

HIV+ speakers help reduce HIV stigma and discrimination.

positivespeakers.org.nz

Engaging a speaker from the Positive Speakers Bureau puts a face to HIV. It gives people living with HIV a voice to tell their story and share their experiences in an open forum, where discussion and questions are encouraged.

The Positive Speakers Bureau is a powerful educational resource available to everyone in New Zealand.

Visit us online for more information or to book your speaker.

Positive Speakers' Bureau
Nga KaiKorero

This resource is sponsored by:

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Jewels / HIV+ since 1993

Mothers & babies

In New Zealand, no babies have been born with HIV to mothers who have been on antiretroviral medication with an undetectable viral load.

Mothers who have an undetectable viral load have <1% risk of transmitting and may birth vaginally if obstetrically able to do so.

Living life

HIV is now recognised as a chronic illness. Life expectancy for people with HIV who are on antiretroviral medication, is the same as someone who does not have HIV.

HIV antiretroviral medication (ART) helps to keep the virus at an undetectable level (referred to as undetectable viral load) in people living with HIV. This reduces the risk of passing the virus on to others to almost zero.

End stigma and discrimination

To truly end HIV related stigma and discrimination in New Zealand, start with yourself, your workplace and your community.

**Its time to change
how we see HIV.**



Michael / HIV+ since 2010

**How people get
HIV doesn't matter.
How you treat
them does.**

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Over half of people living with HIV in NZ reported experiencing discrimination or stigma while receiving healthcare services.

HIV is now considered a manageable illness, so people with HIV need to access a variety of health services within their community.

This means accessing quality services that are free from stigma and/or discrimination, regardless of what care is needed or where in New Zealand it is accessed.



Judith / HIV+ since 1998

People living with HIV feel stigmatised when someone treating them makes moral judgements, because of their HIV and how they got it.

Examples of HIV stigma and discrimination

- » Double gloving when taking bloods
- » Wearing gloves when there is no body fluid contact or risk
- » Having a procedure scheduled last
- » Placing someone in isolation
- » Displaying or discussing a patient's HIV status with other professionals when it's not relevant or necessary
- » Refusing to treat
- » Assuming that a partner is positive too
- » Asking a person how they got it

Treating someone living with HIV unfairly, or less favourably, than other patients accessing the same or similar healthcare, is discrimination.

Most common methods of HIV transmission



Unprotected/unsafe sex (no condoms or other barriers)



Mother-to-child (during pregnancy, birth and breastfeeding when the mother is undiagnosed and not on treatment)



Reusing and sharing of needles or injecting drug equipment. Also accidental occupational exposure



Infected blood transfusions and organ transplants



Charlie / HIV+ since 2006

HIV transmission in healthcare settings is extremely rare.

The practice of infection control procedures, including universal precautions, protects patients as well as healthcare providers from possible HIV transmission in medical and dental settings.

Get up to date with HIV

positivewomen.org.nz
bodypositive.org.nz
ina.maori.nz
nzaf.org.nz

The risk of HIV infection from a needlestick, or cut exposure to HIV-infected blood, is on average 0.3%.

The risk of acquiring Hepatitis B is 6% to 30% and Hepatitis C is 2%.