



PRETORIA BOYS HIGH SCHOOL

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HIV/AIDS POLICY

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1. A school policy on HIV/AIDS

- Pretoria Boys High School has developed its own policy on HIV/AIDS in keeping with the requirements of the Gauteng Department of Education.
- The School's policy is consistent with the Constitution and the law of the country.
- The School acknowledges that it has a responsibility to be a centre of education, information and support on HIV/AIDS in the community it serves.
- The School's policy shall be reviewed as new scientific information becomes available.

2. Enrolment policy and HIV/AIDS

- A pupil shall not be required to disclose his HIV status to the School as a condition of enrolment.
- The School would encourage pupils living with HIV/AIDS to identify themselves purely for the purpose of providing the necessary care and support to these pupils.
- The HIV status of a pupil shall be kept confidential at all times and only be made known to designated medical or other care-givers with the written consent of the pupil (if over 14 years) or his parents.

3. Staffing policy

- People living with HIV/AIDS are protected by the Constitution and the Labour Relations Act from arbitrary and unfair discrimination based on their HIV status.
- The School shall not require prospective or current staff members to disclose their HIV status.
- The HIV status of staff members shall be kept confidential at all times.
- The School shall endeavor to support a member of staff living with HIV/AIDS in a manner which is at its disposal.

4. The role of the educator and HIV/AIDS

- All educators should be well-informed about HIV/AIDS and spread correct information about the virus and its effects. (See Appendix A)
- Educators should speak openly about HIV/AIDS and correct ignorance and prejudice about the virus.
- Educators can find creative ways of introducing and integrating HIV/AIDS information into the general curriculum as well as into specific learning areas.
- Educators are perceived to be role models and leaders in the community. Safe and

responsible sexual practices should be practiced by educators.

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- Educators who are in possession of information about the HIV status of pupils must treat such information as confidential and ensure that no discrimination results from it.
- Information regarding a pupil's HIV status may only be disclosed by an educator to another designated person with the knowledge and permission of the School's Headmaster and with the written permission of the pupil (if over 14 years) or his parents.

5. The policy in practice

- The School will make its HIV/AIDS policy available to all members of the school community, namely the pupils, their parents, staff members, the School Governing Body as well as the Gauteng Department of Education's District Office.
- HIV/AIDS education shall become an integrated part of the School's curricular and extra-curricular programme by focusing on issues of prevention and protection.
- Educators shall be encouraged to attend HIV/AIDS training workshops.
- Parent information seminars shall be presented at least twice a year.
- An HIV/AIDS awareness notice board shall provide pupils with relevant and updated information.
- An annual HIV/AIDS awareness day will be held at the School.
- Pupils shall have access to specific HIV/AIDS counselling services arranged by the Schools designated counsellor or counselling facility.

6. Preventing HIV transmission in the School

- While HIV is primarily contracted through unprotected sexual activity, precautionary measures must be taken in the event of accidents or injuries where exposure to blood or other bodily fluids occurs.
- In the event of accident or injuries the universal precautions shall be applied. (See Appendix B)
- The School shall have correctly stocked First Aid kits available in order to carry out the universal precautions procedures. (See Appendix C)

7. Supporting HIV infected pupils and staff

- Pupils and members of staff who develop AIDS-related illnesses shall be assisted in whatever manner the School is able to do so, physically, financially and pastorally. (See Appendix D)

8. AIDS Training, Information and Counselling Centres (ATTICS)

The School shall endeavour to provide relevant and updated information to all members of its community by keeping a register of AIDS training, information and counselling facilities for purposes of referral. (See Appendix E)

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“The power to defeat the spread of HIV/AIDS lies in our partnership: as youth, as women and men, as business people, as workers, as religious people, as parents and teachers, as farmers and farm workers, as the unemployed and the professionals, as the rich and the poor - in fact, all of us.”

(From the Address to the nation by the then Deputy President Thabo Mbeki, 9 October 1998)

APPENDIX A

HIV/AIDS - The Facts

1. What is HIV?

- HIV stands for **H**uman **I**mmunodeficiency **V**irus.
- A microscopic virus which infects humans.
- It survives and multiplies in body fluids such as sperm, vaginal fluids, breast milk, blood and saliva. It is transmitted in this way.
- It attacks the body=s immune system (the defence mechanism against infection.)
- The body=s resistance to all kinds of illness is reduced including flu, diarrhoea, pneumonia, TB and various cancers.
- HIV leads to AIDS which results in death.
- People with HIV usually live for five to ten years after infection but can live longer with proper care.

2. What is AIDS?

- AIDS stands for **A**cquired **I**mmune **D**eficiency **S**yndrome.
- AIDS is the final stage of infection with HIV and this causes death.
- People with AIDS usually have several different illnesses at the same time. This is called a syndrome. AIDS is not a disease itself.

3. How is HIV spread?

- Sexual intercourse is the most common way through which people become infected.
- Babies born to mothers with HIV can also become infected just before or during birth, or during breast feeding.
- Infected blood can spread the virus through broken skin.
- Drug addicts who share needles can infect each other.

4. How HIV is **NOT** spread:

- Sharing a house, desk, chair, office, car, locker, telephone, cup, fork, toilet, sheets or clothes cannot cause the spread of HIV.
- HIV is also not spread by shaking hands or other usual human contact.
- HIV is not spread by mosquitoes, ticks or fleas that may have bitten a person with the virus.

5. What are the symptoms of HIV?

- There are no obvious symptoms for a lengthy period after infection.
- A normal, healthy and productive lifestyle can be maintained for a number of years after infection.
- When the symptoms of HIV infection start to show this means that the virus has progressed to AIDS.

6. What causes death?

The most common causes of death are pneumonia (particularly in sufferers of tuberculosis - TB), various forms of cancer including skin cancer called Kaposi's Sarcoma.

7. Identifying HIV:

- The only certain way to diagnose HIV infection is through a blood test. An infected person tests positive.
- For several weeks or months the body does not show signs of infection. This is called the window period.
- Regular testing is necessary to monitor the infection.

8. The HIV test:

- A small amount of blood is taken from the arm and is scientifically analysed.
- The test does not show the virus itself but the presence of antibodies in the blood. The antibodies indicate that the body is reacting to the HIV virus in the body and is trying to defend the body against it. The antibodies only appear in the blood between three and six months after infection.
- Counselling should be sought before and after the test.
- The test result is usually available after two weeks, or earlier if necessary. The results should be kept confidential.
- It is not necessary to reveal the test results to anyone except in the case where support is needed from a friend or relative or to inform others whom you may have infected.

9. Is there a cure for HIV or AIDS?

- There is **NO** cure for HIV or AIDS.
- Medicines that delay the onset of AIDS-related illnesses are sometimes available to people with HIV. These are very expensive.
- Correct diet, exercise and a positive outlook on life are some ways of keeping healthy although infected.

10. Other facts

- HIV is not a homosexual disease. It is spread across the entire spectrum of human life.
- It is aggravated by conditions of poverty, ignorance, violence, hygiene and unsafe sexual activity.
- South Africa currently has the highest rate of HIV infections worldwide.
- HIV/AIDS is having a negative impact on our country's growth and productivity. We need to prepare to deal with the cost of treating HIV infected people within every community, in the workplace and within our family and friendship circles.

APPENDIX B

Managing accidents and injuries at School - Universal Precautions

1. Contact with blood and other body fluids
 - No-one should have direct contact with another person's blood or body fluids.
 - Every first-aid kit should contain rubber gloves which should be worn when attending to a person who is bleeding.
 - Gloves should also be worn when cleaning blood from a surface or floor.
 - The same precautions should be taken with other body fluids, including vomit, faeces, pus and urine, although infection through these is unlikely.
 - Plastic shopping bags can be used in the absence of rubber gloves.

2. Dealing with wounds
 - If a person is bleeding, the first action must be to try to stop the bleeding by applying pressure directly over the area with a cloth or towel.
 - Pressure should be applied to the bridge of the nose in the case of nosebleed.
 - Once bleeding has been stopped, the graze or wounds should be cleaned with clean water and antiseptic. Bleach can also be used diluted with 1 part bleach to 9 parts water.
 - Wounds must be covered with a waterproof dressing or plaster.

3. Accidental exposure to another person's blood
 - Skin that becomes exposed to blood must be cleaned promptly.
 - Running water should be used to clean the skin.
 - Antiseptic should be applied.
 - Blood splashed on the face, the eyes or other mucous membranes of the nose or mouth should be flushed with running water for three minutes.

4. Cleaning contaminated surfaces and materials
 - Contaminated surfaces must be cleaned with bleach and water (1:9 parts.)
 - Bandages and cloths contaminated with blood or other body fluids must be sealed in a plastic bag and incinerated (burnt to ashes) or placed in a proper disposal container.
 - Contaminated instruments or equipment should be washed, soaked in bleach for an hour and dried.
 - Sanitary towels and tampons should be disposed of in a proper disposal container.

5. Serious incidents such as rape or stabbing
 - The risk of HIV transmission is much higher in cases of rape or stabbing with a needle or blade.
 - A rape victim should be given immediate support and comfort. The person should be advised not to bathe or change clothing for purposes of medical and police investigation. The person should immediately be taken to a medical facility for examination and emergency treatment and to a police station for a statement to be made. Professional counselling should be arranged.

- A stab victim should be given first aid immediately and the stabbing reported to the police.
- Parents, guardians or other family members should be contacted.
- Drugs which may reduce the risk of HIV infection following a rape or stabbing incident are available from certain medical facilities. A doctor in private practice would be the best option at present.

6. HIV transmission during sport

- There is a small risk of HIV transmission during contact sport where injuries can occur.
- First-aid kits should be available during every sports session.
- Wounds and other flesh injuries should be covered when a person plays sport.
- In the event of an injury, the player should be treated and only allowed to proceed once the wound has been cleaned and covered.
- Blood-stained clothing should be changed.

7. Effective treatments for those infected

- A recently produced category of drugs known as >protease inhibitors is probably the most effective form of treatment at present. These drugs are used in conjunction with an earlier produced drug called AZT as well as other antiviral agents to form a multi-drug cocktail. This form of treatment is proving effective in reversing many symptoms of AIDS in certain sufferers, without providing an absolute cure.

8. A clear message : The A - B - C of prevention:

A - Abstain from sexual intercourse until a life partner is selected;
 B - Be faithful to one sexual partner; and
 C - Condomise: always use a condom.

9. Possible exposure

- Avoid sexual intercourse.
- Don't donate blood or sperm.
- Don't share personal items like toothbrushes, syringes, razors, etc.

APPENDIX C

The First Aid Kit

1. Location

First-aid kits should be kept in various areas of the School where injuries or accidents are most likely to occur and where the need for immediate attention may not allow the victim to be moved to the School's Sanatorium or other medical facility.

Suggested areas:

Natural Sciences laboratories, Technology workshops, sporting pavilions, Pollock Campus, boarding houses and maintenance centre.

2. Contents

- Four pairs of latex gloves (two medium and two large) to be worn to attend to wound.
- Four pairs of rubber household gloves (two medium and two large) to be worn to clean contaminated surfaces.
- Materials to cover wounds, cuts or grazes e.g. lint or gauze, waterproof plasters, disinfectant, scissors, cotton wool, tape for securing dressings and tissues.
- A mouth-piece for mouth-to-mouth resuscitation.
- A bottle of household bleach.
- A stock of plastic bags used to dispose of contaminated articles.
- A container for pouring water e.g. jug or bottle.

APPENDIX D

Supporting HIV infected pupils and staff

1. Supporting the pupils

- Pupils are expected to attend classes in accordance with legal requirements for as long as they are able to function effectively and pose no medically significant risk to others in the School.
- Pupils who are unwell whilst at School will be referred to the School=s Sanitorium or other medical facility for short term or other treatment.
- Pupils who become too ill to be at School should remain at home and the School will endeavour to support their ongoing academic progress by providing work for them.
- Some pupils with HIV/AIDS may develop neurological disorders and these may be manifested through behavioural problems. Such pupils should be assessed and, where it is possible and appropriate, placed in specialised residential institutions.
- Certain extra-mural activities can be stressful for pupils with HIV. These pupils should be excused from such activities.
- Medication often needs to be taken at set times and educators should be aware of and sensitive to this. Pupils should be excused in order to take medication.

2. Supporting the staff

- Educators and other staff who develop AIDS-related illnesses need understanding from their colleagues.
- The School will endeavour to accommodate and support sick members of staff as best it can.
- The HIV/AIDS status of staff members should be treated confidentially at all times.

APPENDIX E**AIDS Training, Information and Counselling Centres****AIDS Training**

| | |
|---|-----------------------------------|
| Pretoria | (012) 308 8743 / (012) 308 8754 |
| Johannesburg | (011) 725 6711/2 / (011) 725 5966 |
| Pietersburg | (015) 290 2363 / (015) 290 2364 |
| Witbank | (013) 906 459 |
| Peer Education Training - Mx Health Institute | (012) 673 8640 / (012) 673 8927 |
| AIDS Education and Training | (011) 726 1495 / (011) 726 8673 |

Educational Information

| | |
|---------------------------------|---|
| AIDS Helpline | 0800 123 22 (24 hour information and counselling) |
| AIDS Action Office Beyond | (011) 482 6737 / (011) 482 2099 |
| | E-Mail: wba@icon.co.za (Free print information) |
| People living with AIDS | E-mail: napnat@sn.apc.org.za |

Universal Precautions

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|--|---------------------------------|
| St John=s Ambulance | (011) 646 5520 / (011) 646 5845 |
| Interim Medical & Dental Council | (012) 328 6680 / (012) 328 5120 |
| SA Society of Occupational Medicine .. | (012) 867 5160 |

Networking

| | |
|-------------------------------------|--|
| AIDS and the Workplace Forum | (012) 312 0121 |
| HIV/AIDS and STDs Directorate | E-mail: schoeri@hltrsa.pwv.gov.za |
| SA AIDS Business Council | (021) 653 093 |
| AIDS Consortium | (011) 403 0265 |

Legal Consultants

| | |
|--------------------------|---------------------------------|
| AIDS Legal Network | (021) 448 3812 / (021) 448 4089 |
|--------------------------|---------------------------------|

Counselling

| | |
|----------------------------------|----------------|
| Dalview Clinic | (011) 740 9026 |
| Eden Park Clinic | (011) 385 1993 |
| Pretoria Heart Hospital | (012) 341 1002 |
| People Against Human Abuse | (012) 805 7416 |
| SA Medical Association | (012) 481 2000 |

More information available in the South African AIDS Directory - September 2000
 Website: www.sahealthinfo.org/aidsdir