



Healthy Living

A counselling guide for Health Workers on:

- Opportunistic Infections
- Antiretroviral Therapy (ART)
- Management of ART Side Effects

Healthy Living

Healthy Living is a guide to help service providers including community health workers to provide information, care and support to people living with HIV/AIDS in low literacy setups.

The guide is designed using local images and analogies that local people can relate with, interpret and recall the intended health message for their own good.

The guide is divided into 3 parts as follows:

1. Opportunistic Infections
2. Antiretroviral therapy (ART)
3. ART side effects and management

The guide is expected to address the information needs of people living with HIV and AIDS including people taking ART drugs.