



# HIV/AIDS

## Information Booklet for Truck Drivers



Department of Road Transport and Highways  
Government of India



United Nations Development Fund for Women  
South Asia Regional Office

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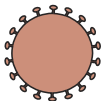
## Introduction



- ↪ YOU are important in the role you play in the family as husband, father, brother and friend.
- ↪ YOU are working hard and that is why YOU are the back-bone of the Indian Economy.
- ↪ Day by Day YOU are risking your life to deliver goods, food, etc., to the places where it is of crucial importance.
- ↪ YOU are mostly on the road, away from your family and friends and so you often feel lonely.
- ↪ That makes YOU more vulnerable to a number of infections and diseases.
- ↪ One such deadly disease is AIDS, caused by HIV.
- ↪ Statistics say that among truck drivers, the spread of HIV infection is fast and that is dangerous for YOU and your FAMILY.

- ↪ Statistics say that truck drivers have 3-5 sexual partners per week on the road and the use of drugs and alcohol is high.
- ↪ It takes some (7-12) years for the infection to show itself so don't think that sex with many partners years ago had no effect on you – maybe it had but you don't know!
- ↪ DON'T teach your co-drivers wrong things, be responsible towards them and try to protect them from HIV.
- ↪ **If you love your life and your family**, don't make them suffer but **CHANGE YOUR GEAR NOW** and break the chain of infection.
- ↪ **READ NOW** because if **YOU** know more about vulnerability to HIV you can protect yourself and your loved ones!

## What is HIV/AIDS?



The Human Immunodeficiency Virus is one of the smallest organisms, which **infects only humans** and destroys the human body's capacity to fight against various infections. A person who has HIV in the body is called an HIV-positive person.

**H**

**HUMAN**

People like you and your family, neighbours and friends

**I**

**Immunodeficiency**

Lack or deficit of the capacity to fight diseases

**V**

**VIRUS**

Small organism able to cause disease

Some viruses,  
like the ones  
that cause  
colds or flu,  
stay in the  
body for only  
a few days.

HIV exists and can infect everybody.

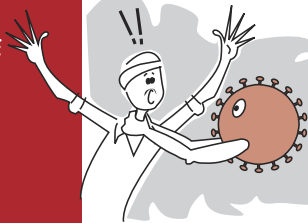
HIV never goes away.

HIV infects and kills off immune cells.

HIV is dangerous because there is no vaccine for it, as yet.

HIV is invisible.

HIV can be fatal.



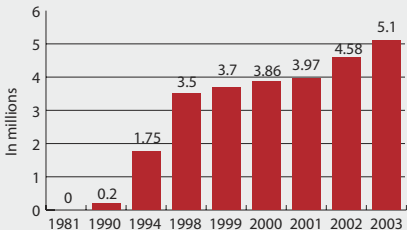
- HIV-infected people can lead healthy lives and also look and feel healthy for years.
- People can have the virus but they do not know it but they can transmit to others (their spouses/partners).
- HIV is the cause of:

<b>A</b>	<b>Acquired</b>	something which we get from outside
<b>I</b>	<b>Immuno</b>	the capacity to resist infections
<b>D</b>	<b>Deficiency</b>	a lack of it
<b>S</b>	<b>Syndrome</b>	a group of symptoms

- After few years of being infected with HIV, a situation will come when the body is unable to fight infections any more.
- That is the time when the person is said to have AIDS.

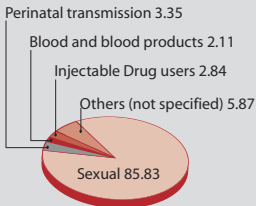
# The HIV/AIDS situation in our country

- Spread of HIV infections in India (1981 – 2003)



Source: NACO, Government of India

- Ways of transmission in percentage  
(as on 31st August, 2004)



Source: NACO, Government of India

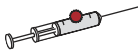
# How can YOU get HIV? When are YOU at risk?



If you have **sex without condoms**.



If you have **different sex partners**.



If you reuse **needles and syringes** from others to inject drugs.



If you get blood transmission with **infected blood**.

**SEXUALLY  
TRANSMITTED  
DISEASES**

If you suffer from **STD** the chance to infect yourself with HIV is greater.



If you are **infected** you can transmit it to your wife and your unborn child.

## WHY are women more vulnerable to HIV?

- Often women are not in a position to insist on condom use or to refuse sex.
- During sexual intercourse the female genitals are more vulnerable to injuries, especially when it is forced sex or when she is young.
- Women can transmit the virus to the baby in the womb, during delivery or by breastfeeding (The risk of



**There are no high-risk people**

transmission varies between 15% and 30% among infants who are not breastfed. Breastfeeding increases the risk of transmission by 10-15%).<sup>1</sup>

- The concentration of HIV in men's sperm is higher than in women's vaginal fluids.
- Mostly women don't get the chance for treatment because they are financially dependent on the husband.

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<sup>1</sup>UNAIDS

**There are only high-risk situations,  
which result in high-risk behaviour!!!**

## What is SAFE behaviour?

1. BE FAITHFUL and have only one sex partner – YOUR partner.
2. If you have extra marital sex YOU must use condoms – each time a new one – take the responsibility to not have sex without condoms!!
3. For anal sex just use water-based lubricants or contraceptive jellies. Other things can spoil the condom.
4. Use a condom also for oral sex.
5. Be careful with cuts/bruises on fingers, when using fingers for masturbating the partner.
6. If the woman is HIV-infected, breast milk can contain HIV. Contact between cuts/bruises and breast milk should be avoided.



7. Do not kiss an infected person deeply if you have cuts or sores in the mouth.
8. Get treatment if you are suffering:
  - i. Discharge from the penis.
  - ii. Abnormal discharge from the vagina.
  - iii. Blisters, sores or lumps around the genitals or anus.
  - iv. Swollen glands in the groin.
  - v. Increased frequency in urinating or pain, irritation, itching, etc., while doing so.
9. Keep condoms and handle them carefully so that they don't get spoiled.
10. The Indian Government's National AIDS Control Programme offers new treatment for the prevention of parent-to-child transmission (PPTCT). YOU can get help there if you are planning a pregnancy.

## That is NOT true!!!

Having sex with a virgin can cure AIDS.

**False**, nothing can cure AIDS!

You can see if a person is infected.

**False**, the virus infection is invisible for years.

HIV can be cured.

**False**, there is no medicine to cure HIV.

HIV is a gay disease.

**False**, everybody can come into high-risk situations and so everybody can get the virus.



## That is NOT true!!!

Sex releases the heat generated in the body while sitting and driving.

**False**, a cold shower cools the body. Sex heats up the body even more.

Caring for people with HIV is risky.

**False**, they need your care and it is not risky for you if you know how the virus is transmitted.

Sex education encourages early sexuality.

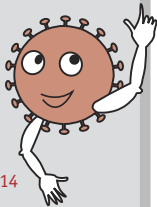
**False**, the earlier children know about sex the more responsible they can act.

It is great to become an “ustad” of the highways.

**False**, because nobody will admire a sick leader!

# HIV does NOT spread by...

- Muzzing and touching
- Shaking and holding hands
- Sharing the same toilet
- Sharing meals – sharing plates
- Mosquito bites
- Sharing clothes
- Sitting or sleeping in the same room
- Using a public phone
- Coughing or sneezing
- Using public swimming pools
- Saliva, nose fluid, ear fluid, tears, sweat, faeces, or urine





## Situations and practices that increase the chances of HIV transmission

- Child and early marriage of girls.
- Aggressive sexual behaviour of men and boys increases vulnerability of both men and women.
- Older men seeking younger girls as sexual partners.
- Not using condoms with your wife after visiting a sex worker.
- Violence, rape and abuse of women and girls.
- Having sex with strangers without condoms.
- A person who has untreated STD, is on average, 6–10 times more likely to pass on or acquire HIV during sex.<sup>2</sup>

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<sup>2</sup> UNAIDS

**If YOU want to know  
YOUR HIV status; then do as follows:**

1. Visit a Voluntary Counselling and Testing Centre (VCTC) at a major government college or hospital!
2. The test cannot be forced and YOUR confidentiality will be maintained.
3. Wait for the result and in the meanwhile avoid situations where you could transmit the infection to others.
4. If the result is positive, tell your spouse!
5. There are persons at the Centre who will support you in accessing care and other support services.

Why should YOU get tested??



So that YOU are able to act responsibly!

If the result is Negative...

- 1 YOU can protect yourself from risk situations.
- 2 YOU can play an active part in YOUR community by raising awareness.

If the result is Positive...

- 1 YOU can get early treatment.
- 2 YOU can learn about how to access support service.
- 3 YOU need to learn how to deal with your emotional and health issues.
- 4 YOU have to keep yourself productive in life.
- 5 Find ways to support yourself and your family.

## What YOU can do to avoid the spread of the epidemic in INDIA

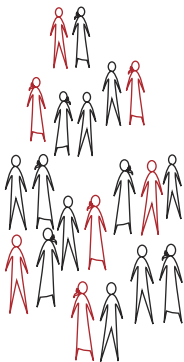
- BE faithful to one partner.
- BE careful in your intimate relationships!! YOU cannot see if someone is infected.
- GET information about HIV / AIDS and tell others about it.
- SAY NO to any form of violence.
- RESPECT towards women shows that you are respecting yourself.
- COOPERATE with your spouse.
- SHOW your wife your appreciation for the work she is doing.



- 
- SHARE household and financial decision-making with your partner.
  - EDUCATE your daughter and ensure her access to opportunities.
  - EDUCATE your son to take early responsibilities towards his mother and sisters and share equally in household work.
  - TRY to talk openly about sex and sex education.
  - BE a role model for your society and show respect for women and protect their rights.
  - BE a peer counsellor who is spreading information and knowledge about HIV and AIDS instead of spreading the virus.
  - A REAL MAN doesn't abuse, beat, rape or discriminate against women and children.

## CONSEQUENCES for the social life

- Positive persons and their families need support to deal with stigma and discrimination from their own society.
- Women and girls mostly carry the heaviest burden as wives of HIV-positive husbands, as they have to do most of the caring within the household.
- The more people know about HIV the more it will reduce the fear and negative attitude towards people living with HIV.



## How can positive people live a normal life?

1. They need respect!!!

Discrimination and stigma by the uninfected people adds to their suffering.

2. They, as well as their families, need special care and support.



## If somebody is infected he/she should take care of the following aspects:

- Do not donate blood, semen or organs.
- Do inform the sexual partner and use always condoms.
- Do inform the doctor.
- Plan pregnancies carefully, seek advice.
- Seek early treatment of any disease.
- Take care of yourself:
  - i. Eat healthy.
  - ii. Do regular exercise.
  - iii. Reduce alcohol and tobacco use.
  - iv. Get regular health check-ups.
  - v. Take medicine as prescribed by the doctor (ARV treatment)
  - vi. Engage yourself in support groups (Don't isolate yourself, you are not alone).
  - vii. Learn new skills if possible – you can be a counsellor and mobilizer for others.

### Win knowledge!!!

Try to answer the following questions!!  
(Answers are on page 31)

1. A Trucker is:
  - a. Of high importance to our country.
  - b. Somebody who sleeps too much.
  - c. Drives like crazy.
2. HIV is a:
  - a. virus
  - b. bacteria
  - c. drink
3. A condom is a:
  - a. part of a wheel
  - b. protection against the transmission of HIV and unwanted pregnancy
  - c. disease caused by HIV

4. The virus in an HIV-infected person is in:
  - a. sweat and blood
  - b. sexual fluids and blood
  - c. sexual fluids and sweat
  
5. Can you get AIDS from sharing the spoon with an infected person?
  - a. Yes
  - b. No
  - c. Only if you don't wash the spoon
  
6. How can you tell that somebody is carrying HIV?
  - a. They have a special ID card
  - b. They look sick
  - c. You cannot tell
  
7. Can insects transmit HIV?
  - a. Yes
  - b. No
  - c. Only mosquitoes



After reading this booklet  
ACT like a teacher. TELL YOUR  
CHILDREN and WIFE about HIV.

From where can we access more  
information on HIV/AIDS if  
needed?

Helpline (all India): 1097  
connects you to Voluntary  
Counselling and Testing Centres  
(VCTC).

In Mumbai **Saadhan** help line no  
022-2389-4371

## Northern India

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### SPYM

Highway Health Centre,  
BSP Camp, Near Yadav  
stall, IC , Tughlakabad,  
New Delhi 110 044

### Highway Ilaj Ghar

Billu ka dhaba, Rajokari  
Dhaba, Rajokari Border,  
Delhi Gurgaon Road  
Ph No: 506 3370,  
506 4695

### Top Gear

Shop No 29  
Azadpur Mandi  
New Delhi 110 033

### SPYM Deaddiction Centre

80/9, Kishen Gadh, New  
Delhi 110 070

### Mobile Health Clinic

Sarvajan Kalyan  
Smiti, 275, Kathghar,  
Allahabad (U.P)

### Siddique Clinic

Barieli, Allahabad  
Ph No: 0532-632 610

### Government Medical College,

Sector 32, Chandigarh

### Civil Hospital

Phase 6, Mohali

### General Hospital

Sector-16, Chandigarh

### HIV/AIDS Division

Room No 10 and 12  
Third floor, Sector 11 B  
Chandigarh  
Ph No: 54 9258, 54 1197

**Aditi Health Centre**  
Himalaya Hotel,  
Near Muzaffarpur Dairy,  
Sandalpur, Bairiya,  
Muzaffarpur, Bihar

**Bharoka Health Clinic  
and Counselling Centre**  
Raxaul Main Road, Near  
Indian Customs, Raxaul,  
Bihar 845 305

**SPYM Truckers Health  
Centre**  
Shop No 53, Ward NO 6,  
Transport Nagar, Narwal,  
Jammu (J&K)  
Ph No: 0191 664 309

**SPYM Deaddiction Centre**  
Village Purkhu  
Post Office Dumana

Akhnoor Road  
Jammu 181 206

## **North Eastern India**

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### **SPYM Highway Health Centre**

Joyguru, Amigav, Near  
Amigav Telephone  
Exchange, NH 37,  
Guwahati, Assam

### **SPYM Highway health Centre**

Kothari Building, Room  
No 3, Belatoli, NH 37,  
Guwahati, Assam

### **Mr Sajjad Ahmed Highway Health Centre**

Jyayguru, Amigav,  
Guwahati,  
Assam

## Eastern India

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**Bharoka Health Clinic and Counselling Centre**  
Near Office of Intak Cycle drivers, Petrapal (Indo Bangladesh Border), 24, Pargana – (30)  
West Bengal

### **Haldiya Science Association**

**Health Highway Clinic**  
ICO, Second Gate, (Near Union Office) Post office Haldiya Oil Refinery  
Midnapore 721 607, WB

### **Health Highway Clinic (HN 41)**

IBR Post Complex Gate  
Opposite Dharma Kanta  
Post Office Chiranjivpur  
Midnapore, WB

**SPYM Deaddiction and Rehabilitation Centre**  
Ghumshukhiya Road,  
Darjeeling

**Rural Research and Development Council**  
Jamshola  
National Highway No 6  
Baripada, Orissa

## Western India

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**Dev Health Clinic**  
Transport Nagar, Near  
Narnol Circle, Narnol,  
Ahmedabad, Gujarat

### **Dev Clinic Seth Mafatlala Dalvadi**

Trust Nagar  
Near Narol Circle  
Ahmedabad

## Infectious Disease Hospital

Tisk, Poda, Goa

## Infectious Diseases Hospital

Next to Bena Police Out  
Post Bena, Vasko, Goa

## Sevadharm

National Highway 4  
Pune

## Indian Institute of Youth Welfare

Wadi Wardhamana  
National Highway No  
6&7, Nagpur

## Service of Society

National Highway No 4  
Nashik

## Central India

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### Dr D N Babachakar

STI Officer Civil  
Hospital, Solapur,  
Maharashtra

### Dr R C Kulkarni

Civil Hospital, Raipur  
584 101

## Southern India

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### AIDS Fact

D-15, Second floor,  
CMD, Truck Terminus,  
Madhavram, Chennai  
600 110

### Highway health Centre

Sharda Devi Social  
Service Society,  
Bamakkal Roadways Lori  
Booking office, Dindigul  
Tamil Nadu

# HERE YOU can get HELP

**Murphy Memorial**

**Hospital**

151, Virudh Nagar Road  
Thirumanglam, Madurai  
Tamil Nadu

**Prakriti**

National Highway No 7,  
Salem

**Shri Sai Clinic**

Saheb Nagar Road,  
Vanasthalipuram,  
Hyderabad

**Trucker's Community**

**Health Centre**

HIV/AIDS Division  
Behind Beach Road  
Panabar Mangalore  
Ph No 214 461

**Prepare Health clinic**

Near RTC Bus Stand, S  
Goanda, Angol,

Andhra Pradesh

Ph. No 08598 36205

**Bhoruka Public Welfare  
Trust**

National Highway  
No 5, Ichchapuram,  
Srikakulam  
Andhra Pradesh

**Bhoruka Charitable Trust  
(BCT)**

National Highway No 9  
Auto Nagar  
Hyderabad

**Bhoruka Charitable Trust  
(BCT)**

National Highway No. 7,  
Adilabad,  
Andhra Pradesh

**BCT**

National Highway No 4,  
Nelemangala & DTT  
Bangalore

## and INFORMATION

Society for Peoples  
Action and Development  
National Highway No 4  
Chitradurga & Hiriyur

**BCT**

National Highway No 4,  
Hubli & Dharvad

Truckers Health Care  
Centre

C/o Motinagar Lokram  
Lorry owner

Association No 20, First  
Floor, First turn  
Kalasipalayam New  
Extension, Bangalore

**Don't mix drinking and driving**

**Vehicles going uphill have the right of way**

**Overloaded vehicle endangers  
not only you but other road users also**

**Polluting vehicles are health hazard  
– take Pollution Under Control  
Certificate regularly**

**Use dipper while driving at night**

TRAFFIC JAM??

Answers for questions on page 23

1. a 2. a 3. b 4. b 5. b 6. c 7. b