

AIDS

DEFINITION:

AIDS is an acronym made up of the letters of the following words:

Acquired : get affected from others.

Immune : our body's resistance against infection

Deficiency : lack

Syndrome : group of symptoms

AIDS is a serious (often fatal) disease of the immune system transmitted through blood products especially by sexual contact or contaminated needles

INTRODUCTION

AIDS happens due to a particular virus called HIV (Human Immunodeficiency Virus). In a normal situation when a human body is attacked by foreign objects, the body tries to fight them with the help of antibodies. People with the HIV virus in them are HIV positive while the ones devoid of it are HIV negative.

The HIV disease eventually wears down every bit of the human immune system and thus you can easily get affected by any sort of foreign particles entering your body on a daily basis. In case your immune system isn't properly functioning or is not working as it should then the viruses, bacteria and parasites that didn't

pose any serious threat previously become deadly.

As partners against HIV/AIDS, together we pledge to pool our resources and to commit our brainpower!

There is still no cure for HIV/AIDS. Nothing can prevent infection except our own behaviour.

We shall work together to support medical institutions to search for a vaccine and a cure.

We shall mobilize all possible resources to spread the message of prevention, to offer support to those infected and affected by HIV/AIDS.

And so today we join hands in the partnership, fully aware that our unity is our strength.

Together, as partners against HIV/AIDS, we can and shall win.

TRANSMISSION

There are a few ways by which one can get affected by this dreaded virus and "get" AIDS

This virus spreads from one person to the other and AIDS is a STD or a sexually transmitted disease.

- ✚ You can be affected by AIDS in case you have unprotected sex with an already infected person or even if you share the

same needle for smacking with the infected person.

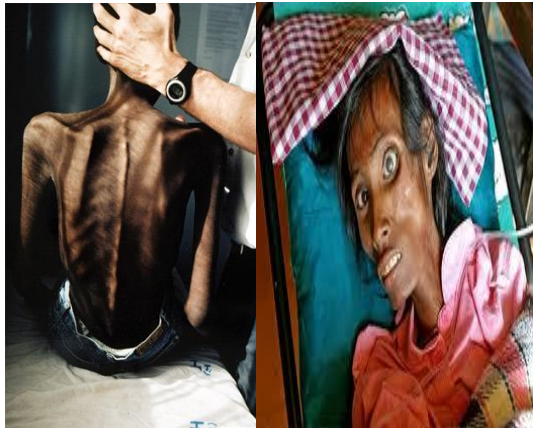
- ✚ An infant born from an infected mother's womb also might acquire AIDS.
- ✚ A particular transfusion of the bad blood or the infected blood is also a way by which people do fall victim to this deadly disease.

INITIAL SYMPTOMS OF AIDS

- ✚ Swelling in the neck, behind the ear, under the arm and in the groin.
- ✚ Sores in the lips, which do not heal.
- ✚ Thrush - a white rash inside the mouth or in the private parts.
- ✚ Signs of TB –cough and sweating.
- ✚ Fever and sweating at night.
- ✚ Losing weight and Diarrhoea that does not stop.



FINAL SYMPTOMS OF AIDS



- ✚ TB
- ✚ Pneumonia.
- ✚ Painful rashes.
- ✚ Weakness and tiredness.
- ✚ Dark blue marks on the skin.
- ✚ Losing a lot of weight.
- ✚ Headaches, fits, blackouts, loss of memory and difficulty in concentrating.

AIDS PREVENTION

- ✚ Abstain from sex. Not having sex is the only definite way to prevent the sexual transmission of HIV.
- ✚ If you decide to have sex, your risk can be reduced by limiting your number of partners, using protection every time, and avoiding contact with body fluids.
- ✚ Never share needles, syringes, or other drug paraphernalia.

- ✚ Avoid sharing personal care items that may have blood on them, such as toothbrushes and razors.
- ✚ Health care and public safety workers should always practice universal precautions such as wearing gloves, gowns, goggles, and face masks as appropriate when coming into contact with body fluids.
- ✚ In a health care setting, sharps, such as needles, should be disposed of in appropriate sharps containers and extreme caution should be exercised when handling.
- ✚ If you are at risk for contracting HIV, or think you've been exposed, get tested immediately. If you continue to be at risk, get tested often.

CURE FOR AIDS

There is currently no cure for **AIDS**

IN INDIA

Population: 1 169 000 000

National adult prevalence: 0.3%

Prevalence among young people (15-24 years): 0.3% of young men, 0.3% of young women

TB prevalence: 299 per 100 000 population

Number of adults living with HIV: 24,00,000 (8,80,000 are women)

SOUTHERN RAILWAY MAZDOOR UNION
Observes

December 1st



World AIDS Day

Universal Access and Human Rights





**SOUTHERN RAILWAY MAZDOOR UNION
RED RIBBON COMMITTEE
OBSERVES
WORLD AIDS DAY**

HIV – AIDS – A workplace issue

- HIV AIDS is a workplace issue – Not because it affects the workforce but also because the workplace can play a vital role in limiting the spread and effects of the epidemic.
- The workplace is therefore an ideal place to deal with the issue. It is important to:
 - Protect job security and rights
 - Help reduce HIV infection through information, education, peer support and practical prevention measure
 - Offer care, support and treatment
 - Ensure social protection

SOUTHERN RAILWAY MAZDOOR UNION

(Registered No.3067, Recognised & Affiliated to All India Railwaymens Federation and the Hind Mazdoor Sabha)

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REPORT OF RED RIBBON COMMITTEE **Universal Access and Human Rights**

The Red Ribbon Committee of Southern Railway Mazdoor Union had been coordinating with the employees of Southern Railway and the Public at Railway stations campaigning against the dreadful disease HIV-AIDS by means of posters, distributing pamphlets, booklets and singing songs creating awareness among the public.

This year importance was given to HIV – AIDS – as a workplace issue during the discussion.

In each and every rest room, toilets, etc. posters were pasted. Women of SRMU wore badges of Red Ribbon on World aids Day.

World AIDS Day is being observed on 1st December, since 1988. The concept originated at the 1988 world summit of Ministers of Health on programmes for AIDS prevention. Today transport workers need to know about this dreadful disease.

Southern Railway Mazdoor Union women observed HIV / AIDS awareness programme at Chennai Moore Market Complex on 1st December 2010. Dr.S.Lalitha, Chief Hospital Superintendent attended and presented a lecture about Aids awareness. Dr.R.Jeyamohan, Nodal Officer / Dy.CMD/ H&FW/MAS and Smt. Jothi Radium, Asst. Health Education Officer Spoke on HIV / AIDS.

Staffs were advised to conduct Elisa (Enjyme Linked Immuno-Sorbent Assay) test. Do Elisa (Test for HIV / AIDS) Treat infection if Positive, Free from fear if Negative, for Counseling & Testing call at Chennai Central Suburban Station Platform No-12 in APAC / VHS, Chennai

On women's day too, an exhibition has been organized at Headquarters office of Southern Railway, Chennai Central.

Sd/-

(M.RENUKA LAKSHMI)
ZONAL CHAIRPERSON-SRMU