

It is easier to get HIV if you have an STI. If you have an STI your clinic will encourage you to go for voluntary counselling and the HIV test (VCT).

Clinics help people lose their fear about HIV and AIDS. We know where to send you for extra support.



We will talk with you about protecting yourself from infection, and help you take the HIV test to find out your HIV status.



Clinics will also help protect you from HIV if you have been raped, or exposed to HIV at work.

If you are pregnant, we will help you lower the chance of passing HIV to your baby. If your child has HIV, we will help him or her stay healthy.

If you are HIV positive and get sick, we will help you get better. If you are sick with AIDS, we will help you start antiretroviral treatment.

Clinics work with everyone trying to help people affected by HIV and AIDS – church groups, community-based organisations, home-based care groups, support groups, Government departments and traditional healers.

Chronic diseases affect millions of people

Clinics look out for older people who might have **chronic** (quiet, long-lasting) diseases. These can hurt your body without you knowing, especially if you are overweight.

Clinics will know from your case history whether to check you for **diabetes** (sugar in the blood). We measure blood pressure so that we can help prevent and control **hypertension** (high blood pressure) and the problems it causes.



Checklist

Does your clinic use:

- A special strip of paper to **check the sugar in your urine?**
- A small machine which pricks your finger to **test the sugar in your blood?**
- A rubber tube around your arm to **measure your blood pressure?**

*If we think there is a problem, we will refer you to a doctor to make sure. Then we will give you regular care, and help you live with your chronic sickness. We can even help you to join a **support group** for people with the same sickness.*



Making the environment safer

Clinics must make sure diseases that spread quickly, like **diarrhoea** (cholera and dysentery) don't make many people ill.

We work with environmental health officers to keep your community safe from the **malaria** mosquito, **worms** which live in infected food, water or faeces and **rabies** from infected animals.



Welcome to **your clinic**

If you have a **complaint**, you should speak to your **clinic manager**. But, if you are still unhappy, you can talk to the **Health Department** in your **province** during working hours.

Here are the telephone numbers you should use:

Eastern Cape 0800 032 364

Free State 0800 535 554

Gauteng 0800 203 886

KwaZulu Natal (033) 395 2009

Limpopo 0800 919 191

Mpumalanga 0800 204 098

Northern Cape (053) 830 2104

North West (018) 387 5778

Western Cape (021) 483 5624

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