



HIV COUNSELLING AND TESTING EMPLOYEE HEALTH AND WELLNESS

The campaign to ensure that every citizen of South Africa know his or her is still continuing. The campaign started in **April 2010** and will go on until **June 2011**.

HIV is non-discriminatory as employees are also affected and can be infected. This campaign was also introduced to employees of the department. There has been a low-response to the testing of HIV.

The low response can be due to lot of reasons which might be most people know their status or tend to think so. Others are afraid to know thinking knowing can lead to illness and death which is a wrong perception. It is very dangerous not know as you might be delaying getting assistance. Knowing your status early allows for early management of the condition such as early counseling to assist one to deal with emotions associated with the condition or disease, early management while the immune system is still strong.

Some people don't test thinking they are already positive, and don't do anything about it except resigning to stress. This is not the solution, there is help, medication and other kind of assistance is available.

The Employee Health and Wellness Programme can assist employee infected and affected by HIV. Employees can use the Occupational Health Clinics in their facilities to test for HIV and can also access ARV'S through the clinic, just consult with your Occupational Health Nurse and will make all the arrangement and it is strictly confidential. There are also Social Workers, HIV and AIDS Coordinators and Clinical Psychologists who can assist with therapeutic counseling and relevant information that will assist to help to sooth the emotional pains.

It is very important that employees remains well and healthy, testing will also assist employer or the department to look after their own employees so that those who are already infected will be able to manage their conditions early and live long.

The Employee Health and Wellness Programme will continue to organize events in all health facilities using external providers to encourage participation and support facility personnel. Employees are encouraged to attend such events and test, it is the right thing to do. It is very confidential.

'HCT, make a choice, do the right thing,
your health is the precious gift
GOD has given you.'



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