

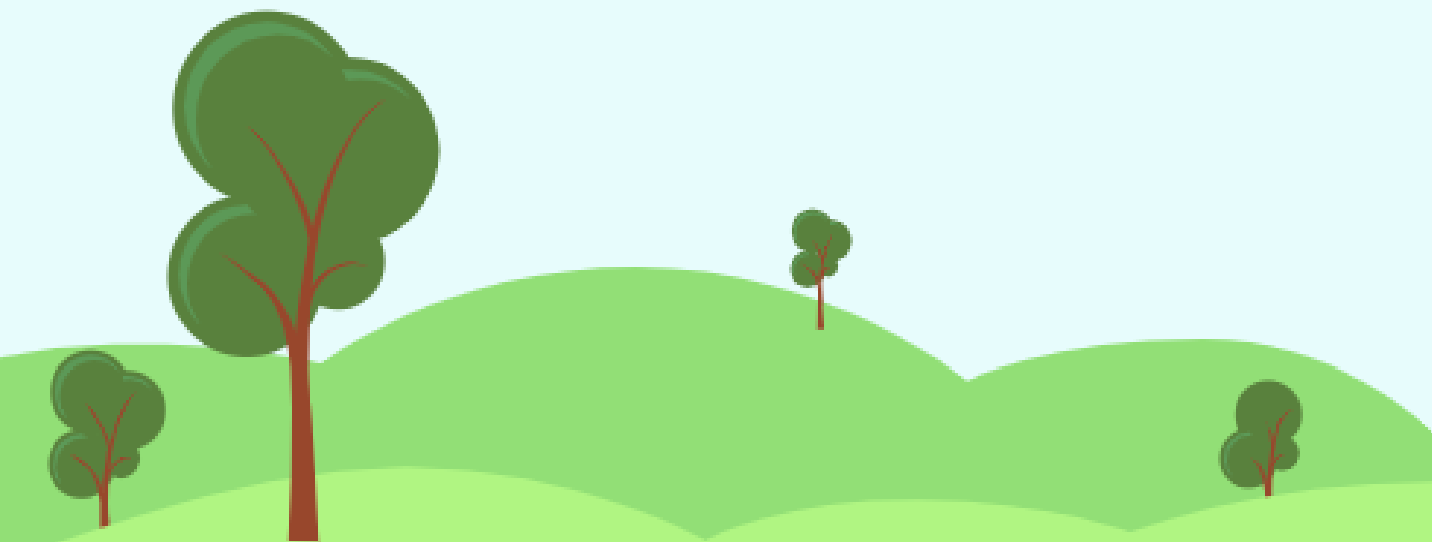


# HIV/AIDS

Junior goes to the  
doctor



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By Gracie Grimm

Every day I play ball  
with my friend, Junior.



One day, Junior did not  
come out to play.



I went to go visit Junior. He was laying sick in bed. "Oh no, what's wrong?" I asked.



"I have a fever, a rash, night sweats, my muscles ache, and my throat feels sore," replied Junior.



I took Junior to see a doctor. The doctor tested Junior and said that Junior was infected with HIV.

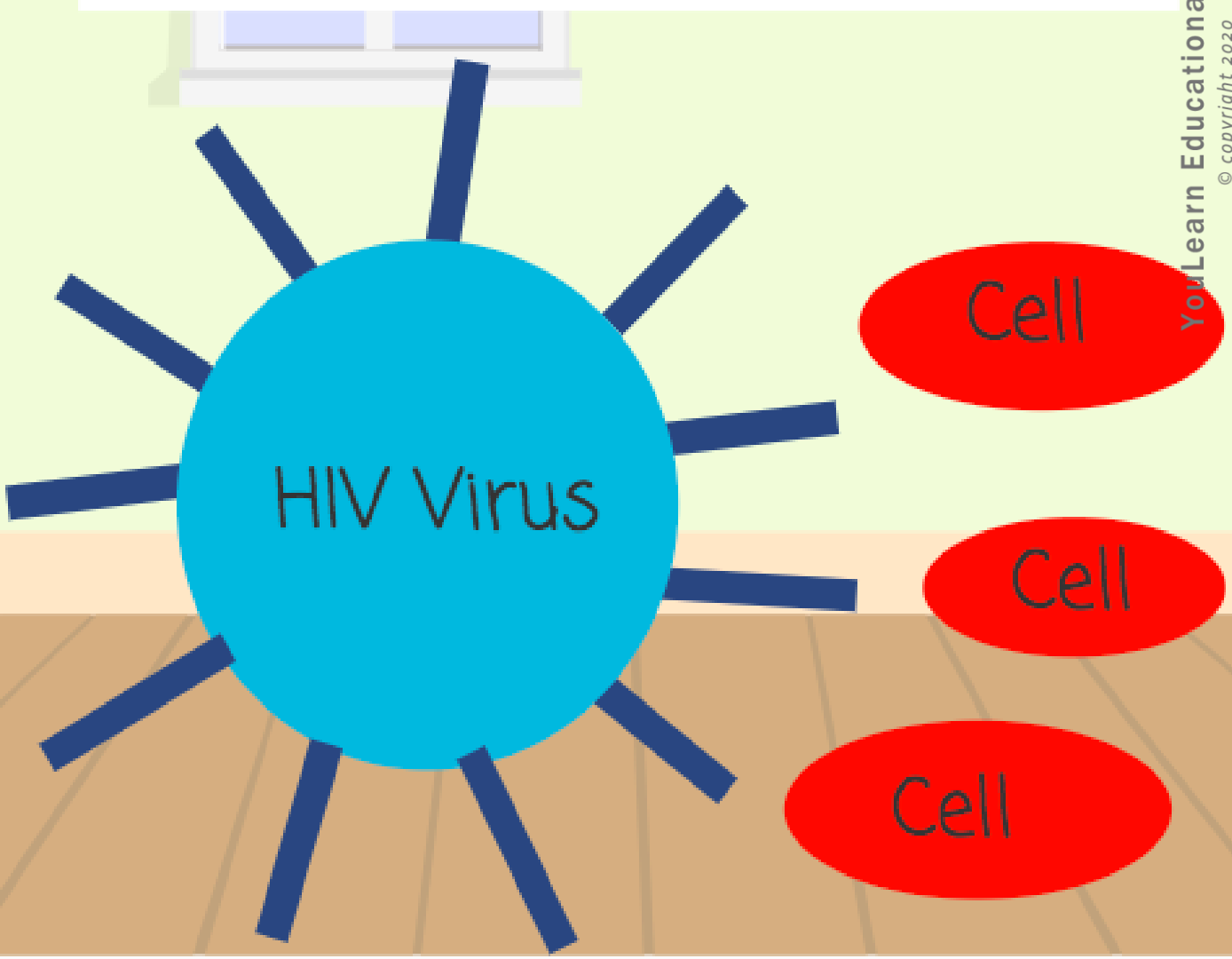


"It's good you caught the virus now before it turns into AIDs," the doctor said.



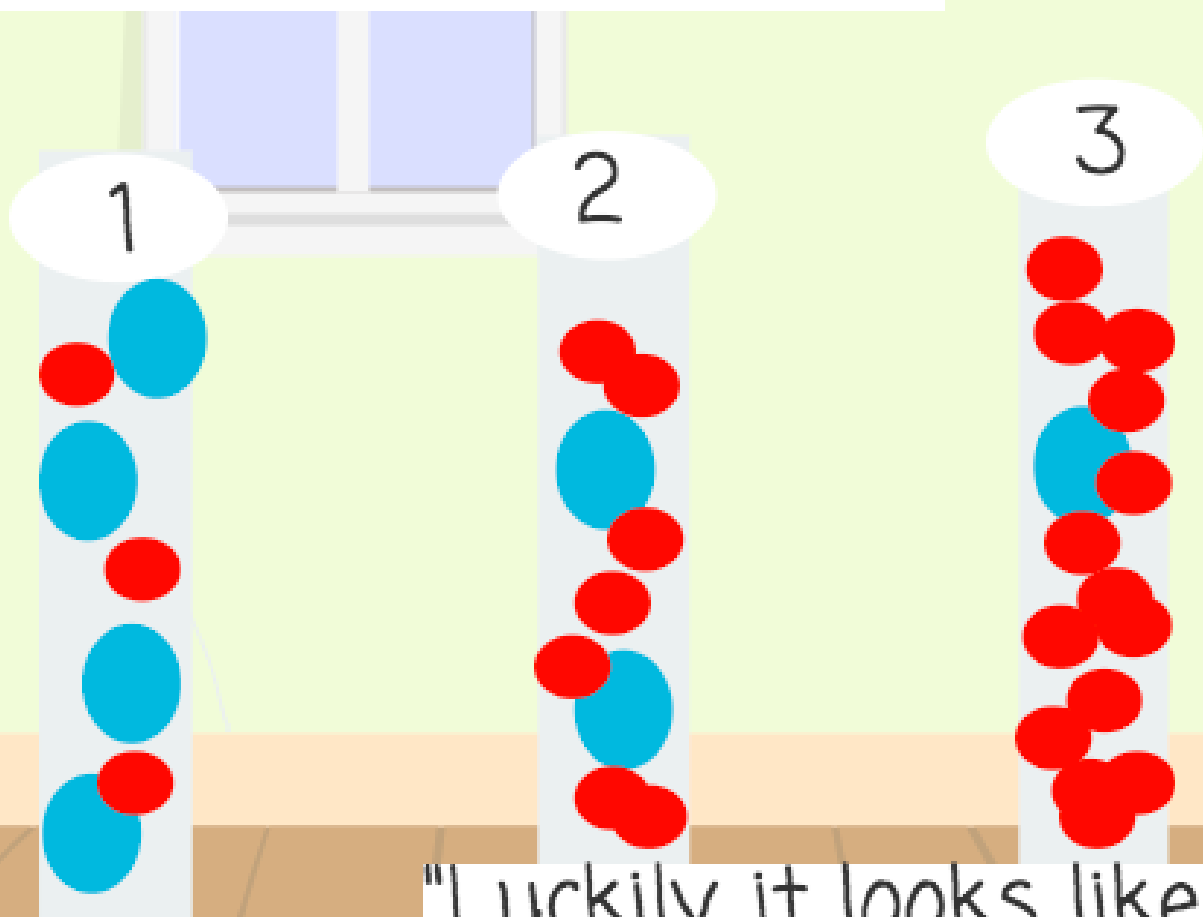
"What is the difference between HIV and AIDs?" I asked.

"HIV is a virus that can lead to AIDs. HIV breaks down your immune system. AIDs develops when HIV has caused serious damage to the immune system," explained the doctor.





"Symptoms are different at each stage of HIV. There are three stages: the early stage, clinical latency stage, and AIDs."



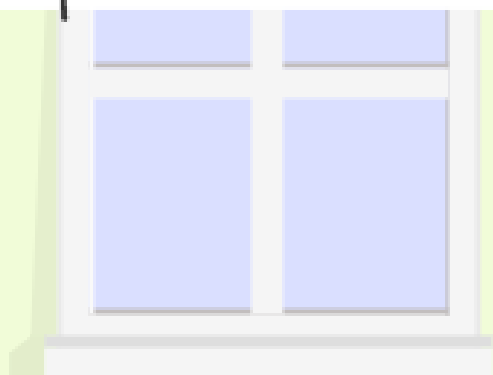
"Luckily, it looks like Junior is in the early stage."

"The early stage has flu-like symptoms such as a fever, rash, muscle aches, sore throat, and swollen lymph nodes."



"The symptoms of AIDs are more serious, such as rapid weight loss, diarrhea, pneumonia, sores of the mouth or genitals, and memory loss."

"However, you can't rely on symptoms only because some people don't show any symptoms."

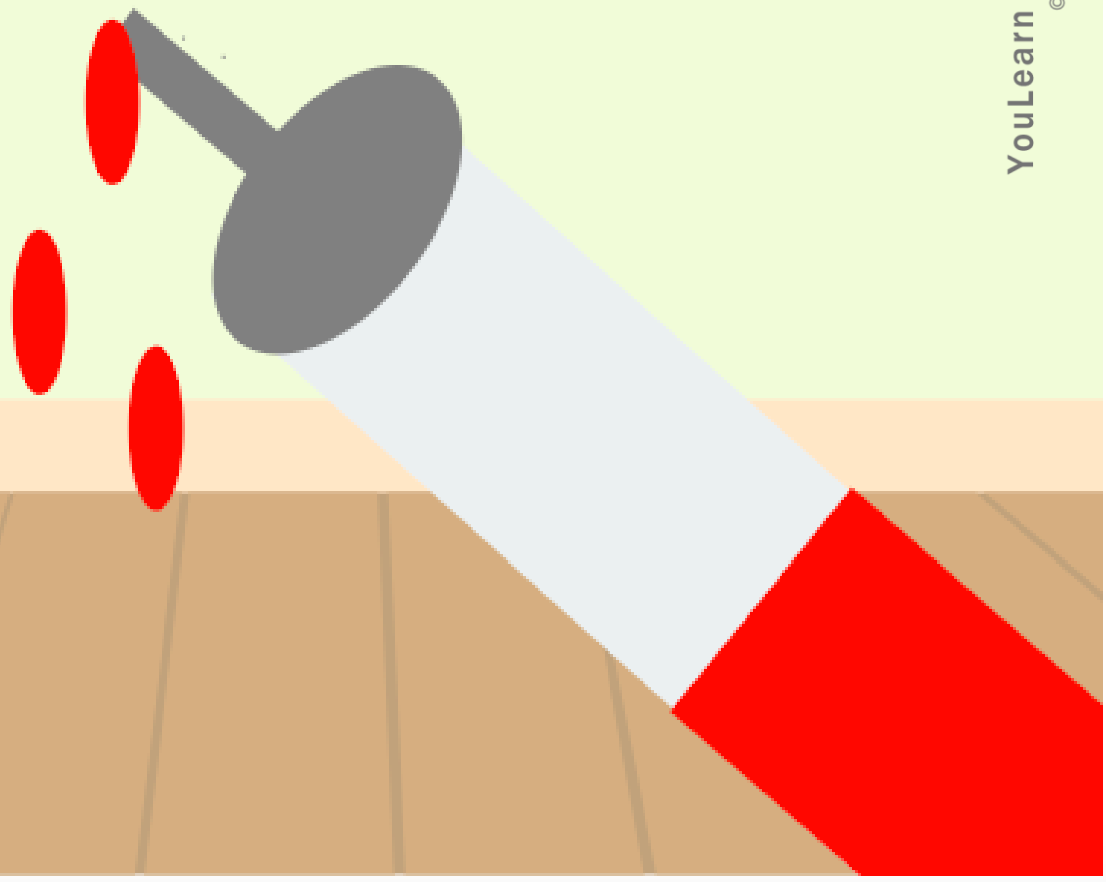


"The only way to know for sure is to get tested."

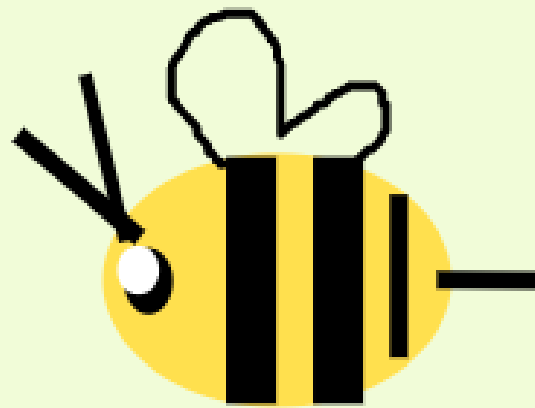
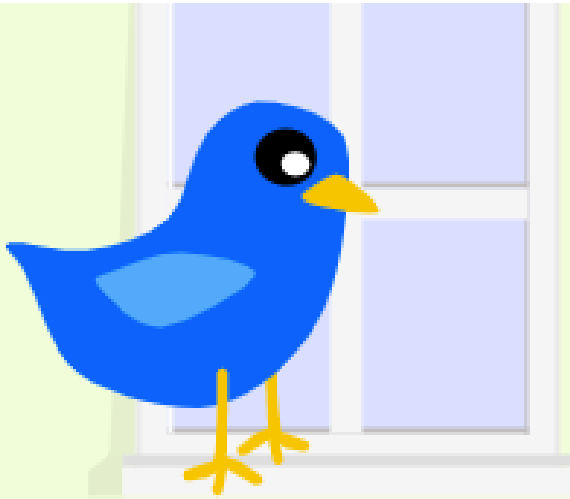
"So how do you get HIV?"  
I asked.



"It can be spread through bodily fluids such as blood, semen, vaginal and rectal fluids, and breast milk"



"The most common route is through vaginal or anal sex," the doctor continued,

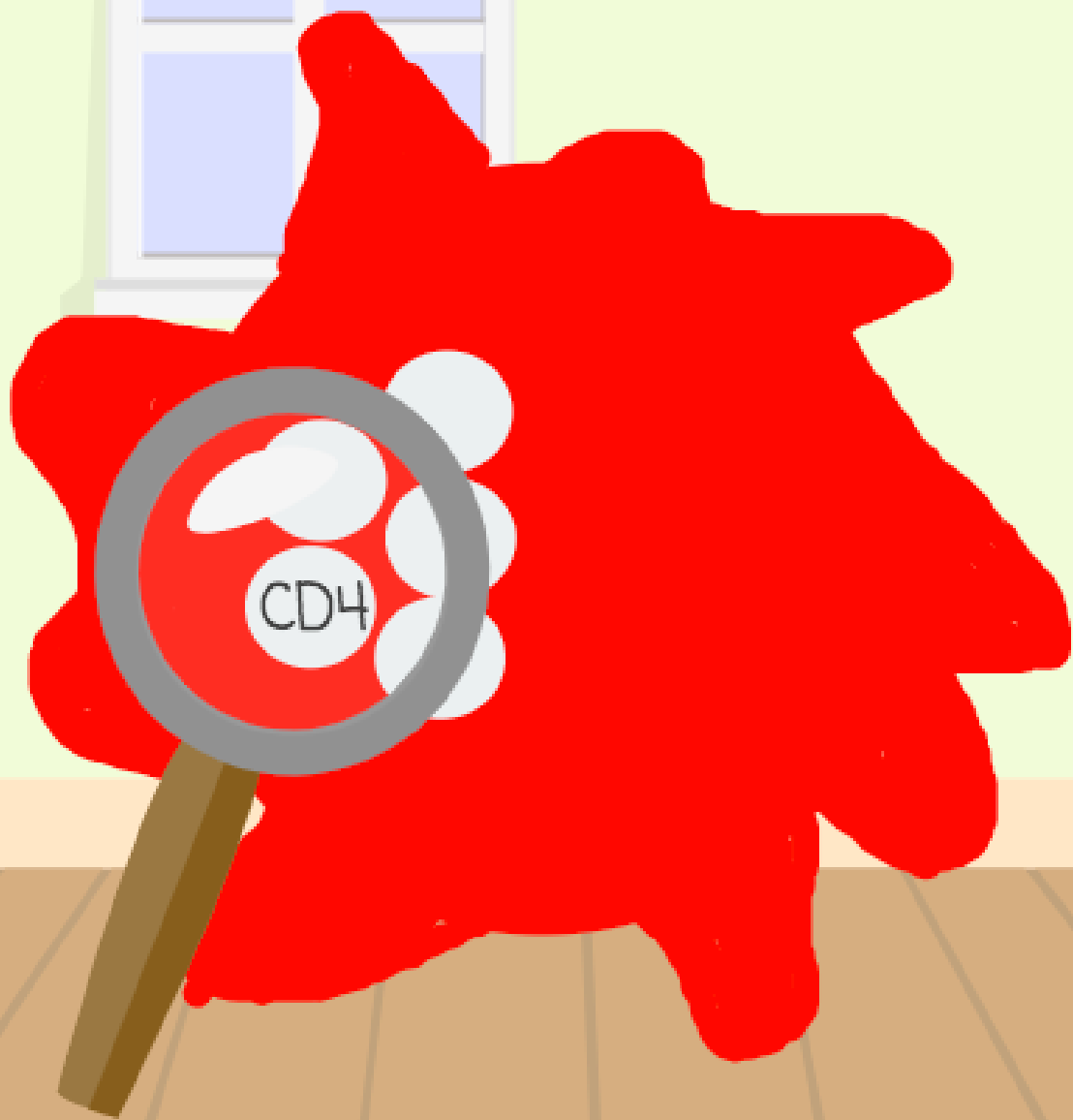


"but it can also be spread through sharing needles, during breastfeeding, and through the exposure of blood infected with HIV."

"It does NOT spread  
through hugging,  
shaking hands, air,  
water, sharing food or  
drinks, and mosquitoes."

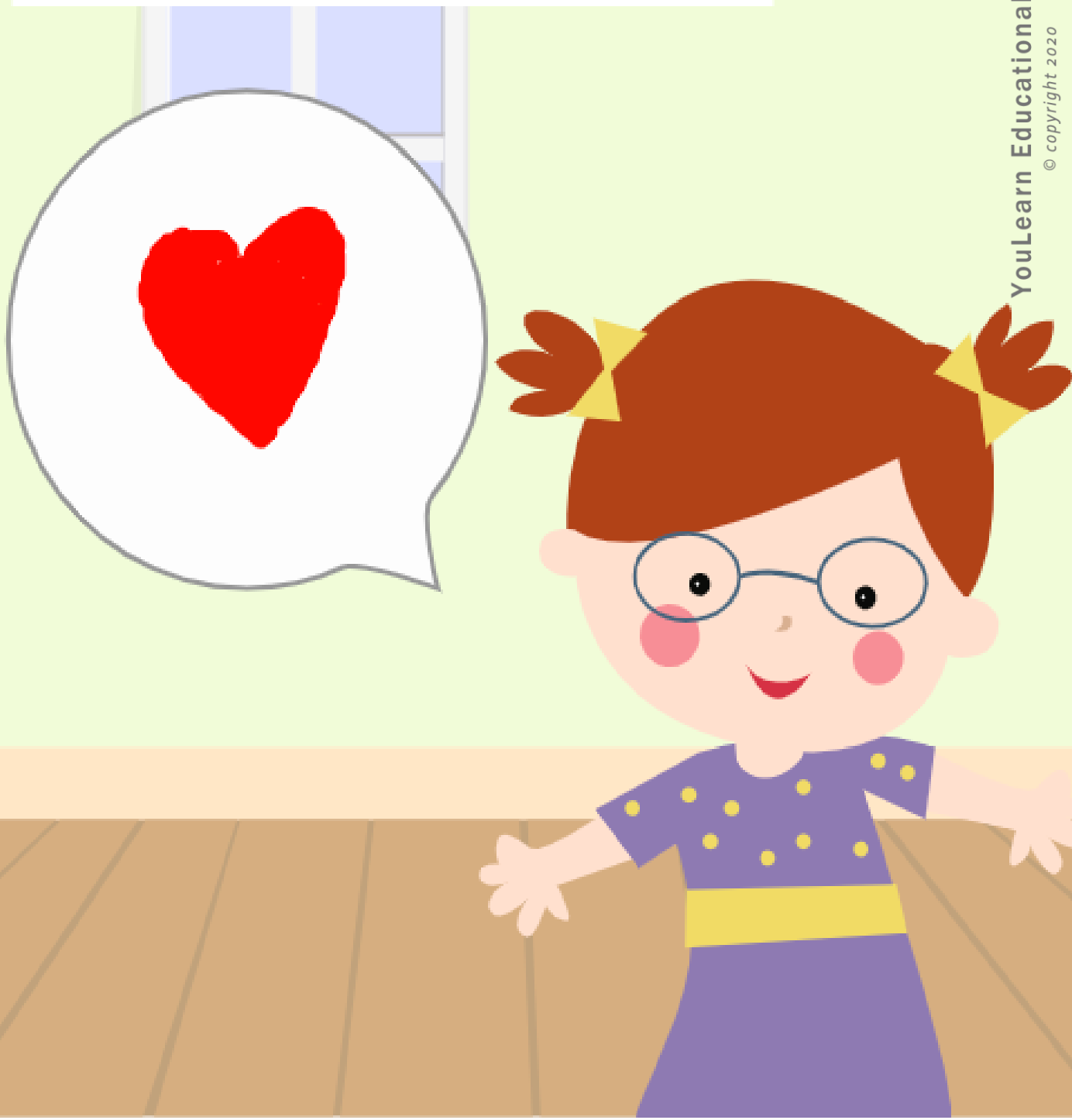


"AIDs happen when the HIV virus continues to destroy CD4 cells, and a person's CD4 cell count falls below 200."





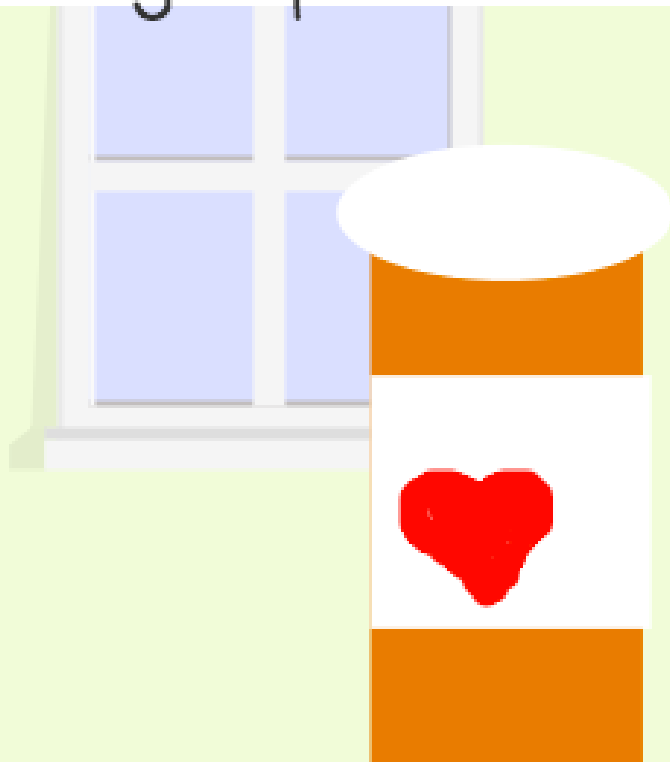
"What kind of treatment should I give to Junior to make him feel better?" I asked.



"Junior will always be infected with HIV. There is no cure for HIV infection or AIDs," the doctor said.

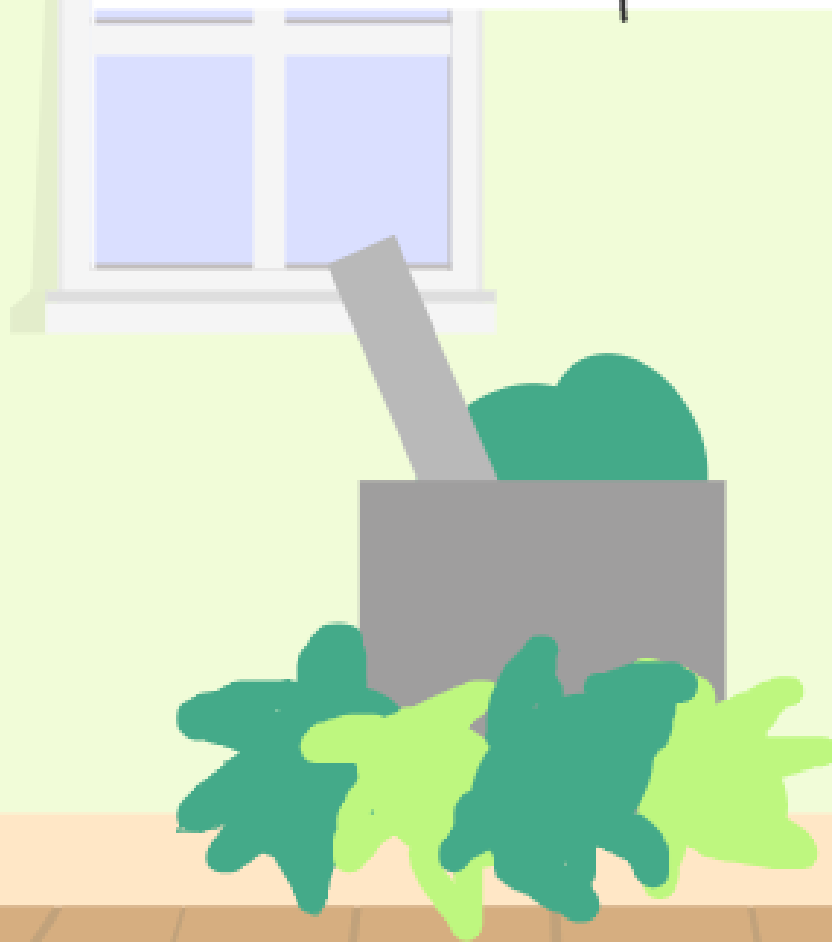


"However, medicines will slow the growth of the virus or keep it from making copies of itself."

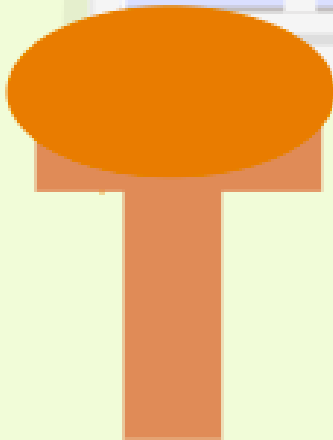


"Once you start treatment, you have to continue to be sure the virus doesn't multiply out of control."

"There are also antiviral herbs that can boost the immune system and naturally fight HIV," the doctor explained.



"This includes green tea,  
maca root, cat's claw,  
maitake mushroom,  
astragalus, and licorice."



"Any other questions?"  
The doctor asked.



"No," I said. "Thanks for  
all your help!"

I took Junior back to his house and made him a cup of green tea.



Junior looked worried.

"What's wrong, Junior?"  
I asked.



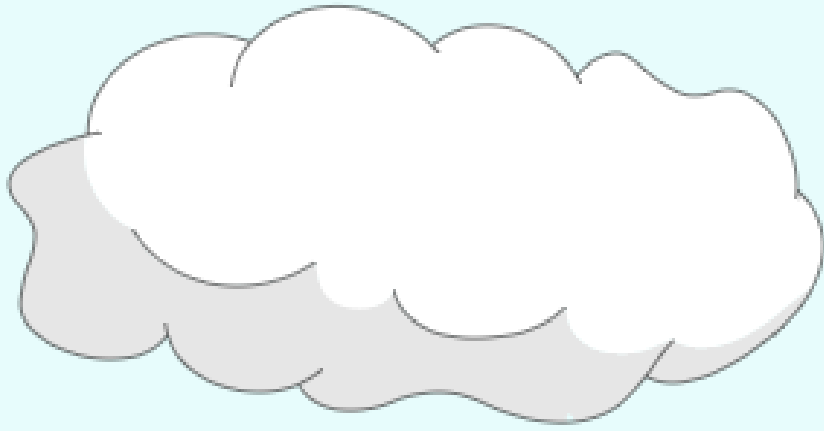


"I don't want you to stop being my friend because I have HIV," Junior sighed.

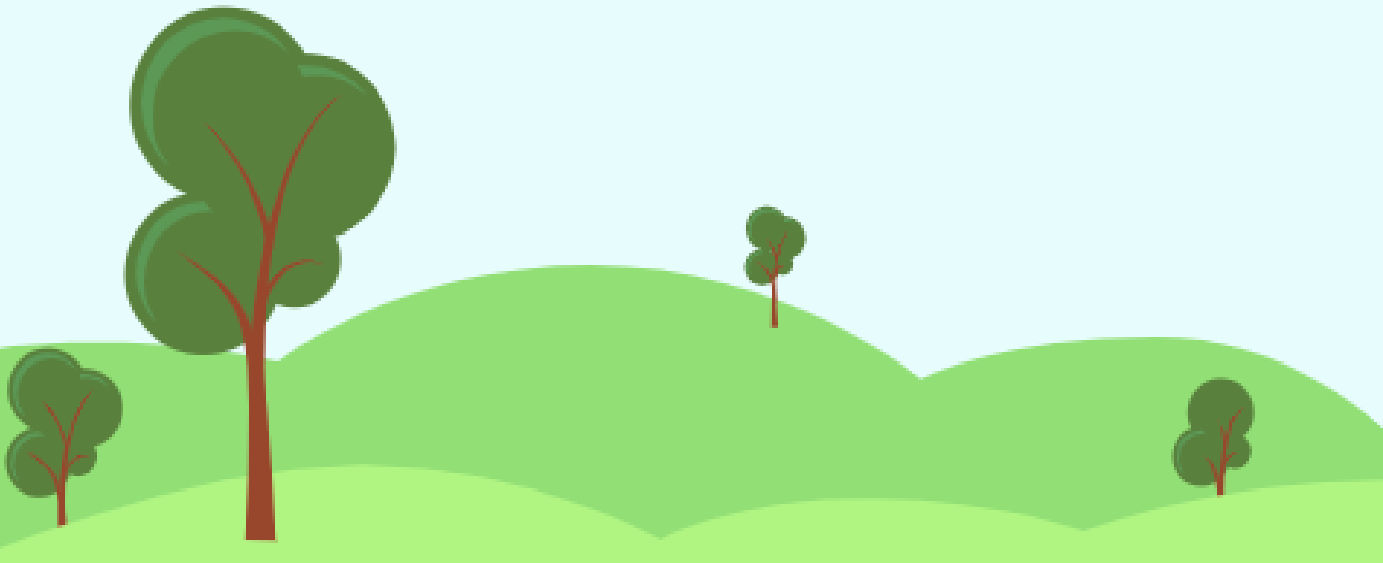


I hugged Junior and said,  
"I will be here for you  
always."





The End



# Common Myths About HIV

Is it true that...

Having sex with a virgin can cure a person of AIDs...

People with the disease are possessed by evil spirits...

I can get HIV by just being around people who are HIV positive...

Mosquitoes spread HIV...

Only certain groups of people are at risk for HIV?

**NO!**

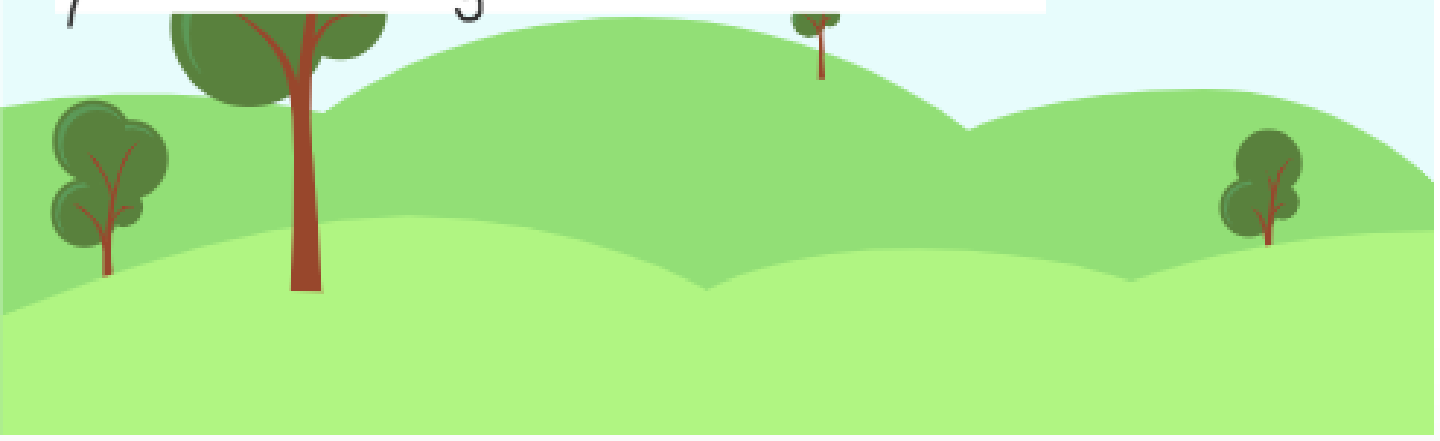
## FAQ

When should I see a doctor if I think I have HIV?

Now! Testing regularly for HIV is an important part of health. You never know when you might have it or not because you don't always get symptoms.

How can you prevent getting HIV?

Increased sexual education and safer sex, don't inject drugs, and avoid blood if someone around you is bleeding.



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