



MY COMRADE WITH HIV AND AIDS IS STILL MY COMRADE

FIGHT

DISCRIMINATION AGAINST PEOPLE WITH HIV AND AIDS

Discrimination against people with HIV and AIDS worsens the hardships of the epidemic. This discrimination often goes along with other discrimination - against black people, women, gay people, people who hold different beliefs, or speak different languages, those who have disabilities.

SOLIDARITY can stop the spread of HIV and AIDS. Let all people who are affected live longer and have decent lives!

- Employers sometimes fire people who have HIV, even if they are still healthy and able to work. **THIS DISCRIMINATES. IT IS ILLEGAL.** COSATU supports all members fighting against workplace discrimination.

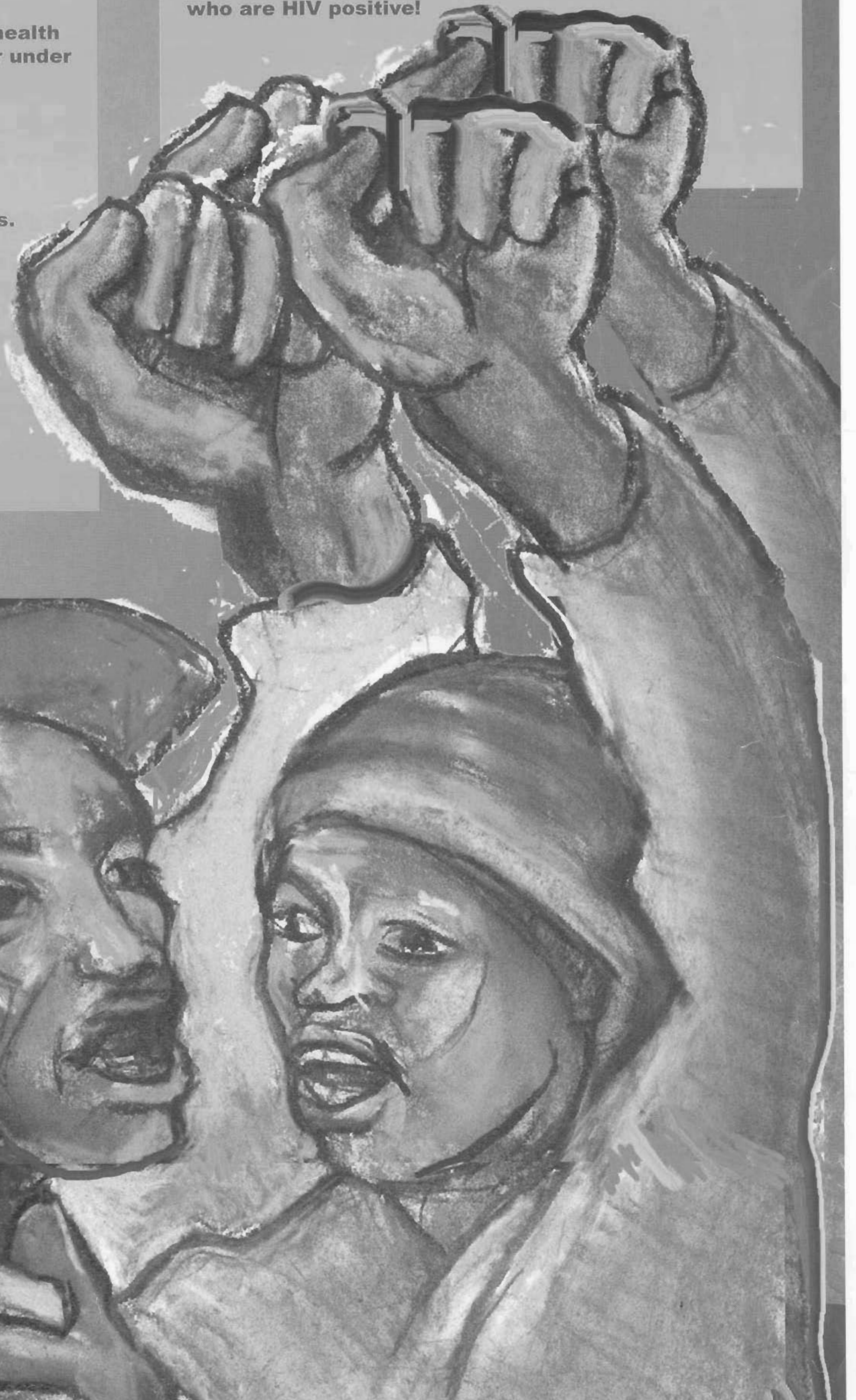
- Women with HIV are sometimes beaten up or thrown out of their homes. COSATU members must support the rights of women with HIV.

COSATU SAYS: Workers must support comrades who are HIV positive, and workers with family members who are HIV positive!

LIVE WITH HIV AND AIDS

We CAN live for years with HIV in our blood before we become ill. With new knowledge and new treatments, even a person who is ill with AIDS - related illnesses can recover and live longer.

1. If you or your family members have HIV, it is important to get counselling from people trained to deal with the disease, so that you can find out how to live longer and what treatment you need. Workers with HIV must try to live a healthy life - eat well, cut down on drinking, stop smoking, get enough rest, get some exercise!
2. We must all fight for clean water, decent housing, food, and basic health care for everyone. People with HIV are become ill and die much faster under bad living conditions.
3. We must make sure that people with HIV in our workplaces have healthy working conditions, and demand that our employers provide:
 - counselling
 - adequate medical aids
 - pension funds must provide for disability payments, and for orphans.
4. We need to fight for better medical treatments from the public health system and from medical aids. These must cover:
 - sexually transmitted diseases
 - opportunistic diseases that people get with HIV and AIDS (like TB and thrush - people get these without HIV as well, and both with and without HIV they CAN be fully cured).
 - anti-retroviral medicines that can help some people who have HIV and AIDS live longer.
 - Nurses and ALL health workers need training in treating and caring for people with HIV and AIDS.



PREVENT THE SPREAD OF HIV AND AIDS

1. **ALWAYS USE A CONDOM!**
We demand that all employers supply condoms to their workers.
2. All workplace skills plans must include training on HIV and AIDS - how to prevent it, how to live with it, what treatments we need, how to support our friends and comrades who are HIV positive.
3. Hospitals and clinics must provide anti-retroviral treatment to pregnant mothers with HIV so that they do not infect their unborn children.