Management and Support**
011-786-6492

28 10th Avenue
Highlands North

P O Box 92022
Norwood
2117

.....
- 8. AIDS Youth Project (AYP)**
011-424-1966
011-424-2827

P O Box 263
Daveyton
1520

.....
- 9. Anglican Diocese of Johannesburg**
011-447-1139
011-768-1313

49 22nd Street
Parkhurst
2193

.....
- 10. Atara Ministeries**
082-682-4476

P O Box 74
Sundra
2200

.....
- 11. ATICC Bloemfontein**
051-405-8544
051-405-8818

Chris de Wet Building
83 Charles Street
Bloemfontein
9300

P O Box 3704
Bloemfontein
9300

.....
- 12. ATICC Cape Town**
021-400-3400
021-400-2682
021-419-5248

Ground Floor
Civic Centre
12 Hertzog

P O Box 2815
Cape Town
Boulevard 8000

.....
- 13. ATICC Durban**
031-300-3104
031-306-9294

City Health Dept Building
9 Old Fort Place
Room 241

P O Box 2443
Durban
4000

.....
- 14. ATICC East London**
043-705-2621
043-743-9743

City Health Department
Beconfield Raod
East London
5201

.....
- 15. ATICC Johannesburg**
011-725-6711/12
011-725-5966

17 Esselen Steet
(c/o Plein)
Hillbrow

P O Box 2001
Johannesburg
2000

.....

- 16. ATICC Klerksdorp**
018-464-2010
018-674-0192
018-464-1386

P O Box 99
Klerksdorp
2570
.....
- 17. ATICC Nelspruit**
013-752-3770

7 Bell Street
Nelspruit
.....
P O Box 45
Nelspruit
1200
.....
- 18. ATICC Pietermaritzburg**
033-395-1612/3
033-42-3245

42 Havelock Street
Pietermaritzburg
3200
.....
- 19. ATICC Port Elizabeth**
041-506-1415
041-506-1486

191 Govan Mbeki Avenue
Port Elizabeth
.....
P O Box 293
Port Elizabeth
6000
.....
- 20. ATICC Pietersburg**
015-290-2363
015-290-2364
.....
- 21. ATICC Pretoria**
012-308-8743/4/5
012-308-8754

Sammy Marks Building
c/o Prinsloo & Vermeulen
Pretoria
.....
P O Box 234
Pretoria
0001
.....
- 22. ATICC Queenstown**
045-838-2233
045-838-3244

P/Bag X7111
Queensstown
5320
.....
- 23. ATICC Qwa-Qwa**
058-713-2573
058-713-2502

Old Guest House Building
c/o Setsoni and Makhabane Streets
Phuthaditjhaba
9866
.....
- 24. ATICC Roodepoort**
011-763-1224
011-763-6588

City Health Department
C/o Joubert and Van Wyk Street
Roodepoort
1725
.....
- 25. ATICC Umtata**
047-531-2763
047-531-5186

45 AC Jordan Street
Northcrest
Umtata
5100
.....
- 26. ATICC Vaal**
016-950-5337/8
016-981-9722

Leonie Building
18 Pres Kruger Str
Vanderbijlpark
.....
P O Box 3
Vanderbijlpark
1900
.....
- 27. ATICC Welkom**
057-353-3029
057-352-9277

Private Bag X15
Welkom
9460
.....
- 28. ATICC Witbank**
013-90204
013-90-6459
.....
- 29. Bambanani Support Group (Unity)**
016-950-5337/8
016-981-9722

C/O ATICC
P O Box 3
Vanderbijlpark
.....
C/O ATICC
P O Box 90
Sharpeville
.....
955 Eastern Road
Mafatsana
Evaton
.....
933 Zone 6 Ext 2
Sebokeng
1982
.....
- 30. Business Council on HIV/Aids**
011-615-6561
011-615-6748
083-335-2599

AGG 24 ESKOM Distribution Services
P O Box 1091
.....

-
- 48. Healthwise Women's Clinic**
011-720-5900/1
- | | |
|--|-----------------------------|
| Room 7868
2 nd Floor
Highpoint Centre | P O Box 538
Wits
2050 |
|--|-----------------------------|
-
- 49. Helen Joseph Hospital HIV Clinic**
011-489-0340
011-489-0883
- | | |
|-----------------------------|--|
| Perth Road
Auckland Park | Private Bag X47
Auckland Park
2006 |
|-----------------------------|--|
-
- 50. Highway Hospice Association**
- Greater Durban area
031-2086/2
- | | |
|---------------------------------------|---------------------------------|
| 59 Locksley Drive
Sherwood
4091 | P O Box 28
Westville
3630 |
|---------------------------------------|---------------------------------|
-
- 51. Hillcrest, Molweni and Nyuswa AIDS Centres**
031-765-5866
- | | |
|-----------------------------------|-----------------------------------|
| 9 Nqutu Road
Hillcrest
3650 | P O Box 2474
Hillcrest
3650 |
|-----------------------------------|-----------------------------------|
-
- 52. Hope Worlwide**
011-678-0991
011-476-5614
- | | |
|---------------------------------|--------------------------|
| Jabavu Clinic
Soweto
2195 | 220 Cornelis
Fairland |
|---------------------------------|--------------------------|
-
- 53. Hospersa**
011-985-2083
011-933-9141
- 393 Diepkloof Extension
P O Diepkloof
1864
-
- 54. Infectious Diseases Clinical Trials Unit**
011-482-2626
A syndicate of the Wits Health Consortium
- | | |
|--|---|
| Postnet Suite 175
Private Bag X2600
Houghton
2041 | 17Eton Road
Parktown
Johannesburg
2193 |
|--|---|
-
- 55. Institute for Primary Health**
012-799-5871
- | | |
|---|----------------------------------|
| Room 3104/5
Block C
TNG Telkom Building
College Road
Soshanguve | P O Box 1133
Pretoria
0001 |
|---|----------------------------------|
-
- 56. Lethukukhanya Health Institute**
011-834-6759
- | | |
|---|------------------------------------|
| 10 th Floor Longsbank Build
187 Bree Street
Johannesburg | P O Box 84142
Greenside
2034 |
|---|------------------------------------|
-
- 57. MX Health Institute**
HIV/AIDS Management and preventative programmes
012-663-3009
- | | |
|---|-----------------------------------|
| 1279 Mike Crawford Ave
Centurion
0046 | P O Box 7687
Centurion
0046 |
|---|-----------------------------------|
-
- 58. Mookodi Community Health Care**
082-702-3184
- P O Box 1715
Vereeniging
1930
-
- 59. Morning Star Children's Shelter**
057-352-6568
- Terminal care
19 Landrost Street
Dagbreek
Welkom
-
- 60. Motivation Educational Trust (Kerux)**
Diana Princess of Wales Children's Care Centre
HIV/Aids care and intervention, education and training
012-318-6759/29
011-802-8284
- | | |
|---|--|
| Kalafong Hospital
Kalafong Road
Pretoria West | P O Box 75222
Lynwood Ridge
0040 |
|---|--|
-

- 61. NAPWA (National Association for PWA's)**
- National Office**
012-420-4410/1
- | | |
|---|---|
| 1 st Floor Huis en Haard
c/o Lunnon & Tindall Str
Lynnwood | 4 th Floor
Auckland House
c/o Smit & Biccard Str |
| Private Bag X21
Sunnyside
0132 | P O Box 1661
Houghton
2041 |
- Eastern Cape**
041-487-3397
- Free State**
051-405-8817
083-744-6615
- | | |
|--|---|
| C/O ATICC Bloemfontein
Chris de Wet Building
83 Charles Street | Private Bag X2831
Bloemfontein
9300 |
|--|---|
- Gauteng**
011-982-5451
- KwaZulu-Natal**
031-300-3914
031-305-4575
- | | |
|-----------------------------------|--|
| 15 Browns Road
Point
Durban | City Health Department
Room 214
Old Fort Place |
|-----------------------------------|--|
- Western Cape**
021-637-2190
021-699-0451
- | | |
|------------------------------|---|
| 114 Hout Street
Cape Town | P O Box 27262
Rhine Road
Seapoint |
|------------------------------|---|
-
- 62. National AIDS Convention of South Africa**
041-506-1415/86
Networking and lobbying
- | | |
|--|---------------------------------------|
| Office 623
Pier 14 Building
Govan Mbeki Avenue | P O Box 293
Port Elizabeth
4000 |
|--|---------------------------------------|
-
- 63. Netcare**
011-784-7523
Disease management
Sanlam Park
c/o Fredman/Buit Streets
Sandown
-
- 64. Netcare Rehabilitation Hospital**
011-489-1249
011-489-1240
- P O Box 150
Auckland Park
2006
-
- 65. N G Ministry of Caring (Southern Transvaal)**
082-801-8669
011-825-3678
- | | |
|---|----------------------------------|
| 117 De Korte Street
Braamfontein
2001 | P O Box 208
Germiston
1400 |
|---|----------------------------------|
-
- 66. Oasis**
011-402-8181
- 128 8th Avenue
Mayfair
-
- 67. Oasis of Life Support Network**
011-424-4137
011-426-1411
- | | |
|---|--------------------------------|
| 71172 Sinaba Street
Daveyton Ext 2
1520 | P O Box 1180
Benoni
1500 |
|---|--------------------------------|
-
- 68. Positive Women's Network**
012-343-0953
- | | |
|---|-------------------------------------|
| 133 Verdoorn Street
C/o Jorissen Street
Sunnyside
0132 | Suit 159
Postnet X21
Pretoria |
|---|-------------------------------------|
-
- 69. Radio Centre for Democratic Communication**
011-403-2750
011-403-1510
National network of community radio stations
First Floor
Leyds Street
Cosatu House
- | | |
|--|---------------------------------------|
| | P O Box 32022
Braamfontein
2000 |
|--|---------------------------------------|
-
- 70. Red Cross SA – Vaal Branch**
016-593-1427
- | | |
|---------------------------------------|-------------------------------------|
| 1768 Togo Road
Evaton
Mafatsane | P O Box 5097
Evaton
Mafatsane |
|---------------------------------------|-------------------------------------|
-
- 71. Red Ribbon, The**
011-804-7240 o/h
Social and recreational center for PWA's
-
- 72. Salvation Army, The Bethesda House**
011-986-7417
A home away for HIV children and mothers
- | | |
|---|------------------------------------|
| Plot 64
Carl Sithole Campus
Klipspruit Ext II
Soweto | P O Box 180
P O Orlando
1804 |
|---|------------------------------------|
-

- 73. Sparrow Ministries**
011-763-1466
011-763-5098
- 49 6th Avenue
Roodepoort North
1724
- P O Box 91790
Auckland Park
2006
-
- 74. St John's Ambulance Foundation**
011-403-4227
011-403-2533
- c/o Leyas & Loveday
Braamfontein
- P O Box 744
Johannesburg
2000
-
- 75. St Luke's AIDS Committee**
011-640-4208
011-485-3659
- 15 Kent Avenue
Sandringham
2192
-
- 76. Takalani HIV/AIDS Resource Centre**
0551-42425
0551-41842
- c/o Somerset & Grey
Old Post Office Building
Aliwal North
- P O Box 736
Aliwal North
9750
-
- 77. Tembisa AIDS Co-ordinating Committee**
011-926-6419
011-926-2860/62
- 152 Emkhathini Section
Tembisa
- P O Box 410
Halfway House
1685
-
- 78. Township AIDS Project**
011-982-1016
011-982-1027
- Ipelegeng Comm Centre
c/o Khumaid & Phera
Crossroads
- P O Box 4168
Johannesburg
2000
-
- 79. Triangle Project, The**
021-448-3812
021-633-9921
Gay and lesbian AIDS support
-
- 80. Tsakane Vision for Life**
011-737-2235
011-735-5020
011-735-2134
- 6558 Ndabezitha St
Tsakane
- P O Box 381
Tsakane
1550
-
- 81. Tshepong AIDS Project**
018-294-4679
- Potchefstroom Hospital
Potchefstroom Botha St
- P O Box 1184
Potchefstroom
2520
-
- 82. Ubuntu Community Centre**
0531-71-5138
0531-71-3634
0531-42042
- 6842 Makapane Street
P O Mankurwane
Galeshewe
-
- 83. Ubuntu Community Organisation**
011-488-4126/7/8/9
011-488-4191
082-889-5821
- P O Box 94
Thokoza
1421
-
- 84. Vaal AIDS Home-based Care**
016-455-4026/7
082-640-3525
- 30 Voortrekker Street
Princess Palace
2nd Floor
Suite 8
- P O Box 2160
Vereeniging
1930
-
- 85. Valley Trust. The**
031-777-1955
031-777-1114
- Zulu Reserve Road
Bothas Hill
- P O Box 33
Bothas Hill
3660
- Cape Town**
021-423-7385
021-423-7387
- 76 Long Street
Cape Town
8000
- P O Box 16082
Vlaeberg
8018
- Gauteng**
011-933-4361
011-933-4379
- P O Box 255
Diepkloof
1864
Block 87
Opposite Male Psychiatric Unit
Chris Hani / Baragwanath Hospital
- Potchefstroom**
018-297-0366/7
- Potchefstroom Hosp P O Box 2573

c/o Botha & Kruis St
Potchefstroom

Potchefstroom
2520