

Positive Experiences in Self-Care



**For you
and
your family**



Statement from the two main contributors

"I did not think I could help other people. Now I know by telling my story, other PLWHAs may learn how to live healthier lives and I am happy that I am doing something good for my society."

Um Yoeun

"I want to have the chance to show other PLWHAs that it is possible to live a happy and long life with their family. Through taking good care of myself, I am an example of how people can empower themselves and create a bright future for their children."

Mao Vichet

Acknowledgement

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CASE 1



I am an HIV + widow.

I have lived with HIV since 1994.

I have remained healthy until now because:



My family supports me and we live together without discrimination.

**I eat
healthy
foods that
I can find
around my
house or
in the
market.**



I plant trees and vegetables for my family.



I clean every day.

I go to the health centre regularly for medication, counseling and support.



My care provider is also HIV+ and she gives good care to me.



I take medicine regularly as advised by my medical team.



I prepare for my children's future and I enjoy my time with them.

CASE 2



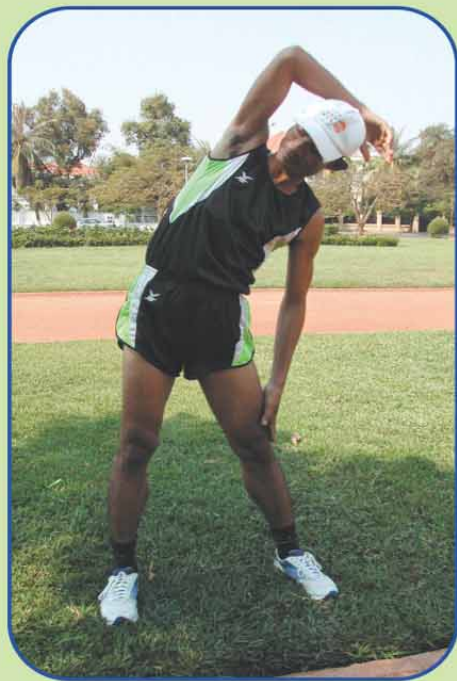
**I am a person living with HIV.
I have been HIV + since 1998.
I have stayed healthy until now because:**



**My family supports me and
encourages me to take care of myself.**



I eat foods that are full of vitamins.



I exercise every day.

I go regularly to the health centre for medication, counseling and support.



My care provider gives good care to me.



I take medicine regularly and I have safe sex as advised by my medical team.



**We raise ducks
and chickens.**



I clean everyday.



**My wife and I prepare for our children's
future and we enjoy our time with them.**

Self-Care Practices

• Strong family support



• Eat healthy food



• Good Sanitation



• Regular check ups



• Daily Exercise



• Normal activities



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