

This book has been developed for people who are HIV positive, their family or care givers and health workers to provide basic information on the aspects of healthy lifestyle for people living with HIV.

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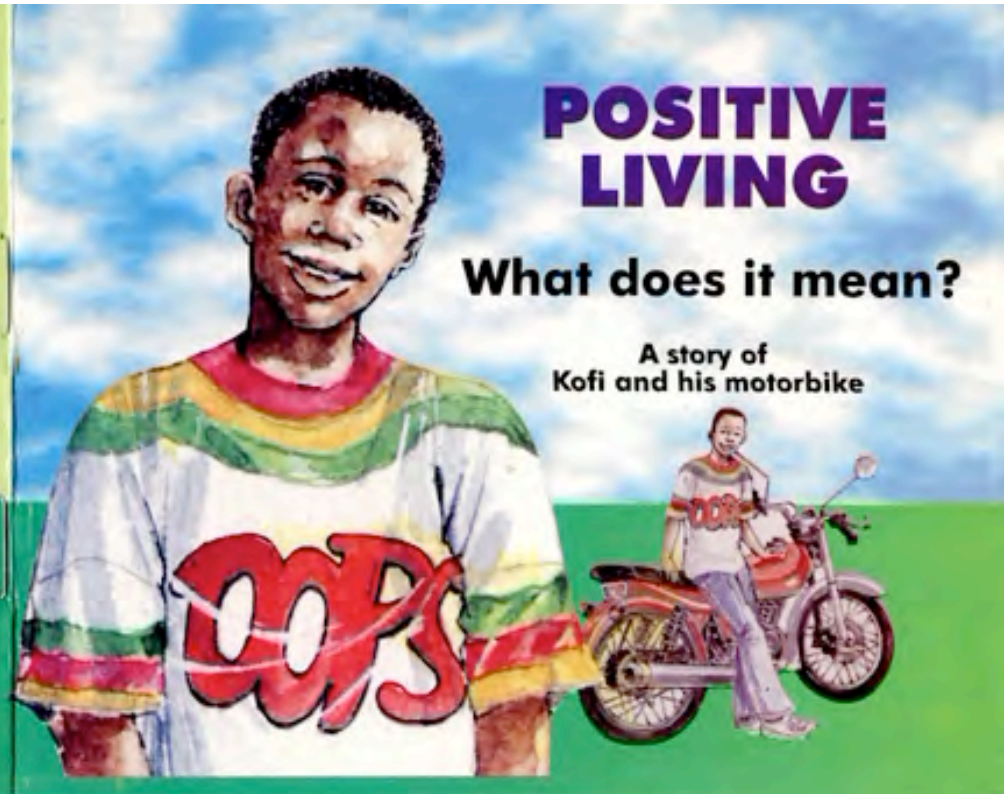
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Focus on AIDS!

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Looking after yourself well is important for everybody, but especially for people living with HIV.

Hello, I am Kofi and I am HIV positive. I have learned that the way I should take care of myself is similar to the way I take care of my motorbike.





I have a brand-new motorbike and I am very happy with it. I want to keep the motorbike in a **good condition**.

Like my motorbike, I want to keep my body in a **good condition**. This will help me to fight the virus.





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I joined a **support group** and I made good friends who are also living with HIV. We understand and help each other, which makes me feel good and strong.

This is the way I live **positively** and keep my body in a good condition.

I hope you do the same!



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