

Empowering Migrant Workers with Information on HIV Prevention in Malaysia

Prevent HIV, Save Lives



Published by
CARAM Asia

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What is HIV?

HIV (**human immunodeficiency virus**) is a **virus** that attacks the body's immune system. If HIV is not treated, it can lead to AIDS (acquired immunodeficiency syndrome).

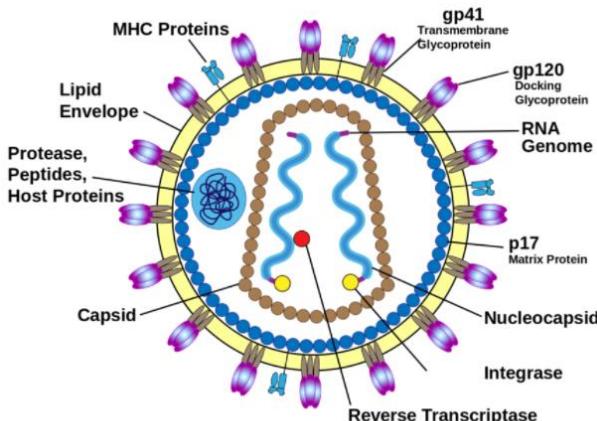


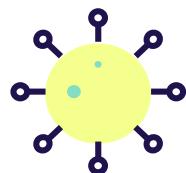
Figure 1.0: Cross section of HIV

What is AIDS?

Acquired immunodeficiency syndrome (AIDS) is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By **damaging your immune system**, HIV intervenes with your body's ability to fight infection and disease.

With access to antiretroviral therapy (ART), most people living with HIV do not progress to AIDS. However, it is more likely to occur in people with HIV who have not been tested, in people who are diagnosed at a late stage of infection, and in people living with HIV who are not taking ART.

(Source: <https://www.who.int/news-room/detail/hiv-aids>)

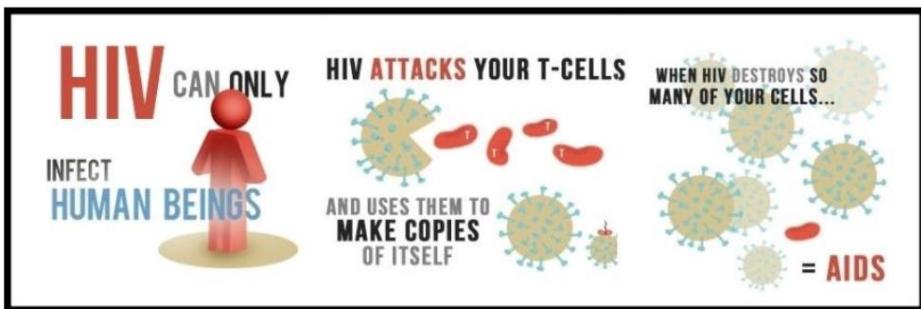


What is the Immune System?

The immune system is a **complex network of cells and proteins that defends the body against infection**. The immune system keeps a record of every germ (microbe) it has ever defeated so it can recognize and destroy the microbe quickly if it enters the body again. For HIV infections, the virus specifically attacks human CD4/White blood cell.

The immune system is our body's defense against illnesses and infection. It attacks bacteria and viruses that cause these illness and infections. It also helps the body recover from such illnesses.

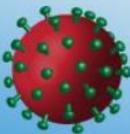
How can you fall ill with HIV infection?



Source: <https://qfcailsunitedblog.wordpress.com/hiv aids>

People living with HIV who are not treated (i.e. not taking antiretroviral therapy or ART) will eventually develop HIV-related illnesses within 5-10 years, although it can be sooner. They will also remain to be infectious.

HIV and AIDS: What's the difference?

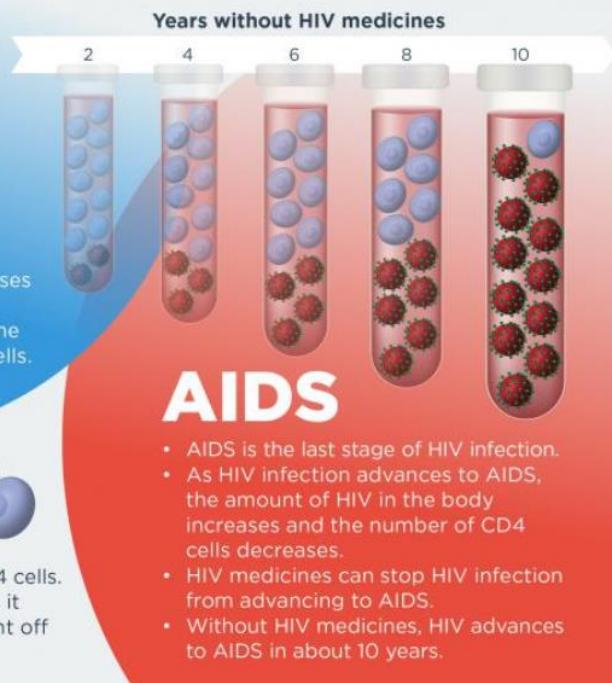


HIV

- HIV is the virus that causes HIV infection.
- HIV damages the immune system by killing CD4 cells.

CD4 Cells

- CD4 cells are part of the immune system.
- HIV attacks and kills CD4 cells.
- Loss of CD4 cells makes it hard for the body to fight off infections.



Source: <http://www.aidsinfo.nih.gov>

What are the risk behaviours that can lead to HIV infection?

Most common conditions/acts that can spread HIV:

1. Having vaginal or anal sex with someone (or multiple sex partners) who has HIV, without using a condom or taking medicines to prevent or treat HIV. Anal sex regardless of gender (male and female) is riskier than vaginal sex.



2. Sharing injection drug equipment, such as needles, with someone who has HIV.

Other less common ways:

1. From mother to child during pregnancy, birth, or breastfeeding. However, the use of HIV medicines and other strategies, Malaysia eliminates mother-to-child transmission of HIV and syphilis. Malaysia became the first country in the World Health Organization (WHO) Western Pacific Region to be certified as having eliminated mother-to-child transmission of HIV and syphilis.
2. Getting stuck with an HIV-contaminated needle or other sharp object. This is a risk mainly for health care workers. The risk is very low.
3. Infection from infected blood products or contaminated organs during blood transfusion or organ transplant.

Risk Factors for Migrant Workers

- ❖ Majority of migrant workers go abroad for work in their prime age when they are sexually active.
- ❖ Due to policy restrictions, migrant workers are not allowed to bring along their spouses to Malaysia. They have to come alone and live in the new and unfamiliar environment.
- ❖ Migrant workers are human beings and their natural needs of warmth, love and sex do not vanish upon arrival in Malaysia or any other receiving country. They look for intimacy to fulfil their human needs and get involved in risky behaviors such as having unprotected sex with multiple partners which increase their vulnerability to Sexually Transmittable Infections (STIs) and HIV.



- ❖ Getting coerced or influenced by others to be engaged in sexual activities.
- ❖ Rape and/or sexual abuse with vaginal and anal sex can lead towards getting infected with STIs and HIV.
- ❖ Migrant workers are usually have limited or no access to commodities and proper information about HIV and AIDS



Preventive Measures

1. Always **use condoms correctly and consistently** when having sex with multiple partners.
2. If you are injection drug users, **DO NOT SHARE** your injection equipment.
3. Take prescribed PrEP or PEP if possible.

Pre-Exposure Prophylaxis (PrEP)	Post-Exposure Prophylaxis (PEP)
What is PrEP and PEP?	
PrEP & PEP are methods for preventing HIV infection that involve taking HIV medicines. When you take steps to protect yourself against a disease, like HIV, it is called PROPHYLAXIS. PrEP & PEP are for those who are negative HIV, but are at risk of getting it.	
When it should be taken?	
Take every day BEFORE the possible exposure.	In emergency situation, must consume within 72 hours after possible exposure.
Who should take it?	
For HIV-negative people who practice unprotected sex.	For people who negative HIV, but may have been exposed: <ol style="list-style-type: none">1. During sex;2. Sexual assault (rape)
How effective is it?	
PrEP is highly effective for preventing HIV. PrEP reduces the risk of getting HIV from sex by about 99% when taken as prescribed.	PEP is effective in preventing HIV infection when it's taken correctly, but it's not 100% effective. The sooner you start PEP after a possible HIV exposure, the better.
Talk to your healthcare provider about whether a prescription for PrEP or PEP is right for you.	

Source: <http://www.aidsinfo.nih.gov>

<https://www.cdc.gov/hiv/basics/prep/prep-effectiveness>.

<https://www.cdc.gov/hiv/basics/pep.html>

4. If you have risky behavior and vulnerability for getting infected, get yourself tested for HIV to determine if you should take PrEP or PEP.
5. Once you are tested positive for HIV, start your treatment as soon as possible. Early treatment saves lives and can stop potential future infections. *Undetectable equals Untransmittable.*

Undetectable = Untransmittable

20 JULY 2018:

Undetectable = untransmittable is the message of a new UNAIDS Explainer. With 20 years of evidence demonstrating that HIV treatment is highly effective in reducing the transmission of HIV, the evidence is now clear that people living with HIV with an undetectable viral load cannot transmit HIV sexually.

Sexually Transmitted Infections

The term sexually transmitted infections (STI) is used **to refer to a condition passed from one person to another through sexual contact**. A person can contract an STI by having unprotected vaginal, anal, or oral sex with someone who has the STI.

Left untreated, most STIs can lead to serious conditions. They can **cause infertility, urinary tract problems**, and cancers of the vulva, cervix, vagina, penis, and anus. Some STDs, such as syphilis can cause death. No STI is harmless.

Most Common STIs

	Organism Type					Transmission	
	Bacteria	Viral	Protozo	Can be cured	Cannot be cured by can he	Fluids	Skin to Skin
Chlamydia	x			x		x	
Gonorrhea	x			x		x	
Syphilis	x			x			x
Trichomoniasis			x	x		x	
HSV (Herpes Simple Virus)		x			x		x
HPV (Human Papiloma Virus)		x			x		x

Symptoms and long-term Effects (if left untreated)

	Symptoms				Long-term effects/complications
	Discharge	Painful skin lesion	Painless skin lesion	May have no clear symptoms	
					If left untreated well...
Chlamydia	x			x	Pelvi inflamaroty disease (PID) which can lead to infertility and chronic pain
Gonorrhea	x			x	PID
Syphilis			x		Paralysis, blindness, body organ failure such as kidney, and damage to joints
Trichomoniasis	x			x	Mild to severe inflammation
HSV (Herpes Simple Virus)		x			Recurring symptoms possible
HPV (Human Papiloma Virus)			x	x	May produce genital wart and can lead to cancer

Know Your Status

If you wish to conduct **free HIV & Syphilis screening**, there is a migrant friendly NGO in Kuala Lumpur & Selangor which provide services to undocumented migrant workers also with confidentiality. You may contact:

Insaf Murni Association of Malaysia (IMAM)

Contact: Pn Rosyati 013-2103464/(03) 87398250

Main office: Persatuan Insaf Murni Malaysia No. 8-1,
Jalan Ria3, Kawasan Perindustrian Ria, Jalan Semenyih,
43000 Kajang, Selangor Darul Ehsan.

EMAIL: insaf.murni@nsep.org.my
/gf2.insafmurni@gmail.com

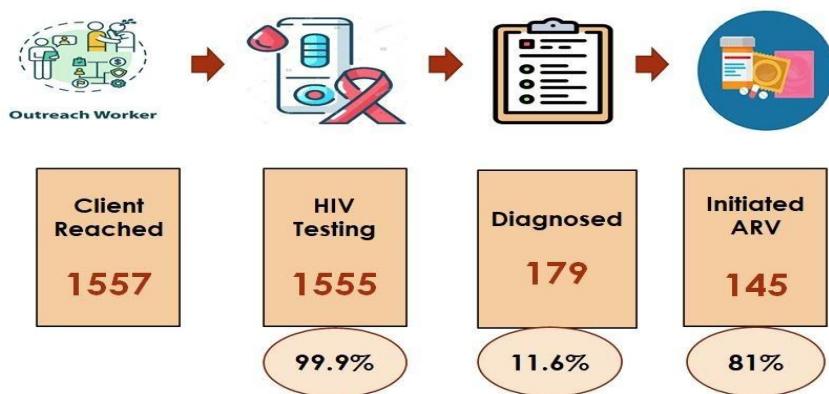


About IMAM:

IMAM executes HIV sexual transmission program since 2019. Over the years, the NGO has tested 1557 targeted key population in HIV infection (Men who have Sex with Men, Transgender and Female Sex Workers). This population only focused for Malaysians.

However, IMAM would like to extend its services to foreigners/documents and undocumented migrant workers who are at risk of HIV infection.

Insaf Murni Achievement Sexual Transmission Cascade 2019 - 2020



About ACHIEVE

Founded in 2000, Action for Health Initiatives, Inc. (ACHIEVE) is a spin-off from the migration and HIV/AIDS project of the Katipunan ng Kababaihan Para sa Kalayaan (KALAYAAN), a feminist organization established in 1983. ACHIEVE is engaged in the development and implementation of an action-research program on mobility and health, specifically addressing sexual and reproductive health and rights and HIV/AIDS vulnerability of migrant workers and their families. Using rights-based, gender responsive and participatory approaches, ACHIEVE endeavors to directly involve communities in the planning, implementation, monitoring and evaluation of such initiatives. ACHIEVE values partnership and linkage-building with other stakeholders working on issues affecting migrant workers, their families, people living with HIV/AIDS, women and youth. ACHIEVE is the Philippine focal point of the Coordination of Action Research on AIDS and Mobility in Asia (CARAM-Asia), a regional network of organizations implementing migration and HIV/AIDS programs in 11 Asian countries.



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Filipino Language



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Ano ang HIV?

Ang HIV (**human immunodeficiency virus**) ay isang virus na umaatake sa immune system o resistensiya ng katawan panlaban sa sakit. Kung hindi ito maagapan ay maaari itong humantong sa AIDS (**acquired immunodeficiency syndrome**).

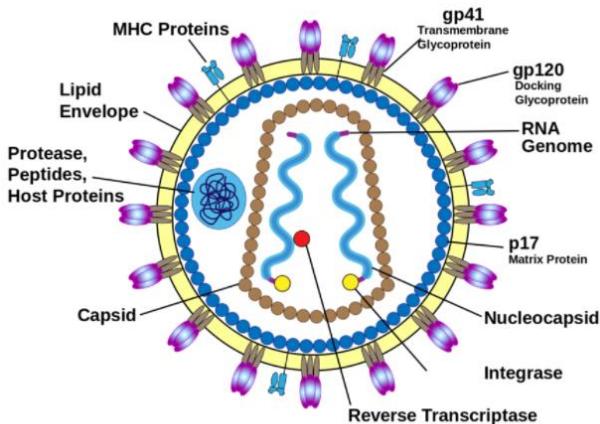
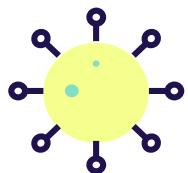


Figure 1.0: Cross section of HIV

Ano ang AIDS?

Ang AIDS (**acquired immunodeficiency syndrome**) ay talamak at posibleng nakamamatay na kondisyon sanhi ng HIV. Sa pamamagitan ng pamiminsala sa immune system, pinipigilan ng HIV ang kakayanan ng katawan labanan ang impeksiyon at sakit.

Sa pamamagitan ng antiretroviral therapy (ART), karamihan sa mga taong may HIV ay hindi nagkakaroon ng AIDS. Mas matas ang posibilidad na magkaroon ng AIDS ang mga taong may HIV pero hindi pa nasuri at nagamot, mga taong may HIV na nasuri lang kung kailang malala na ang impeksiyon, at mga taong may HIV na hindi umiinom ng gamot (ART). (Source: <https://www.who.int/news-room/detail/q-a-detail/hiv-aids>)

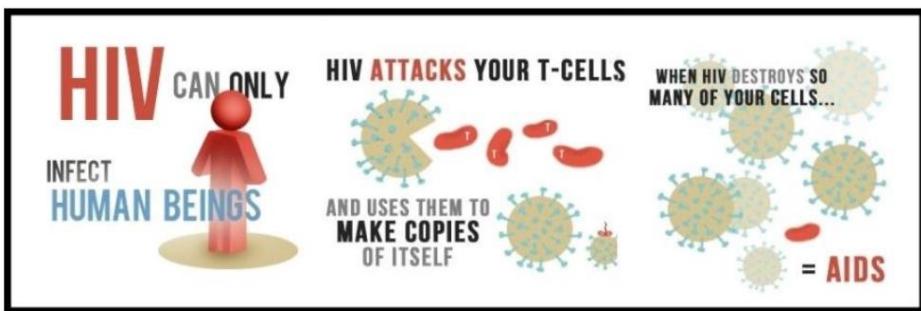


Ano ang Immune System?

Ang "immune system" ay isang komplikadong network ng mga sellula at protina na tumutulong sa katawan upang labanan ang impeksyon. Tinatandaan ng immune system ang bawat mikrobyong nilabanan nito upang mas mabilis nitong makilala at mapuksa ang mikrobyo kapag ito ay pumasok ulit sa katawan.

Ang "immune system" ay ang depensa ng ating katawan laban sa sakit at impeksyon. Inaatake nito ang mga organismong nagsasanhi ng sakit at impeksyon. Ito din ay tumutulong sa mabilis na paggaling mula sa karamdaman.

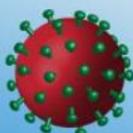
Paano nagdudulot ng sakit kapag may impeksyon sa HIV?



Source: <https://afcaidsunitedblog.wordpress.com/hiv aids>

Kapag ang taong HIV ay hindi nagamot, patuloy nitong pahihinain ang immune system ng tao at maaring umabot ito sa matinding karamdaman. Mananatili rin silang nakakahawa.

HIV and AIDS: What's the difference?

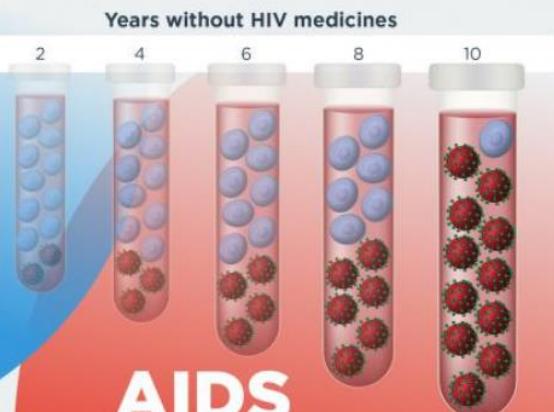


HIV

- HIV is the virus that causes HIV infection.
- HIV damages the immune system by killing CD4 cells.

CD4 Cells

- CD4 cells are part of the immune system.
- HIV attacks and kills CD4 cells.
- Loss of CD4 cells makes it hard for the body to fight off infections.



AIDS

- AIDS is the last stage of HIV infection.
- As HIV infection advances to AIDS, the amount of HIV in the body increases and the number of CD4 cells decreases.
- HIV medicines can stop HIV infection from advancing to AIDS.
- Without HIV medicines, HIV advances to AIDS in about 10 years.

Source: <http://www.aidsinfo.nih.gov>

Anu-ano ang mga gawain na maaaring humantong sa pagkahawa ng HIV?

Mga pinakakaraniwang paraan ng pagkalat ng HIV:



1. Pakikipagtalik (vaginal o anal) ng walang proteksyon sa taong may HIV tulad ng condom at gamot laban sa HIV. Mas mapanganib ang anal sex sa anumang kasarian (babae o lalaki).
2. Pagtuturok gamit ang hirnggilya o karayom na ginamit na ng taong may HIV.



Mga iba pang paraan:

1. Mula sa ina sa panahon ng pagbubuntis, panganganak, o pagpapasuso ng sanggol. Pero sa pamamagitan ng mga gamot laban sa HIV at iba pang paraan, natigil ng Malaysia ang mother-to-child transmission ng HIV at syphilis. Ang Malaysia ang kauna-unahang bansa na sertipikado ng World Health Organization (WHO) Western Pacific Region na nakapagpatigil sa mother-to-child transmission ng HIV at syphilis.
2. Pagkatusok ng kontaminadong karayom o matalim na bagay. Ito ay karaniwan sa mga health care workers bagamat mababa ang posibilidad na mangyari ito.
3. Impeksyon mula sa kontaminadong dugo o organo ng katawan sa pagsalin ng dugo o organ transplant.

Mga panganib sa mga OFWs

- ❖ Karamihan sa mga manggagawang OFW ay lumuluwas sa ibang bansa sa edad kung kailan sila ay sexually active.
- ❖ Dahil hindi puwedeng isama ng mga OFWs ang kanilang mga asawa sa Malaysia, madalas ay namumuhay silang mag-isa sa hindi pamilyar na lugar.
- ❖ Bilang tao, hindi titigil ang pangangailangang sexual ng mga OFWs pagdating nila sa ibang bansa. Para maibsang ang kanilang pangangailangang sexual, maaaring sumasali sila sa mapanganib na gawain tulad ng pakikipagtalik nang walang proteksiyon sa iba-ibang seksual partner kung saan mataas ang posibilidad na mahawa sila ng sexually transmittable infections (STIs) at HIV.
- ❖ Napilitan o naimpluwensiyan ng iba na makisali sa mga seksual na aktibidad.
- ❖ Ang pagkagahasa o sexual abuse na may vaginal o anal sex ay maaring magdulot ng pagkahawa sa STIs at HIV



- ❖ Kadalasan ay limitado o walang access ang mga OFWs sa tamang kaalaman tungkol sa HIV at AIDS, at sa mga commodities para sa pag-iwas sa pagkahawa nito.

Mga hakbang upang makaiwas sa impeksiyon

1. Ugaliin ang tama at laging paggamit ng proteksyon tulad ng condom kapag ikaw ay may iba-ibang katalik.
2. Kung ikaw ay nagtuturok ng droga, **huwag ipagamit sa iba ang iyong kagamitang pang-iniksyon o huwag gumamit ng mga kagamitang nagamit na ng iba.**
3. Uminom ng iniresetang PrEP o PEP kung kinakailangan.

Pre-Exposure Prophylaxis (PrEP)	Post-Exposure Prophylaxis (PEP)
Ano ang PrEP at PEP	
Ang PrEP at PEP ay mga gamot na iniiynom para maiwasan ang pagkahawa ng HIV. Kapag gumawa ka ng hakbang para protektahan mo ang iyong sarili sa sakit katulad ng HIV, ito ay tinatawag na PROPHYLAXIS. Ang PrEP at PEP ay para sa mga taong HIV-negative ngunit nasa peligrong mahawaan nito.	
Kailan iniiynom ang gamot?	
Uminom araw-araw bago pa ang posibleng exposure	Sa sitwasyong pang-emergency, dapat inumin ang gamot sa loob ng 72 oras matapos ang posibleng exposure.
Sino ang dapat uminom nito?	
Para sa mga taong HIV-negative pero nakikipagtalik nang walang proteksyon.	Para sa mga taong HIV-negative na maaaring na-expose: <ol style="list-style-type: none">1. Sa pakikipagtalik2. Sa pagkagahasa
Gaano kabisa ito?	
Lubos na mabisa ang PrEP sa pag-iwas sa HIV. Kung ito ay iniiynom ng tama, binabawasan ng PrEP ng 99% ang posibilidad na mahawa ang tao sa HIV mula sa pakikipagtalik.	Ang PEP ay mabisa para makaiwas sa HIV infection. Hindi man ito 100% effective, mas mabisa ito kapag ininom kaagad matapos ang posibleng exposure sa HIV.
Kumonsulta sa iyong healthcare provider kung kailangan mong resetahan ng PrEP o PEP.	

Source: <http://www.aidsinfo.nih.gov>

<https://www.cdc.gov/hiv/basics/prep/prep-effectiveness>.

<https://www.cdc.gov/hiv/basics/pep.html>

4. Kung ikaw ay may risky behavior kung saan ikaw ay maaaring magkaroon ng impeksyon sa HIV, magpa-test kaagad upang malaman ang status at kung kinakailangan mong resetahan ng PrEP or PEP.
5. Sa oras na ikaw ay nag-positive sa HIV, simulan agad ang iyong paggagamot sa lalong madaling panahon. Ang maagap na paggamot ay nakakaligtas ng buhay at makakatigil sa paghawa sa ibang tao. *Undetectable=Untransmittable*.

Undetectable = Untransmittable

20 JULY 2018:

Undetectable = Untransmittable ay mensahe mula sa UNAIDS. Mula sa ebidensiyang nakalap sa loob ng 20 taon, napatunayang ang paggamot ng HIV ay mabisa sa pagtigil ng pagkalat ng nito. Ang mga taong may HIV pero may undetectable viral load ay hindi na makakahawa sa pamamagitan ng pakikipagtalik.

Sexually Trasmitted Infections

Ang terminong sexually transmitted infection (STI) ay tumutukoy sa mga sakit na nakakahawa sa pamamagitan ng pakikipagtalik. Kapag hindi ito naagapan, ang STI ay maaaring magdulot ng mass seryosong kondisyon. Maaari itong humantog sa pagkabaog, problema sa urinary tract, at kanser sa vulva, cervix, pwerta, titi, at pwet. May ibang STI, tulad na syphilis, na maaaring magdulot ng kamatayan. Walang STI na hindi nakakasama.

Mga Karaniwang STIs

	Uri ng organismo					Paglipat ng Impeksyon	
	Bacterial	Viral	Protozoa	Puwedeng gamutin	Hindi magagamot pero puwedeng	Fluids	Sa pamamagitan ng balat
Chlamydia	x			x		x	
Gonorrhea	x			x		x	
Syphilis	x			x			x
Trichomoniasis		x	x	x		x	
HSV (Herpes Simple Virus)		x			x		x
HPV (Human Papiloma Virus)		x			x		x

Simtomas at Pangmatagalang epekto (kung hindi magamot)

	Symptoms				Long-term effects/complications
	May nana	Masakit na sugat sa balat	Sugat sa balat na hindi masakit	Maaaring wala ng simtomas	Kapag hindi nagamot...
Chlamydia	x			x	Pelvic inflammatory disease (PID) na maaring humantong sa pagkabaog at matinding pananakit
Gonorrhea	x			x	PID
Syphilis			x		Pagkaparalisa, pagkabulag, pagkasirang ibang bahagi ng katawan tulad ng bato, at pinsala sa mga kasukasuan
Trichomoniasis	x			x	Banayad hanggang sa matinding pamamaga
HSV (Herpes Simple Virus)		x			Pabalik-balik na simtomas
HPV (Human Papiloma Virus)			x	x	Maaaring magdulot ng genital wart/kulugo, o kanser

Alamin ang Iyong Status

Kung nais ninyo ng libreng HIV at syphilis screening, may NGO sa Kuala Lumpur at Selangor na nagbibigay ng kompidensiyal na serbisyo para sa mga undocumented na OFW. Maaari kayong makipag-ugnayan sa:

Insaf Murni Association of Malaysia (IMAM)



Contact: Pn Rosyati 013-2103464/(03) 87398250

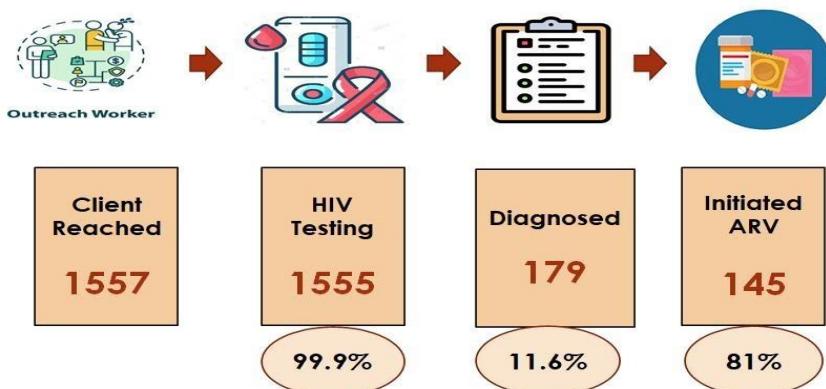
Main office: Persatuan Insaf Murni Malaysia No. 8-1,
Jalan Ria3, Kawasan Perindustrian Ria, Jalan Semenyih,
43000 Kajang, Selangor Darul Ehsan.
EMAIL: insaf.murni@nsep.org.my
/gf2.insafmurni@gmail.com

Tungkol sa IMAM:

Ang IMAM ay nagsasagawa ng programa tungkol sa HIV sexual transmission mula noong 2019. Sa mga nakalipas na taon, ang NGO ay nakapagsagawa ng pagsusuri sa HIV para sa umabot nang 1,557 indibidwal mula sa key population (mga lalaking nakikipagtalik sa kapwa lalaki, transgender, at mga babaeng sex worker). Ang mga serbisyo nito ay natutok lang para sa mga mamamayan ng Malaysia.

Subalit nais palawakin ng IMAM ang mga serbisyo nito para sa mga dayuhan o mga OFW (documented o undocumented) na nanganganib na mahawaan ng HIV

Insaf Murni Achievement Sexual Transmission Cascade 2019 - 2020



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