

Expo-Sure

Accidental exposure to HIV can occur in many ways, which include:

- sexual transmission through assault and/or molestation
- blood transfusions and accidental contact with needles
- direct contact with bodily fluids of an infected person through incidents such as sporting injuries or vehicle accidents
- occupational exposure, e.g. in the healthcare industry
- mother to child during pregnancy, at birth and through breastfeeding.

HIV can be prevented if the correct treatment is received!

The purpose of this product is to ensure that you and your family have full access to confidential HIV-testing and treatment within the critical 72-hour window period after accidental exposure. This greatly reduces the possibility of becoming HIV-positive.

What to do in the event of accidental exposure

In the unfortunate event of accidental exposure, these are the steps that must be taken to ensure your safety:

- immediately contact the Care Centre telephonically on **0861 603 603**
- you will be directed to the nearest doctor, clinic or hospital where appropriate treatment will be given
- blood tests will be done to determine your HIV-status.

If the patient tests HIV-negative:

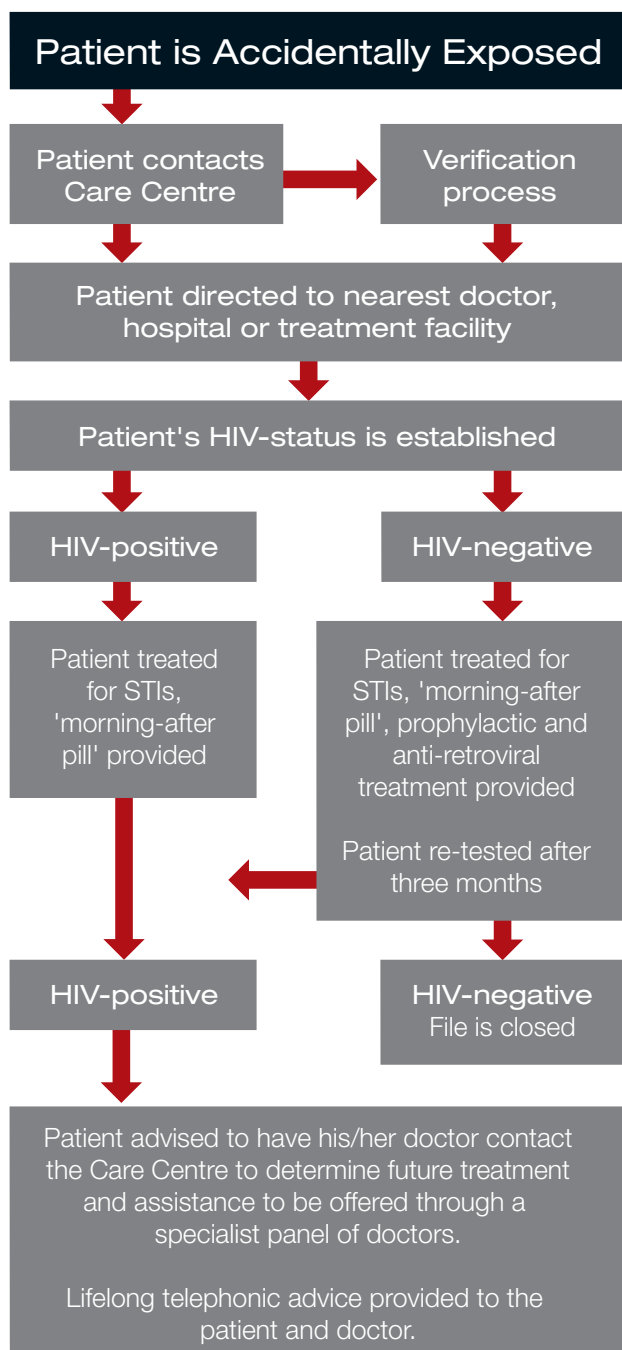
- anti-retroviral treatment will be provided
- prophylactic therapy will be provided to prevent possible sexually transmitted infections (STIs)
- the 'morning-after pill' will be given in the event of sexual assault
- he/she will be monitored over a three-month period and re-tested
- if the status remains negative, the file will be closed.

If the patient tests HIV-positive:

- STI treatment and the 'morning-after pill' will be provided
- the patient will be given the opportunity to enrol into an HIV/Aids Disease Management Programme (treatment costs will be for his/her own account or medical aid)
- an ongoing phone-in counselling service will be provided
- lifelong advice will be offered to the patient and doctor on phone-in.

Treatment Benefits:

- access to a 24-hour, 365-days-per-year Care Centre for HIV/Aids information, advice and counselling
- two blood tests and consultations after potential exposure cases
- anti-retroviral therapy to prevent infection
- 'morning-after pill' to prevent pregnancy
- STI preventative medication (prophylaxis).



Additional Sexual Assault Benefits

A counselling benefit of R3 000 for the patient and immediate family. R1 000 of this benefit may be used by the patient for alternative therapy, i.e. reflexology, aromatherapy, etc. Please note that any service under this benefit must be provided by a registered practitioner. Original invoices must accompany all claims for reimbursement.

A security benefit of R2 000 for reasonable security improvements after a sexual assault related incident. Please note that any service under this benefit must be provided by a recognised company/individual. Original invoices must accompany all claims for reimbursement.

People who are HIV-positive are often rejected by friends, colleagues and family because of fear and ignorance. The more you learn about HIV/Aids, the more you will realise that if you follow some guidelines, there is no need to be afraid of HIV-positive people. You will not get the HI-virus because of kissing, hugging, sharing cutlery and cups, or through sneezing and coughing. Those who are HIV-positive, often struggle to make ends meet because of unemployment or illness due to Aids. Instead of avoiding them, let us rather try to assist them where we can. Expo-Sure is one very effective way of preventing the spreading of HIV.

Protect yourself by:

- using a condom
- knowing your partner's lifestyle
- avoiding contact with blood or other bodily fluids, syringes or needles
- not breastfeeding your baby if you are HIV-positive and only using formula or other milk products.