



What Is This Module About?

Have you heard about the killer disease called AIDS? You may have seen reports about it on TV, heard about it on radio, or read about it in the newspapers.

But what is AIDS? How do people get it? Does it have a cure? Many people still do not know much about it even though its impact is global in scope. Through this module, you can learn valuable information about this deadly illness. It is important that you learn this information because it can help you and your loved ones avoid this disease.

This module is divided into three lessons:

Lesson 1 – *What Is AIDS?*

Lesson 2 – *AIDS: A Threat to the Global Community*

Lesson 3 – *AIDS: The Philippine Scenario*



What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ describe and differentiate HIV and AIDS;
- ◆ identify the symptoms of AIDS, the ways of transmitting the disease and the steps to avoid it;
- ◆ describe the problem of AIDS on a global scale;
- ◆ identify what governments have done against AIDS on a global scale;
- ◆ describe the problem of AIDS in the Philippines;
- ◆ identify what the government has done to fight AIDS; and
- ◆ identify what you can do to fight AIDS.



Let's See What You Already Know

Before you start studying this module, answer the following questions first to measure how much you know about the topic. Encircle the letters of your answers.

1. AIDS stands for _____.
 - a. Acquired Immune Deficiency Virus
 - b. Acquired Immune Deficiency Syndrome
 - c. Acquired Infectious Disease Syndrome
 - d. Acquired Infection and Disease of the Body System

2. Which of the following statements is true about HIV and AIDS?
 - a. HIV and AIDS are the same.
 - b. HIV is the cure for AIDS.
 - c. HIV is the virus that causes AIDS.
 - d. HIV is an illness of the blood while AIDS is an illness of the bones.
3. Which of the following is a symptom of AIDS?
 - a. weight gain
 - b. colds lasting for three days
 - c. swelling of the breast, neck or armpit
 - d. dysmenorrhea
4. Which of the following will not lead to the transmission of HIV?
 - a. exchange or transfer of infected blood
 - b. exchange or transfer of an infected organ
 - c. unprotected sexual intercourse with an infected individual
 - d. using a spoon used by an infected individual
5. Which of the following is not an appropriate means to protect yourself from AIDS?
 - a. avoiding unprotected sex
 - b. sticking to one sex partner only
 - c. avoiding gays and prostitutes
 - d. avoiding the use of skin-piercing instruments
6. Why is the long-term approach to the fight against AIDS important?
 - a. Because since we can't do anything about those who already have AIDS, we better concentrate on those who are likely to be infected in the future.
 - b. Because the vulnerability of people to AIDS changes over time.
 - c. Because many governments do not have enough resources to solve the AIDS problem swiftly.
 - d. none of the above
7. What country in Asia has the most number of AIDS cases?
 - a. Philippines
 - b. Thailand
 - c. China
 - d. Indonesia

8. The stigma attached to AIDS is due to the mistaken notion that AIDS is _____.
- an illness contracted only by rich people
 - an illness that is a punishment from God
 - an illness that has an expensive cure
 - none of the above
9. Republic Act 8504 is meant to _____.
- control the number of prostitutes
 - prevent and control AIDS
 - prevent people with AIDS from being employed
 - provide funds for vaccinating Filipino citizens against AIDS
10. Which of the following shows the common response of governments around the world to AIDS?
- imprisonment of all HIV-infected individuals
 - isolation of HIV-infected individuals from the general population
 - campaigning for greater understanding and awareness among their people on how AIDS is contracted and how infection may be prevented
 - vaccination of the country's children and youth against HIV infection

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on page 52 to find out.

If all your answers are correct, very good! This shows that you already know much about the topic. You may still study the module to review what you already know. Who knows, you might learn a few more new things as well.

If you got a low score, don't feel bad. This means that this module is for you. It will help you understand important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

You may go now to the next page to begin Lesson 1.

What Is AIDS?

What do you know about AIDS? Is it something that you should be afraid of? They say that people fear what they do not know. Well, fear no more because in this lesson, we will discuss what AIDS is all about.

After studying this lesson, you should be able to:

- ◆ define and differentiate HIV and AIDS;
- ◆ identify the symptoms of AIDS;
- ◆ identify the different ways by which AIDS is transmitted; and
- ◆ identify ways through which you can protect yourself from AIDS.

Let us begin by reading a short report about Sarah Jane Salazar, one of the Philippines' most renowned AIDS victims. Have you read or heard about her struggle with AIDS?

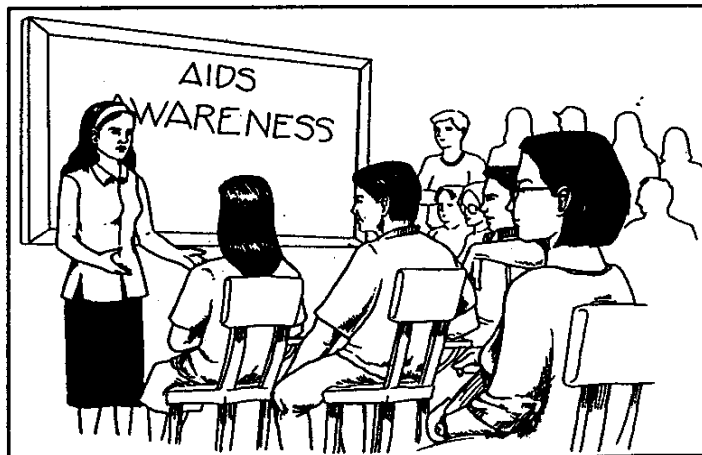


Let's Read

At age 16, Sarah Jane Salazar (not her real name) was already a bar girl or "hostess." Her work involved having sex with different men, her customers.

At the age of 19, she was diagnosed with HIV. When her HIV infection became full-blown AIDS, Sarah Jane confessed to having the dreaded disease. She was one of the first people who had the courage to admit that they had AIDS.

After having contracted AIDS, Sarah Jane joined the Department of Health as an AIDS educator. She wanted to help raise the awareness of Filipinos about AIDS and how it is spread.



Many other Filipinos have AIDS but are afraid or hesitant to admit it. It may be because they are ashamed or afraid that other people would hate them or turn away from them. This is a result of misinformed thinking—the mistaken belief that AIDS is God's or nature's punishment to homosexuals and prostitutes.

Sarah Jane passed away on July 16, 2000 because of complications brought about by the disease. She was 25 years old. Before her death, she was under the care of the Department of Health, which helped her find treatment for the complications brought about by AIDS.



Let's Try This

Now try to answer the following questions based on the story that you have just read. Write your answers in the blanks provided after each number.

1. What was the initial diagnosis of Sarah Jane's illness?

2. What happened to Sarah Jane's "initial illness?"

3. How did Sarah Jane contract the illness that eventually killed her?

4. Why are some AIDS victims afraid to admit that they have AIDS?

5. If the government already helped Sarah Jane in the treatment of her disease, why did she still die?

Check your answers using the *Answer Key* on page 52. Did you get all the answers right? To find out why your answers are right or wrong, read on.



Let's Learn

What is HIV?

HIV stands for *human immunodeficiency virus*, the virus that causes AIDS. HIV is found in the blood and other body fluids such as semen, vaginal secretions, and breast milk of persons infected with the virus.

According to studies, HIV usually develops into full-blown AIDS. However, a person can be infected with HIV for a long time (even up to 10 years) and not know it. Some people only find out that they have HIV when it has already developed into AIDS. In the case of Sarah Jane, she found out that she had the virus before it developed into full-blown AIDS.

What is AIDS?

AIDS stands for *Acquired Immune Deficiency Syndrome*. This is what HIV develops into after a while. Let us discuss what each word in this acronym means.

Acquired – because someone or something infects you with the HIV virus which causes it. For example, you can get AIDS from having sex with an HIV-infected individual.

Immune – because it attacks the immune system, the body's defense against illnesses.

Deficiency – because the body's immune system becomes defenseless and unable to fight infections once AIDS sets in.

Syndrome – because those sick with AIDS will experience a set of symptoms or different kinds of diseases as a result of a weakened immune system.

Because HIV attacks the immune system, people with HIV (or AIDS) can have several other illnesses, illnesses that the immune system can no longer fight. Diseases that commonly afflict AIDS victims are pneumonia, diarrhea, tuberculosis, herpes, and many more.



Let's Think About This

Earlier we said that a person can have HIV even for a period of 10 years and not know it. How then can you know when HIV has developed into AIDS?

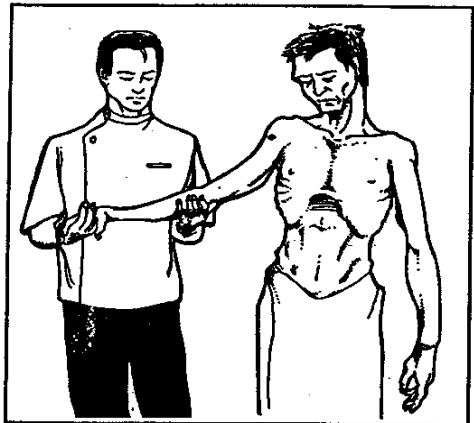


Let's Learn

The symptoms

The first symptoms of AIDS can be felt between two months to ten years. When symptoms do occur, these can include:

- ◆ unexplained, continuous swelling of glands (for example, in the breasts, neck and armpits)
- ◆ soaking night sweats
- ◆ fever
- ◆ chills
- ◆ paralyzing fatigue
- ◆ more than ten pounds of weight loss in less than two months
- ◆ diarrhea that lasts for several weeks



Drastic weight loss is one symptom of AIDS.

Although these signs and symptoms may also indicate many other illnesses, it is best to consult the doctor immediately once they occur. There are blood tests that can determine if a person is infected with HIV.

AIDS can be passed on from one person to another. How?



Let's Try This

Write down the practices and activities people engage in that can cause the HIV virus to be passed from one person to another.

Now let us find out if your ideas are correct.

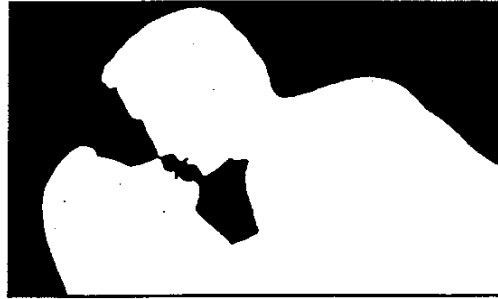


Let's Learn

How is HIV/AIDS transmitted?

HIV is spread through the blood and other body fluids of infected individuals. These body fluids can be transmitted in a number of ways:

1. Through sexual contact, primarily unprotected vaginal or anal intercourse. Transmission through oral sex is also possible.



2. By sharing needles (used in syringes) such as those used as drug paraphernalia



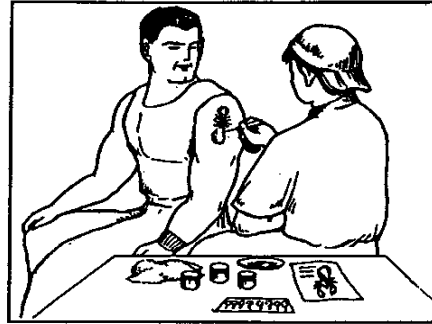
3. By receiving transfusions of HIV-infected blood



4. Through transplant of an HIV-infected organ



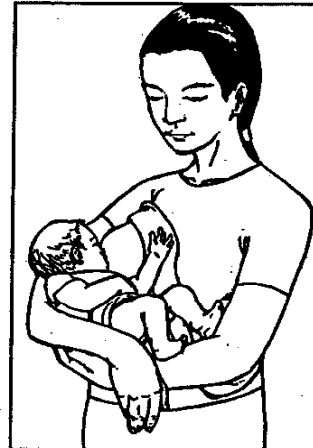
5. By using contaminated skin-piercing instruments like needles, syringes, razor blades, tattoo needles or circumcision instruments



6. Through being injured by contaminated needles or other sharp objects



7. Through **perinatal modes**, which means passed from mother to infant during pregnancy, childbirth or breast-feeding



8. By getting mucus membranes such as the eyes or open wounds splashed with infected blood or other body fluids



Take note that materials and instruments like needles, razor blades and the like are only contaminated if they carry traces of blood or body fluids from an HIV-infected person.



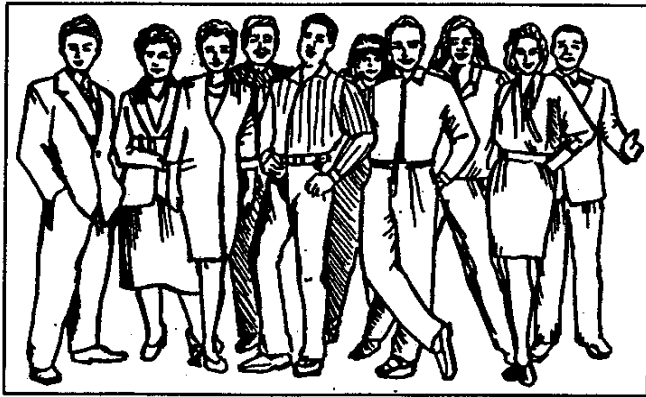
Let's Try This

Let us assume that you have a friend who has HIV or AIDS. Below are some activities that we normally do with our friends. Which of these activities are likely to put you at risk of getting infected too?

- Mingling with him/her
- Touching him/her
- Sharing eating utensils with him/her
- Kissing or hugging him/her
- Shaking his/her hand

Let's see if your ideas are correct.

As we said earlier, it can take years before the HIV virus develops into AIDS. Because of this, you cannot tell if a person has HIV just by looking at him or her. Those who are infected with HIV can look very healthy.



However, take note that you CANNOT get HIV/AIDS from:

- × ordinary social contact
- × shared clothing
- × touching
- × shared food, dishes, or eating utensils
- × kissing and hugging
- × shaking hands
- × toilet seats
- × insect bites
- × tears
- × saliva
- × sweat
- × living or working with an HIV-infected person



Only activities that allow the exchange of blood and other body fluids can put you at risk of having HIV or AIDS. What are these activities?



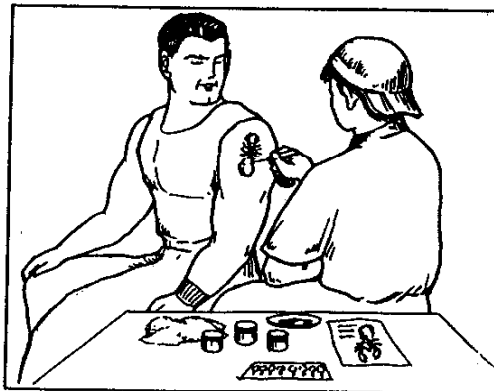
Let's Learn

Risk factors

Certain behaviors and practices can put you at risk of having HIV. Some people have the notion that sex workers (prostitutes) and homosexuals are the only ones at risk. The reality is that people are not at risk simply because of who they are. People are put at risk of contracting AIDS by engaging in risky behaviors or activities. This means that anyone and everyone is at risk of contracting AIDS if they engage in risky behaviors.

These risky behaviors and activities are:

- ◆ **Engaging in unsafe sex.** Unsafe sex means unprotected anal or vaginal sex. This allows direct exchange of blood and body fluids, thereby increasing the risk of HIV transmission.
- ◆ **Having sex with more than one partner or with a partner who has or has had more than one sex partner.** The more people you (or your partner) have sex with, the higher the probability that you will contract HIV. Remember Sarah Jane? Her job involved having sex with different men. The problem is, you cannot tell if a person has HIV just by looking at him or her.
- ◆ **Having sex with strangers.** Since they are strangers, you do not know their sexual activities or other things they do that may be considered risky in terms of the probability of getting HIV.
- ◆ **Sharing needles and other drug paraphernalia.** Needles can be contaminated by blood from an HIV-infected person. This is because in most cases, these needles are directly injected into the veins of the drug user through syringes.
- ◆ **Getting a tattoo or getting your skin pierced.** In the same manner that needles used by drug users can be contaminated, needles used in tattoo shops may have also been used for other people. This makes contamination possible. Traces of a contaminated person's blood may be left on the needle and transferred to others.



- ◆ **Receiving a blood transfusion or organ transplant.** Blood or organs transferred from one person to another can also cause the transmission of HIV. In these cases, blood and body fluids are directly transferred from one person to another. For this reason, the person from whom the organ and blood will be taken should be carefully tested.
- ◆ **Working in an environment where you may be exposed to blood or other body fluids because of the nature of your work.** This primarily applies to health care workers such as doctors, nurses, paramedics and dentists. They are especially vulnerable if they are involved in caring for HIV-infected persons. Health care workers should use protective garments such as rubber or latex gloves to avoid the risk of contact with blood and other body fluids.

If you currently engage in these activities or have engaged in them in the past, it does not mean that you have HIV. It's just that these behaviors and activities put you at a higher risk of being exposed to HIV.



Let's Try This

Given the risk factors, how can you protect yourself? Write your answers in the spaces below.

Read the next discussions to find out if your ideas are correct.

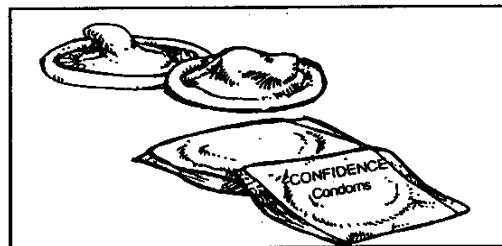


Let's Learn

How can you protect yourself?

There are many ways in which you can protect yourself from HIV contamination.

1. **Practice safe sex.** Safe sex means reducing or preventing contact with your partner's body fluids when you engage in sex. A common practice is the use of latex condoms during sex.



2. Limit the number of your sex partners, ideally to only one. Also, do not engage in sex with someone who has multiple sex partners.
3. Do not use drugs, especially injectable ones. Users of these kinds of drugs often share hypodermic syringes. If one of them is infected with HIV, the others run the risk of contracting the disease through the infected needle.
4. Do not have your skin pierced and avoid using skin-piercing instruments.
5. Do not have your skin tattooed and avoid using tattooing instruments.
6. Those whose job exposes them to blood and body fluids (for example, doctors, nurses or dentists) should practice standard safety precautions at all times. Standard precautions include wearing gloves or masks or the required uniform when handling blood and body fluid products.

At the start of this lesson, we discussed the story of Sarah Jane. One of the questions often asked about Sarah Jane is, "Why did she die considering that the government helped with her treatment?" The sad fact is, currently, **there is no known cure for HIV infection or AIDS.**

However, with the combined use of anti-viral drugs (drugs that fight viruses) as well as drugs that prevent infection, many people with AIDS have extended their lives and delayed the progression of HIV infection to AIDS. But some of these drugs are very expensive and are only available in developed countries like the United States.

Many people in the world are now sick of AIDS. For this reason, AIDS is already considered a global problem. This is what we will discuss in Lesson 2.

Let's See What You Have Learned

Before you proceed to Lesson 2, let's find out how much you have learned in this lesson. Answer the following questions. Encircle the letter of the best answer.

1. What is the relationship between HIV and AIDS?
 - a. AIDS is the virus that causes HIV.
 - b. HIV is the virus that causes AIDS.
 - c. HIV and AIDS come from a common virus.
 - d. HIV causes deficiency in the immune system while AIDS causes deficiency in the blood.
2. Which of the following is not a symptom of AIDS?
 - a. more than ten pounds of weight loss in less than two months
 - b. paralyzing fatigue
 - c. continuous swelling of glands
 - d. sore eyes

3. Which of the following is not a way through which HIV can be transmitted?
 - a. sexual contact with an infected individual
 - b. transfusion of HIV-infected blood
 - c. transplant of an HIV-infected organ
 - d. kissing or hugging an HIV-infected individual
4. Which of the following can be considered risky behavior in terms of HIV infection?
 - a. having sex with more than one partner
 - b. using a condom
 - c. using eating utensils used by an HIV-infected individual
 - d. mingling with HIV-infected individuals
5. Which of the following is not an appropriate way to protect yourself from HIV or AIDS?
 - a. Limiting the number of your sex partners to one.
 - b. Avoiding mosquito bites.
 - c. Avoiding the use of skin-piercing instruments.
 - d. Not getting a tattoo.

Check your answers using the *Answer Key* on page 53.

Did you get all the answers right? If not, review what we have discussed in this lesson before you proceed to the next one.



Let's Remember

Before you proceed to Lesson 2, do not forget the important points of this lesson.

- ◆ HIV is the virus that causes AIDS.
- ◆ A person sick with AIDS has a weakened immune system. Thus he/she becomes vulnerable to many diseases and will find it very difficult to recover.
- ◆ HIV can be transmitted through unprotected sex and activities that allow the exchange or transmission of blood and other body fluids.
- ◆ Risky behaviors and activities such as having multiple sex partners, and using injectable drugs expose you to the probability of getting AIDS. It is better to avoid these behaviors and activities to protect yourself from AIDS. If this is not possible, make sure that you take the necessary precaution.
- ◆ At present, there is no known cure for HIV infection or AIDS.

AIDS: A Threat to the Global Community

Many people in the world today have HIV or AIDS. What is alarming is the fact that the number of victims has dramatically increased and continues to increase. AIDS is considered a threat to the global community because it is now considered an epidemic.

In this lesson, we will discuss the impact of AIDS in various areas of the world and to the world as a whole.

After studying this lesson, you should be able to:

- ◆ describe the problem of AIDS on a global scale;
- ◆ describe the impact of AIDS on a global scale; and
- ◆ explain the response of the global community to the problem of AIDS.



Let's Try This

What epidemics are you aware of? Why do you think they are called epidemics? Write your answers below.

One of the most common epidemics that we experience is the dengue epidemic. Dengue is a disease caused by mosquitoes and often spreads during rainy seasons. Victims of dengue can die of internal hemorrhage.

A disease can be considered an **epidemic** if it spreads fast and if many people are already infected with it. In the case of AIDS, as of 1999, there were already 34.3 million people around the world who were either HIV carriers or had full-blown AIDS.



Let's Learn

How the AIDS epidemic started

AIDS was first recognized in 1981 among homosexual (gay) men in the United States of America. The virus that causes it—HIV—was first identified in 1983.

The extensive spread of HIV appears to have begun in the late 1970s and early 1980s among men and women with multiple sexual partners. This spread of HIV started in areas like East and Central Africa, North and South America, Western Europe, Australia and New Zealand. Today, the virus is spreading in nearly all countries around the world.

It is expected that the vast majority of HIV-infected individuals will eventually have full-blown AIDS. Most cases of HIV infection (which often leads to AIDS) are caused by unprotected sexual intercourse. However, a number of cases are also due to the sharing of injection equipment, mostly for drug use.

The majority of children and infants with HIV and AIDS got the disease from their mothers before or during birth, or through breast-feeding.

Today, there are an estimated 34.3 million people in the world infected with HIV or sick with AIDS.



Let's Study and Analyze

Look at the table below and then answer the questions that follow.

People Sick With AIDS Worldwide				
Geographical Area	No. of countries covered by the area	Number of AIDS cases as of 1999	Percentage of total population sick with AIDS	Percentage of total AIDS cases in the world
Sub-Saharan Africa	45	24.5 M	8.14%	71.29%
South and Southeast Asia	19	5.6 M	0.56%	16.30%
Latin America	20	1.3 M	0.81%	3.78%
North America	2	900,000	0.45%	2.62%
East Asia and the Pacific	8	530,000	0.06%	1.54%
Western Europe	23	520,000	0.20%	1.51%
Eastern Europe and Central Asia	23	420,000	0.09%	1.22%
Caribbean	7	360,000	2.15%	1.05%
North Africa and the Middle East	20	220,000	0.11%	0.64%
Australia and New Zealand	2	15,000	0.10%	0.44%

Data from UNAIDS and US Census Bureau

Based on the table on page 16, answer the following questions.

1. Which three geographical areas have the most number of AIDS cases?

2. Which three geographical areas have the most number of AIDS cases relative to their population?

3. Which geographical area in the world is experiencing the worst AIDS epidemic?

Check your answers using the *Answer Key* on page 53.

Did you get all the answers right?

Read on to find out more about AIDS around the globe.

Are you aware of the extent of the AIDS problem in various parts of the world?

Let's find out.



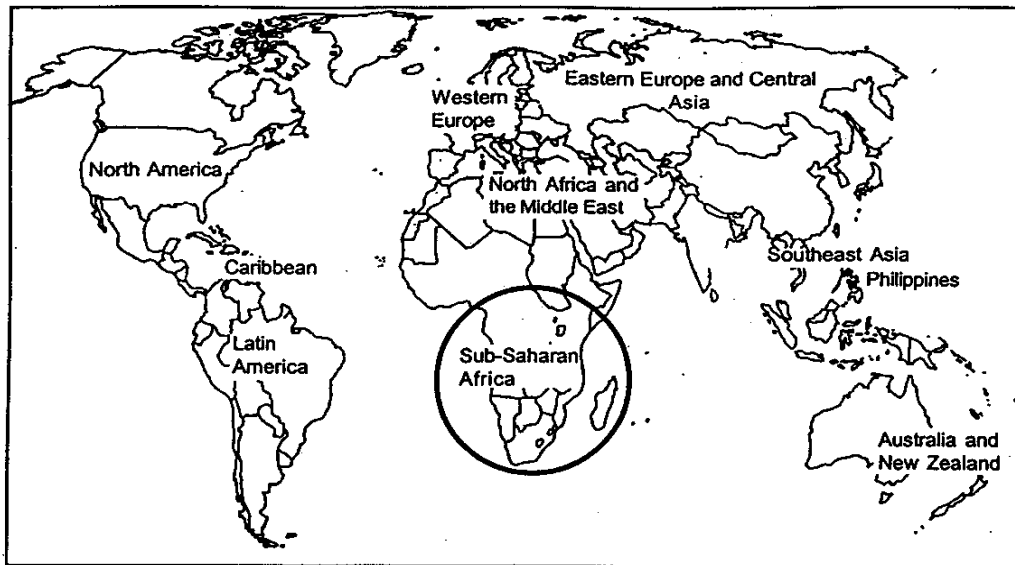
Let's Learn

AIDS in various parts of the world

Sub-Saharan Africa

The number of AIDS and HIV cases in Africa represents about 71.29% of the total AIDS cases in the world. Why is AIDS an epidemic in Sub-Saharan Africa?

In Lesson 1, you found out the various ways in which HIV is transmitted. In the case of Africa, the spread of AIDS is largely due to sexual intercourse with multiple partners. This is aggravated by other factors like migration (transfer of people from rural to urban areas) in search of work, displacement due to natural disasters, and armed conflict. These transfers increase the likelihood of meeting other people and further spreading the disease.

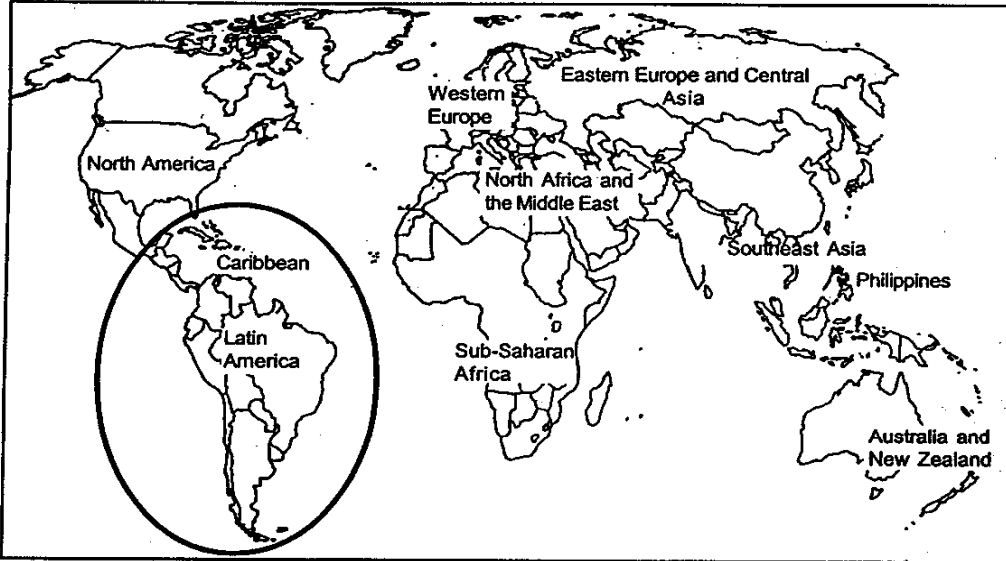


The disease became an epidemic because of cultural and political factors. In the past, Africa became a colony of many countries in the West like the United States. Because of this history, many Africans have negative impressions about Westerners like the Americans. When Western countries spearheaded the information campaign about AIDS throughout the world, many people in Africa refused to listen to anything that the Westerners told them. They disregarded the explanations and information given to them about how the disease spreads and how it can be prevented. There are even people who believe that the Westerners deliberately spread the disease in Africa. Another reason is the cultural beliefs in these areas. In many male-dominated African cultures, girls and women are often forced to have sex with men. Because of these, AIDS spread fast in Africa.

Today, HIV in Africa is even “deadlier” than the war which Africa used to be associated with. In 1998, some 200,000 Africans died in war while more than 2 million died of AIDS.

Latin America and the Caribbean

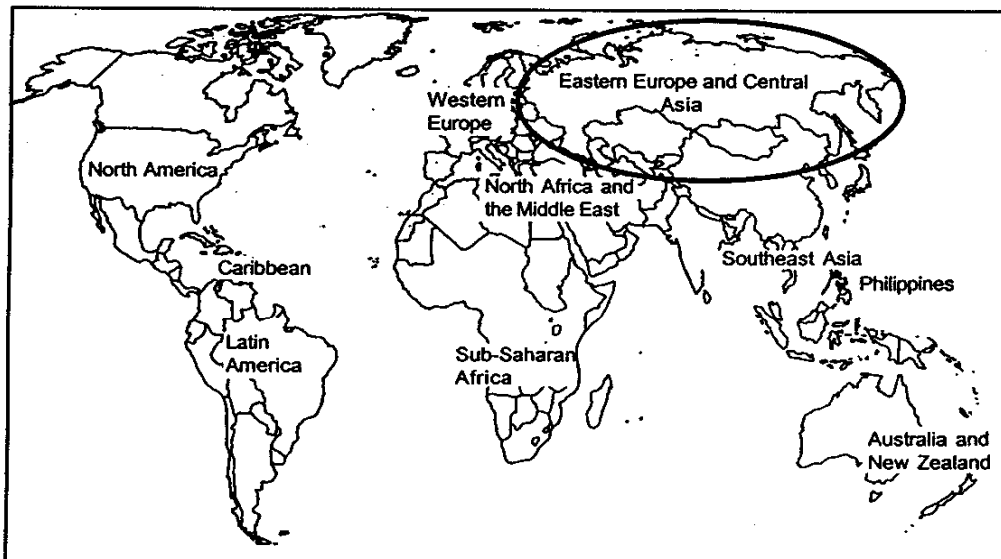
The pattern of HIV spread in Latin America is much the same as that in industrialized countries. Men who have unprotected sex with other men and drug dependents who share needles are the main agents of HIV transmission in many countries in the region.



Eastern Europe and Central Asia

Until the mid-1990s, most of the countries of Eastern Europe appeared to have been spared from the AIDS epidemic. But in the last few years, HIV and AIDS cases in Eastern Europe and Central Asia have increased by as much as six times. By the end of 1997, some 190,000 adults in the region were infected with HIV.

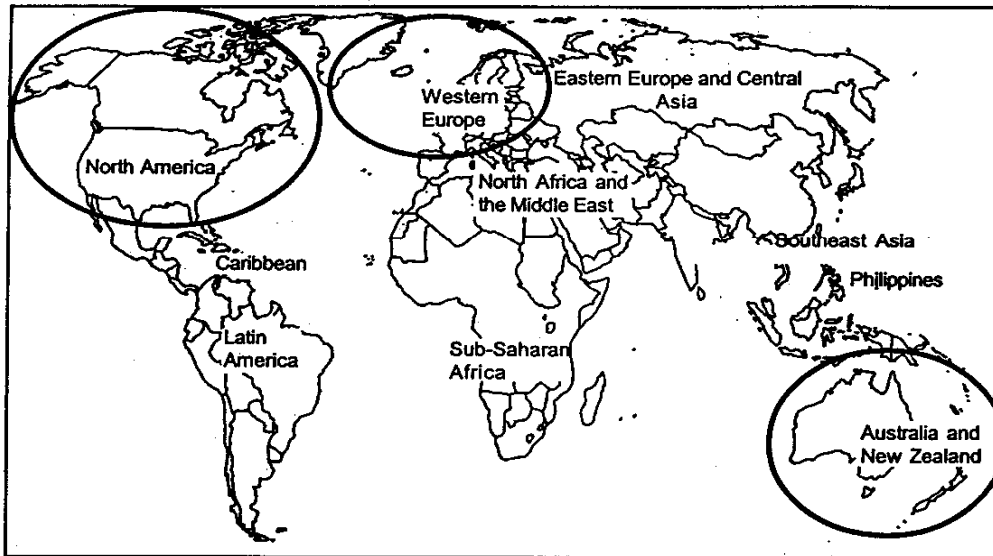
AIDS cases began to increase in 1995 in several countries of the former Soviet Union. Most of these were related to the unsafe use of hypodermic syringes for drug use.



Western Europe, North America, Australia, and New Zealand

In general, the number of HIV cases appear to be dropping in Western Europe, with new infections concentrated among drug injectors in the southern countries of the continent, particularly Greece and Portugal.

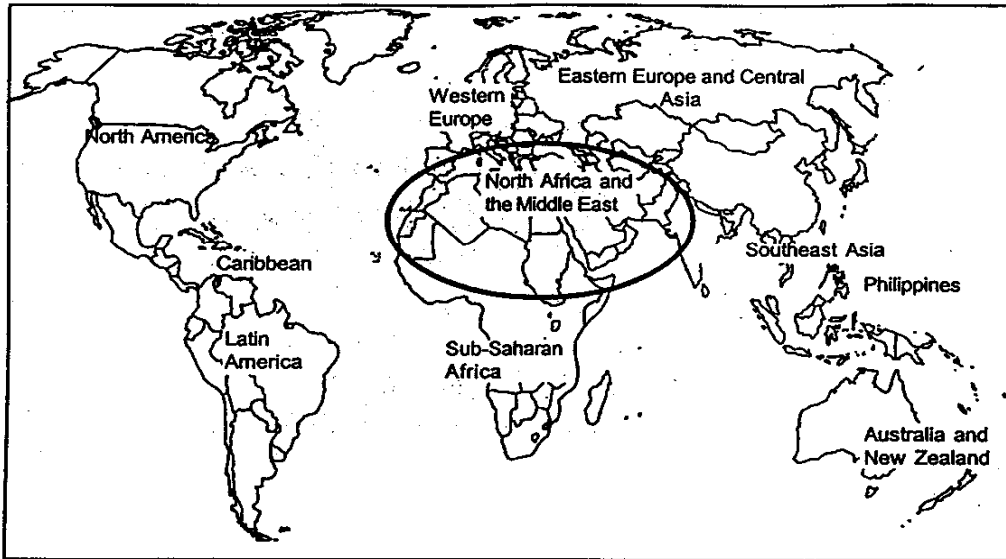
The number of AIDS cases in many industrialized countries are also falling. This is due in part to preventive measures taken since the late 1980s. As a result of effective education campaigns about the importance of safe sex practices, many young people, for example, have started using condoms as a means to protect themselves. This has been a major factor in the drop in the number of people infected with HIV.



North Africa and the Middle East

Less is known about HIV infection rates in North Africa or the Middle East than in other parts of the world.

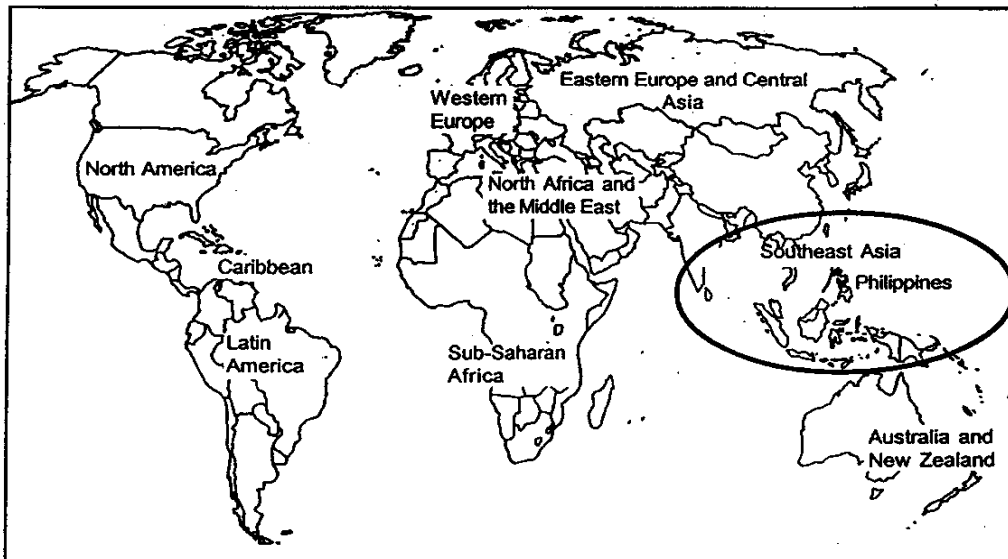
The generally conservative social and political attitudes in the Middle East and North Africa often make it difficult for governments to address risky behaviors directly. However, in some countries in the region, governments have been aggressive enough to make a way for community and nongovernmental organizations to help sex workers and others whose behavior puts them at risk of contracting HIV or AIDS to protect themselves.



Asia (South, Southeast and East Asia, and the Pacific)

HIV was a latecomer to Asia, but its spread has been swift. Until the late 1980s, no country in Asia experienced a major epidemic; the continent appeared practically immune. By 1992, however, a number of countries, led by Thailand, were facing increasing numbers of infections. These were generally concentrated in groups such as drug injectors and sex workers whose behaviors were known to put them at risk.

Although no Asian country has reached anything like the prevalence levels common in Sub-Saharan Africa, HIV cases have continued to increase.





Let's Review

Let's review what we have just discussed. Answer the following questions.

1. Based on the discussion, what are the two common reasons for the spread of AIDS throughout the world?

2. What lessons can be learned from the drop in HIV cases in industrialized countries of Western Europe, North America, Australia and New Zealand?

Check your answers using the *Answer Key* on page 53. Did you get both answers correct? If you did, well done! If not, do not worry, just review the section on AIDS in various parts of the world.



Let's Learn

Now you know that the problem about HIV and AIDS affects not only the Philippines but other countries as well. What are the effects of HIV and AIDS? Let's find out below.

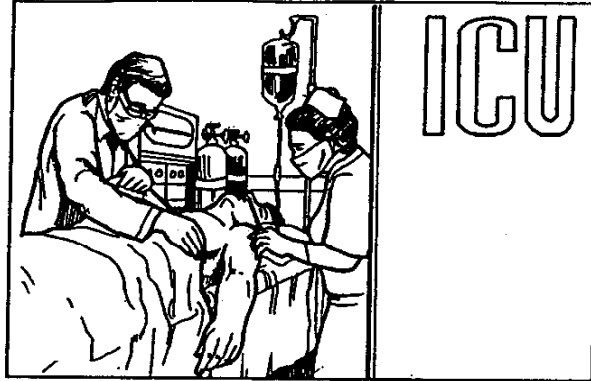
Impact of AIDS

AIDS has had many negative impacts around the world. The AIDS epidemic has caused a decrease in life expectancy in many countries. It has also increased the number of orphans and brought about the undoing of many families and communities. It has further brought negative economic impacts, such as extra costs for business and a financial drain on the health service sectors of governments around the world.

The effects are, of course, more visible in areas with higher incidence of the AIDS epidemic, like Sub-Saharan Africa.

Increase in mortality rate

Mortality rate refers to the incidence of death in an area. AIDS brings about a high mortality rate especially in areas where it is prevalent. It is estimated that in Sub-Saharan Africa, there will be more adults between the ages of 60 to 70 in 20 years' time than there will be adults in their 40s and 50s. This is because many adults below the age of 50 are expected to die of AIDS.



What is the implication of this? The lower number of younger citizens will mean that the group that has traditionally provided care for both children and the elderly will have to support large numbers of young and old people. Many of these young adults will themselves be debilitated by AIDS and may even require care from their children or elderly parents rather than providing it.

A suffering economy

The premature death of many adults, especially on a large scale, like in Sub-Saharan Africa, will certainly affect the economy.

The most productive workforce are those that are young and at their peak. This group consists of people between the ages of 25 to 45. Most people who get HIV or AIDS are those belonging to this age group.

This loss of highly productive manpower resources will have a serious negative impact on the economy.

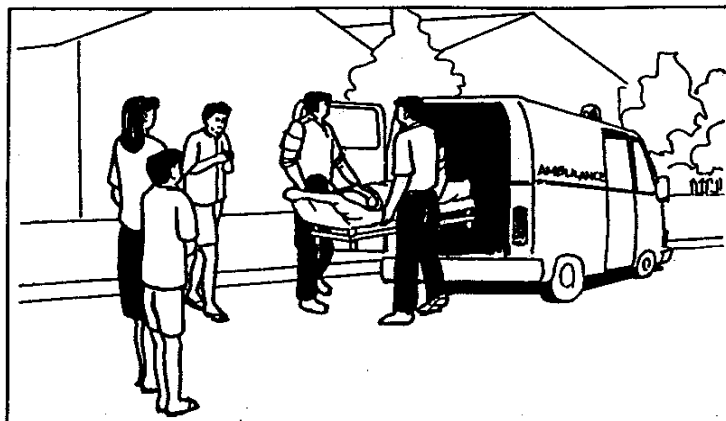
Greater burden on the family

The few surveys about the impact of having a family member with AIDS show that households suffer a dramatic decrease in income, not to mention emotional stress.

In a study done in Thailand, one-third of rural families affected by AIDS experienced an agricultural output that is lower by half than what they used to produce.

This impact on the economy of the family can also mean that children will be forced to stop going to school or that elderly people will be left to take care of themselves.

A common strategy in AIDS-affected households is to send one or more children away to extended family members to ensure that they are fed and cared for, thus destroying the structure of the family.



Households headed by orphans are becoming common in areas where AIDS is prevalent. Studies in Uganda (a country in Sub-Saharan Africa) have shown that following the death of one or both parents, the chance of orphans going to school is reduced to half and those who do go to school spend less time there than they did before.

More demands on the health sector

As a result of the AIDS epidemic, countries, especially those with a high incidence of HIV and AIDS, need to allot more resources for AIDS treatment and health care. These resources refer not only to money but to manpower as well. As a result, other sectors or concerns may not receive the attention and resources that are needed.



Let's Review

What are the various effects of AIDS on the world? Write your answers in the table below.

Effects of AIDS

Mortality Rate	
Economy	
Family	
Health Sector	

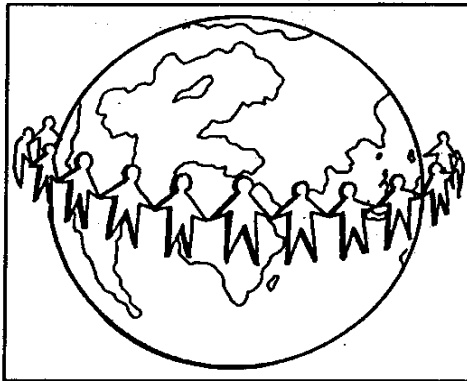
Check your answers using the *Answer Key* on page 54. Were you able to fill up the table? If not, read the discussions again before you proceed.



Let's Study and Analyze

Since AIDS is already considered an epidemic in various areas of the world, many steps have been taken to fight it and its negative impacts. What are these steps?

The response of the global community



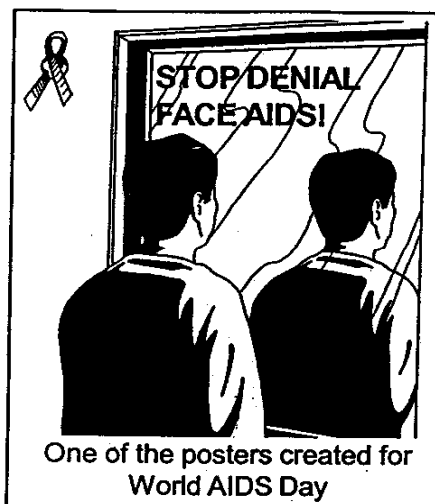
1. Move for society's openness and determination to fight against stigma

Let us first define what a stigma is. When we say **stigma**, we refer to something that society in general does not accept and, in fact, looks upon as disgraceful.

The stigma attached to AIDS and HIV is largely due to wrong beliefs. For example, some people have the mistaken notion that AIDS is only transmitted by prostitutes and homosexuals or that AIDS is a punishment from God or nature for what are regarded as "immoral" or "unnatural" behaviors. Some people also unfairly believe that victims of AIDS deserve the illness because it is their fault that they got the disease.

Governments of many countries have conducted information campaigns and have launched programs for the prevention and control of the spread of AIDS. These programs are meant to make people aware of the existence of HIV and how it is spread.

In 1988, health officials from around the world met to discuss the problem of AIDS. In this meeting, it was agreed that December 1 will be known as "World AIDS Day." This will be a day for spreading messages of compassion, hope, solidarity and understanding about AIDS in every country in the world. This is also intended to open channels of communication and strengthen the exchange of information about AIDS.



2. Long-term and sustained response

Even if a government creates a program that covers many aspects of AIDS control and prevention, this will not yield immediate results. This is why many countries have adopted a long-term approach. The long-term approach is designed to control and prevent the spread of the disease. This involves projects that will run for many years.



Let's Try This

Why do you think the long-term approach is important in response to the problem of AIDS? Write your answer in the spaces below.

Let's see if your answer is correct.

Everybody is vulnerable to AIDS. It is therefore important to address the prevention and control of AIDS, taking into consideration people from different age groups and sectors.

Education about AIDS has to focus on prevention, beginning with the youngest generation. This is because it is considered that the vulnerability of each individual changes with the flow of the life cycle, that is, as children mature into adolescence and adulthood.

For example, children should be taught the importance of taking care of their health and avoiding diseases early on. This will give them a sense of responsibility to take care of their own health.

During adolescence, they will become more exposed to risk factors, like having unprotected sex. Therefore, the strategy should change from merely teaching them to take care of their health to avoiding the risk factors that may surround them.

For the World AIDS Day, for example, a particular theme is chosen each year. Over the last thirteen years, the themes have been as follows:

- 1988 *Communication*
- 1989 *Youth*
- 1990 *Women and AIDS*
- 1991 *Sharing the Challenge*
- 1992 *Community Commitment*
- 1993 *Time to Act*
- 1994 *AIDS and the Family*
- 1995 *Shared Rights, Shared Responsibilities*
- 1996 *One World, One Hope*
- 1997 *Children Living in a World With AIDS*
- 1998 *Force for Change: World AIDS Campaign With Young People*
- 1999 *Listen, Learn, Live: World AIDS Campaign With Children and Young People*
- 2000 *AIDS : Men Make a Difference*

Notice that the themes focus on various aspects of the problem of AIDS.



Let's Try This

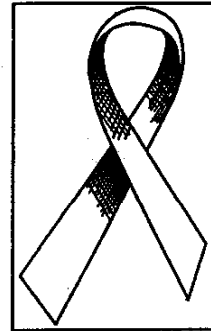
Based on what you have learned about AIDS so far, try and think of a suggestion for the theme of the next World AIDS Day. Write it down in the blanks below.

Given these facts, many governments have come to realize that they have to reach many different population groups, including those who will become exposed in the future.

3. Multisectoral and multilevel action

Successful programs have involved various sectors of society. Most governments formulate policies and laws to address the problem of AIDS. For example, the government will formulate laws that will require schoolchildren to be taught about AIDS. The successful implementation of these laws will depend on the local governments and on each school. Only through this multilevel approach can the information campaign be most effective.

In fact, the international symbol of AIDS awareness, the red ribbon, started at the “grass roots” level. It was not part of any government program. This is why there is no official or standard red ribbon. People from certain communities in the United States just began wearing the ribbon as a symbol of care and concern about AIDS.



Now, if you want to express care and concern about AIDS, you can just make your own red ribbon. This ribbon is worn by people from all over the world all year round and particularly on and around World AIDS Day to demonstrate care and concern about HIV and AIDS, and to remind others of the need for their support and commitment.

In the Philippines, do you know how the government has responded to the problem of AIDS? We will discuss this in Lesson 3.

Let's See What You Have Learned

Let's see how much you have learned in this lesson. Answer the following questions by encircling the letters that correspond to your answers.

1. What area has the most number of AIDS cases?
 - a. Sub-Saharan Africa
 - b. Southeast Asia
 - c. Western Europe
 - d. North America
2. What was the main reason why AIDS easily became an epidemic in Sub-Saharan Africa?
 - a. Because people mingled with each other a lot.
 - b. Because people refused to believe the information given to them about AIDS.
 - c. Because the people were too poor to afford medicines.
 - d. none of the above
3. Western Europe, North America, Australia, and New Zealand have successfully controlled the spread of AIDS because _____.
 - a. they gathered all AIDS patients and put them in one institution
 - b. they have developed a vaccine for the AIDS virus
 - c. they launched widespread information campaigns about AIDS
 - d. AIDS does not affect people in these areas

4. What is the effect of AIDS on families?
 - a. It decreases the family's income.
 - b. It causes emotional stress.
 - c. (a) and (b)
 - d. It does not have any effect.

5. Why is there a stigma attached to people with AIDS?
 - a. Because people think that AIDS is a punishment from God.
 - b. Because people think that AIDS is an illness that only afflicts gays and prostitutes.
 - c. Because AIDS is incurable.
 - d. all of the above

Check your answers using the *Answer Key* on page 54. Did you get all the answers right? If not, review the lesson before you proceed.



Let's Remember

Before you proceed to Lesson 3, do not forget the important points of this lesson.

- ◆ AIDS is already considered an epidemic in the world because the number of AIDS cases has continuously increased through the years. The two most common factors that lead to the spread of AIDS are sex and the use of HIV-infected syringes (for example, in drug use).
- ◆ Sub-Saharan Africa has the most number of AIDS cases.
- ◆ On a global scale, AIDS has brought about negative impacts including:
 - Higher mortality rates
 - Economic difficulties
 - Greater burdens to the family
 - More demands on the health sector
- ◆ The global community has responded to AIDS through policies and programs that:
 - will open the discussion about AIDS and fight the stigma attached to it;
 - are long-term and are designed to reduce the spread of AIDS by reaching different populations, taking into consideration that exposure to risks changes as a person moves from childhood to adulthood; and
 - consist of multisectoral and multilevel actions which aim to reach as many members of the population as possible.

AIDS: The Philippine Scenario

In Lesson 1, you found out what AIDS is. In Lesson 2, you learned more about AIDS and its effects on a global scale. In this lesson, we will discuss the effect of AIDS in the Philippines and how we have responded to it.

After studying this lesson, you should be able to:

- ◆ describe the problem of AIDS in the Philippines;
- ◆ explain the government's response to the problem of AIDS; and
- ◆ identify ways in which you can help in the fight against AIDS.



Let's Listen To This

If you have a cassette player, play the tape that comes with this module. If you do not have a cassette player, just read the following dialogue.

AIDS: Plague of the World!

Characters:

- | | | |
|----------------------|---|--|
| <i>Jose</i> | – | 23 years old, friend of Pepe |
| <i>Pepe</i> | – | 19 years old, friend of Jose |
| <i>Atty. Baliton</i> | – | 40 years old, emcee and community leader |
| <i>Dr. Orillaza</i> | – | 39 years old, guest speaker |
| <i>Amador</i> | – | 18 years old, friend of Pepe and Jose |
| <i>Israel</i> | – | 17 years old, friend of Pepe and Jose |
| <i>Stephen</i> | – | 18 years old, friend of Pepe and Jose |

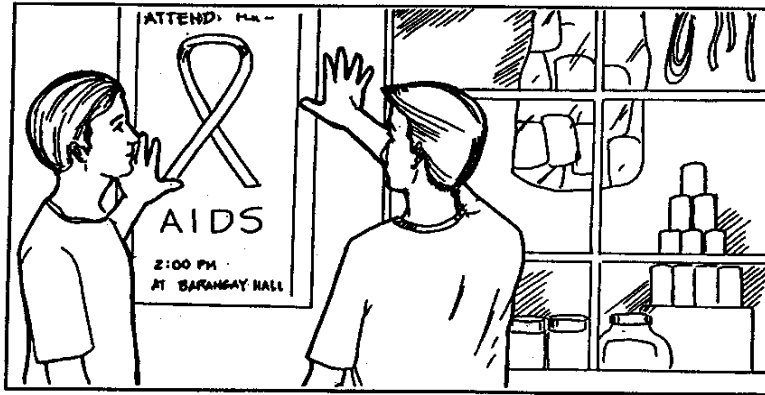
Jose and Pepe are walking along a street in their barangay . . .



Jose: That's the plan of Amador and Stephen for the forthcoming birthday of Israel, is that right?

Pepe: Yes! They said that since Israel is going to be eighteen years old, he must be initiated into manhood. You know, by a "lady of the night." They'll be in charge of the expenses.

Laughing, they continue with their jokes . . .



Jose: Those two are really jokers, aren't they?

Pepe: Right! Hey!

Jose: Why did you stop walking, Pepe?

Pepe: Look! Look at the poster in front of the store, Jose. There!

Jose: What does it say?

Pepe: "Discussion on AIDS. Attend today, 2:00 p.m., here at the Barangay Hall of Barangay Maulawin."

Jose: A discussion on AIDS?

Pepe: Hey, Jose . . .

Jose: What?

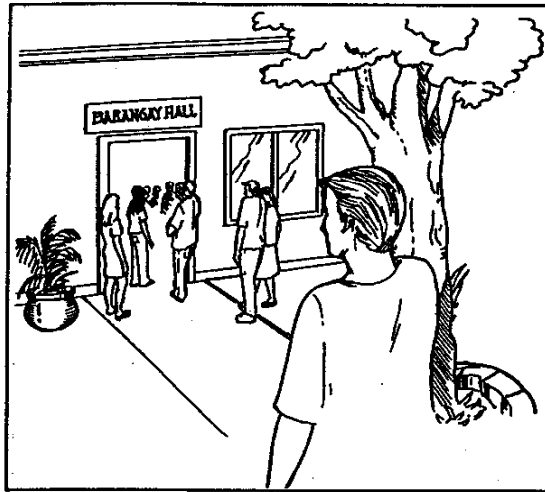
Pepe: Let's attend. You know, I've long wanted to know what AIDS really is. I've heard a lot of things about it already. I don't know what is true and what is wrong about AIDS anymore.

Jose: Same here, Pepe. I have a lot of questions in mind about AIDS that I can't answer. I might find the answers there!

Pepe: Then you agree to attend this discussion with me?

Jose: Why, yes, definitely!

That afternoon . . .



Pepe: Hey, so there are many people besides us who are interested in knowing the truth about AIDS, Jose! Look, many people are going inside the barangay hall.

Jose: Let's go, Pepe. Let's go inside too or else we might not get seats near the front.

Pepe: Wait, wait, wait, Jose!

Jose: What's wrong this time?

Pepe: Read this! This paper posted on the bulletin board.

Jose: The one that says, "Did you know?"

Pepe: Yes, That's the one! Continue reading.

Jose: Okay. "AIDS: Killer! Plague of the world! 19.5 million people around the world have AIDS."

Pepe: What? That many people are sick with AIDS?!

Jose: "Between 300,000 to 600,000 people have already died around the world this year because of this illness. People most commonly afflicted with AIDS are young people between 15 to 25 years old."

Pepe: Hey, we belong to that group!

Jose: "AIDS will kill from 1.5 million to 3 million people around the world before the year 2000."

Pepe: Stop reading that! I'm getting scared!

Jose: C'mon! Let's go inside. The forum might be starting now.

Inside the barangay hall . . .

Jose: Hey, Pepe! What's the matter? Are you looking for a place to sit or what? Why are you walking like a robot?

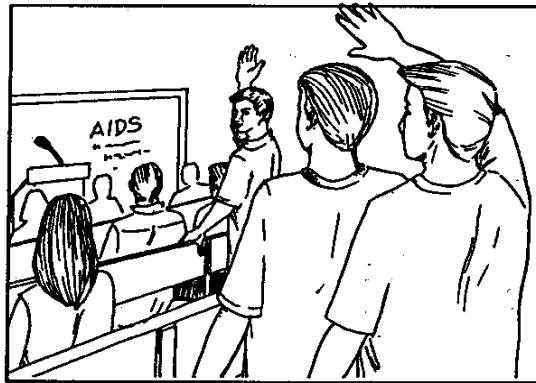
Pepe: Until now, I'm still thinking of the paper you read on the bulletin board. Imagine, those who die of the disease are mostly of our age. Isn't it a big waste considering that the nation's hope is in the youth?

Jose: Well, if that continues, only the elderly will be left behind! My parents will be pitiful if I die. Who else will take care of and look after them if I'm gone? I'm their only child. That would be real hard for them, right?

Pepe: Yes.

Jose: What would happen if that is the case?

Amador calls from afar . . .



Amador: Jose! Pepe! Hey!

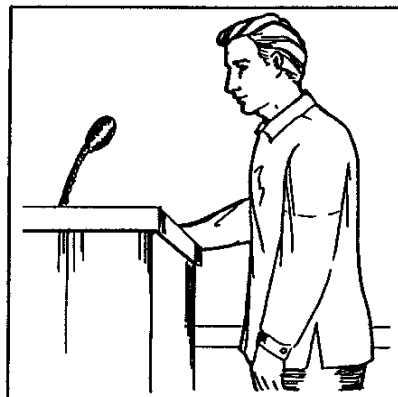
Pepe: Hey, that's Amador together with our other friends. They're waving at us.

Israel: Come on over here. Sit here. Let's stay in front.

Stephen: It's nearer here. We can sit closely together.

Jose: Okay, let's just sit beside them. Let's go!

Just then, Atty. Baliton approaches the microphone . . .



Israel: Someone's approaching the microphone.

Amador: Maybe he's the emcee.

Atty. Baliton: Good afternoon to you, fellow barangay members!

People: Good afternoon!

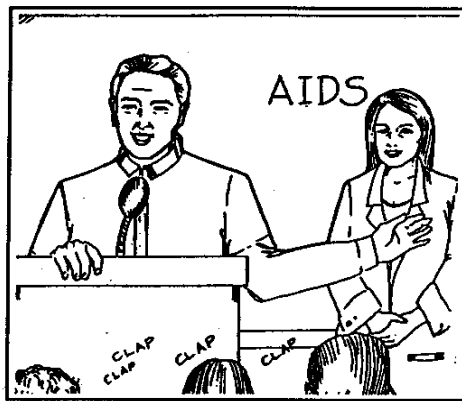
Atty. Baliton: We're about to start the forum.

People clap for Atty. Baliton . . .

Atty. Baliton: To start off, I would like to request everybody to rise and join me in prayer.

After the prayer . . .

Atty. Baliton: I have the honor to present to you our guest speaker whom we invited to talk about a very delicate matter known as AIDS. She is currently the head of the AIDS department at the San Lazaro Hospital in Manila. Dear townmates, a big round of applause for Dr. Rachele Orillaza!



Dr. Orillaza: Thank you and good afternoon to all of you. As Atty. Baliton has said earlier, our topic for today is a very delicate matter. I'm going to talk about AIDS, which is referred to as the plague of the world. Why is this the common notion about this sickness? Because AIDS has no cure yet and it kills. But we can prevent the spread of the disease. I'm very happy because I see a lot of young people today. Because more than anybody else, this forum is very important for them. I am hoping that you will listen carefully to what I will tell you. Later, after my talk, I would like to invite you to join in the open forum about the topic. I will try my best to answer all of your questions.

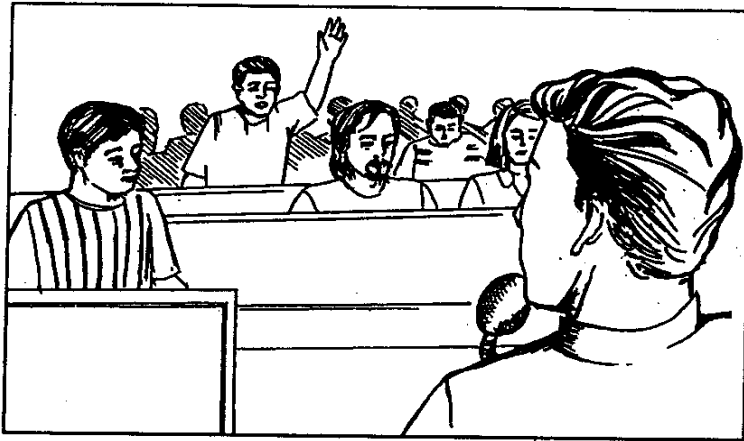
After Dr. Rachele Orillaza's speech . . .

Atty. Baliton: You heard Dr. Rachele Orillaza's speech on the topic of AIDS. Now, we are inviting everyone to join the open forum and ask questions about AIDS, especially about the things which you don't fully understand or which are not very clear to you yet. And Dr. Orillaza will do her best to answer your questions. Please ask your questions one at a time. We would like to request those who have questions to raise their hand and when acknowledged by the speaker they may stand and ask their question. Is this clear?

People: Yes, it's clear!

Atty. Baliton: Well then, we may now begin with the open forum. Who would like to start?

Israel: I would.



Atty. Baliton: All right. Introduce yourself and proceed with your question.

Israel: My name is Israel. And I would like to know the primary reasons why AIDS continues to spread.

Dr. Orillaza: That's a good question. The primary reasons for the continued spread of AIDS are unsafe sexual practices and not using protective measures. And there also exists the danger from having multiple sexual partners. Is my answer clear to you?

Israel: Yes, and thank you very much!

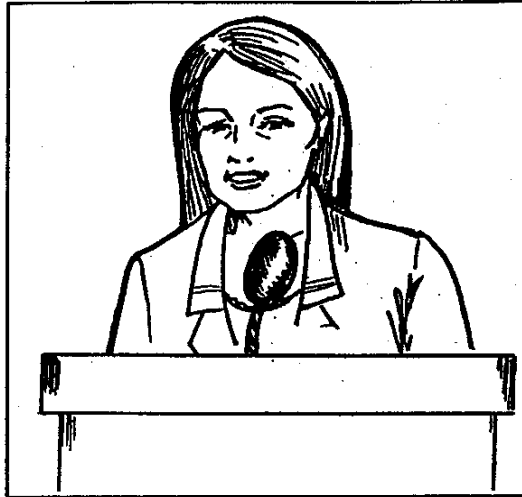
Stephen: My name is Stephen. You said that AIDS has no cure.

Dr. Orillaza: That's right, Stephen.

Stephen: If that is true . . . how can this be stopped like you said earlier?

Dr. Orillaza: The spread of AIDS can be stopped if people are careful. If a person is married, I advise that he/she should use protection during intercourse. If the person is single, he/she should avoid changing partners besides using protection.

Amador: How is AIDS transmitted?



Dr. Orillaza: AIDS is transmitted through intercourse with a person already infected with the disease or if a patient is injected using a syringe used by a person with AIDS. Or if a patient is given blood which came from a person tested positive with the disease. These are the usual ways or reasons.

Jose: Why did you say that having AIDS causes death?

Dr. Orillaza: Because the immune system or the natural defense against infection of a person with AIDS is destroyed. Because of this, the person is defenseless against other diseases which attack his/her body.

Pepe: Doctor, why can't AIDS be cured?

Dr. Orillaza: Because until now they haven't discovered an effective medicine to cure the illness.

Atty. Baliton: Well then, I would like to thank everyone who attended this dialogue and those who joined in the open forum to ask our guest speaker questions about a topic that is troubling the whole world today—AIDS! We would like to thank Dr. Rachelle Orillaza for the time she shared with us to enlighten us on this dreadful disease. Let's give a big round of applause for Dr. Rachelle Orillaza.

Upon coming out of the barangay hall . . .

Pepe: People say that a boy must be "baptized" first for him to become a real man.

Israel: But after what I heard today . . . that idea becomes really scary, don't you think so?

Amador: Yes. There are still other ways to prove that you are a real man. Not only through that kind of “baptism.”

Stephen: Amador’s right! That’s why I’d like to back out of our agreement.

Jose: We must all be careful. Who knows what would happen if we’re careless. If we contract AIDS, the hope of the land would be lessened.

The dialogue ends here. Did you like it? Did you learn from it?



Let's Try This

To find out what you have learned from the listening/reading activity, answer the following questions. Write your answers in the spaces provided.

1. What do you think led Amador and Stephen to come up with their plan for Israel’s birthday?

2. What information on the poster at the barangay hall caught the attention of Jose and Pepe?

3. How did the five friends apply what they have learned from the barangay hall discussion on AIDS to their own lives?

4. What do you think might have happened had they not listened to the discussion about AIDS?

5. What other lessons about AIDS did you learn from the listening/reading activity?

Check your answers using the *Answer Key* on pages 54–55. Did you get all the answers right? If not, try listening to the tape or read the dialogue again. You may also discuss your answers with the NFE Instructional Manager or Facilitator or with your friends, family members or other learners.

We have already discussed the status of AIDS in various areas of the world, including in Asia, where the Philippines is located. Now let us take a closer look at AIDS in the Philippines.



Let's Think About This

What do you think is the status of AIDS in the Philippines? Is it already an epidemic?



Let's Learn

AIDS in the Philippines

Perhaps due to the stigma attached to AIDS, only a few cases are reported, but the Department of Health estimates that each year, about 5,000 Filipinos get infected with HIV. As of the year 2000, there are already 40,000 projected cases of HIV infection or AIDS.

What do you think led to the rapid spread of the disease in the Philippines in the past few years?

Just like in Thailand (the country in Asia with the most number of AIDS cases), prostitution is considered a lucrative business in the Philippines. There are so-called “red light” districts here where motels and bars abound. These motels and bars are believed to be used for prostitution. An important “market” for some prostitutes are foreigners who come to the country to work or visit as tourists. Some of them may be HIV positive and may have contributed to the spread of HIV and AIDS in the Philippines by having unprotected sex with Filipina prostitutes.



Aside from prostitution, incidences of drug dependence in the country are not rare. Many young and old people use and share syringes as drug paraphernalia.

As we have said earlier, unprotected sex and drug use are the most common means of transmitting HIV.



Let's Study and Analyze

Study the situation below and then answer the question that follows.

Edong is 26 years old and married to Josette. They have two children. While Edong has a stable job and is a good provider to his family, he has a vice. Edong regularly goes to a "beer garden" with his friends from the office. When he goes there, he drinks a few bottles of beer, asks a GRO (guest relations officer) to share a table with him, and later on goes out with the GRO to a motel. Edong does not use any protection when engaging in sex with the GRO because according to him, the women in the "beer garden" are pretty neat and clean.

What do you think is/are the implication(s) of Edong's not using protection during his extra-marital sexual activities?

As a result of not using protection, Edong is putting not only his health at risk but also that of his wife and even their future children. If he contracts AIDS, there is a high probability that he will pass this to his wife. If his wife gets pregnant while she is sick with AIDS, she can pass on the virus to their unborn child.



Let's Read

While the case of Edong may be an isolated one, still many men and women have distorted views about AIDS.

In a study conducted among Filipino men (Young Adult Fertility and Sexuality Study – University of the Philippines Population Institute), it was discovered that out of every four Filipino men aged 15 to 24 who have had sex, one paid for sex at least once.

The greatest proportion of men who paid for sex are between the ages of 15 to 17. Most of the time, these pay-for-sex activities happen with the peer group or *barkada*.

Take Jose and his friends (from the tape that you have just listened to), for example. They are young and curious about many things, including sex.



In the study, it was also found out that young Filipinos are generally aware of HIV/AIDS, and that most understand how HIV is transmitted and how it can be avoided. But many do not know that an infected person may not experience symptoms and may look healthy for years.

And there are still some who believe — mistakenly — that AIDS can be cured. However, owing perhaps to their negative opinions about the use of condoms and their belief that they are unlikely to be infected with HIV, only a small proportion of the Filipino men surveyed use condoms. Although awareness of the function of condoms as protection against sexually-transmitted diseases is growing, this has not resulted in increased condom use among the sexually active.



Let's Talk About This

Conduct a quiz with your immediate family members (mother, father, brother/s and sister/s). Ask them about the things that you have learned in Lessons 1 and 2 like:

1. What is AIDS?
2. What is HIV?
3. What are the ways by which HIV is transmitted?
4. Is there a cure for AIDS?
5. What area in the world has the highest incidence of AIDS?
6. What is safe sex? How does it help prevent the spread of AIDS?

Were they able to answer the questions correctly? If they were, congratulate them for being well informed. Unfortunately, not all Filipinos are well informed about HIV and AIDS. For this reason, the government has taken action by disseminating information about AIDS in the country.



Let's Try This

Answer the following questions. Write your answers in the spaces provided after each number.

1. What do you think can be done to raise people's awareness about AIDS?

2. Are you aware of any government program aimed at fighting AIDS?

3. How do you think the government should respond to the problem of AIDS?

Let's find out if your ideas are correct.



Let's Learn

Government's response to AIDS

Since there is no cure for AIDS yet, the best thing that can be done is to prevent it from spreading. This is where AIDS education as a weapon to fight the disease comes in.

To fight the problem of AIDS, you need to get all the facts and information you need. The more you know about AIDS, the better you can find ways of protecting yourself from having HIV. With the knowledge you have, you can make better decisions.

Here in the Philippines, there are many AIDS programs which serve to educate people nationwide. The government came up with Republic Act 8504 (RA 8504), also known as *The Philippine AIDS Prevention and Control Act of 1998*.

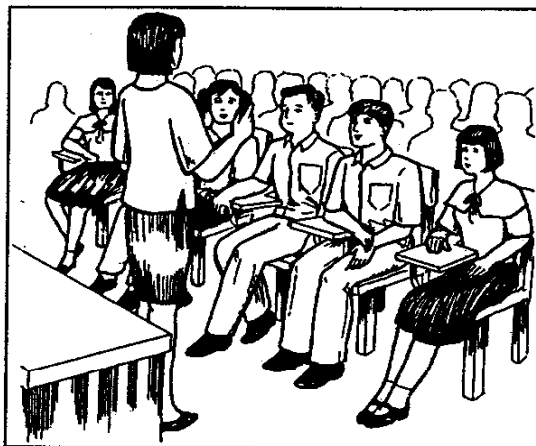
How does this Act seek to tackle the problem of AIDS?

RA 8504 is divided into several sections called **articles**. Each article focuses on a particular strategy for preventing or controlling AIDS.

Article 1 deals with educating people about AIDS and disseminating information about AIDS. This includes:

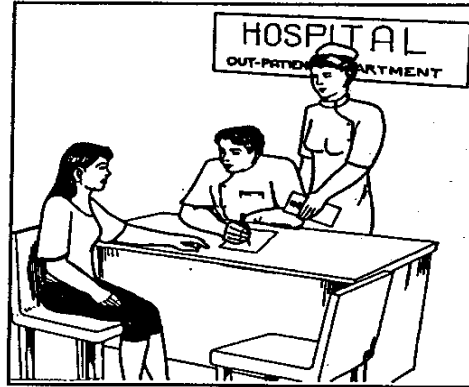
HIV/AIDS education in schools

This involves teaching Filipino students about the causes, modes of transmission, and ways of preventing HIV/AIDS and other sexually-transmitted diseases (STDs) in elementary, high school and college subjects. The Department of Education, Culture and Sports (DECS) has also integrated HIV/AIDS education in its nonformal education program. This module you are reading is an example of an AIDS nonformal education program learning material.



HIV/AIDS information as a health service

If you go to a clinic or hospital, you can see or ask for brochures and pamphlets about AIDS. This is part of the hospital or clinic's health service. Health workers are trained to give education and information about the dreaded disease.



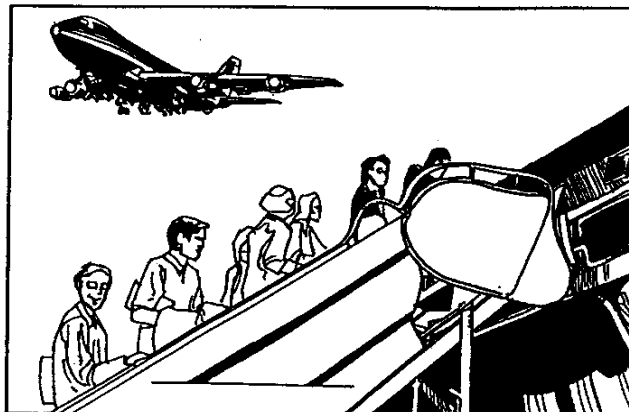
HIV/AIDS education in the workplace

Orientation, training and continuing education, and other human resource development activities of employers and employees in public and private offices now include information about HIV/AIDS.



HIV/AIDS education for Filipinos going abroad

Overseas Filipino Workers (OFWs) are now required to attend HIV/AIDS seminars before leaving the Philippines.



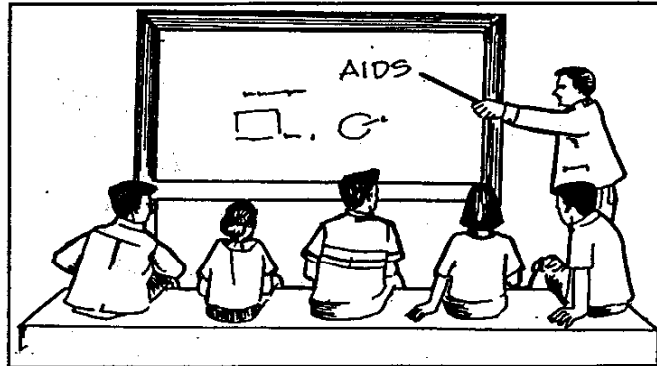
HIV/AIDS education for tourists and transients

Materials on HIV/AIDS are made available in places where there are tourists and transients. Some of these places are travel agencies, restaurants, hotels, and information centers of the Department of Tourism (DOT).



HIV/AIDS education in communities

Education and information campaign materials on HIV/AIDS are produced by local government units. This is done in coordination with concerned government agencies, nongovernment organizations (NGOs) and church-based groups.



Education and information dissemination are only one part of preventing and controlling AIDS. Meanwhile, what is the government doing about people who already have AIDS? In response to the stigma that is still attached to AIDS, the Philippine AIDS Prevention and Control Act also prohibits discrimination against people with AIDS. According to Article 7 of the AIDS Prevention and Control Act of 1998, people with HIV or AIDS can:

- ◆ work;
- ◆ go to school;
- ◆ travel;
- ◆ get credit and loan services;
- ◆ get health services; and
- ◆ get burial services.

People with HIV and AIDS should have the same rights as those who do not have the illness.

Aside from information dissemination and guidelines against discrimination, the Act also contains guidelines for practices and procedures related to organ and blood donation (Article 2), AIDS and HIV testing (Article 3), and support services for AIDS victims (Article 4), among others.



Let's Try This

Answer the following questions.

1. Why do you think the government has launched a widespread information and education campaign about AIDS?

2. What examples of the government's information and education campaign about AIDS are you aware of in your community?

3. What do you think the government should do to fight AIDS? Explain your answer.

Here are some sample answers.

1. The government launched a widespread information and education campaign about AIDS because it recognizes the fact that when people are informed, they are better equipped to protect themselves and make responsible choices.
2. In the Philippines, most information and education campaigns are in the form of brochures, pamphlets, or advertisements about HIV and AIDS.
3. Just like the governments of many other countries, our government should intensify its information campaign about HIV and AIDS to be able to reach populations from different sectors.



Let's Think About This

In your own way, how can you help in the fight against AIDS and HIV? Write your answers in the blanks below.

Compare your list with the one in the next discussion.



Let's Learn

What is your response to AIDS?

You can do something to prevent the spread of HIV and AIDS. Here are some examples:

- ◆ Wear the red ribbon, which is a symbol of AIDS awareness, solidarity, and support. It lets others know that you are aware of HIV/AIDS and that you want to help people infected with HIV/AIDS. It also signifies that you support the fight against the killer disease and that you remember those who died of the disease. It also symbolizes that you care for the sick, sympathize with people whose loved ones died of the plague, and hope that a cure will be found for HIV/AIDS.
- ◆ Know the correct HIV/AIDS information: what it is, how it is transmitted, and how it can be prevented.
- ◆ Make others aware of the disease by sharing the information you know. Correct them if they have wrong information.
- ◆ Learn more about the disease by asking people about their experiences with HIV/AIDS.
- ◆ Fight the discrimination against known AIDS victims. Discrimination in any form in the workplace, in schools, hospitals and health institutions is punishable by law.
- ◆ As a member of the community, you can gather some friends who are as concerned as you are. As a group, tell the barangay captain the importance of public awareness of the AIDS threat. Ask him/her to help you campaign for the dissemination of information on how to avoid infection. Perhaps he/she will agree to have a barangay discussion on AIDS similar to the one described in the audio tape dialogue.
- ◆ You can make posters informing other people about the disease. The posters can be posted in visible places.



Let's See What You Have Learned

Answer the following questions. Write your answers in the blanks provided after each number.

1. What are the reasons for the rapid increase in HIV/AIDS cases in the Philippines?

2. How can the AIDS Prevention and Control Act of 1998, also known as Republic Act 8504, help in the fight against AIDS?

3. How can you help in the campaign against AIDS?

Check your answers using the *Answer Key* on page 55.



Let's Sum Up

Do not forget the important points of this module.

- ◆ HIV is the virus that causes AIDS.
- ◆ A person infected with AIDS has a weakened immune system.
- ◆ AIDS can be transmitted through unprotected sex and activities that allow the exchange or transmission of blood and other body fluids.
- ◆ Risky behaviors and activities such as premarital sex, having multiple sex partners, and using injectible drugs put you at risk of getting AIDS. It is better to avoid these behaviors and activities to protect yourself from AIDS. If this is not possible, make sure that you take the necessary precautions, such as using condoms and other safe sex measures.
- ◆ AIDS is already considered an epidemic in the world because the number of AIDS cases has continuously increased through the years. The two most common factors that lead to the spread of AIDS are unprotected sex and the shared use of syringes when taking drugs.
- ◆ Sub-Saharan Africa has the most number of AIDS cases.

- ◆ On a global scale, AIDS has many negative effects including:
 - Higher mortality rates
 - Economic difficulties
 - Greater burdens to the family
 - More demands on the health sector
- ◆ The global community has responded to AIDS through policies and programs that:
 - will open the discussion about AIDS and fight the stigma attached to it;
 - are long-term and are designed to reduce the spread of AIDS by reaching different populations, taking into consideration that exposure to risks changes as a person moves from childhood to adulthood; and
 - consist of multisectoral and multilevel actions which aim to reach as many members of the population as possible.
- ◆ In the Philippines, an estimated 5,000 cases of HIV infection and AIDS are added each year. While many Filipinos are well informed about AIDS, there are still those who believe that AIDS can be cured.
- ◆ The Philippine government came up with Republic Act 8504 or the AIDS Prevention and Control Act of 1998. This Act aims to provide guidelines for the dissemination of information about AIDS and against discrimination. The Act likewise contains provisions for organ and blood donation, HIV and AIDS testing, and providing support services for AIDS victims.



Let's Try This

Create a poster about AIDS. You may use a sheet of cartolina for your poster. Once you are finished, show the poster to your Instructional Manager or Facilitator and display it in your NFE Learning Center. You may also wish to approach your barangay officials and ask them if they will agree to display your poster in the barangay hall or other public places in your community.



What Have You Learned?

Now that you have finished the module, let us test how much you have learned.

Answer the following questions. Write your answers in the blanks provided after each number. Unless otherwise specified, each number will be equivalent to one point.

1. Explain the relationship between HIV and AIDS.

2. (For 2 points) Identify two symptoms of AIDS.

3. (For 2 points) Identify two situations/instances in which HIV can be transmitted.

4. (For 2 points) Lina's friend Sarah was diagnosed to be HIV positive. Lina was not aware of this and she continued to hang out with Sarah and even eat with her. Is it possible for Lina to get AIDS from Sarah in this manner? Why or why not?

5. What is the common risk factor of contracting AIDS from getting a tattoo, using needles for body piercing, and sharing a syringe when injecting drugs?

6. What is safe sex?

7. What were the main modes of transmission that led to the spread of AIDS in many parts of the world?

8. How do children and infants usually get HIV and AIDS?

9. (For 2 points) What area in the world has the most number of AIDS cases? Why?

10. Give one impact of AIDS that is happening on a global scale.

11. Why is it important to fight the stigma attached to AIDS?

12. In the Philippines, what is the main mode of HIV transmission?

13. (For 2 points) What law did the government pass for the prevention and control of AIDS? Give one major provision of this law.

14. Identify one activity that you can do to help in the fight against AIDS.

Check your answers using the *Answer Key* on pages 55–57.

If you got:

- 0 – 5 You should study this module again.
- 6 – 9 Go back to the parts of the module which you did not understand.
- 10 – 16 Good! Just go back to the items which you were not able to answer correctly.
- 17 – 19 Very good! You have learned a lot from this module. You will now be able to share correct information about AIDS with your relatives and friends. You will likewise be able to protect yourself from AIDS.



Answer Key

A. Let's See What You Already Know (pages 1–3)

1. (b) AIDS is a disease that attacks a person's immune system, thereby causing other illnesses that the body can no longer fight.
2. (c) After some time (can be up to 10 years), most HIV infections develop into AIDS.
3. (c) These are some of the symptoms that indicate that HIV has developed into full-blown AIDS.
4. (d) Sharing eating utensils with an infected individual is highly unlikely to cause HIV infection or AIDS.
5. (c) People are not more likely to have AIDS just because they are prostitutes or gays. What puts people at risk are their activities and behaviors.
6. (b) As a person moves from childhood to adulthood, his or her vulnerability changes. Therefore, it is important to fight AIDS with the different levels of vulnerability in mind.
7. (b) Prostitution is the major reason for the spread of the disease in Thailand.
8. (b) There are people who have the mistaken notion that AIDS is a punishment from God since many victims of AIDS are prostitutes or homosexuals.
9. (b) This law was created to disseminate information about AIDS and help people with AIDS.
10. (c) Governments around the world have recognized that letting people know about the illness is the best way to prevent and control its spread.

B. Lesson 1

Let's Try This (page 5)

1. Initially, Sarah Jane was diagnosed to be HIV positive.
2. This "initial illness" developed into full-blown AIDS.
3. Sarah Jane got the disease because her work involves engaging in sexual activities with different men.
4. Many AIDS victims are afraid to admit that they have AIDS because they are afraid that people will turn away from them and treat them like outcasts.
5. Even if the government helped Sarah Jane in her treatment, AIDS has no cure. The only thing they could do was to try to prolong her life. Sarah Jane died from complications brought about by the disease on July 16, 2000.

Let's See What You Have Learned (pages 13–14)

1. (b) is the correct answer. HIV first attacks the body's immune system. Most HIV cases develop into AIDS.
2. (d) is the right answer. Having sore eyes is not an indication that a person has HIV or is sick with AIDS. Letters (a), (b) and (c) are symptoms of AIDS.
3. (d) is the correct answer. Kissing or hugging is unlikely to involve an exchange of blood or body fluids, thus it is also unlikely to cause HIV infection or AIDS. The behaviors and activities in (a), (b) and (c) all involve an exchange of blood or body fluids and are therefore possible means by which HIV or AIDS is transmitted.
4. (a) is the correct answer. This exposes you to a direct exchange of blood or body fluids, thereby increasing the likelihood of contracting HIV/AIDS in case your partner is infected. The activities described in (b), (c) and (d) do not involve a direct exchange of blood and other body fluids and will therefore not put you at risk of contracting HIV or AIDS.
5. (b) is correct. Taking prohibited injectible drugs are what should be avoided. Mosquito bites are not a means by which you can contract AIDS or HIV.

C. Lesson 2

Let's Study and Analyze (pages 16–17)

1.
 - a. Sub-Saharan Africa
 - b. South and Southeast Asia
 - c. Latin America
2.
 - a. Sub-Saharan Africa
 - b. Carribean
 - c. Latin America
3. Sub-Saharan Africa

Let's Review (page 22)

1. The two common means for the spread of AIDS around the world are: the use of injectible prohibited drugs and unprotected sex.
2. In these areas, the spread of the disease has been successfully fought because of widespread information campaigns.

Effects of AIDS

Mortality Rate	Mortality rate increases.
Economy	Due to loss of manpower resources, the economy suffers.
Family	AIDS can lower family income and cause emotional stress.
Health Sector	There will be a need for more manpower and financial resources for the health sector.

Let's See What You Have Learned (pages 28–29)

1. (a) is correct. About 70% of the total AIDS cases in the world are in Sub-Saharan Africa.
2. (b) is the right answer. Africa used to be a colony of Western countries. As a result, Africans refuse to believe the information and warnings given by Westerners on AIDS. They think that the Westerners are just fooling them.
3. (c) is right. Information campaigns have proven to be the most effective way to prevent and control AIDS.
4. (c) is correct. When AIDS afflicts people, they spend a large amount of money on medication and treatment. Furthermore, they are often forced to give up working. This causes a decrease in the family's income. Emotional stress may come from the knowledge that AIDS has no cure.
5. (d) is the correct answer. The stigma is due to the fact that some people lack the right information about AIDS. They cannot distinguish fact from fiction concerning the illness.

D. Lesson 3

Let's Try This (pages 37–38)

1. Amador and Stephen plan to pay for the services of a prostitute as a gift to Israel on his 18th birthday. Their plan is based on the belief that men, especially when they have reached the age of 18, should be initiated into manhood through sex.
2. According to the poster, people who are 15 to 25 years of age are the ones commonly afflicted with AIDS. Jose and Pepe are part of this group.

3. They did not push through with their plan to initiate Israel into manhood through sex for his birthday.
4. They might have continued their plan to hire the services of a prostitute for Israel. Israel would then have been put at risk of contracting HIV or AIDS, especially since he is not aware of the possible dangers of irresponsible and risky sexual activities.
5. According to the audiotape, there is no cure for AIDS yet and HIV can be transmitted through unprotected sex, sex with multiple partners and the use of shared needles for injecting prohibited drugs.

Let's See What You Have Learned (page 47)

1. Unprotected sex and drug use are the two major reasons for the spread of the disease in the country.
2. This law provides:
 - ◆ guidelines for an information campaign about AIDS in schools, workplaces, health centers, etc;
 - ◆ prohibition of discrimination against AIDS-infected persons;
 - ◆ guidelines, practices, and procedures related to organ and blood donation;
 - ◆ guidelines for HIV/AIDS testing; and
 - ◆ support services for AIDS victims.
3. By knowing and sharing the correct information about AIDS and by joining campaigns and programs related to AIDS.

E. What Have You Learned? (pages 49–51)

1. HIV is the virus that causes AIDS. People with AIDS have a weakened immune system because HIV attacks the immune system and makes a person defenseless against illnesses.
2. (2 points) Any two of the following:
 - ◆ unexplained or continuous swelling of glands in the breast, neck, and armpit
 - ◆ soaking night sweats
 - ◆ fever
 - ◆ chills
 - ◆ paralyzing fatigue
 - ◆ more than ten pounds of weight loss in less than two months
 - ◆ diarrhea that lasts for several weeks

3. (2 points) Any two of the following:
 - ◆ unprotected sexual intercourse
 - ◆ sharing needles
 - ◆ receiving blood transfusions
 - ◆ organ transplants
 - ◆ sharing skin-piercing instruments
 - ◆ getting injured from needles containing another person's blood
 - ◆ getting splashed with blood
 - ◆ perinatal modes, from mother to infant
4. (1 point) No.

(1 point) Social contact, including sharing eating utensils with an HIV positive or a person with AIDS, will not transmit AIDS. AIDS is transmitted only through activities in which there is an exchange of blood and body fluids between people.
5. The common risk factor is the use of a shared needle. When the needle contains traces of blood and other body fluids of an infected person, this needle may transmit the disease.
6. Safe sex refers to sex practices that reduce or prevent contact with the partner's body fluids. like using a condom.
7. Unprotected sexual intercourse and the shared use of syringes when taking drugs have been the main modes of transmission of AIDS in many parts of the world, including the Philippines.
8. Children and infants get HIV and AIDS from their mothers, either before or during birth or through breast-feeding.
9. (1 point) Sub-Saharan Africa.

(1 point) Because many people there refused to believe the information given to them about AIDS and also because many Africans engage in sexual intercourse with multiple partners.
10. Any of the following:
 - ◆ Mortality rate becomes higher
 - ◆ Economy suffers
 - ◆ The family is burdened
 - ◆ Health sector is put under stress
11. Because it is only then that people will be able to talk about AIDS and find out the correct information. This would prevent discrimination against HIV-infected individuals.
12. Unprotected sexual intercourse.

13. (1 point) Republic Act 8504 or the Philippine AIDS Prevention and Control Act

(1 point) Any one of the following:

- ◆ spread of information about AIDS
- ◆ guidelines for blood and organ donations
- ◆ rules against discrimination of people with HIV and AIDS
- ◆ guidelines on AIDS testing
- ◆ providing support services for people with AIDS

14. Any of the following:

- ◆ Wear the red ribbon.
- ◆ Know the correct information about AIDS.
- ◆ Share what you know about AIDS.
- ◆ Try to learn more about the disease.
- ◆ Help campaign against discrimination.
- ◆ Initiate moves in your barangay to increase people's awareness on AIDS.



Glossary

Contaminate Infect.

Contrast To become affected with (an infection or disease, for example).

Complications Other diseases or conditions that develop in the course of a previous disease or condition.

Debilitate Weaken.

Deficiency Lack of some necessary quality or element.

Disseminate Spread.

Hypodermic Introduced or injected beneath the skin.

Immunity A system by which organisms resist or overcome infection and disease.

Immunodeficiency Inability to produce the normal amount of antibodies (substances that counteract the effects of poisonous or harmful materials in the body).

Internal hemorrhage Heavy and uncontrollable bleeding inside the body.

Paraphernalia Equipment; accessories.

Prevalence The widespread incidence; the quality of being widespread or of prevailing generally.

Syndrome A group of signs and symptoms that occur together and often indicates the presence of a disease.

Transfusion The transfer (of blood, for instance) from one person or animal to another.

Transmit To send or carry from one person or place to another.

Virus Any numerous kinds of very small and simple organisms existing only in living cells and able to cause diseases.



References

Annop Visudhimark, M.D., Department of Medical Services, Ministry of Public Health, Thailand. *Drugs and AIDS in Thailand: Same Policies, Different Laws—How Can They Be Reformed to Obtain the Most Benefit?*, available online at <http://www.ihra.org.uk/paris/proceedings/visudhi.html>.

Aplasca, M.R.A.; Siegel, D.; Mandel, J.S.; Santana-Arciaga, R.T.; Paul, J.; Hudes, E.S.; Monzon, O.T.; Hearst, N. *Results of a Model AIDS Prevention Program for High School Students in the Philippines*, CAPS Publication, AIDS 9: S7-S13 (suppl. 1) 1995, available online at <http://www.caps.ucsf.edu/internationalbib.html>.

Columbia University College of P & S Complete Home Medical Guide, *HIV Infection and AIDS: High-Risk Groups*, available online at http://cpmcnet.columbia.edu/texts/guide/hmg19_0005.html.

Go Ask Alice, Columbia University's Health Education Program, available online at <http://www.goaskalice.columbia.edu/0017.html>.

HIV/AIDS Resources: Frequently Asked Questions, available online at <http://www.cdcnpin.org/hiv/faq/transmission.htm#1>.

http://www.codewan.com.ph/CyberDyaryo/features/f2000_0720_02.htm.

http://www.inquirer.net/issues/jun2000/jun13/news/news_10.htm.

Islam's Solution to Humanity's Gravest Challenge, AIDS, available online at <http://www.ahya.org/eng/aids.html>.

Japan Lutheran Hour, *Prostitution and AIDS*, available online at http://www.jlh.org/asia_lut/dec_95/thaifact.html.

Stephen F. Morin, Ph.D., Margaret A. Chesney, Ph.D., Thomas J. Coates, Ph.D., in collaboration with the Participants in the Fogarty Workshop on International HIV/AIDS Prevention Research Opportunities. UCSF AIDS Research Institute Policy Monograph #1, Revised April 2000, *Discovering Global Success: Future Directions for HIV Prevention in the Developing World*, available online at <http://www.caps.ucsf.edu/publications/intlmono.html>.

Monnica Terwilliger, (2000), Crisis Pregnancy Counselor, *Responsible Sexual Choices and You: Let's Talk About Safe Sex*, available online at <http://www.epigee.org/guide/sexuality.html>.

Philippine National AIDS Council, *Republic Act 8504: The Philippine AIDS Prevention and Control Act of 1998, Implementing Rules and Regulations*. Manila: Philippine National AIDS Council, European Union, 1998.

UNAIDS (United Nations Programme on AIDS), *Report on the Global HIV/AIDS Epidemic*, available online at http://www.unaids.org/epidemic_update/report/Epi_report.htm#glob.

University of California at San Francisco, *HIV-Insite: Gateway to AIDS Knowledge*, available online at <http://hivinsite.ucsf.edu>.

U.S. Census Bureau, *International Database (IDB) Summary Demographic Data*, available online at <http://www.census.gov/ipc/www/idbsum.html>.