



HIV TEST HELPS YOU AND YOUR FAMILY STAY STRONGER AND HEALTHIER
ALLAH SAYS IN THE QURAN,
.. DO NOT GIVE UP AND DO NOT BE DOWN HEARTED YOU SHALL BE UPPERMOST IF YOU ARE BELIEVERS.. (QURAN 3:139)
NARRATED BY ABU SAID: - ALLAH'S MESSENGER SAID
.. WHEN YOU GO IN TO VISIT THE SICK, EXPRESS A HOPE THAT HE WILL LIVE LONG, THAT WILL NOT AVERT ANYTHING BUT IT WILL COMFORT HIM.. BUKHARI 7140
Living with HIV is not the end of life, rather there is a long healthy and productive life so long as there is adherence to medication care and support. HIV is a virus like any other and living positive is not shameful.
If a person is at risk of HIV infection, better life and healthy living start with getting tested. The continuous use of ARV's helps reduce the infection. Being infected should therefore not be a reason to live in worry, sorrow, dejection and stressful.
With change in attitude one can live positively and can contribute actively to the progress of his community and can be a role model.

WEEK 2



TAKE CARE OF YOURSELF AND OF YOUR FAMILY
.. AND TO PARENTS DO GOOD, AND TO RELATIVES, ORPHANS, THE NEEDY, TRAVELLER AND THOSE WHOM YOUR RIGHT HAND POSSES, INDEED ALLAH DOES NOT LIKE THOSE WHO ARE ARROGANT AND BOASTFULL.. (ANNISA 4:361)
.. O YOU WHO BELIEVE PROTECT YOURSELVES AND YOUR FAMILIES FROM THE HELL FIRE.. (QURAN 6:6)
Each one of us has something either to give to or to require from others so that many people, especially men, find it as burden to take care of their parents, relatives, orphans and their Neighbours. Women are mostly the care givers.
We can take measure to protect the people we love as well as ourselves. Among the ways we can protect them is by getting to know our status through testing, getting factual information and knowledge of HIV, by loving, supporting and caring for those who are affected among us.
The foundation of any community is based on stronger families, healthy, productive and vibrant young people who should always be taken care of.

WEEK 3

TIME OF HOPE

A DEVOTIONAL RESOURCE WITH MESSAGES OF HOPE FOR EACH FRIDAY OF THIS MONTH

WEEK 1

LIVE LONGER AND STRONGER WITH HIV TREATMENT FOR LIFE

.. O WORSHIPPERS OF ALLAH USE MEDICAL TREATMENT.. BUKHARI 54661
NARRATED FROM JABIR LBN ABDULLAH, ALLAH'S MESSENGER SAID,
.. THERE IS REMEDY FOR EVERY MALADY.. TIRMIDHI 2170
.. SEEK CURE FOR DISEASE FROM WHAT IS LAWFUL .. ABU DAUD 3874

Alternative medical options, including herbalist and witch doctors, harmful cultural and religious beliefs do interfere with good health seeking practices and may also compromise the health of people living with HIV.

Other people prefer religious remedies for diseases including HIV before visiting hospitals. However, we can recommend that ways to build bridges be initiated so as to enable individual's preference be incorporated into a more responsive health care system.

Individuals should not always be rational decision makers; they should as well rely on religious guidance and also professional advice. It is important to systematically review available information and forming behaviour intention from guidelines and the advice.

It is therefore important that we encourage and ensure regular visits to health facilities for professional care and health advice. One should always consult a qualified health care giver when feeling illness before faith healing prayer. **Adherence to medication helps in building self esteem and plan better for prosperity.**

WEEK 4

BEING A STRONG MAN COMES WITH TAKING RESPONSIBILITY

.. MEN WHO BELIEVE, PROTECT YOURSELVES AND YOUR FAMILIES.. (QURAN 6:6)

NARRATED ABU HURAIRA THE MESSENGER OF ALLAH SAID,

.. DO NOT ENVY EACH OTHER, DO NOT OUTBID EACH OTHER, DO NOT HATE EACH OTHER, DO NOT TURN AWAY FROM EACH OTHER AND DO NOT OUTSELL EACH OTHER.. (MUSLIM 2564)

The role of protecting and caring for people living with HIV cannot be confined to women alone. Men need to encourage their partners to accompany them for testing. Men exhibit attitudes and behaviors like violence, resistance to negotiation with a partner and sometimes stigmatize the affected. They are also reluctant to access health services out of the belief that doing so indicates weakness.

If a man access HIV service, it will be beneficial to his family and the community as a whole. They can influence the community to positively live with people living with HIV without being judgmental.

Men must stand up in the community and justly change the narrative of shame and dishonor that is associated with people living with HIV.

