



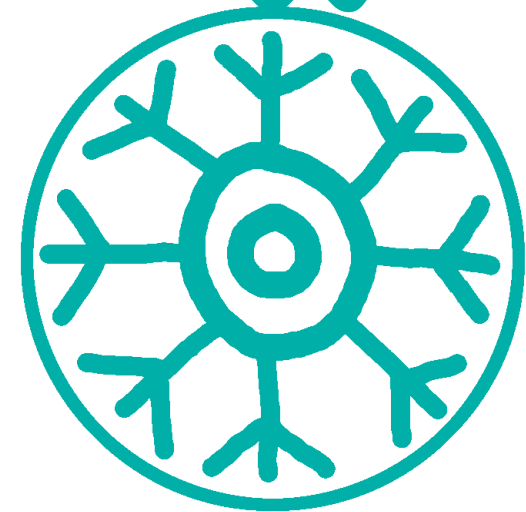
Caring for people with AIDS a community resource



Secretariat of the Pacific Community
Noumea, New Caledonia, 2000



**Caring for people with AIDS
a community resource**



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We dedicate this booklet to the young artist and AIDS prevention activist, Robert (Kinou) Tematafaarere, who died suddenly on 3 December 2000.

About HIV and AIDS

AIDS is a serious illness caused by a virus called HIV.

The immune system protects the body from infections and diseases; HIV attacks the immune system.

This means that people with HIV can get serious diseases that other people have protection from.

HIV is only passed on in semen, vaginal fluids, blood and breastmilk.

HIV can be passed on through:

- Sexual intercourse without a condom (with an infected person)
- An infected mother to baby during pregnancy, birth or breastfeeding
- Blood transfusions (if blood is contaminated with HIV)
- Sharing needles or syringes with an infected person.

The ways to prevent HIV being passed on are:

- Not having sexual intercourse (vaginal, oral or anal)
- Being faithful to one sexual partner who is also faithful to you
- Using condoms during sexual intercourse
- Not sharing needles, syringes or cutting tools
- Avoiding contact with blood.

HIV is easily killed and cannot survive long outside the body.

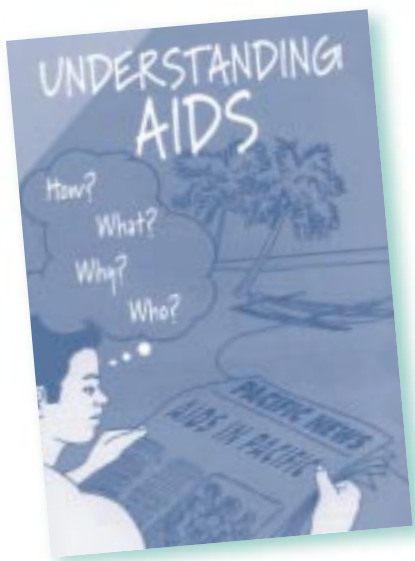
HIV is not spread by mosquitoes, toilet seats, kissing, hugging or sharing food, cups or plates.

HIV is not spread by touching people or caring for them. It is not spread by washing the sick person or their clothes, feeding them, hugging them or sharing a home.

It is safe to use the same toilet seats and showers as people who have AIDS.

The caring you do for someone who has AIDS will not put you at risk of getting HIV or AIDS.

For more information about HIV/AIDS,
ask for a copy of the SPC booklet
Understanding AIDS.



Living with HIV and AIDS

Most people with HIV feel healthy and do not know they are infected. It may be five to ten years before people start to get sick.

There is a blood test to see if someone has HIV. You can only be sure that someone has HIV if the test says they are HIV positive.

A person develops AIDS when the immune system gets so weak it can't fight common infections.

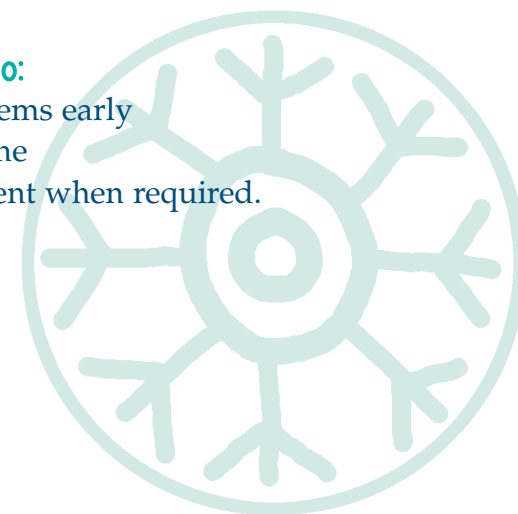
Common health problems for people with AIDS include diarrhoea; vomiting; fever; shingles; skin, mouth and throat problems; tuberculosis (TB); and pneumonia.

Staying healthy

People with HIV or AIDS need to take care of their health.

This booklet will help you to:

- ✓ treat medical problems early
- ✓ provide care at home
- ✓ get medical treatment when required.





Good nutrition is also very important.

Ask for a copy of *Health, Food, and HIV*, a booklet on nutrition available from SPC.

Some medicines can help the body to fight infections caused by AIDS so a person can live longer, but there is no cure yet for AIDS.

As the carer, you can make the person with AIDS feel better and provide the care that can help them to live longer and have a better quality life.

The carer - looking after yourself

The health problems of someone with AIDS can use up a lot of the energy and resources of the sick person and their family. You may feel isolated, as caring for the person takes up more of your time.

If you are caring for someone with AIDS, make sure that you look after your own needs too. Ask for help from other family members, friends, the local healthworker or other people in your community. Make sure that you get enough rest, eat well and look after your own health.

Health and hygiene

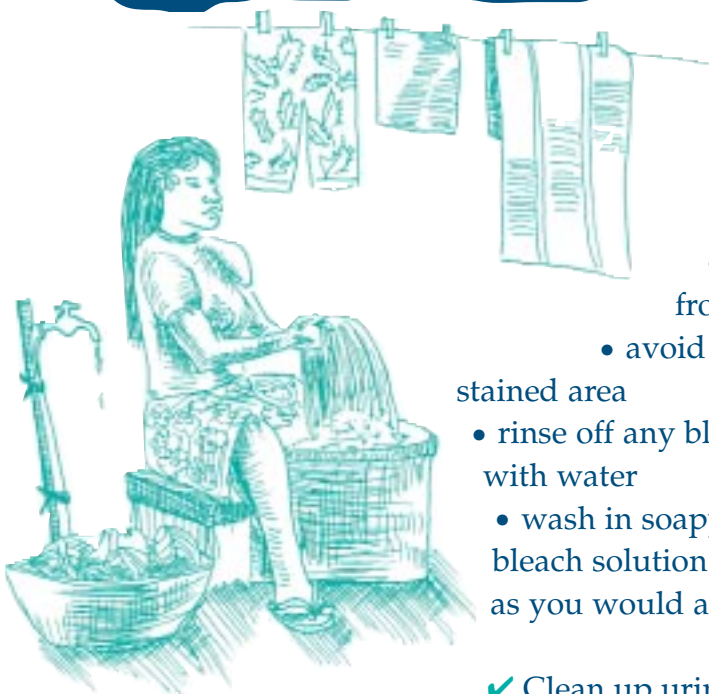
Caring for someone with AIDS is the same as caring for anyone else who is sick. But people with AIDS need extra care because they can get infections very easily. You need to protect the health of the person with AIDS as well as your own health.

- ✓ **Wash your hands with soap and water:**
 - before and after caring for a sick person
 - after using the toilet or changing nappies
 - after changing bedding
 - before cooking, eating or feeding another person
- ✓ Let your hands dry in the air, instead of using a towel as this keeps them cleaner.
- ✓ Wash dishes, utensils and cups in soapy water or a very weak mix of bleach and water.
- ✓ Wash razors and toothbrushes in soapy water or bleach.
- ✓ Do not share anything that touches blood, like needles, syringes or cutting tools used for tattoos or skin piercing.
- ✓ Avoid touching body fluids like blood, vomit, faeces (poo) and urine.
- ✓ Keep bedding and clothing clean. This helps to keep sick people comfortable and prevents skin problems.



Washing and cleaning up

Do not throw away sheets and clothing because they are stained with blood or faeces. They can be easily cleaned.



✓ To clean clothing or sheets stained with blood, diarrhoea or other body fluids:

- keep separate from other washing
- avoid touching the stained area

• rinse off any blood or diarrhoea with water

- wash in soapy water or a weak bleach solution and hang out to dry as you would all your washing.

✓ Clean up urine, blood or diarrhoea with warm soapy water or a weak bleach solution.

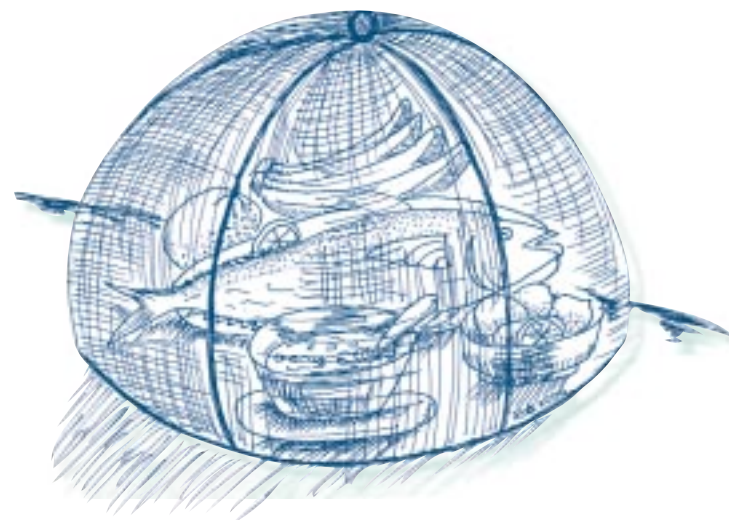
- ✓ Use gloves, a piece of paper, plastic, or a big leaf to handle soiled clothes or bedding. In cities and big towns, latex gloves may be available from the supermarket or from the health worker.

- 6 ✓ Dispose of all rubbish properly. This may mean burning or burying.

Keeping food safe

- ✓ Always use clean water for drinking and cooking
- ✓ Eggs, meat and shellfish should be well cooked
- ✓ Wash all fruit and vegetables with clean water
- ✓ Clean the cooking area and cutting board with soap and clean water
- ✓ Do not re-freeze melted foods
- ✓ Protect food from insects, rats and other animals
- ✓ Store all food and water in a clean, cool place and keep containers covered.

For more information on safe food storage and preparation, ask for the SPC booklet *Health, Food, & HIV*.



Caring for a sick person

Making a sick person comfortable

- ✓ Help the person to sit up and move about if they can
- ✓ Keep bedding and clothes clean
- ✓ Allow fresh air into the room.

Eating

When people are sick they may not be interested in eating

- ✓ Give food in small amounts every 2-3 hours
- ✓ Make sure you give lots of drinks
- ✓ Make the person's favourite foods
- ✓ Make thin soups with vegetables, chicken

or fish

- ✓ Give mashed foods like banana or cassava.

Drinks

Sick people need lots of drinks. Make sure they have at least 9 cups to drink every day. Clean water, water from green or yellow coconut, lemon-leaf tea, fruit and vegetable drinks, cordial, soya milk and milk are all good drinks.

If a person is very hot, is vomiting or has diarrhoea, they will need even more drinks so they don't dehydrate.

8

Water must be clean

Keep water boiling for 5 minutes to make sure it's clean.



Moving and lifting

A person who is sick or weak can be helped to sit up, stand and walk with support.

- ✓ Encourage people to move about if they can
- ✓ People with sores will need to be touched and held very gently.

Back injuries are common in people caring for someone else, so be very careful when lifting. When you lift someone, make sure you bend your knees, lean forward slightly and keep your back straight.

A wheelchair will make moving the person around easier. Your local health worker may be able to help you get a wheelchair.

Washing the person

When people are very sick, just standing up or taking a shower can be hard for them.

9

- ✓ Help them to wash the parts of the body that they find hard to reach
- ✓ Put a chair in the shower so they can sit down.

If a person can't get out of bed, give them a bed wash:

- ✓ Use a bowl of warm water and a cloth
- ✓ Wash one side of the body at a time
- ✓ Keep the person warm by using dry towels to cover the parts of the body that are not being washed
- ✓ Dry the person well after washing.

Changing dirty bedclothes

- ✓ Turn the person onto their side and roll up the dirty sheet
- ✓ Place a clean sheet on the bed and roll the person back onto it
- ✓ Make sure the person is clean and dry.

If you have any soft plastic sheeting, you can put it under the sheets to protect the mattress. Make sure it's big enough to tuck in under the bed like a sheet. If it creases or bunches up it can cause bedsores.

Bedsore/pressure sores

These are open sores that develop when a person lies in one position for a long time. They are most often seen on the bottom, back, hips, elbows and feet.



Care

- ✓ Move the person out of bed as much as possible
- ✓ Keep skin clean and dry
- ✓ Change the person's position every 2-4 hours
- ✓ Use pillows, soft towels or cloths to protect bony areas.

Treatment choices

- ✓ Wash the sores with mildly salted water (1 teaspoon of salt to one litre of clean water) and cover with a clean dressing
- ✓ Wash the sores with soapy water
- ✓ Put gentian violet (a teaspoon of crystals to half a litre of clean water), mercurochrome or betadine on the sore before dressing
- ✓ Put fresh green papaya pulp on the sores two times a day for a few hours.

Exercise

Helping the person to move, even if it's only lifting the arms and legs, will help them feel better.



Massage

Massage can help to relieve muscle pain and headaches and improve circulation.

- ✓ Rubbing oil into dry skin can help to stop itching
- ✓ Massage can make the feeling of numbness go away
- ✓ Massage can make people feel better and happier
- ✓ If someone has sores on the skin, be careful not to rub the sores.

Common health problems

When a person has AIDS, the body's immune system is no longer able to fight off common infections. The immune system gets weaker with each illness and that makes it harder to fight infection next time.

Preventing infection and sickness is the best way to protect the immune system. It's also important to treat any infection to keep it from spreading and getting worse. This way, a person with AIDS can stay healthy for as long as possible.

People with AIDS are more at risk of infection, so try and keep people with colds, coughs, pneumonia and tuberculosis away from people with AIDS.

If a person with AIDS develops a high fever, has trouble breathing, or coughs up mucus that is green or bloody - get medical treatment.

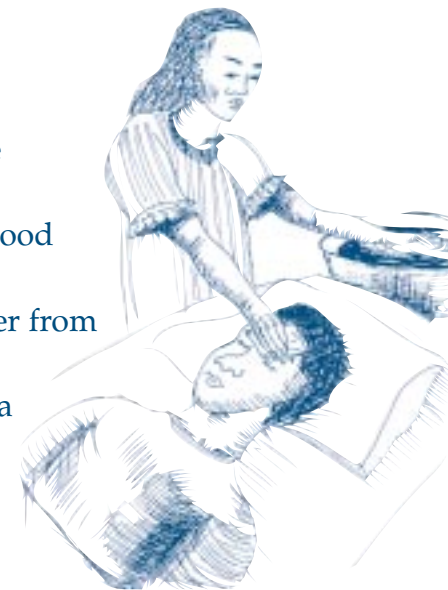
Remember... If you have any questions, ask the doctor or local health worker.

Vomiting

Vomiting can be caused by infections, food poisoning, stress and medicines. If vomiting prevents a person from eating or drinking, they can become weak and dehydrated.

Care

- ✓ Put a cool, wet cloth on the forehead
- ✓ Provide small amounts of food often
- ✓ Provide lots of drinks: water from green or yellow coconuts, black tea and lemon-leaf tea are good
- ✓ Avoid greasy, fatty foods and foods with strong smells
- ✓ If vomiting is severe, stop any drinks for two hours, then slowly give sips of water and then small amounts of very plain foods like porridge, rice, mashed cassava, taro or banana.



Get medical treatment if:

- ✓ The person vomiting has pain in the belly or a high fever
- ✓ The vomit is dark green or brown or has blood in it
- ✓ The person has severe vomiting for more than 24 hours.

Diarrhoea

Diarrhoea is common in people with AIDS. Someone has diarrhoea if they have runny or watery faeces (poo), three or more times in one day. The most common causes of diarrhoea are infections from food or water that is not clean.

It is very important to replace the water and food that is lost from the body. Diarrhoea can lead to dehydration.

If a person has severe diarrhoea for more than 24 hours - get medical treatment.

Care

- ✓ Drinking water must be clean. Keep the water boiling for 5 minutes to make sure it is clean
- ✓ Help the person to drink as much as possible, at least 2 cups of drink every hour

- ✓ Encourage the person to eat as much as possible
- ✓ Avoid fatty foods and foods with a lot of sugar.

An Oral Rehydration Solution (ORS) will replace lost fluids. ORS may be available from your health worker or you can make one using the recipe in the [Home Care Kit](#) (see page 31).

How to prevent diarrhoea

- ✓ Drink clean water
- ✓ Keep water boiling for 5 minutes to make sure it is clean
- ✓ Wash your hands after using the toilet and before preparing food
- ✓ Make sure food is fresh and clean
- ✓ Make sure eggs, shellfish and meat are well cooked
- ✓ Store food away from animals.

Fever

Many kinds of sickness can cause fever.

Care

- ✓ Give plenty of fluids, even if the person is not thirsty
- ✓ Remove unnecessary clothing
- ✓ Let fresh air into the room
- ✓ Cool the skin by pouring water on it or wipe the skin with wet cloths
- ✓ Use a fan to cool the skin
- ✓ Give a medicine that reduces fever (e.g. paracetamol, panadol or aspirin).

Fevers can be serious and may need medical treatment.

Get medical treatment if the person has a fever **AND** any of these conditions:

- ✓ Has recently lost a lot of weight
- ✓ Has a cough or trouble breathing
- ✓ Has a stiff neck or very bad pain
- ✓ Has convulsions or becomes unconscious
- ✓ Is vomiting
- ✓ Has a fever that is very high or lasts for a few days
- ✓ Is pregnant or has recently given birth.



Dengue fever and malaria will cause fevers, so make sure you get medical treatment if the person has a fever that lasts for a few days or is very high.

If there is any chance the person may have dengue fever - do not give aspirin.

Skin problems

Sores and cuts

Keep sores and cuts clean by washing with 1 litre of clean water mixed with one teaspoon of salt, and covering with a clean dressing.

Put a sponge or thick cloth soaked in warm weak salt water on the area four times a day or put gentian violet (1 teaspoon in half a litre of water), betadine or mercurochrome on the sore.



Boils

Put a sponge or thick cloth soaked in warm weak salt water (see above) on the area for 20 minutes, four times a day.

Itching

Cool the skin with clean cold water. Apply calamine lotion.

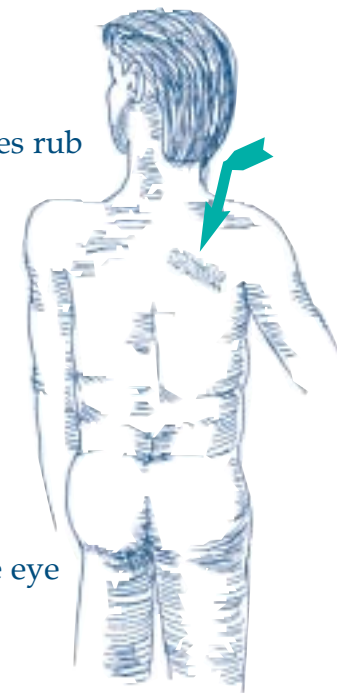
A wound that smells bad or is hot, swollen and painful is probably infected - get medical treatment.

Shingles

Shingles is common in people with AIDS. Shingles is a painful rash with blisters that can affect most parts of the body.

Care

- ✓ Keep the sores dry and don't let clothes rub on them
- ✓ Clean, loose-fitting clothes will be more comfortable
- ✓ Bathe the sores in warm salty water 3-4 times a day
- ✓ Apply calamine lotion twice daily
- ✓ Give paracetamol, panadol or aspirin to ease the pain
- ✓ You do not need to cover shingles
- ✓ Clean the eyes if they are affected (see eye problems on page 20).



Get medical treatment:

- ✓ If the sores become infected
- ✓ If shingles affects the eyes.

Fungal infections (thrush, candida)

Fungal infections look like round, red or scaly patches that itch. These infections are usually in the armpits, inside elbows and between fingers, legs and buttocks. Women can also get these infections in the vagina.

Care

- ✓ Keep the area clean and dry
- ✓ If possible, keep the area uncovered and open to sun or air
- ✓ Get medical treatment if it doesn't get better.

Mouth and throat problems

People with AIDS may get sore mouths, problems with teeth and gums, ulcers, cracks and blisters around the mouth. These problems make it difficult to eat and drink.

Care

- ✓ Prepare soft, plain foods that don't have to be chewed
- ✓ Offer small amounts of food every few hours
- ✓ Offer cold foods like mashed fruit and ice cream
- ✓ Give cold drinks or ice to ease the pain
- ✓ Provide a straw for drinks.

18 Thrush is a fungal infection that causes white patches and soreness on the skin inside the mouth, on the tongue and sometimes on the tube that connects the mouth and stomach (oesophagus).



Care

- ✓ Gently wash the mouth and tongue with a clean cloth or soft toothbrush 3-4 times a day
- ✓ Make a mouthwash with half a teaspoon of salt in a cup of clean warm water and rinse the mouth out 3-4 times a day
- ✓ If a person finds it difficult to swallow give small sips of drinks as often as possible
- ✓ Get medical treatment if the thrush doesn't get better.

Weight loss

Try to find out the reason for the weight loss. The person may have been eating less or have had vomiting or diarrhoea. HIV can make it hard for a person to absorb food and can also cause loss of muscle.

Try these ideas:

- ✓ Give snacks between meals
- ✓ Cook with coconut milk
- ✓ Cook lots of root crops like taro, cassava and potatoes
- ✓ Add cheese to omelettes and soups
- ✓ Add meat, dried peas or lentils to soups and stews.



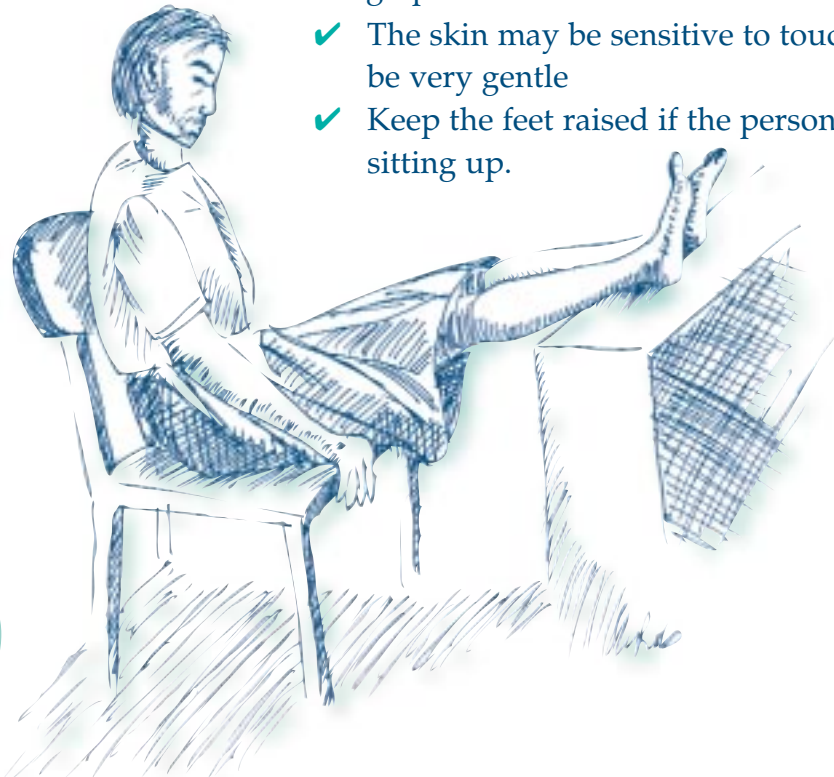
Eye problems

- ✓ Dip cotton wool or a cloth into a solution of cooled boiled water and salt, and wipe gently across one closed eye
- ✓ Repeat with a new piece of cotton wool or cloth for the other eye
- ✓ Dispose of the cloth or cotton wool safely.

Swelling (oedema)

Swelling is sometimes related to skin or heart problems

- ✓ Raising the swollen leg or arm may be more comfortable
- ✓ Massage very gently starting from the foot or hand and moving upwards
- ✓ The skin may be sensitive to touch, so be very gentle
- ✓ Keep the feet raised if the person is sitting up.



Coughing and breathing problems

Coughing helps to get rid of mucus (phlegm) and bacteria. Coughing can also hurt the throat, cause breathing problems, prevent sleep and cause tiredness.

Care

- ✓ Encourage the person to drink lots of water. This will help to break up the mucus
- ✓ Help the person to sit up or walk about
- ✓ Give gentle massage and pat the back to help clear the lungs
- ✓ Place a bowl of steaming hot water in front of the person and cover their head with a towel so they can inhale the steam. This will clear the airways
- ✓ Arrange pillows so the person can sleep with their head raised
- ✓ Offer tea with lemon and honey to soothe the throat.



Get medical treatment if:

- ✓ The person coughs up green, yellow or bloody mucus
- ✓ The person also has a high fever or severe pain when breathing
- ✓ The person's breathing suddenly gets worse.

The cough could be caused by TB or pneumonia.

Tuberculosis (TB)



Tuberculosis is a long-lasting infection caused by bacteria. People who have HIV or AIDS are more likely to catch TB. TB can be passed to other family members, so it is important to get early testing and treatment.

People should be tested for TB when there are some or all of the following symptoms:

- ✓ Loss of weight and weakness
- ✓ Joint pain and backache
- ✓ Very bad cough, sometimes coughing up blood
- ✓ Mild fever
- ✓ Sweating at night
- ✓ Loss of appetite.

Tuberculosis is common in people with AIDS. If a person has signs of the disease they should be tested for TB.

The only way to be sure if someone has TB is to have the spit (sputum) tested at a clinic or hospital.

TB can be cured, but it is very important to take the medicines given for TB properly. Make sure that the person knows:

- ✓ Which medicines to take
- ✓ How to take the medicines
- ✓ What side-effects to watch for
- ✓ To take all the medicine.

TB prevention in the family

- ✓ Everyone should be tested if they have been coughing for more than 3 weeks
- ✓ Everyone should cover their mouth when coughing to help stop germs spreading
- ✓ Open doors and windows regularly to keep the house well aired.

Pneumonia

Pneumonia is caused by germs that infect the airways deep in the lungs.

Signs of pneumonia

- ✓ The breathing is shallow and fast (more than 30 breaths a minute in adults)
- ✓ There is a sudden, high fever
- ✓ The person coughs up mucus that is green or bloody
- ✓ There is chest pain
- ✓ The person feels very sick.

Treatment

- ✓ Encourage the person to have plenty of drinks
- ✓ Try to bring the fever down (see page 15)
- ✓ Get medical treatment.

Pneumonia can be very serious for people with AIDS so call a health worker or doctor straight away.

Pain

In the later stages of AIDS, pain may become a part of daily life.

- ✓ Get medical advice about which pain relievers can help, and give when necessary.
- ✓ For headache, keep the room dark and quiet and put a cool cloth on the forehead.
- ✓ For pain from swelling in the hands and feet, try raising the swollen part and cool with water or ice.
- ✓ For a burning feeling in the hands caused by nerve pain, put the hands in water.
- ✓ Encourage the person to listen to music they enjoy, or have someone come to talk or read to them.

Anxiety and depression

Good mental health is important for staying healthy and avoiding sickness. People with AIDS may feel afraid and tense (anxious) or very sad and lonely (depressed).

Stress and unhappiness can be very bad for a person's health. It is important that the person with AIDS does not have too many worries. Try to protect them from people who may cause them stress.

Care

- ✓ Do not leave a person alone if they are anxious or frightened
- ✓ Give the person a massage or play soft music to relax them
- ✓ Encourage visitors if the person is lonely.

Mental confusion and memory loss (dementia)

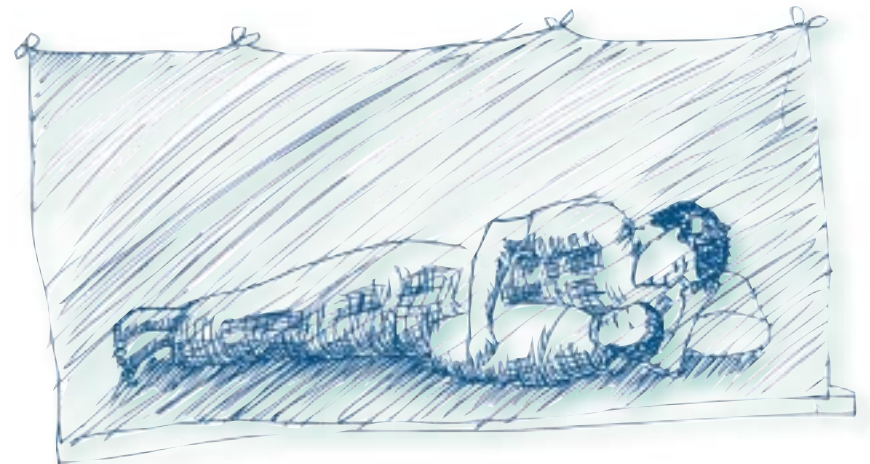
People with dementia will have good days and bad days. They may be confused or have loss of memory or personality changes. They may be at risk of hurting themselves

- ✓ Keep potential dangers like boiling water or medicine out of reach
- ✓ Speak calmly and quietly
- ✓ Avoid arguing. If you feel angry leave the room for a while
- ✓ Be prepared to repeat what you say.

Dengue fever and malaria

People with AIDS are more at risk of dengue fever and malaria.

- ✓ Protect people with AIDS from mosquitoes.
- ✓ Use bednets/mosquito nets.
- ✓ Avoid insect repellants if they irritate the skin.



Pregnancy and birth

A woman with HIV or AIDS may have more problems with pregnancy and birth. There is a risk of miscarriage and infection. About one in three babies born to women with HIV will become infected.



If a woman is pregnant and has HIV or AIDS she needs to be very well cared for. She needs to eat plenty of good food—lots of dark leafy vegetables, liver, eggs, and orange-coloured fruit and vegetables.

Get advice on pregnancy, birth and breastfeeding from the local health worker.

Good ante-natal care is very important. If possible, women with HIV or AIDS should go to a hospital or health clinic for the birth.

With advice and support from the local health worker, women with HIV can decide whether or not to breastfeed.

Traditional medicine

Some traditional medicines are very helpful for relieving symptoms. Anything that relieves pain, brings peace of mind and doesn't cause any other health problems may prolong good health.

Caring for a child with HIV or AIDS

Most of the information in this booklet also applies to caring for children. Children with HIV/AIDS are particularly at risk of catching infections, so extra care must be taken.

Feed the child well

- ✓ Children with HIV need more body-building foods to help them fight infection, so give them extra food such as fish, eggs, dried peas and beans, nuts, milk, cheese, chicken and meat.
- ✓ If older children have been sick make sure they get extra food until they are back to their normal weight.
- ✓ It is important to discuss infant breastfeeding options with a health worker, to decide what is best.

Immunization

In general, children with HIV/AIDS should receive all the normal vaccinations against diphtheria, whooping cough, tetanus, polio and measles. However for TB vaccination (BCG), medical advice should be sought.

Early treatment for infections is a must

Make sure the child gets treated for infections as soon as signs are noticed. Children become ill much more quickly than adults, especially from diarrhoea, so it is best to seek the advice of a health worker.

Treat the child as normal

Many children with HIV/AIDS will have months or years of life without illness. It is important to help them lead as normal a life as possible. This includes letting them spend time playing with other children. A child with HIV should go to school as usual, except when there is an outbreak of infection in the school, which could make the child ill.

For more information see: *AIDS home care handbook*.
World Health Organization, Geneva, 1993. 178 p.

AIDS is everyone's problem

It is important that everyone in the community knows how HIV is spread and how to prevent HIV infection.

People in your community may not know much about how HIV is passed on. They may be scared of catching AIDS themselves.

Ignorance and fear can make people say insensitive things and behave in a cruel way. This can make your job as a carer harder. It also creates stress and anxiety for the person with AIDS and their family.

Caring for the sick is an important job. People with AIDS need care, just like all sick people. When you are caring for someone who is sick, you don't need other worries. Try to organise support from neighbours, politicians, churches, schools, family and friends.

- ✓ Get help from your local health worker to educate your neighbours, family and friends about HIV and AIDS.
- ✓ Just by caring for someone with AIDS you will be showing the community and your family that there is nothing to fear. Your example will benefit everyone in the future.
- ✓ Try to get a support group going with neighbours, friends and local health workers.

Death and Dying

At some point there is nothing more that can be done for a person with AIDS. The illness and infections have gone past a point where medicines can help. You may know this time has come when the person doesn't recover from a sickness and may say they are ready to die.

You can help someone to prepare for death by talking about his or her worries and fears of dying. It does not help to pretend that the person is not dying. They may want to talk about the future for their children and family or about their finances or funeral arrangements.



Staying at home to die

If the person wants to remain at home, you can help them die with dignity by:

- ✓ Giving comfort and support
- ✓ Having family and friends around
- ✓ Allowing the sick person to make decisions
- ✓ Preventing pain and discomfort where possible.

Feelings about death

Different people react to death in different ways. It may take months or years to come to terms with the loss of someone you were caring for. Feelings of disbelief, sadness, pain, anger and guilt are all normal. Allow those who are close to you to offer comfort.

Caring for the body when someone has died

You don't need to take any special precautions with the body of someone who has died of AIDS. Sometimes a way of saying goodbye to a loved one is by washing them and dressing them in their favourite clothing. You will need to wash the person if there is any discharge of urine, faeces or vomit with death. This isn't common but it does happen.

The AIDS virus can live for up to 24 hours in a person's body after death. Take the same precautions with the body as you did when the person was alive. There is no need to take any precautions for burial. A person with AIDS can be buried or cremated in the usual way.

Home care kit

If you are caring for someone with AIDS you will need some basic medical supplies.

Keep these things in a safe, cool, dry place.

Aspirin

Follow the directions on the pack. Usually 1-2 tablets 4-6 times daily. Do not give aspirin if there is any chance that the person has dengue fever.

Bandages

Gauze bandages are useful for covering sores.

Betadine and Mercurochrome

Apply as required to sores and cuts.

Bleach

Household bleach can be used to wash clothes and clean up. You need to make a very weak solution by following the instructions on the bottle.

Cloths/towels

Can be used to wash and cool down the body; also for cleaning up.

Cotton wool

Can be used to wash sores and clean eyes.

Gentian violet

Add 1 teaspoon of gentian violet crystals to half a litre of clean water.

Gloves

Latex gloves may be available from your health worker or the supermarket. Gloves should be worn when cleaning up vomit, blood, urine and faeces. Use gloves once only and then dispose of them safely.

ORS drink (oral rehydration solution)

ORS is a special drink that can be bought at the pharmacy or may be available from the health worker. You can also make it using this recipe.

- ✓ 4 cups of boiled water, or green or yellow coconut water
- ✓ 1 teaspoon of salt
- ✓ 2 teaspoons of sugar.

Paracetamol or Panadol

These come as liquid, drops and tablets. You will need to give 500-1000mg (usually 1-2 tablets) by mouth 4-6 times a day.

Plastic sheeting

Plastic sheeting is very useful for protecting beds. You may be able to get this from the health centre, hardware or co-op stores, department stores or some pharmacies. You can also use large garbage bags—cut them open into long sheets.

Salt

- ✓ To make a weak salt solution for washing sores and infections, mix one teaspoon of salt in a litre of water.
- ✓ Mix a teaspoon of salt in a cup of clean warm water to make a mouthwash.

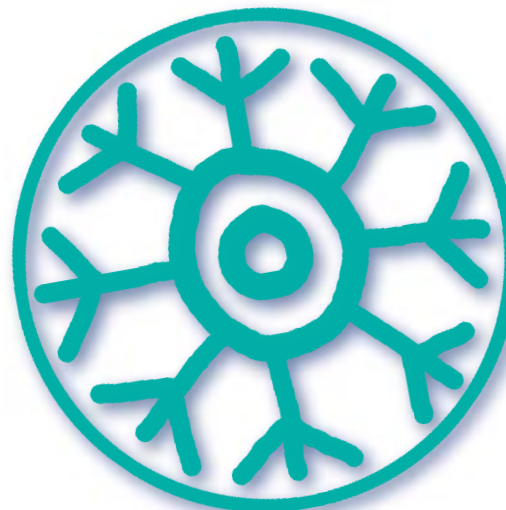
Soap

Use mild soap for washing hands and clothes. Soapy water is also good for cleaning up vomit, blood, urine and faeces.



If the person has to take medicines, make sure they know:

- ✓ Which medicines to take
- ✓ How to take the medicines
- ✓ Which side effects to watch for
- ✓ To take all the medicine.



Further copies are available from:

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