

ZIMBABWE

Sexual and Reproductive Health Sign Language Dictionary



A Project by THAMASO Zimbabwe in Partnership with Deaf People of Zimbabwe



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for Southern Africa



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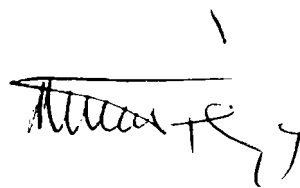
FOREWORD

The HIV and AIDS Management and Support Organization (THAMASO-ZIMBABWE), in collaboration with the Disability HIV & AIDS Trust (DHAT), realized the existence of a knowledge gap on HIV and AIDS and sexual and reproduction health and rights (SRHR), among the deaf communities of Zimbabwe. The absence of signs for many of the technical terms related to HIV and SRHR has created serious disadvantages for hearing impaired people and increased their vulnerability to HIV, and made it difficult for them to claim their sexual and reproductive health and rights. Consequently, THAMASO-ZIMBABWE and DHAT decided to produce a Dictionary for people with hearing impairments that includes HIV and SRHR related signs.

The Dictionary includes an illustrated guide to signing and signing for individual letters, along with illustrations and descriptions for common words and for those new HIV/SRHR signs that have been developed, making it an invaluable reference for both those with hearing impairments and those without hearing challenges. The dictionary is suitable for use in educational institutions (schools, colleges and universities) as well as in health institutions such as hospitals, clinics and VCT centres. Counsellors and all staff working directly and indirectly in the HIV and SRHR sectors will find the dictionary most useful.

The production of the dictionary was sponsored by the Open Society for Southern Africa (OSISA) and the Southern Africa HIV and AIDS Information Dissemination Service (SAFAIDS). In respecting the adage “nothing for us without us” people with hearing impairments, drawn from all the provinces of Zimbabwe, developed this dictionary. We are proud of those who represented the deaf community in producing meaningful and helpful signs that will go a long way in helping those with hearing impairments and the nation at large to communicate on HIV and SRHR in a way that has previously been impossible.

THAMASO-ZIMBABWE and DHAT wish to express their gratitude to OSISA, SAFAIDS, the National AIDS Council, the Ministry of Health and Child Welfare, Ministry of Education, Sports, Arts and Culture, the National Council for the Hard of Hearing, the Zimbabwe National Association of the Deaf, the Zimbabwe Open University and the University of Zimbabwe, for their contributions.



Jacob Tivenga (Mr)

National Director (THAMASO-ZIMBABWE)

PREFACE

Research has shown that, by virtue of their condition, people living with disabilities are at great risk of acquiring HIV. There is also empirical evidence which shows that among the disability community, those with sensory impairments - the deaf and blind - are more vulnerable than others, due to their special communication needs. The focus of this dictionary is on people who are deaf. These belong to a deaf culture which is characterised by the use of sign language. There has been a very wide gap in the provision of HIV and AIDS services, as well as information related to sexual and reproductive health rights, among this population. They are generally not considered in programming, not by design, but as a result of the lack of sign language articulation amongst the majority of service providers. It is against this background that THAMASO-Zimbabwe, in collaboration with The Disability and HIV Aids Trust (DHAT), decided to engage deaf persons and their organisations to design this dictionary that includes HIV and AIDS and sexual and reproductive health and rights (SRHR) terminology, to bridge this gap. This development is in line with protocols calling for the creation of inclusive societies, such as the Salamanca Statement and Framework for Action (1994), The Jomtein Conference (1990) and the United Nations Convention on the Rights of Persons with Disabilities (2008).

In coming up with the dictionary, the first assumption was that deaf persons have very limited vocabulary regarding HIV and SRHR. As such, there was need for consensus on the different signs being used in all Zimbabwe's provinces. Two workshops attended by deaf persons from each province were therefore conducted. SAFAIDS was very instrumental in the running of these workshops. Their major role was to disseminate HIV, AIDS and SRHR information to the deaf participants, to allow them to design informed signs. The workshops were very successful in standardising health-related sign language and SAFAIDS efforts here need to be highly appreciated. If the deaf members of society have no knowledge of the relevant terminology in sign language, they will not be able to enjoy the rights to which they are entitled. Thus, if they have access to standard sign language for HIV and SRH terminology, they will be better equipped to meet the different situations they come across in their everyday life.

THAMASO-Zimbabwe hopes that many Zimbabweans, whether deaf or not, HIV affected or infected, will find this dictionary useful and will develop a keen interest in learning Sign Language. These include family and friends, colleagues at places of work, fellow learners in schools and tertiary institutions, as well as the general public with whom people who are deaf come into contact in their daily interactions. The country will become a much better place for the deaf to live in when teachers, medical personnel, law enforcement officers, staff in the judiciary, immigration and customs officers, staff in banking institutions, post offices, all local and central government workers and the general public, learn and start to use sign language whenever they have a deaf person to serve. In the meantime, it would be a good starting point for every workplace to have at least one Sign Language interpreter on standby for use when necessary.

May the publication and launch of this dictionary motivate employers to sponsor and grant study leave to their employees to learn sign language, as well as include the deaf amongst their staff. Our task is not yet finished, however, and it is our expectation to launch updated volumes from time-to-time, since health terminology is dynamic.

For all these reasons, the Open Society Initiative for Southern Africa (OSISA) based in Johannesburg, South Africa - being a rights-based organisation - is pleased to have been associated with the production of this Sign Language Dictionary in partnership with SAFAIDS, DHAT, the National AIDS Council (NAC), Zimbabwe National Association of the Deaf (ZIMNAD), Zimbabwe Open University (ZOU), the Ministry of Education, Sports, Arts and Culture and the Ministry of Health and Child Welfare. To the European Union who were the funding partners, we are very thankful for their unwavering support. It is our hope that we will continue working together in developing the initiative to a higher level.

ACKNOWLEDGEMENTS

Without the immense input and assistance of various people and a great number of organisations, the production of this dictionary would not have been possible.

The HIV and SRHR Sign Language Dictionary is a product of The HIV and AIDS Management and Support Organization (THAMASO-Zimbabwe) in collaboration with the Disability and HIV and AIDS Trust (DHAT) with the help of Open Society Initiative for Southern Africa (OSISA), the Southern Africa AIDS Information Dissemination Service (SAFAIDS), the National AIDS Council (NAC), the Zimbabwe Open University (ZOU), the Zimbabwe National Association for the Deaf (ZIMNAD), PROGRESSIO, EMERALD HILL SCHOOL FOR THE DEAF; Zimbabwe Open University, Ministry of Education, Sports, Arts and Culture; Ministry of Health and Child Welfare; University of Zimbabwe; Leonard Cheshire Trust; Nzeve Deaf Centre; Jairos Jiri – Gweru; King George School – Bulawayo and Henry Murray School for the Deaf – Masvingo.

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The Zimbabwean Manual Alphabet

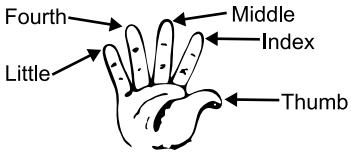









The Finger Spelling Alphabet



Numbers






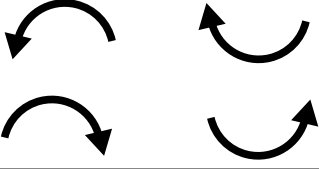
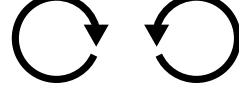
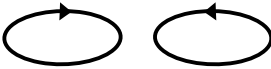






1 	9 	40 	80 
2 	10 	41 	81 
3 	11 	50 	90 
4 	12 	51 	91 
5 	20 	60 	99 
6 	21 	61 	100 
7 	30 	70 	1000 
8 	31 	71 	1 MILLION 

Guide to Hand Shapes

	The Hand
	Sample letter hand shape A
	Sample number hand shape 1
	L hand shape
	B hand shape
	Bent B hand shape
	Curved hand
	Bent/Crooked V
	Claw hand
	Flat O hand

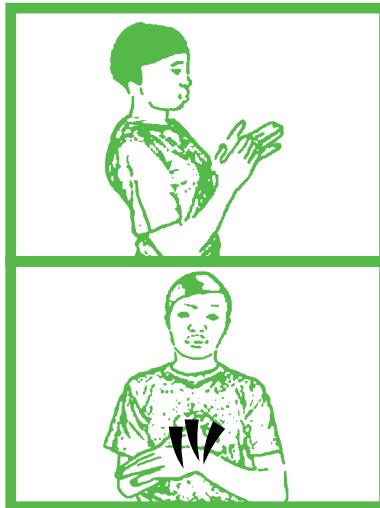
Guide to Arrows

Directions are from the perspective of the signers in the drawings.

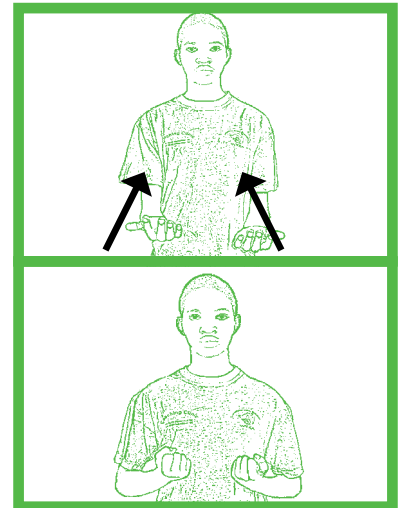
	Single movement once towards point
	Double movement twice towards point
	Repeated movement, back and forth
	Repeated movement, forward, back, and forward
	Repeated movement, down, up, and down
	Right and left arches, going either up or down
	Clockwise and counter clockwise circular movement
	Clockwise and counter clockwise horizontal circular movement
	Clockwise and counter clockwise vertical circular movement
	Wavy, wiggling or bouncing movement
	Spiral movement
	Motion markers show shaking, trembling, slight wiggling, et, movements
	Flicking Movement. Represents fingers being flicked out from a closed hand
	Person markers



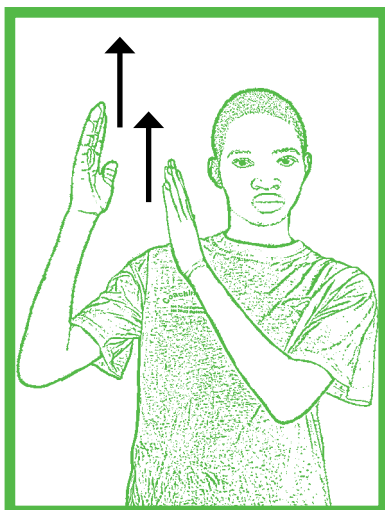
Adherence



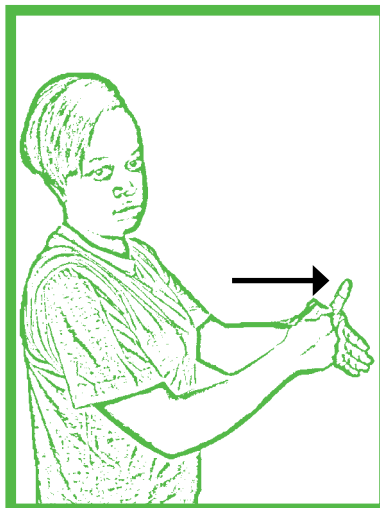
Adherence counselling



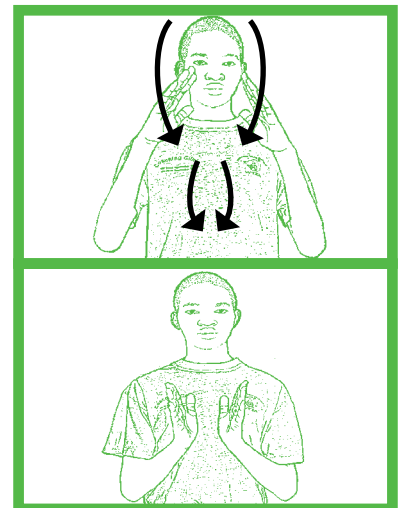
Adapt



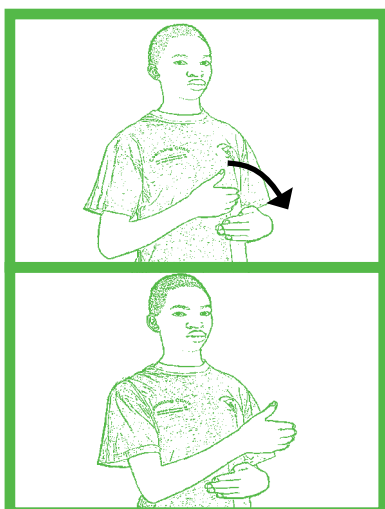
Adult



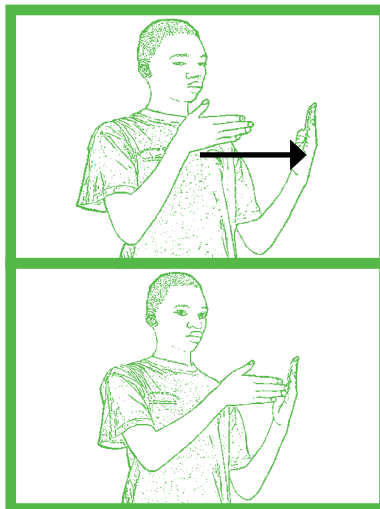
Advocacy



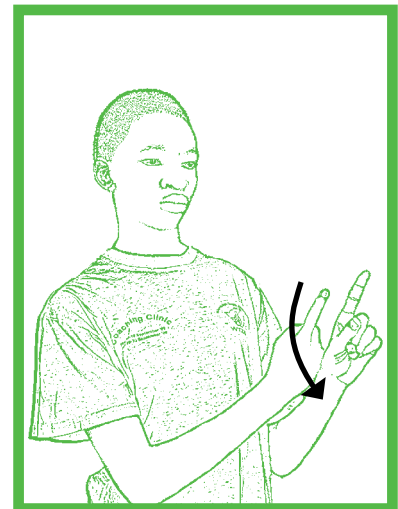
Africa



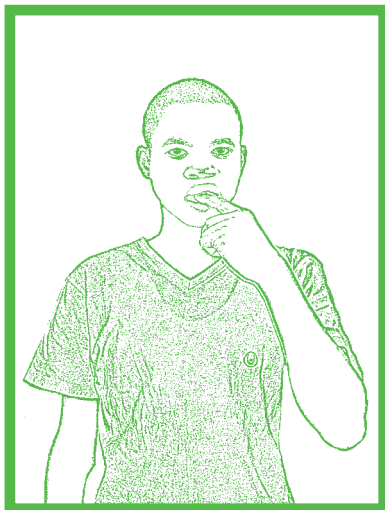
After



Against



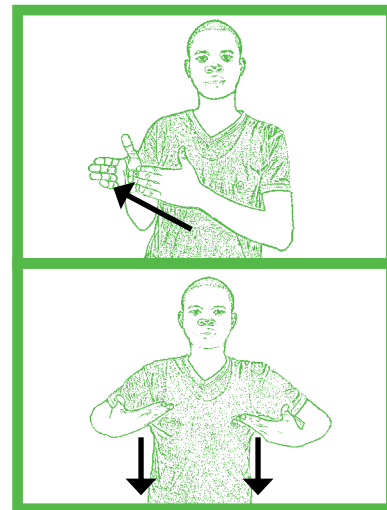
Aide/Assistant



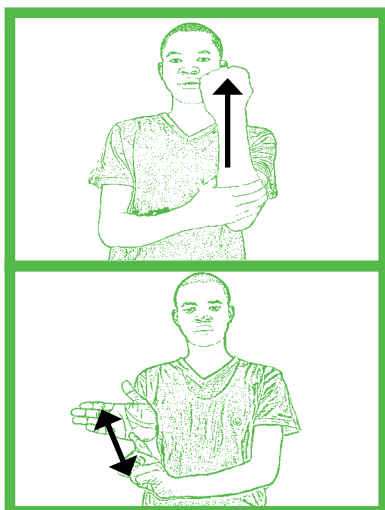
AIDS



Alcohol



Antibodies



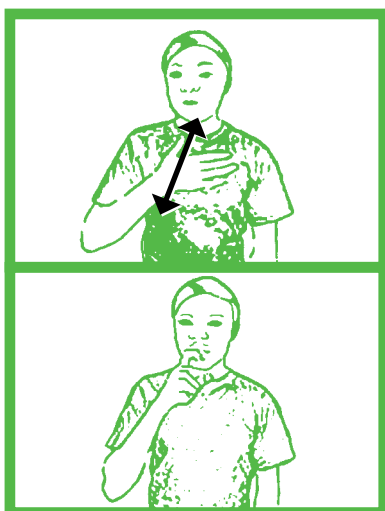
Anal sex



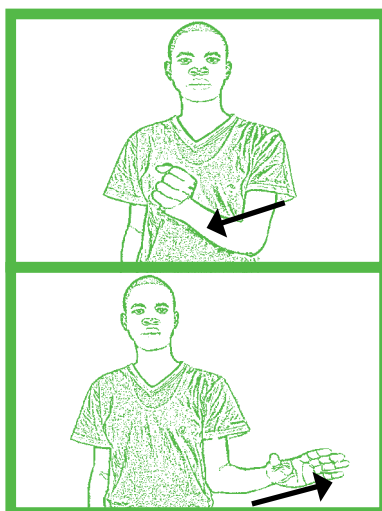
Antenatal clinic



ARV



Asthma



Asymptomatic stage



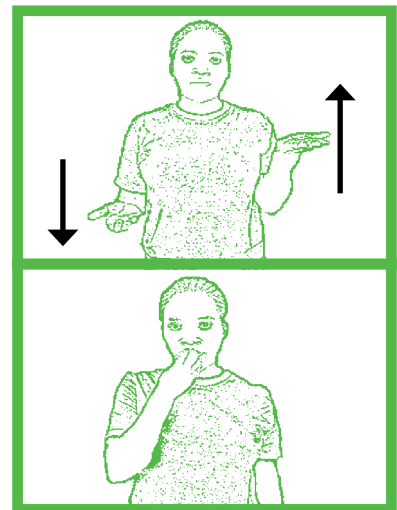
Aware



Balance



Bandage



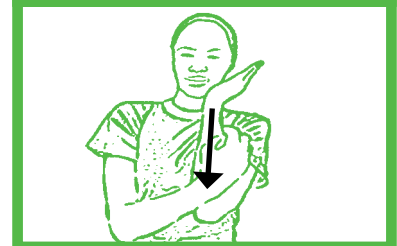
Balanced diet



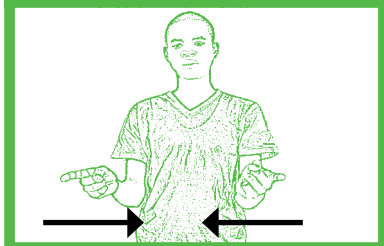
Bereavement



Bedridden



Bedsore



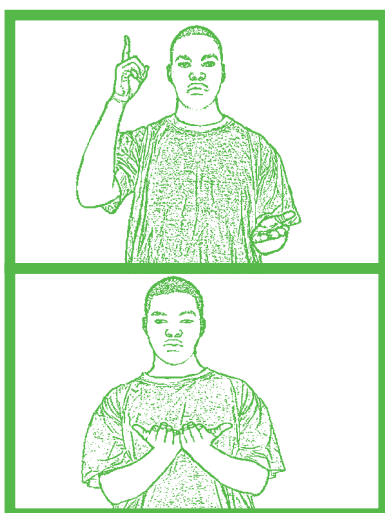
Behaviour change



Belong



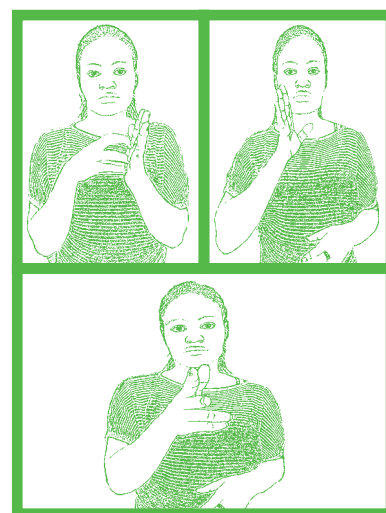
Beneficial disclosure



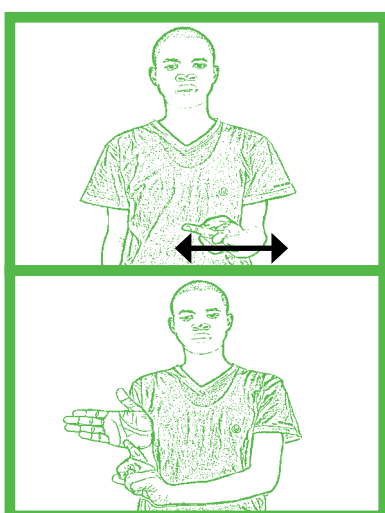
Bible



Birth



Biological markers



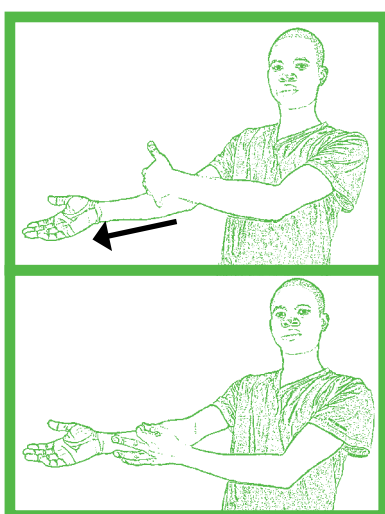
Bisexual



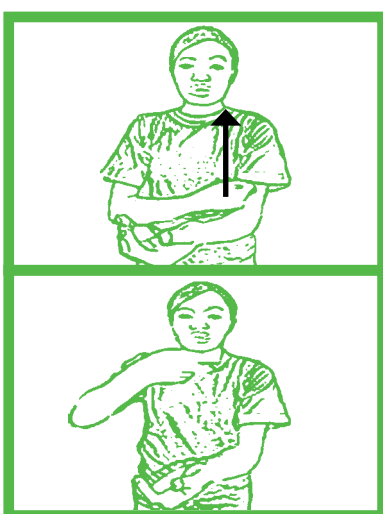
Bleeding



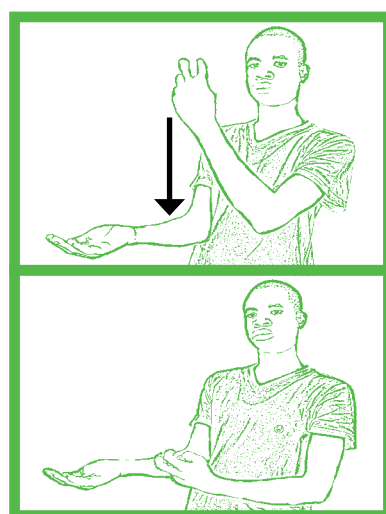
Blood



Blood cells



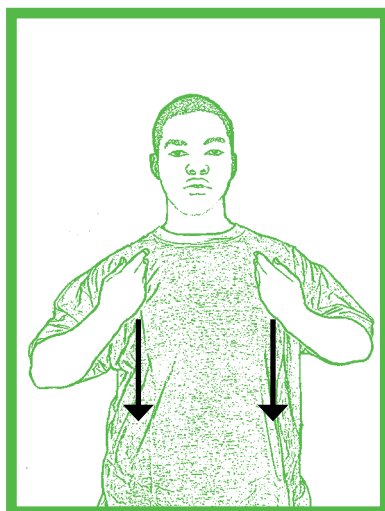
Blood sample



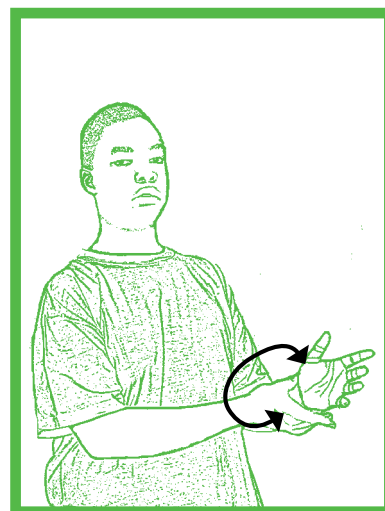
Blood transfusion



Blood transmission



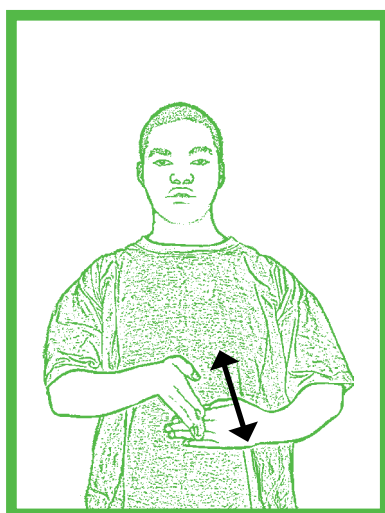
Body



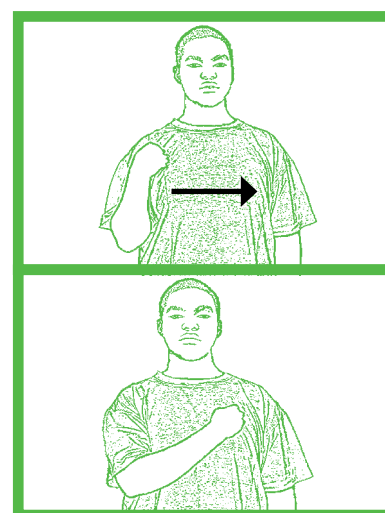
Bones



Brain



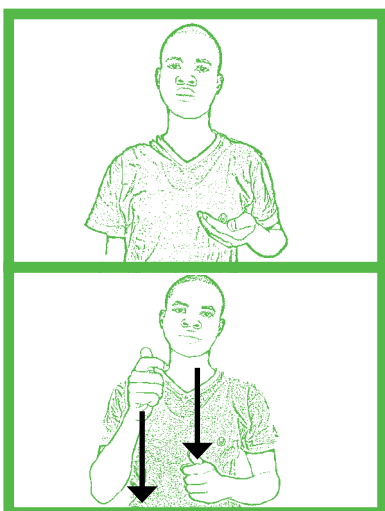
Bread



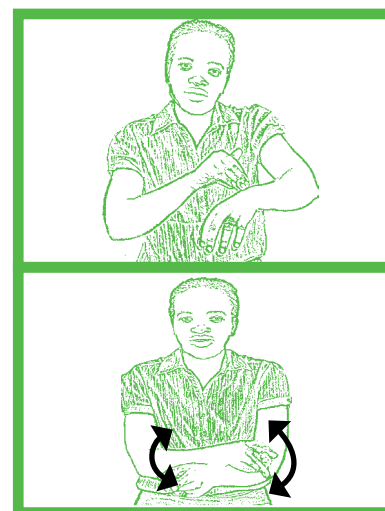
Breast



Breastfeeding



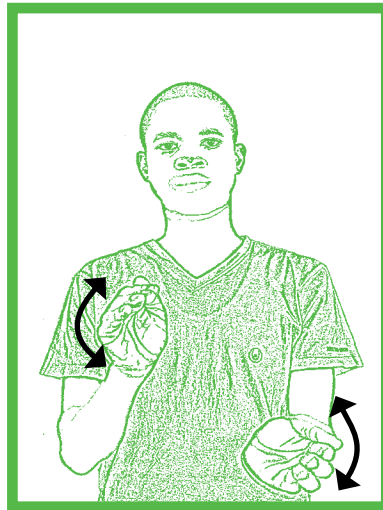
Breast milk



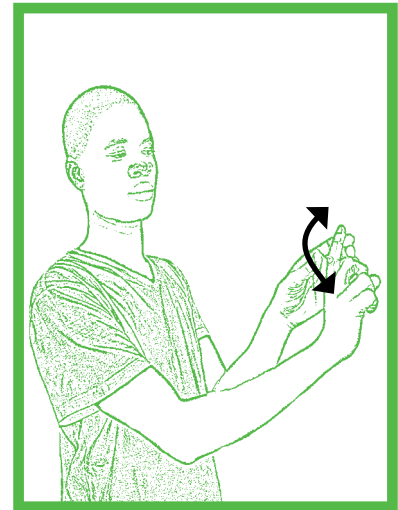
Buddy system



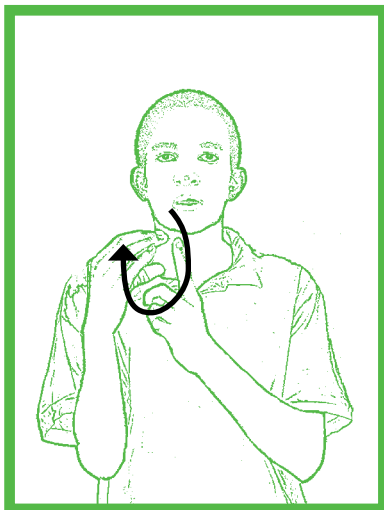
Cancer



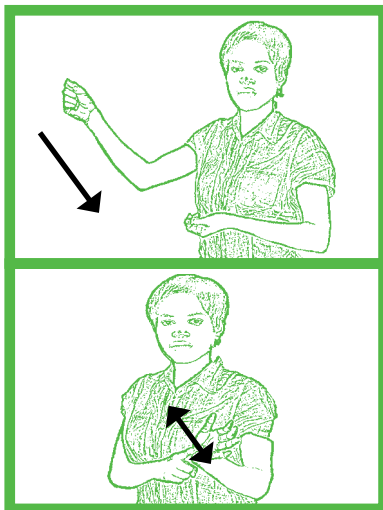
Care



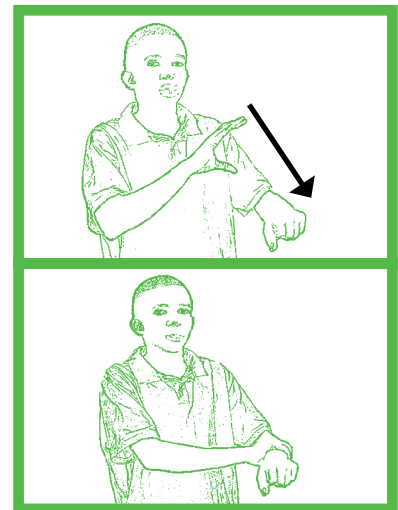
Caregiver



Case



Casual sex



Catch



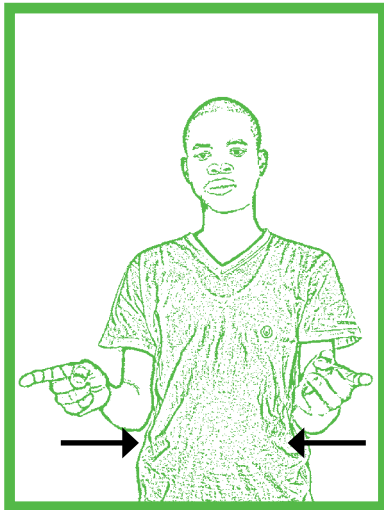
CBC



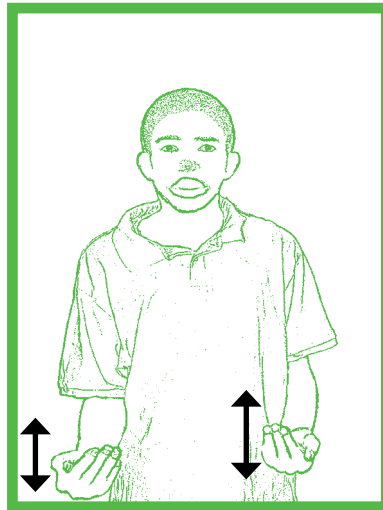
CD-4



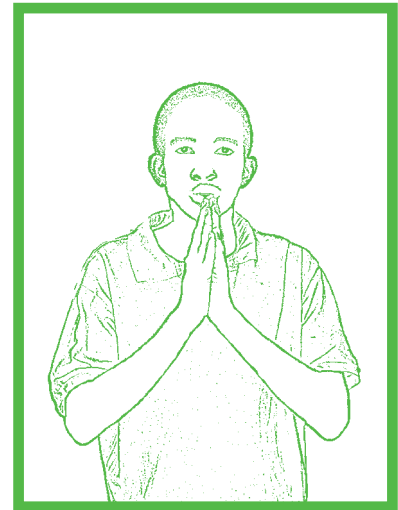
Cervix



Change



Children



Church



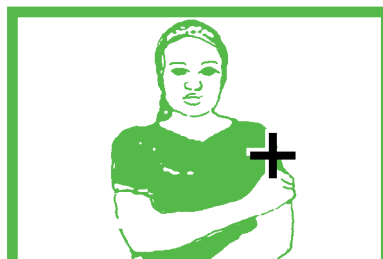
Clean



Client



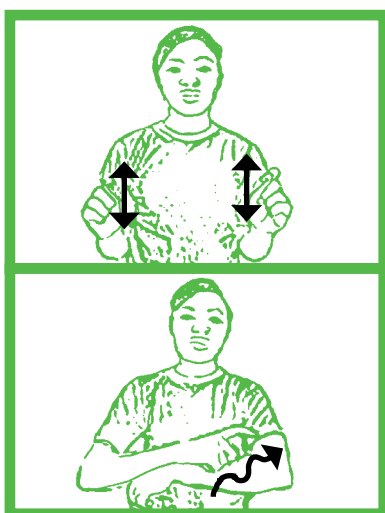
Client initiated



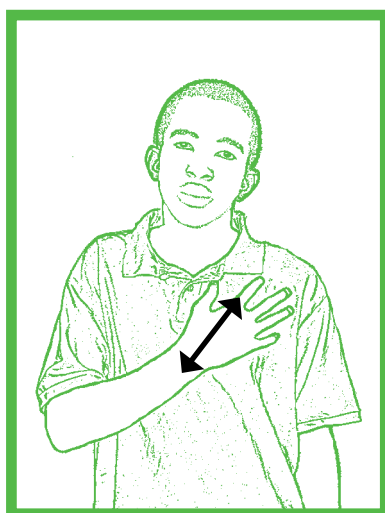
Clinical care



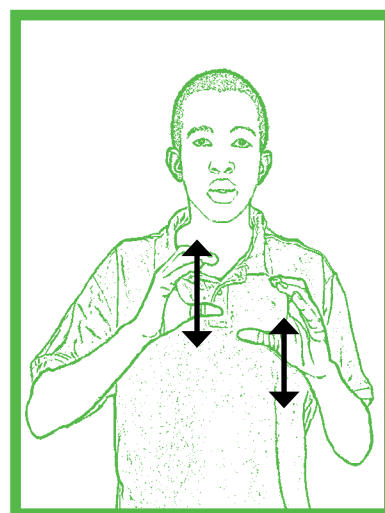
Clinical stage



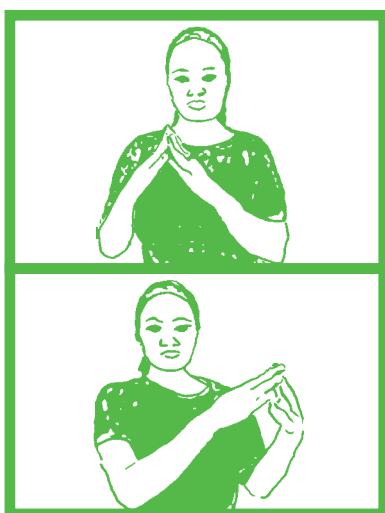
Co-infection



Comfort



Communication



Community



Community care



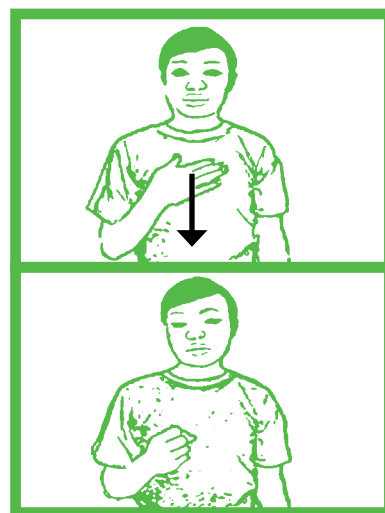
Community health



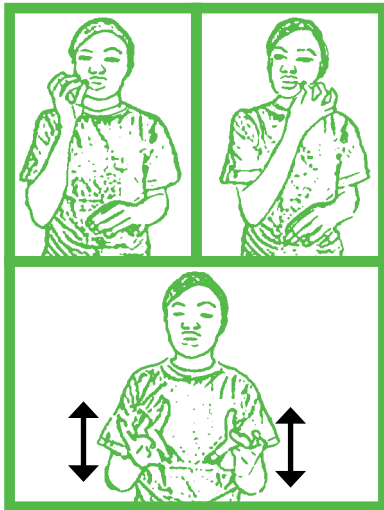
Community volunteer



Condom



Confidence



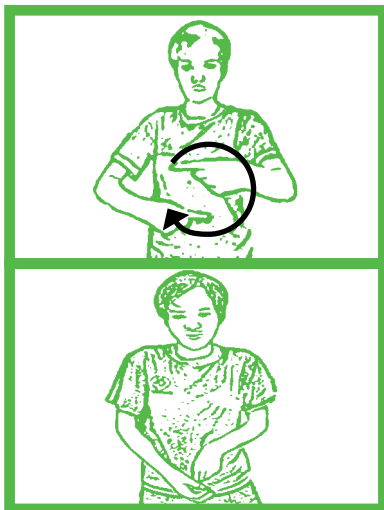
Confidentiality



Conflict



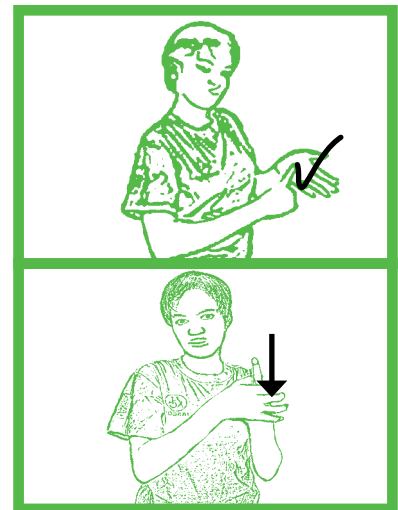
Confusion



Consistent condom use



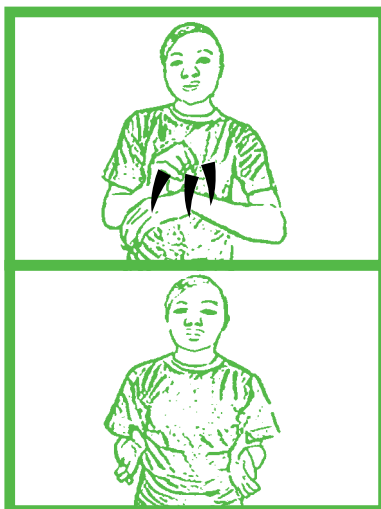
Contraception



Correct condom use



Counselling



Counsellor



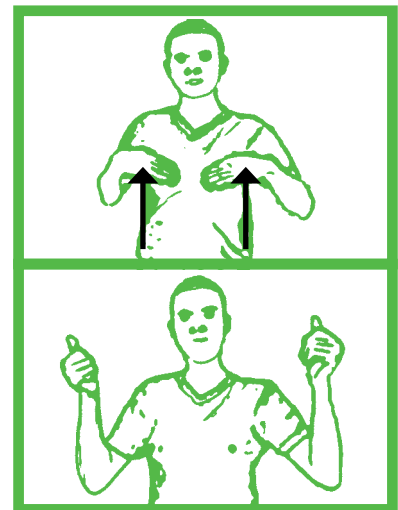
Couple counselling



Cuddling



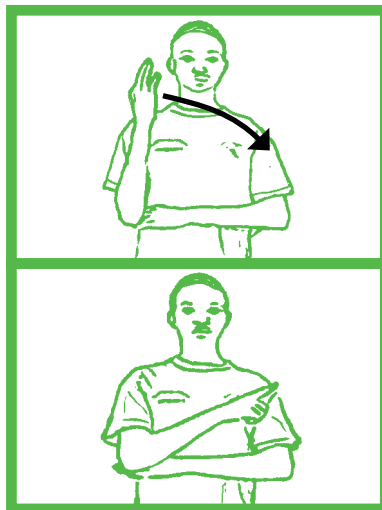
Culture



Cure



Darling



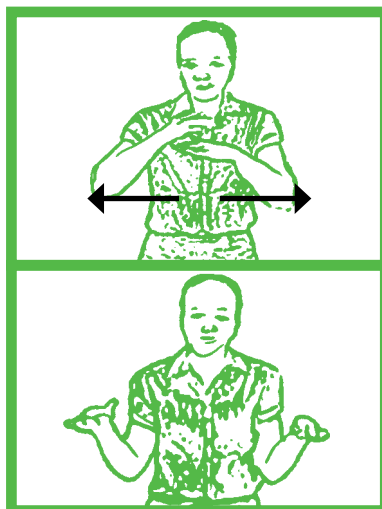
Date



Dead/die/death



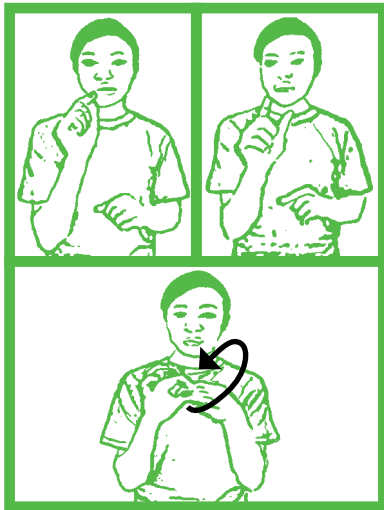
Delayed sex



Denial



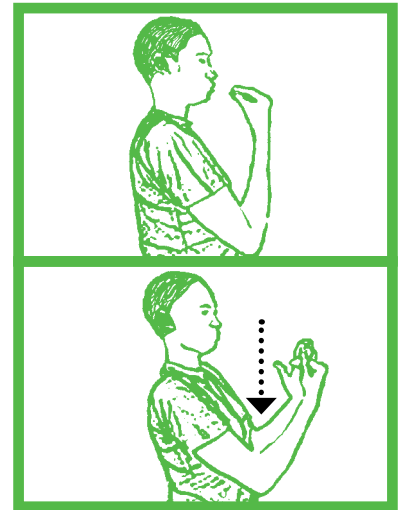
Depression



DHAT



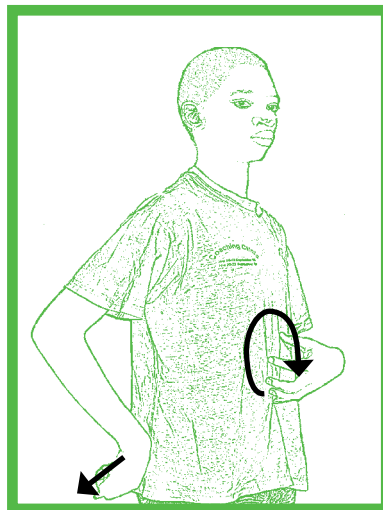
Diabetes



Dietary assessment



**Directly observed
treatment**



Diarrhoea (1)



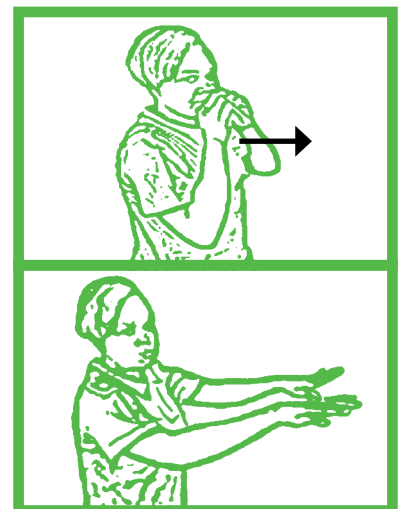
Diarrhoea (2)



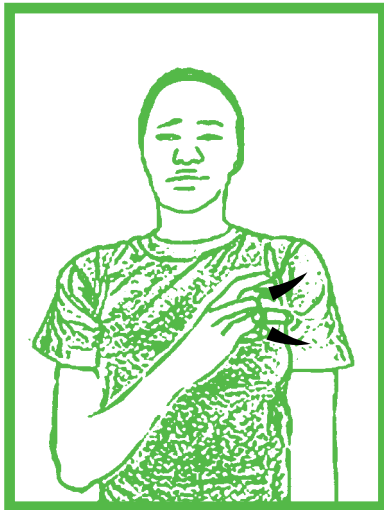
Disability



Discharge



Disclosure



Discomfort



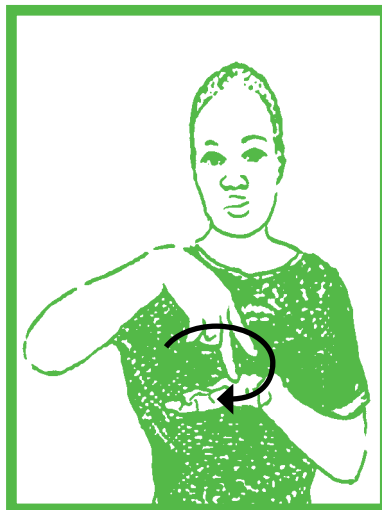
Discriminate



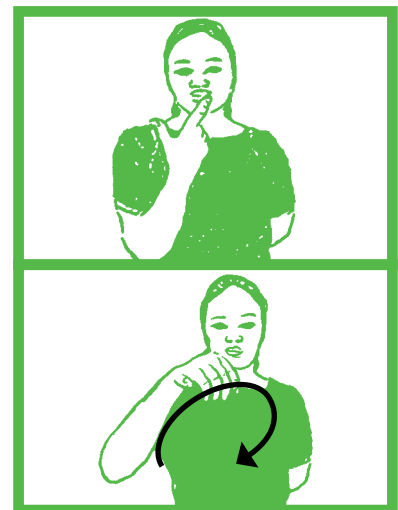
Disease



Dispose



Dizziness



Dose



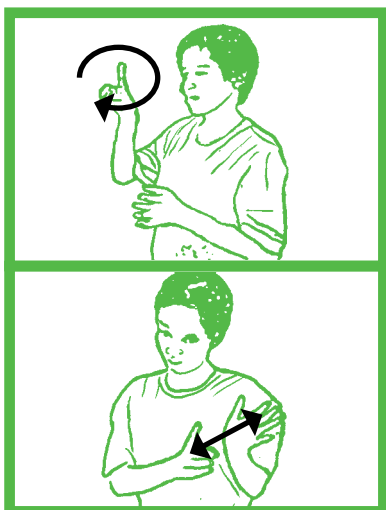
Drowsiness



Drugs



Drug abuse



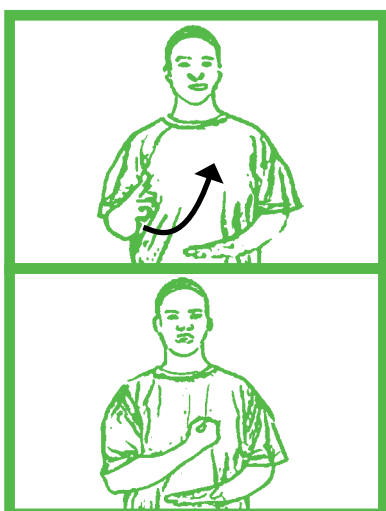
Dry sex



Dual protection



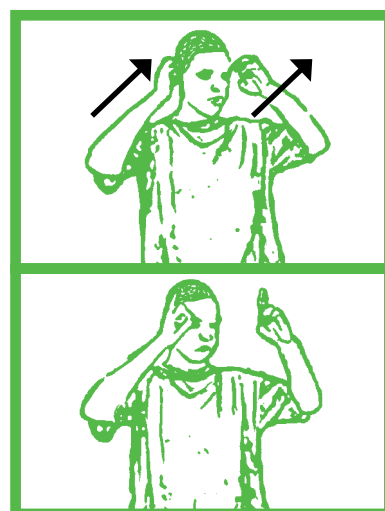
Early treatment



Earn



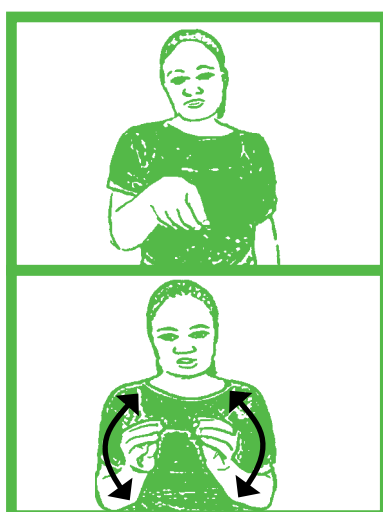
Economy



Education



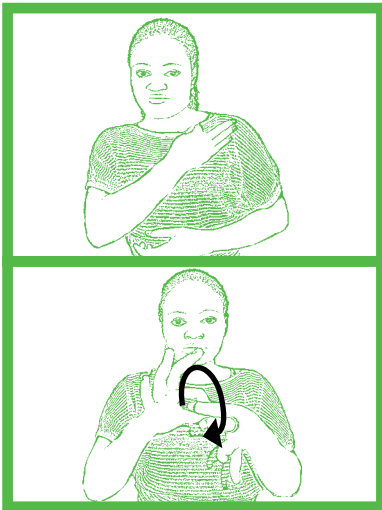
Emotional



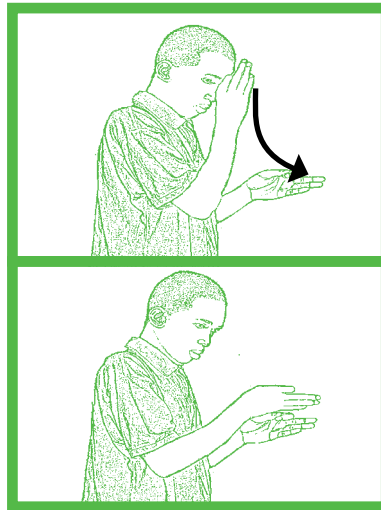
End of life care



Epilepsy



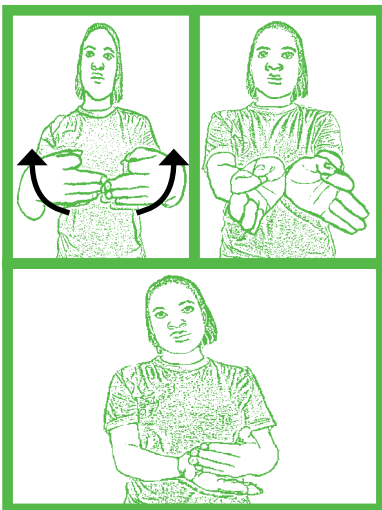
Faith based organisation



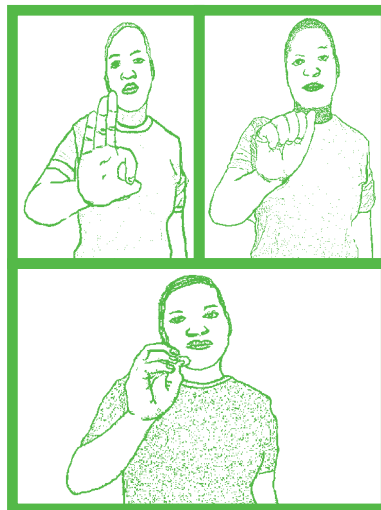
Faithful



Faithless



Family planning



FAO



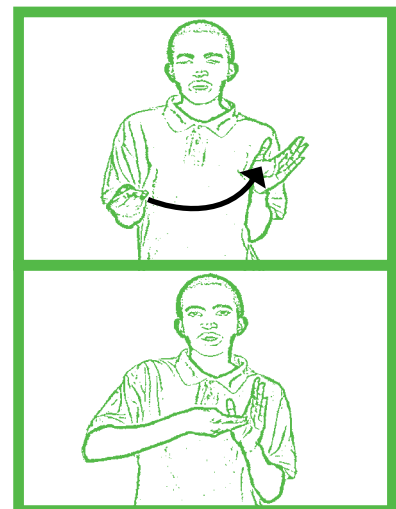
Fatigue



Female condom



Fear



Feed



Fever



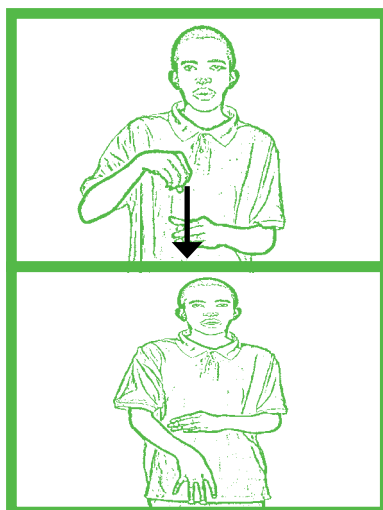
Fish (1)



Fish (2)



Flu



Flush



Food



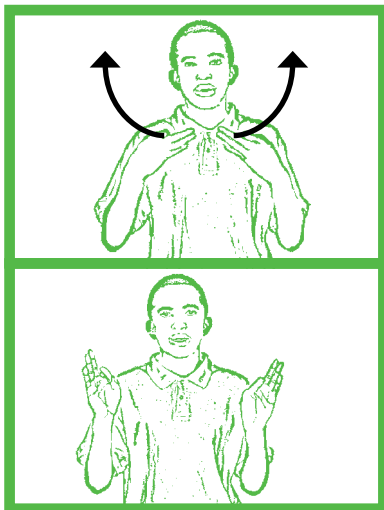
Follow-up



Foreskin



Force



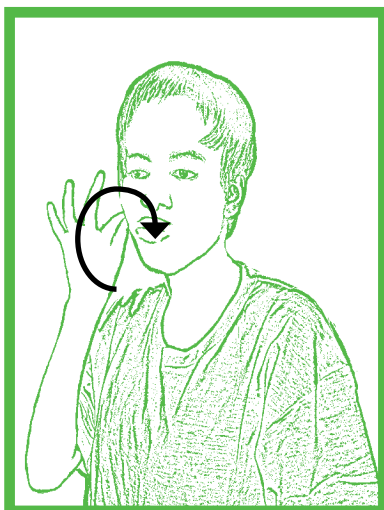
Free



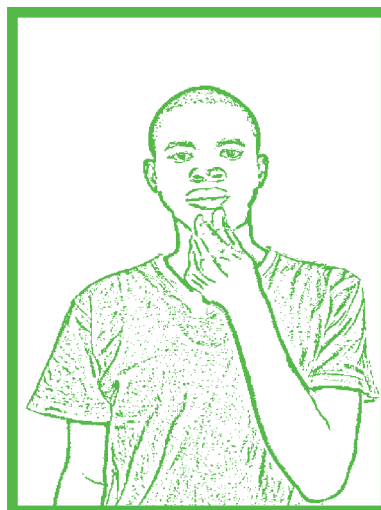
Fresh



Friend



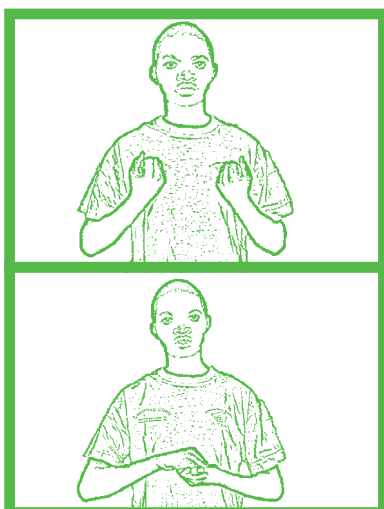
Fruit



Gay



Genital mutilation



Girlfriend



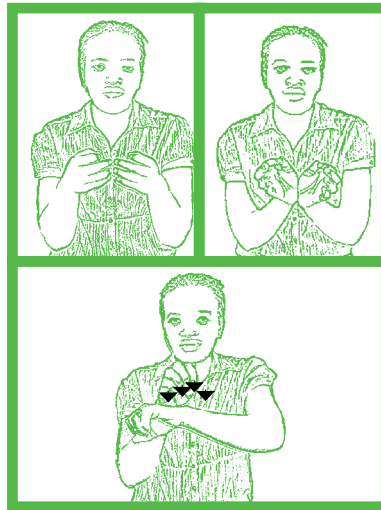
Good care



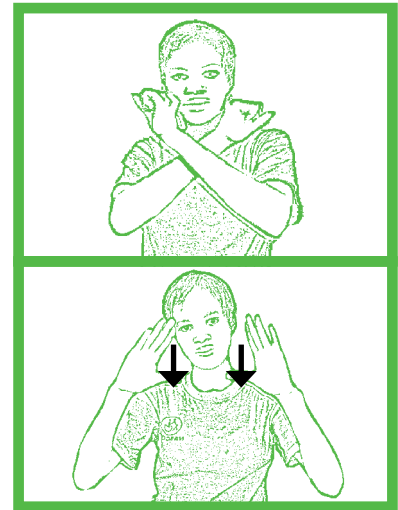
Grains



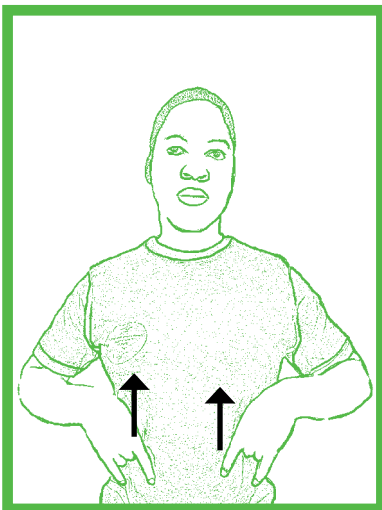
Grief



Group counselling



Harm reduction



Health



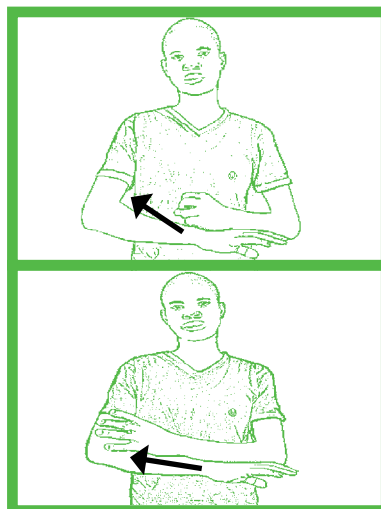
Heart attack



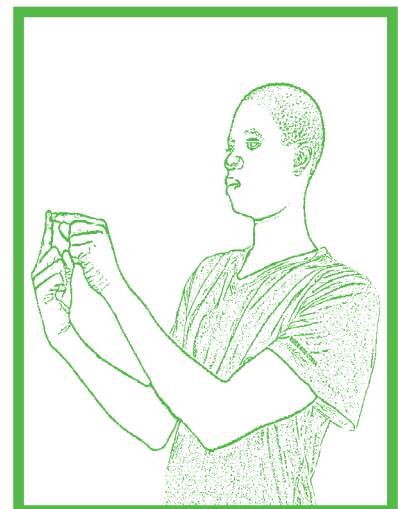
Herb



Heterosexuality



HIV



HIV test



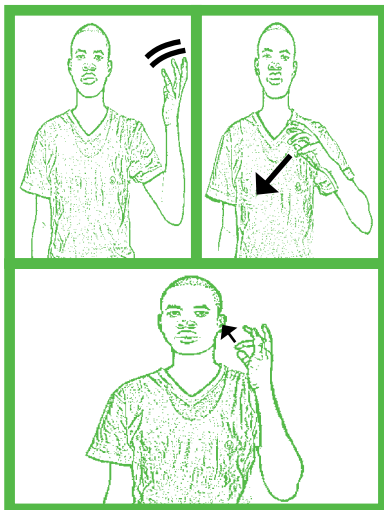
HIV transmission



HIV negative



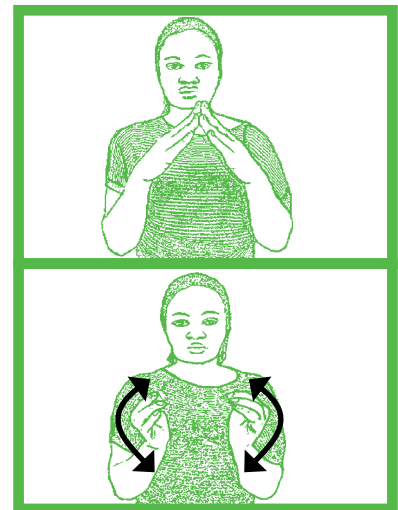
HIV positive



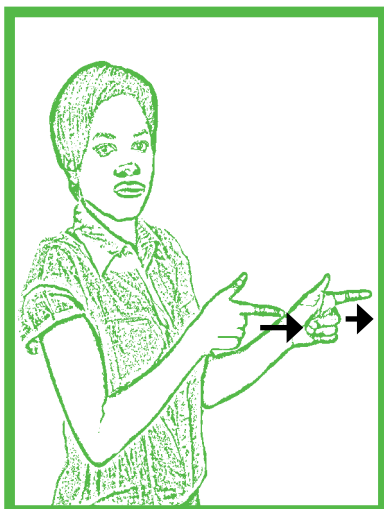
HIV related illness



HIV response



Home based care



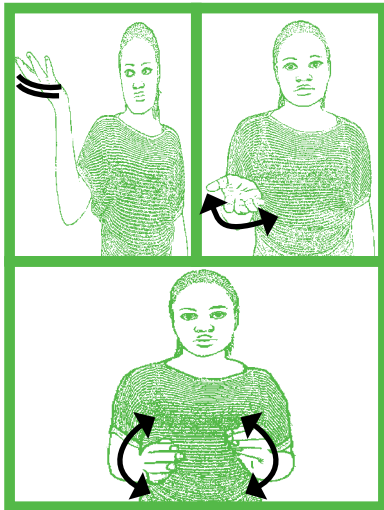
Homosexual



Hope



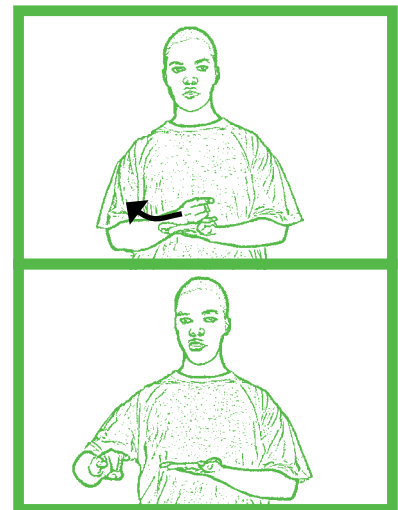
HOSPAZ



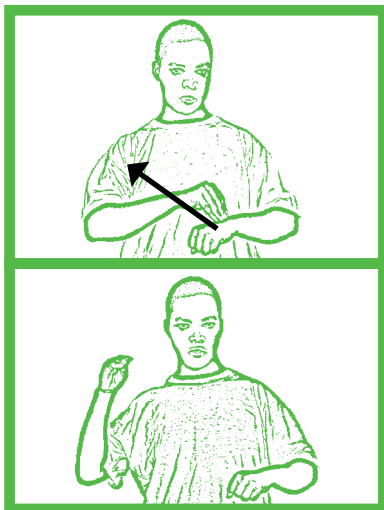
Hospice staff



Hospital



Hygiene



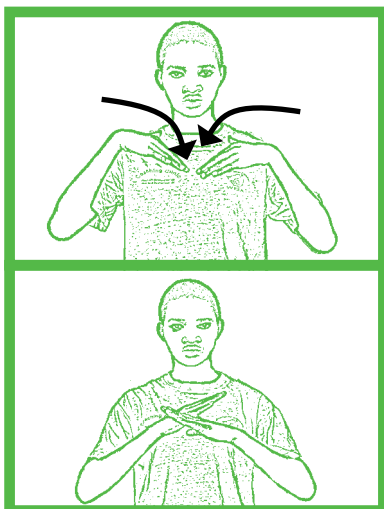
Hurt



Identification (ID)



IDU (Injecting Drug User)



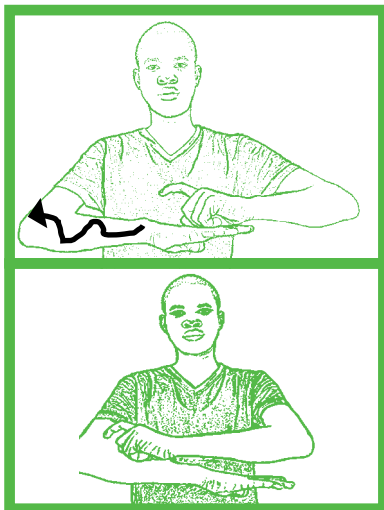
Immune



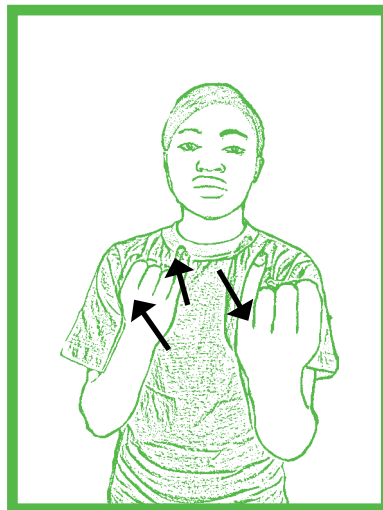
Immunise/inject



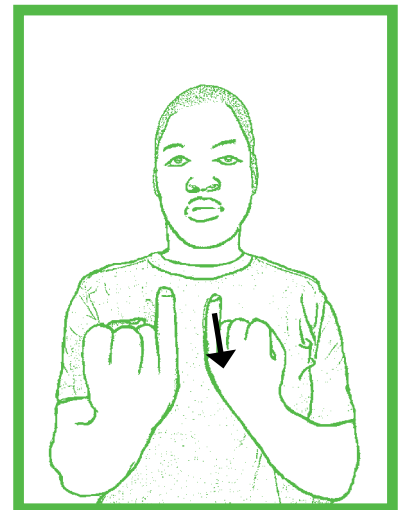
Impotent



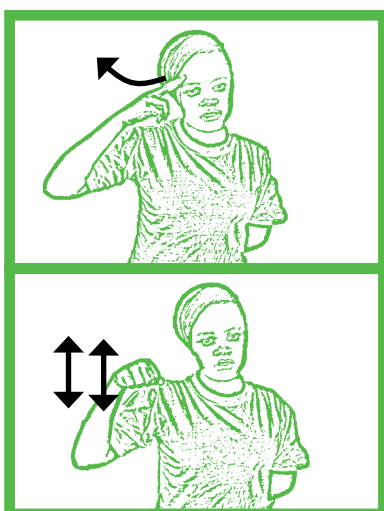
Infection/infected



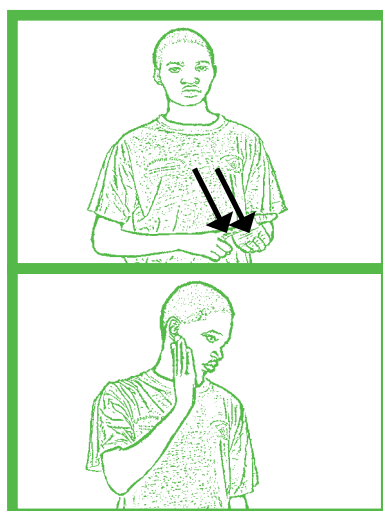
Information



Initiation



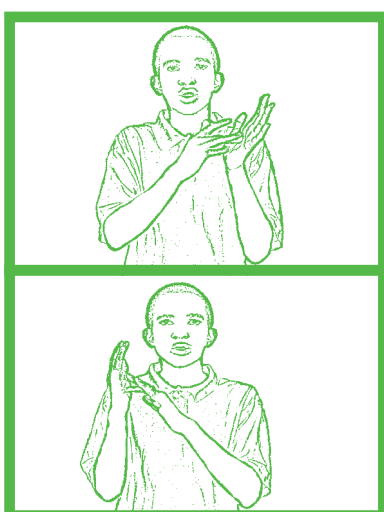
Informed consent



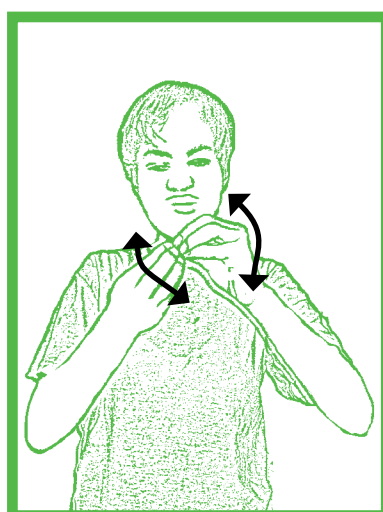
Intercourse



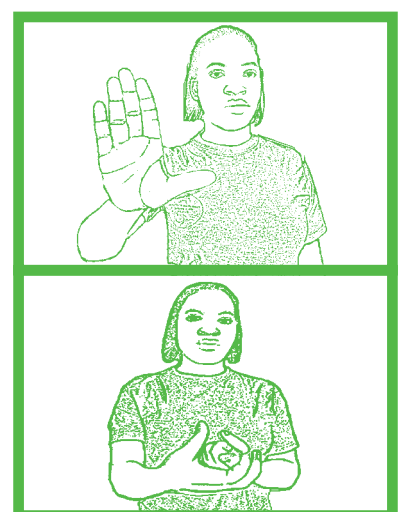
Isolation



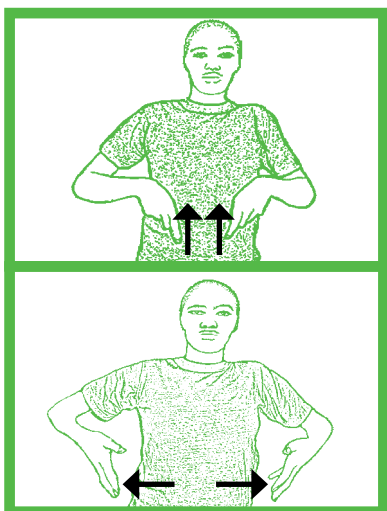
Jesus



Kissing



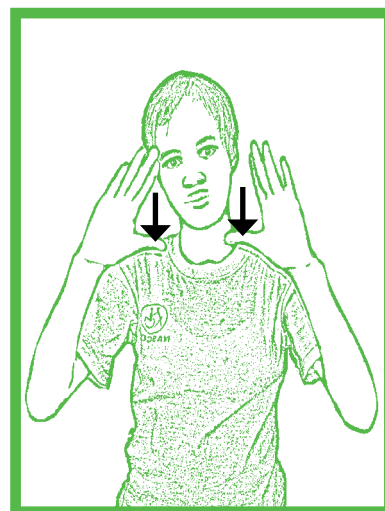
Latex condom



Lean tissue



Lesbian



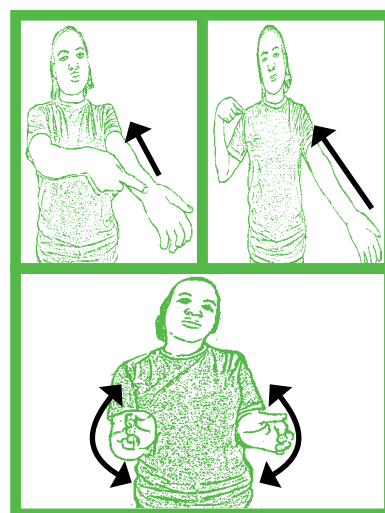
Lessen



Life



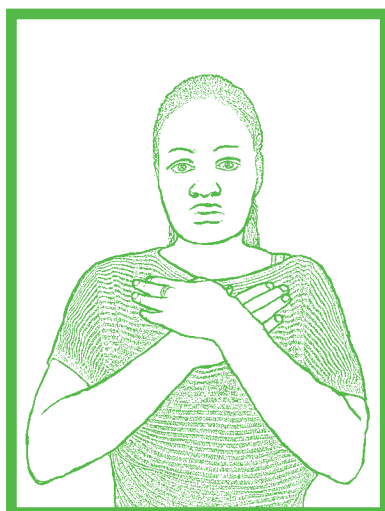
Liquid



Long term care



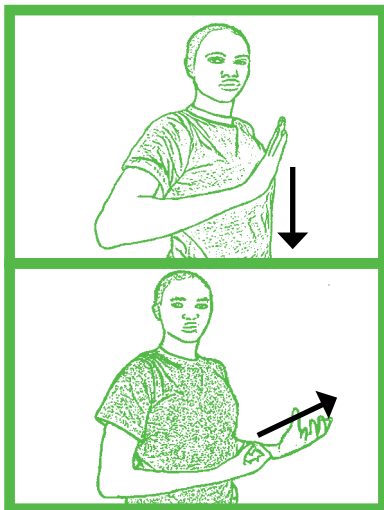
Loop



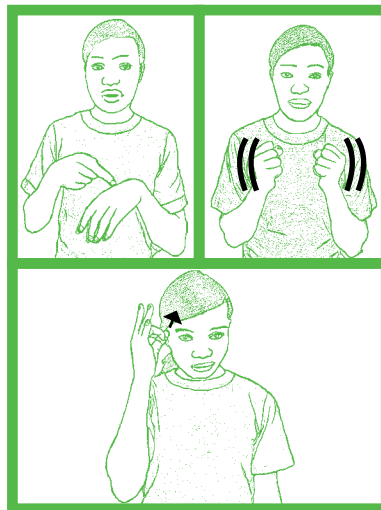
Love



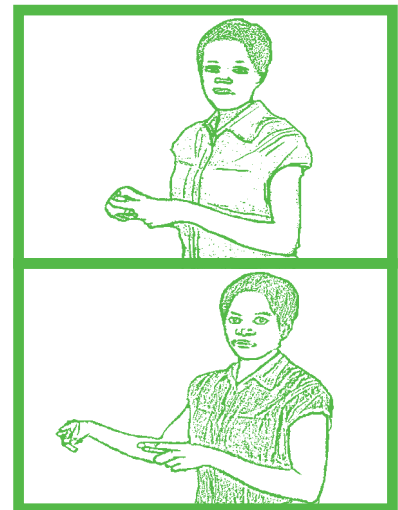
Lubricants



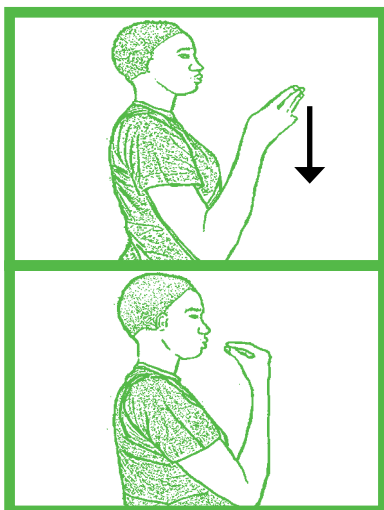
Malabsorption



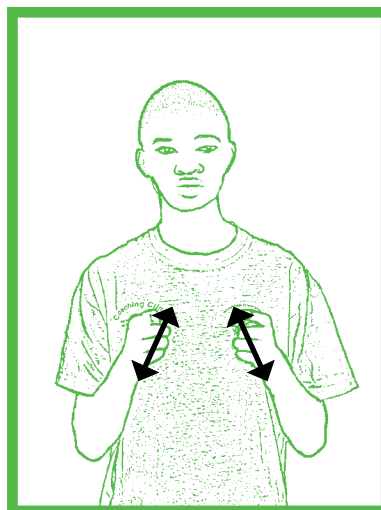
Malaria



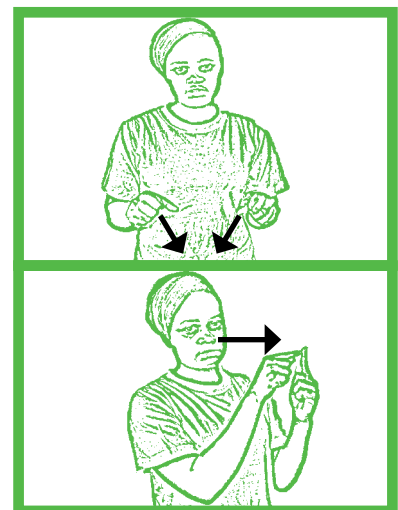
Male circumcision



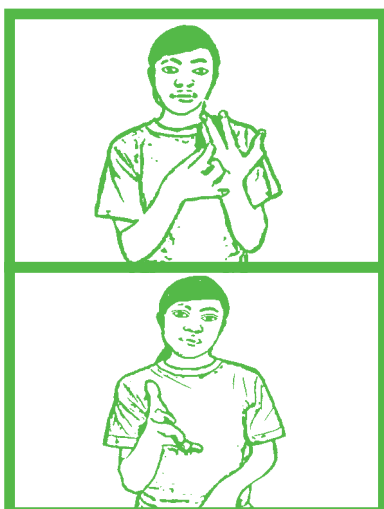
Malnutrition



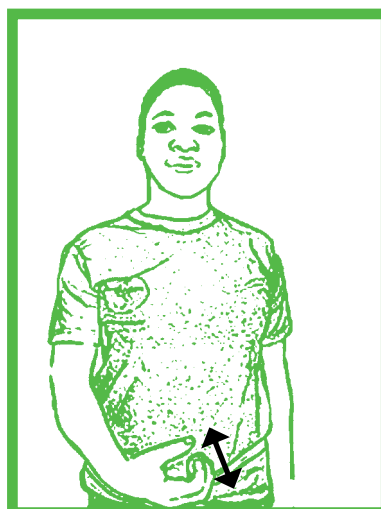
Manage



Mandatory testing



Marital status



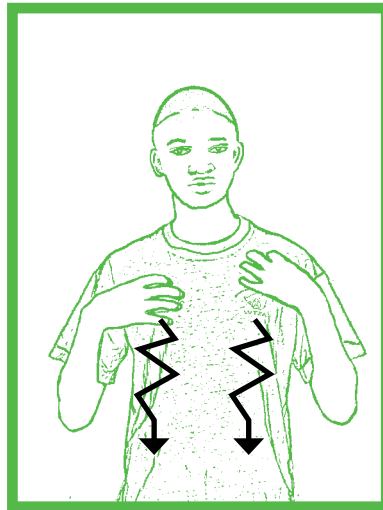
Masturbate



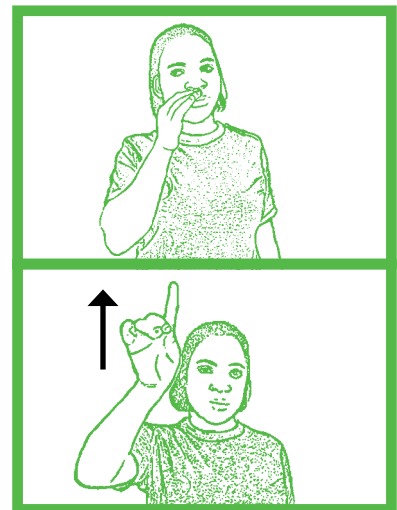
Massage



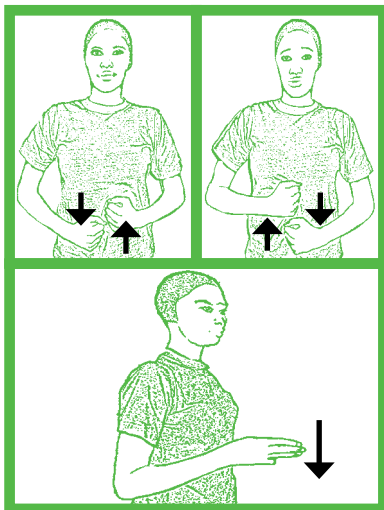
Mate



Measles



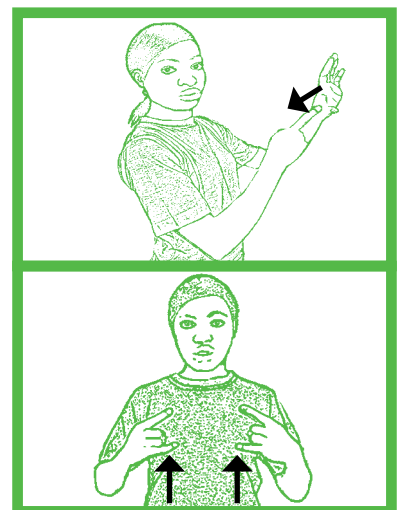
Menstruation



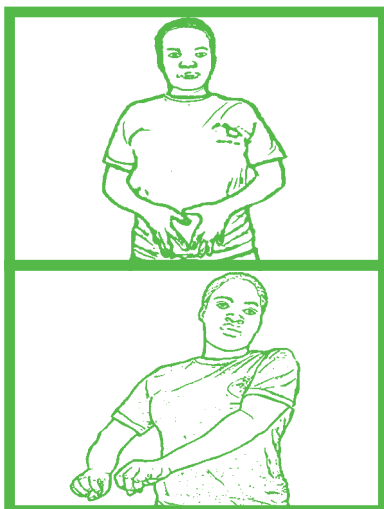
Metabolic assessment



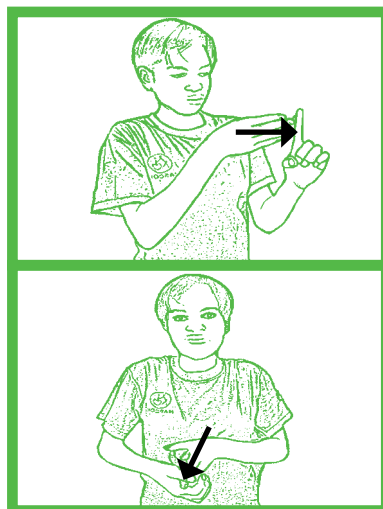
Ministry of Education



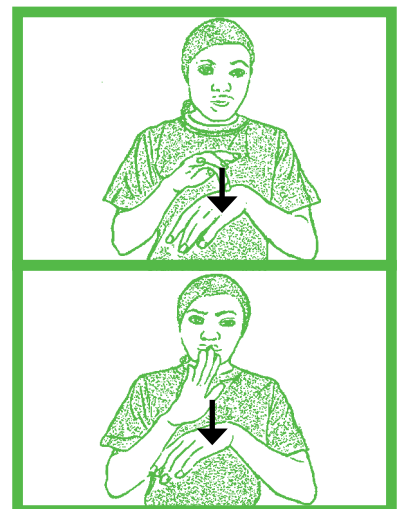
Ministry of Health



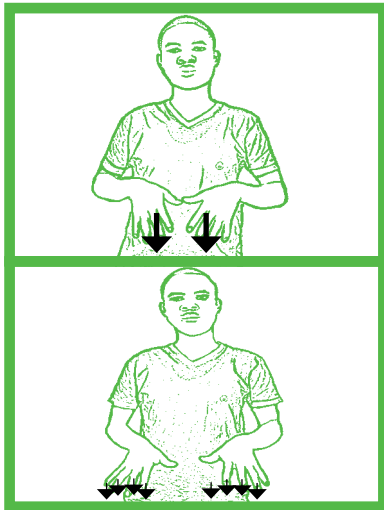
Miscarriage



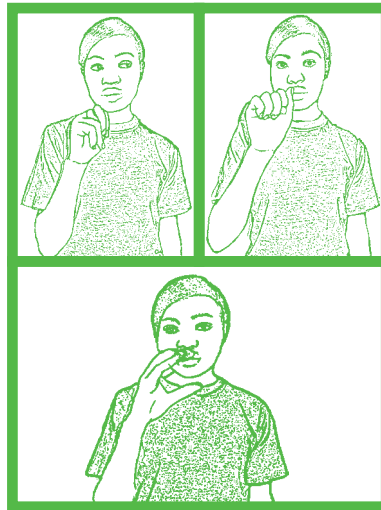
**Monogamous
partnership**



Mosquito



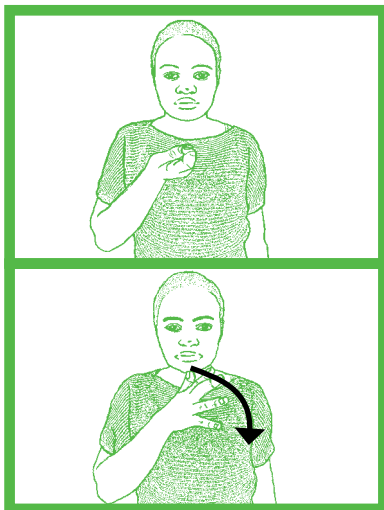
Mother to child transmission



National AIDS Council



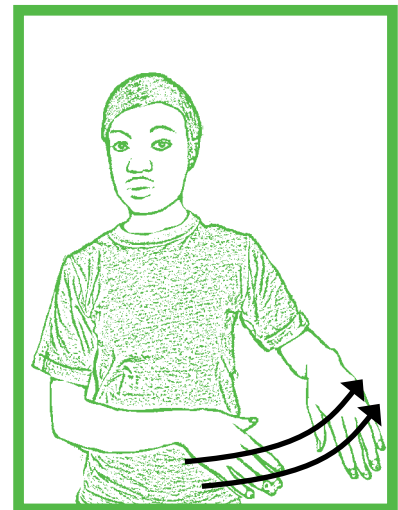
NASCOH



Nausea



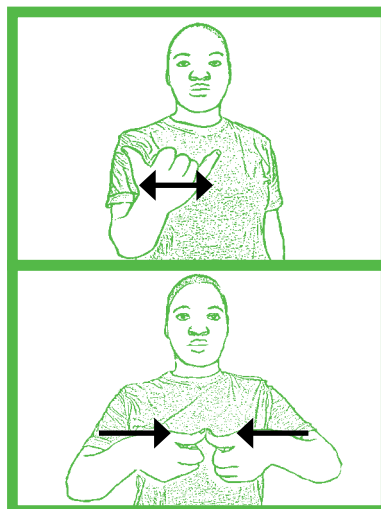
Needle



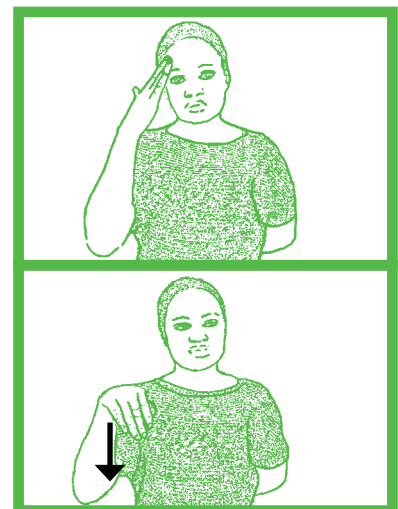
Neglect



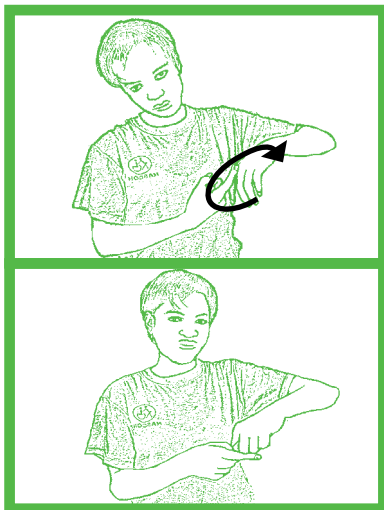
Negotiating sex



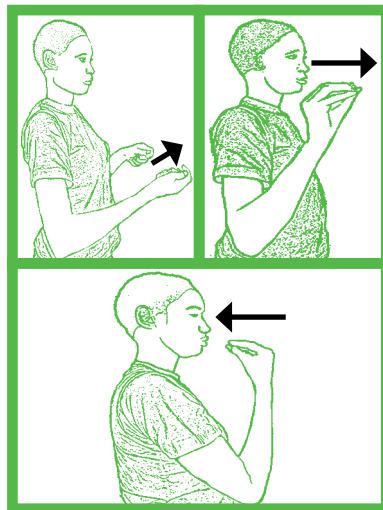
Neonatal jaundice



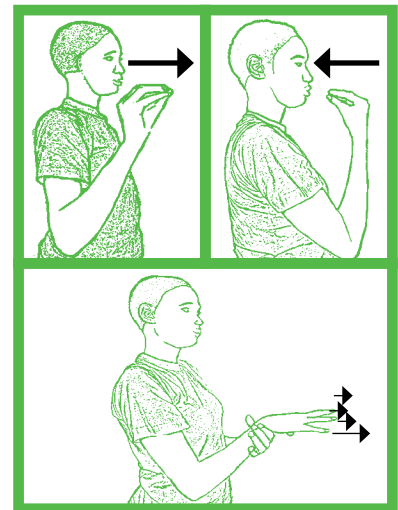
Nightmares



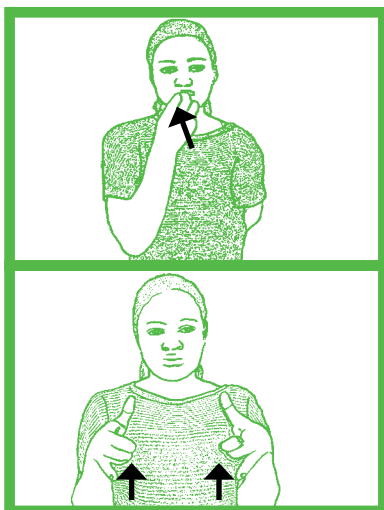
Non-penetrative sex



**Nutrient
supplementation**



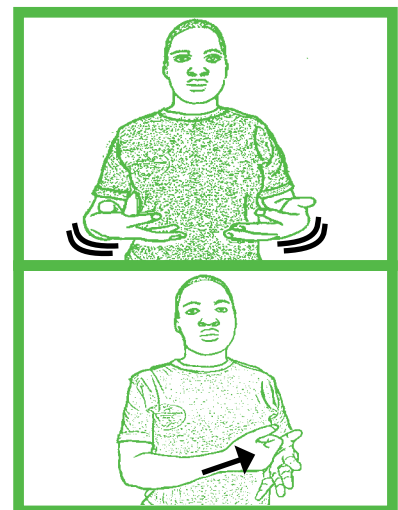
Nutrition counselling



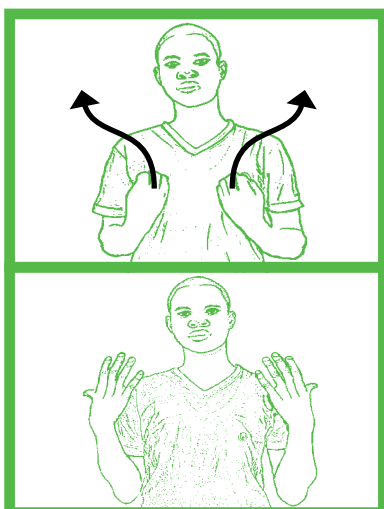
Nutrition



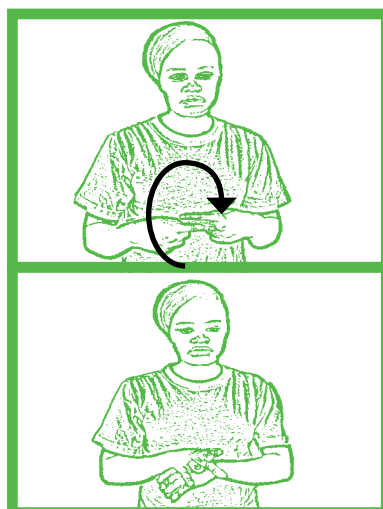
Obese



Occupational accidents



Opportunistic infections



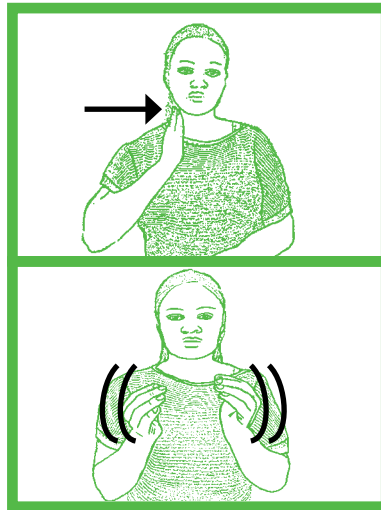
On-going counselling



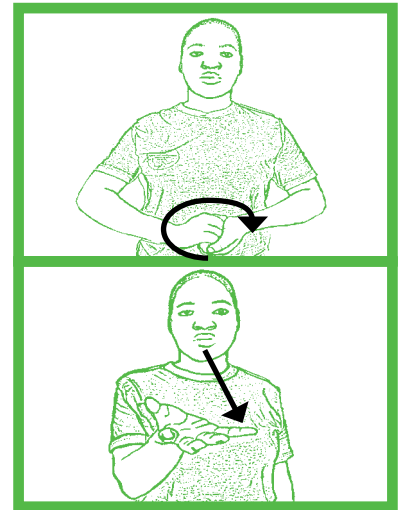
Organisation



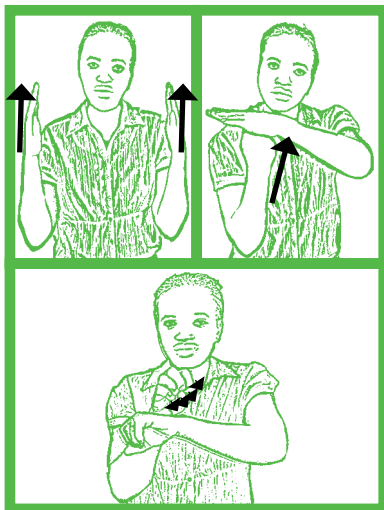
Orphan



Palliative care



Partner notification



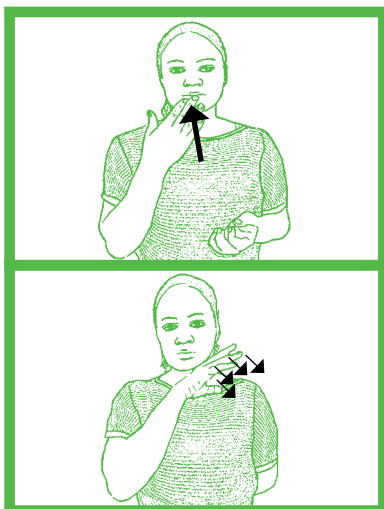
Peer support group



Penile cancer



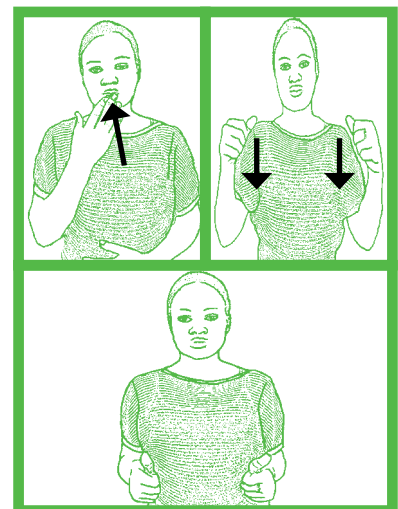
PEP (Post-exposure prophylaxis)



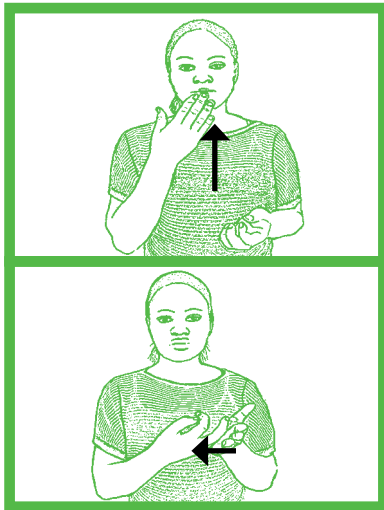
Pharmacy



Pill box



Pill chart



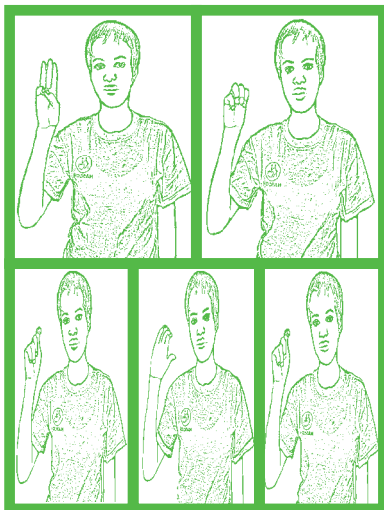
Pill count



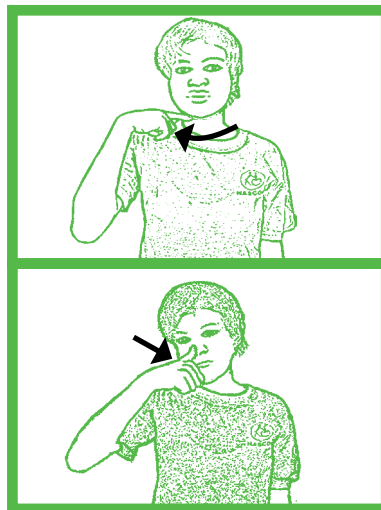
PITC (Provider initiated testing)



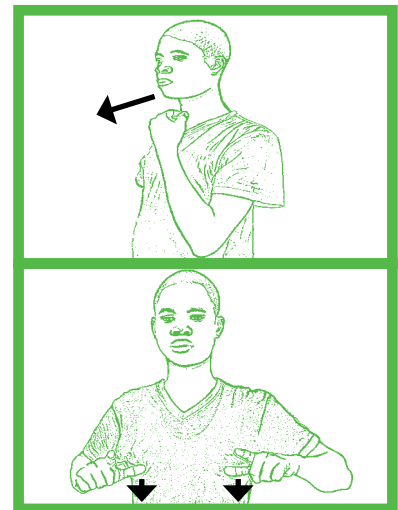
PLHIV (People living with HIV)



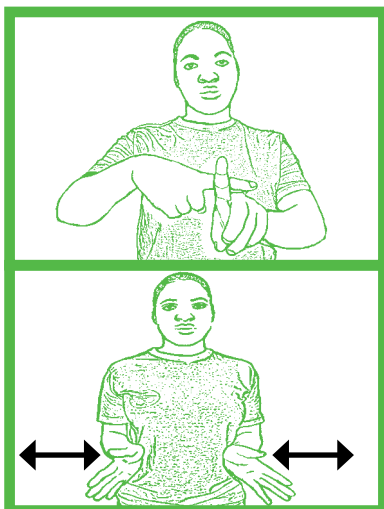
PMTCT (prevention of mother-to-child transmission of HIV)



Polygamy



Positive living



Positive prevention



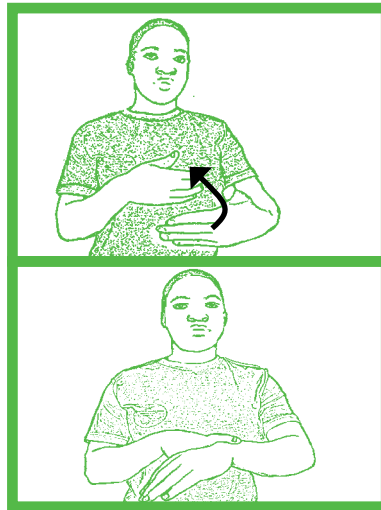
Post test clubs



Post test counselling



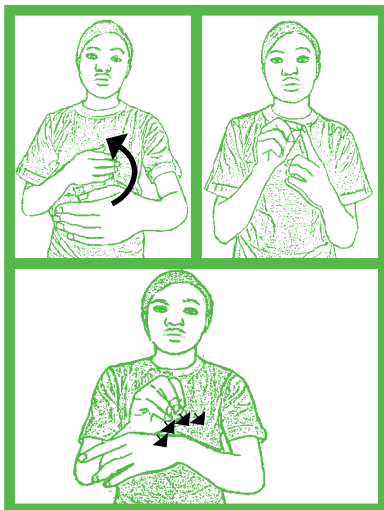
Poverty



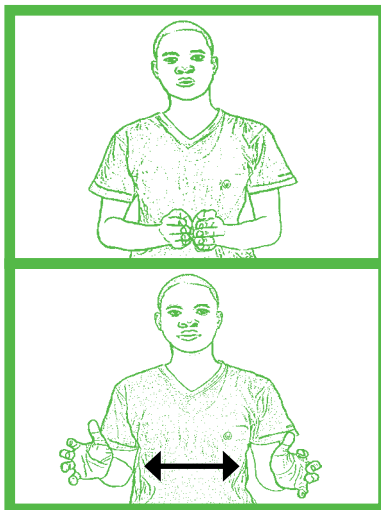
Prematurity



Prescription



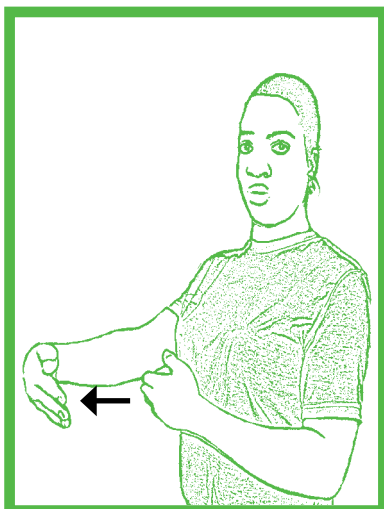
Pre-test counselling



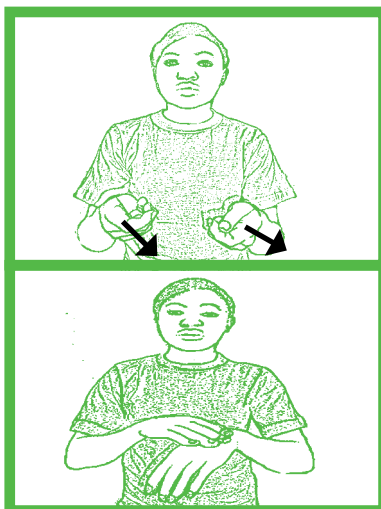
Prevalence



Privacy



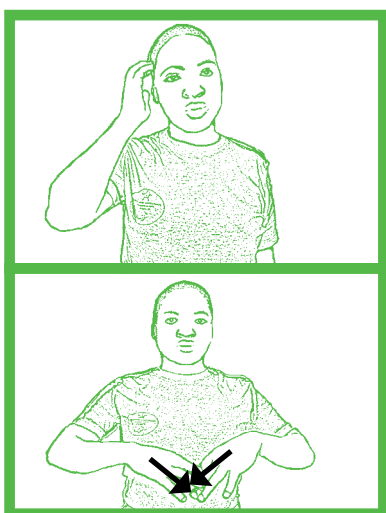
Prolong



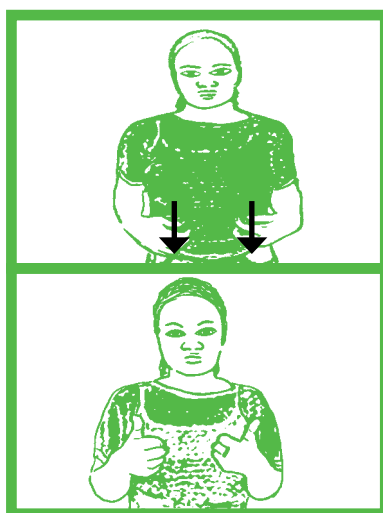
Provider initiated



Psychological problems



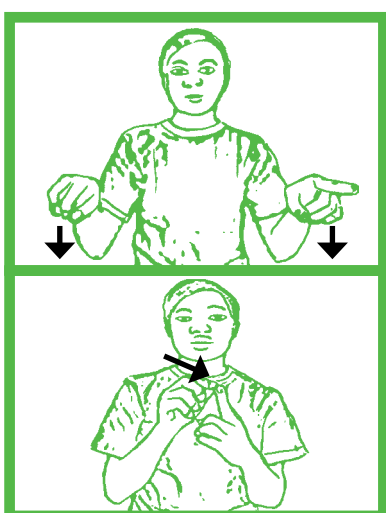
Psychosocial



Quality of life



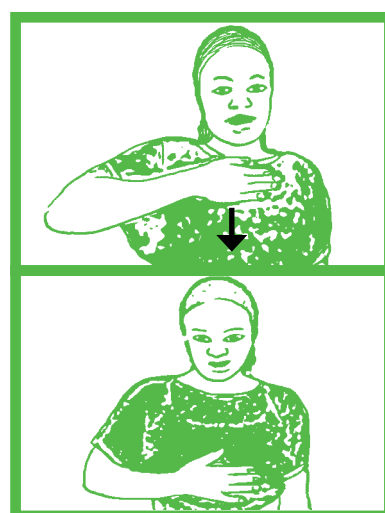
Rape



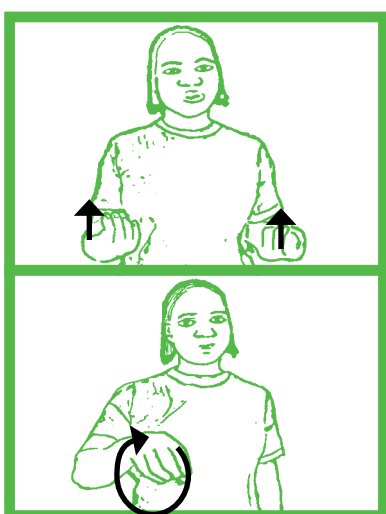
Rapid test



Rash



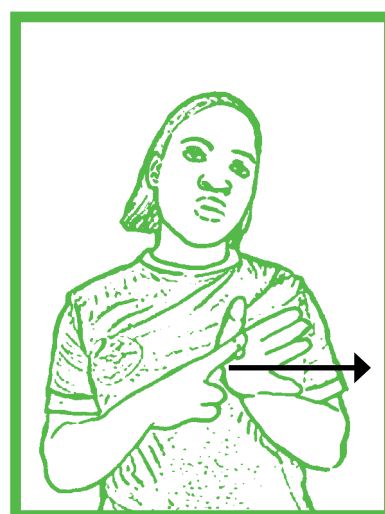
Reassurance



Recurrent treatment



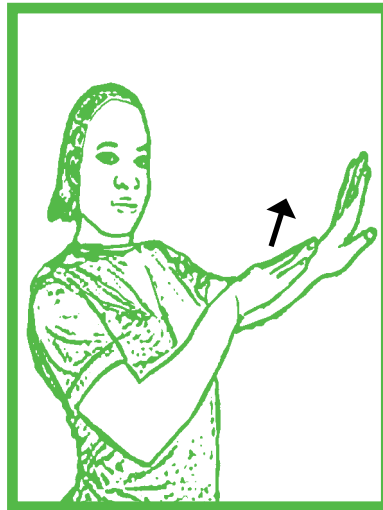
Red Cross



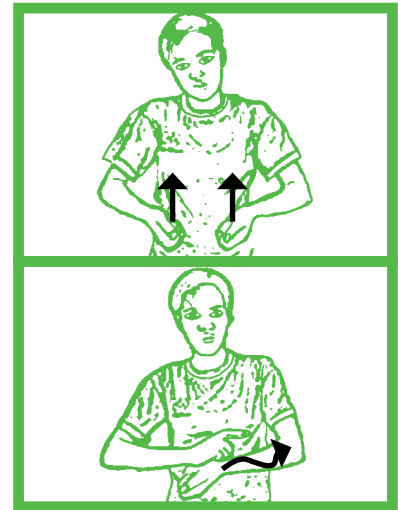
Referral



Refill tracking



Rehabilitation



Re-infection



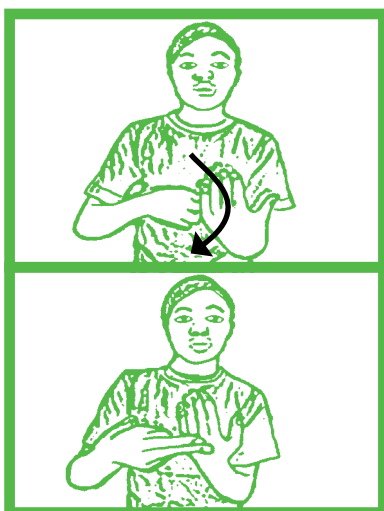
Relationship



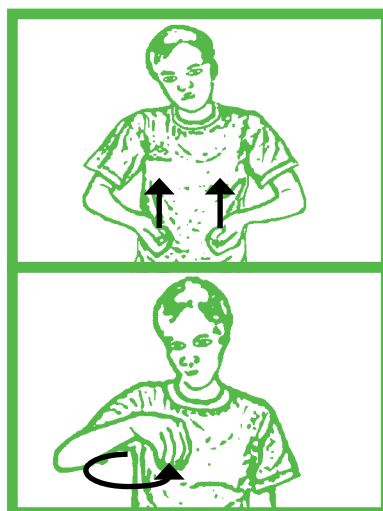
Resistance



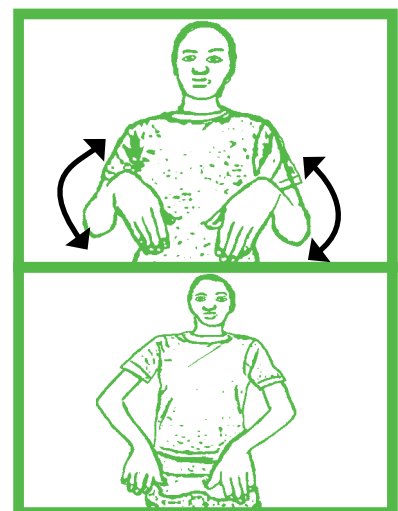
Resistant organisms



Results



Re-treatment



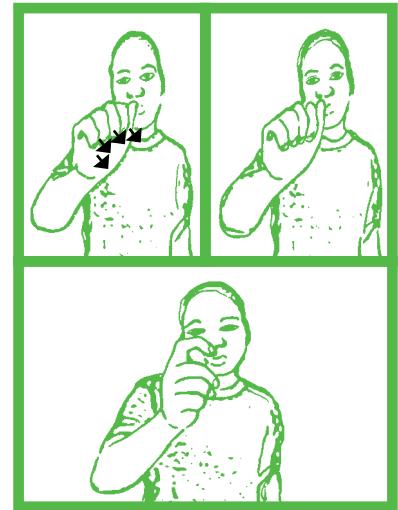
Rocking



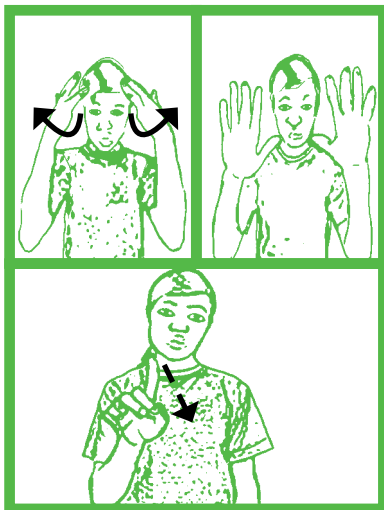
SafAIDS



Safe sex



SAT



Self-esteem



Self report



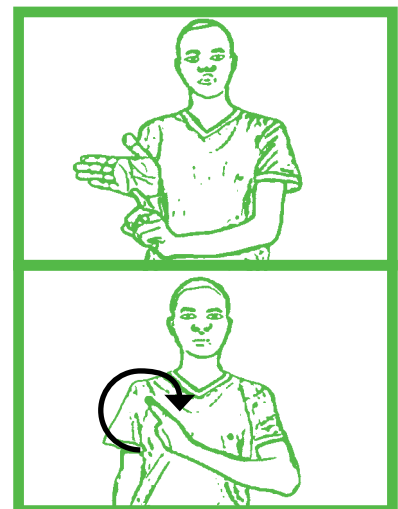
Semen



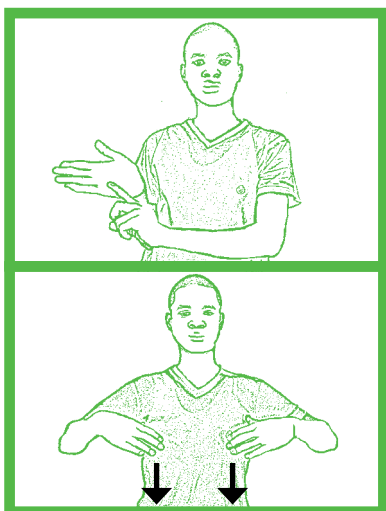
Sero-conversion



Sexual assault



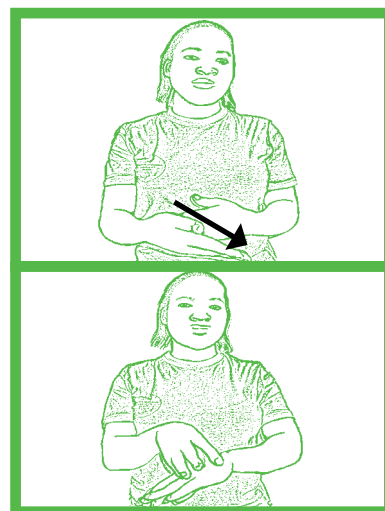
Sexual behaviour



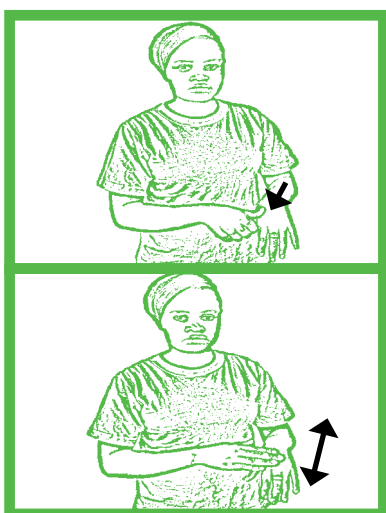
Sexual cleansing



Sex workers



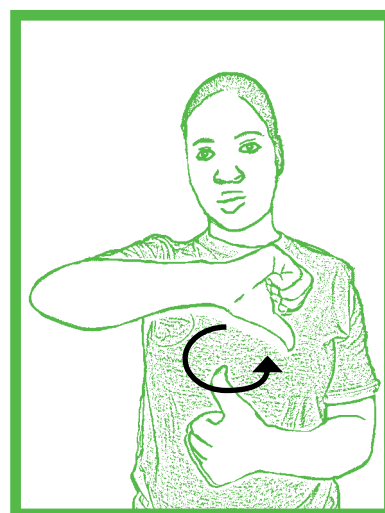
Side effects



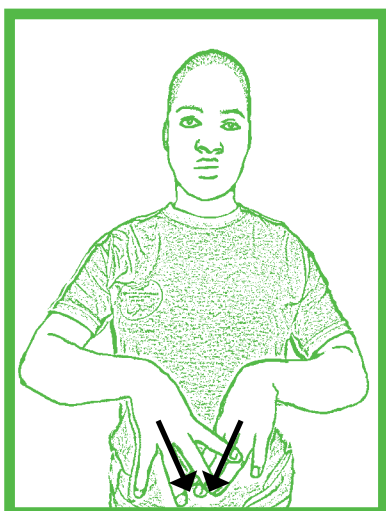
Skin rubs



Sleeplessness



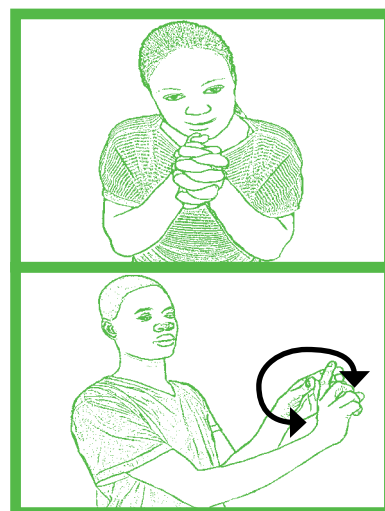
Social (1)



Social (2)



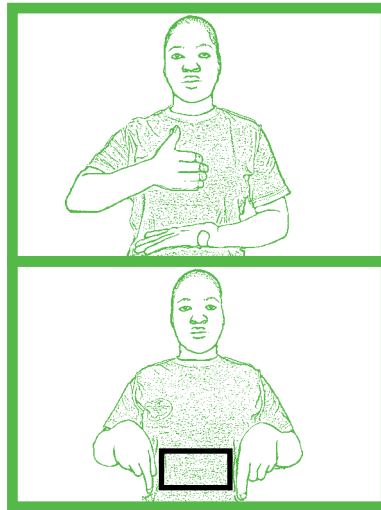
Social migration



Spiritual caregiver



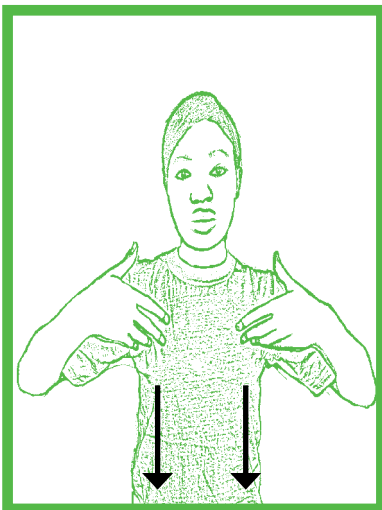
Starchy food



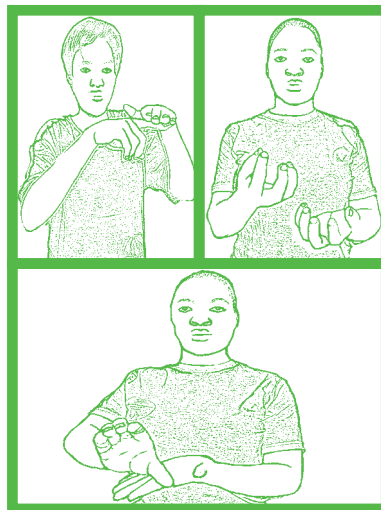
Starter pack



Starvation



Status



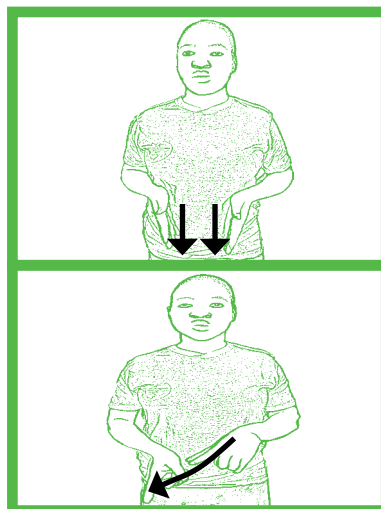
Sterilise



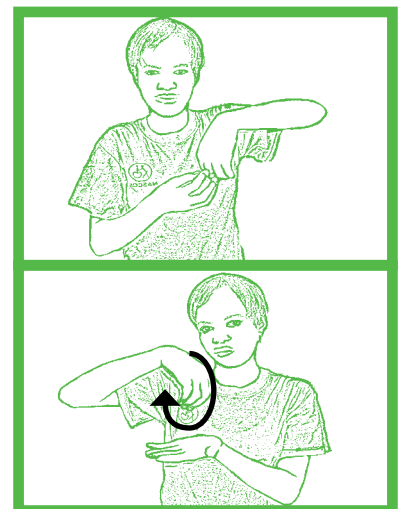
STI (1)



STI (2)



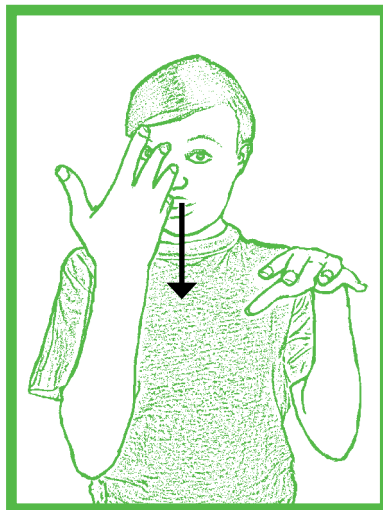
Still birth



STI treatment



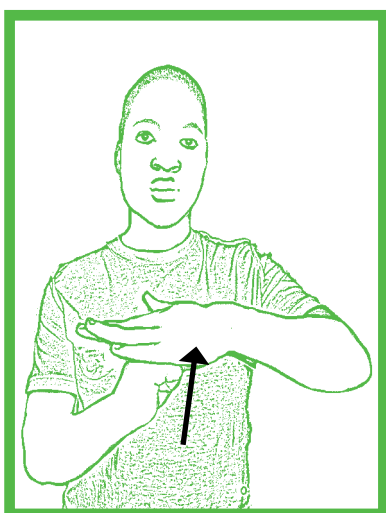
Stress



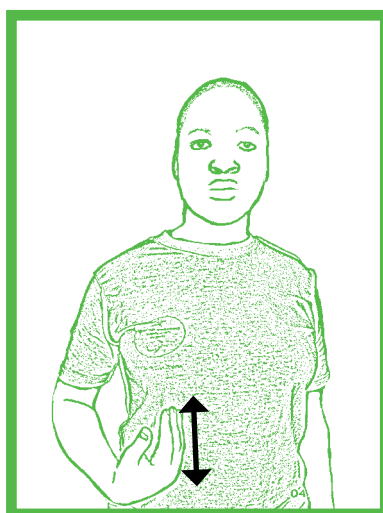
Stroke



Stigma



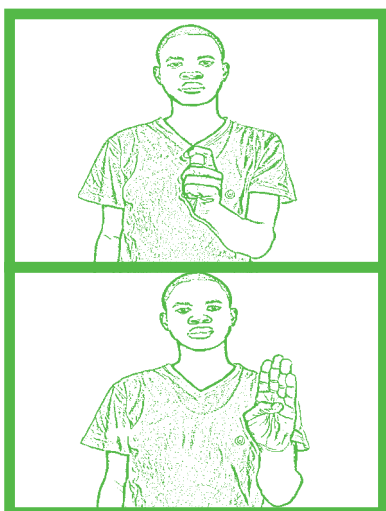
Support



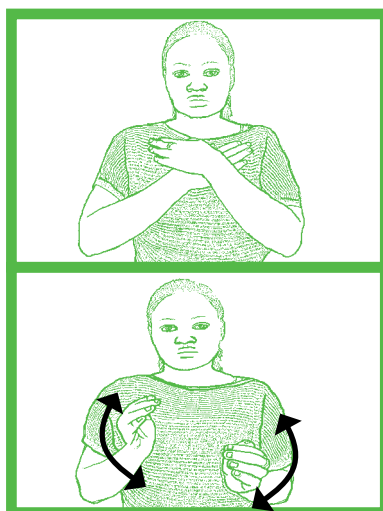
Surgery



Swelling



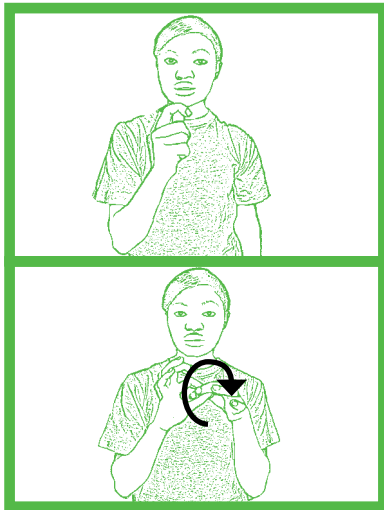
TB



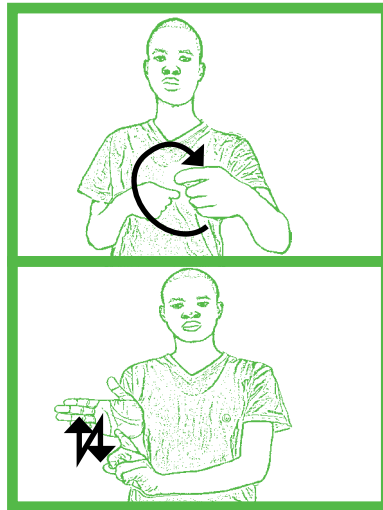
Tender loving care



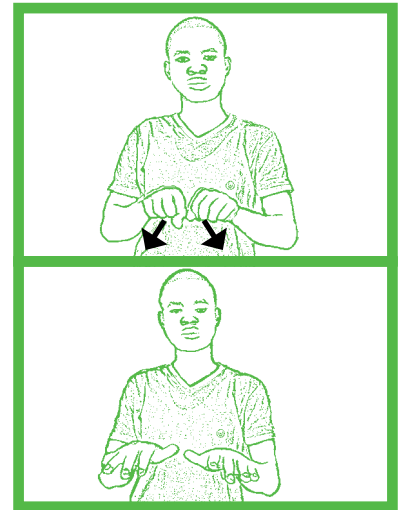
Testing



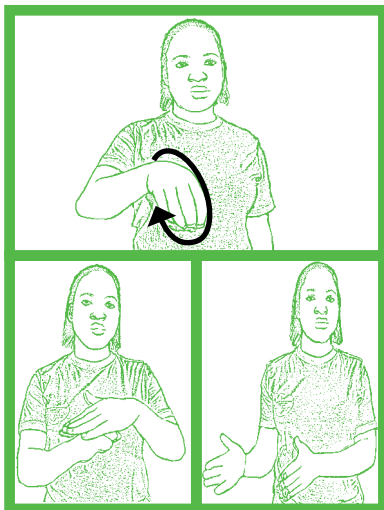
THAMASO



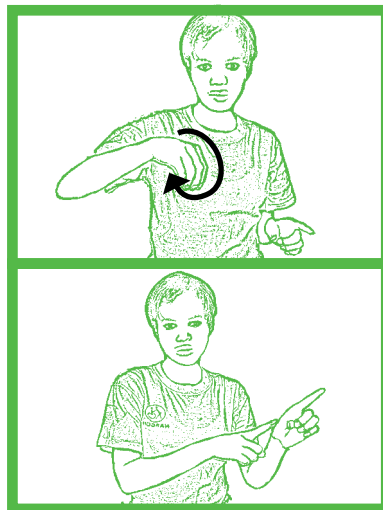
Transactional sex



Transmission



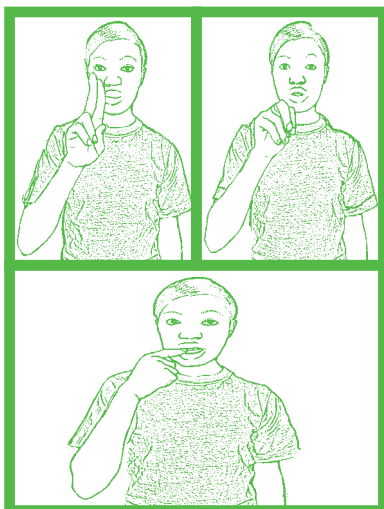
Treatment supporter



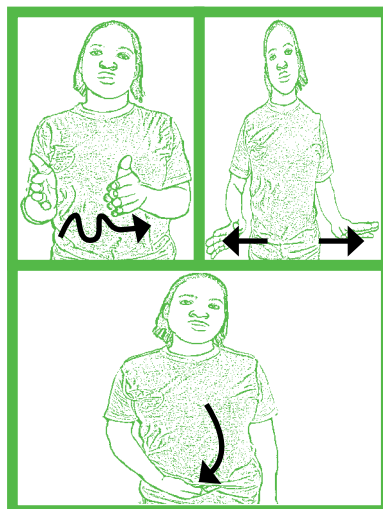
Treatment compliance



Tubes



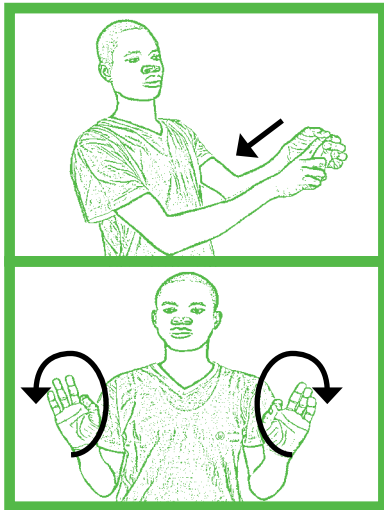
UNAIDS



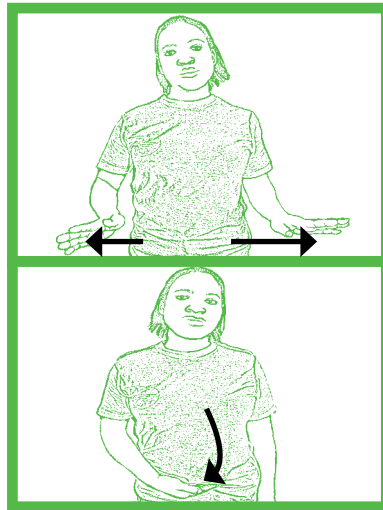
Unintended pregnancy



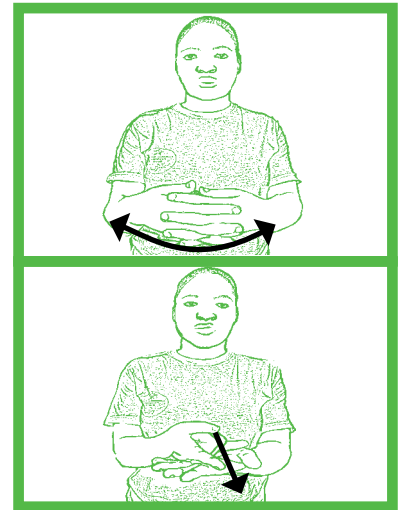
Unprotected sex (1)



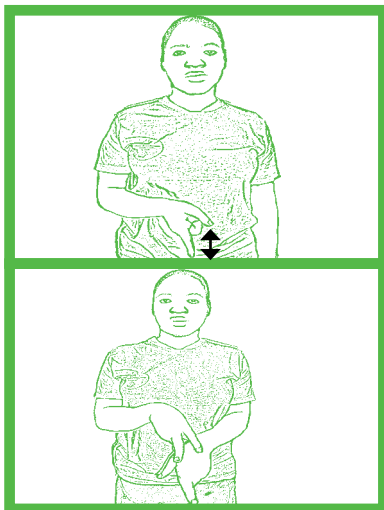
Unprotected sex (2)



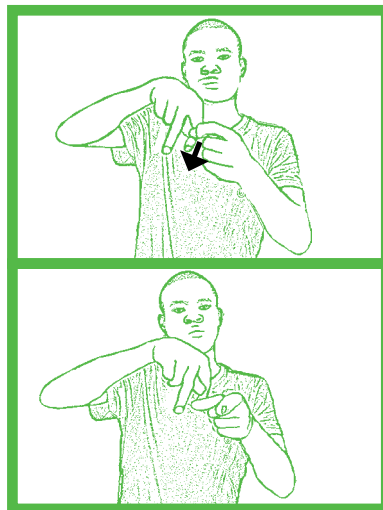
Unwanted pregnancy



USAID



Urethral structures



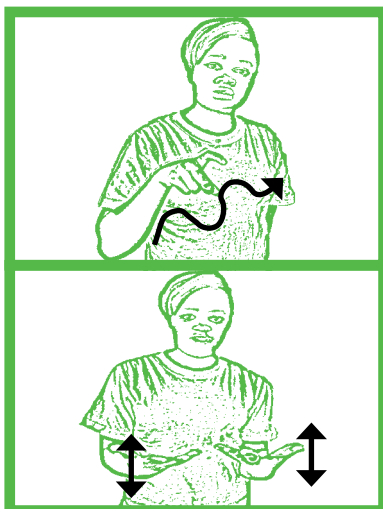
Vaginal fluids



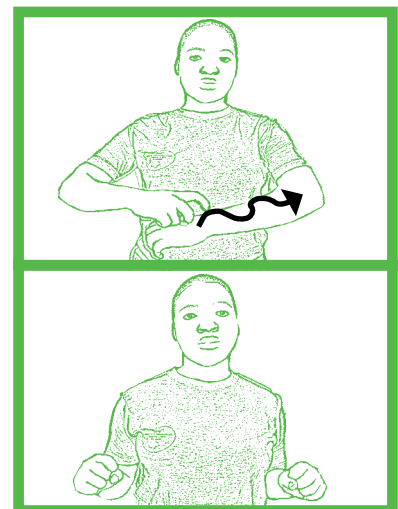
Vaginal sex



Vaginal test



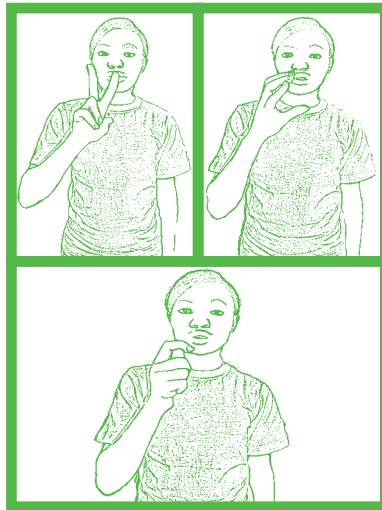
Viral load



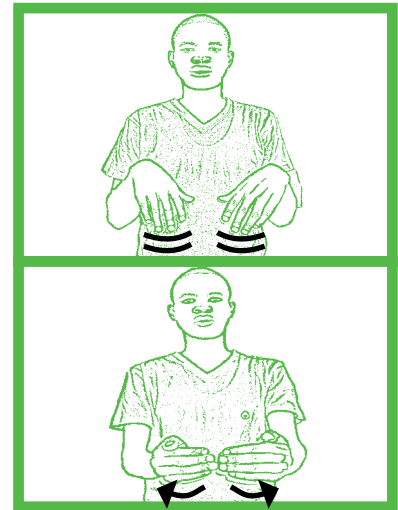
Viral replication



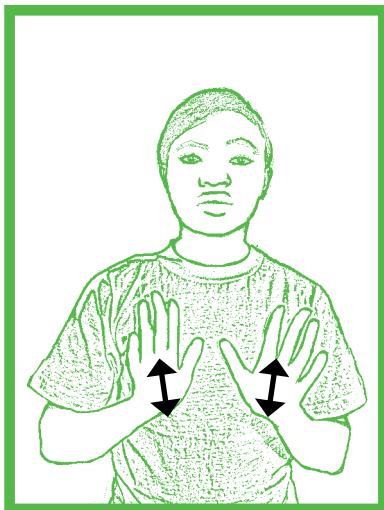
Vitamins



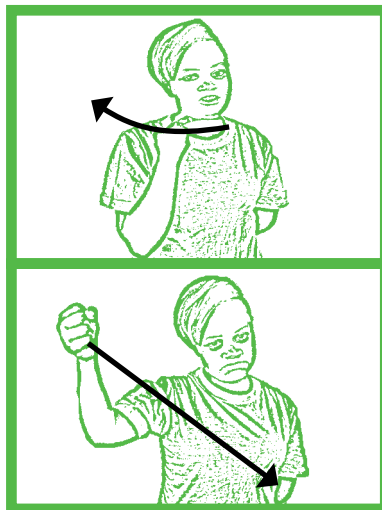
VCT (Voluntary counselling and testing)



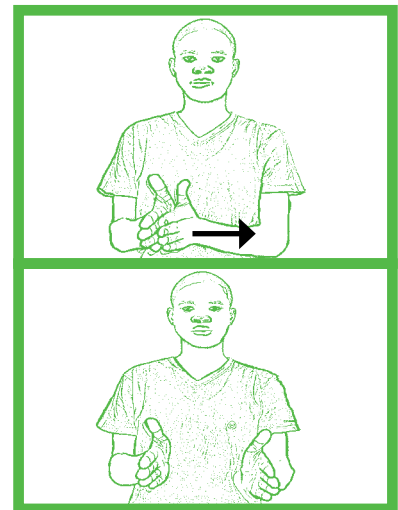
Vulnerable group



Waiting time



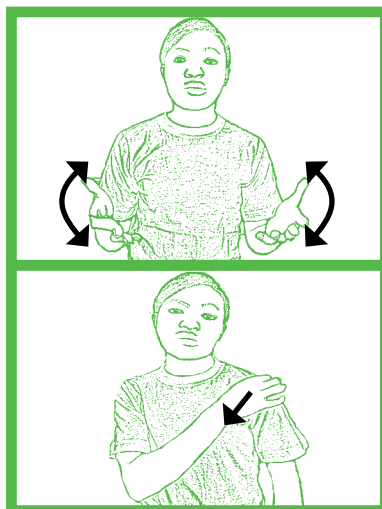
Wife inheritance



Window period



WHO



Workplace volunteer



World

GLOSSARY OF TERMS

Adherence	Faithfulness to something
Adherence counseling	Helping people who are on ARVs
Adapt	To make a change in doing things
Adult	Persons older than 18 years in Zimbabwe
Advocacy	Arguing or pleading in favour of oneself or one's group
After	When something has already happened
Africa	The continent where Zimbabwe is
Against	Touching something – or disagreeing with something
Aide/assistant	Person who assists those who are sick, for example with taking medication
AIDS	Is a name given to group of serious illnesses in people living with HIV (Acquired Immune Deficiency Syndrome)
Alcohol	A drink that makes one lose control of oneself
Antibodies	Cells in the blood that help fight diseases
Anal Sex	Sexual intercourse through the anus
Antenatal clinic	A clinic for pregnant woman that helps care for the mother and baby before birth
ARV	Is a drug which controls the multiplication of the HIV virus
Asthma	Difficulty in breathing
Asymptomatic stage	Stage of HIV infection before a person gets sick
Aware	Knowing about something
Balance	Equal distribution of weight or importance
Bandage	Cloth that supports an injured body part
Balanced diet	Healthy food that boosts the immune system
Bereavement	Sadness after losing someone close through death
Bedridden	Very ill in bed, not able to walk
Bedsore	Wounds, sores that develop in people who are sick in bed for a long time

Behaviour change	A process of adjusting manners and performance
Belong	Feeling close to a group, family or friends
Beneficial disclosure	Expose or discover in a helpful way
Bible	Book designed to guide Christian life
Birth	Delivering a child
Biological markers	Things in the blood that tell the doctor about the health of a person
Bisexual	Having sexual feeling for both male and female
Bleeding	Losing blood
Blood	Bodily fluid in that delivers necessary substances such as nutrients and oxygen to the cells
Blood cells	These are parts of the blood that bring oxygen to cells; protect the body against infection; and stop bleeding when the body is injured
Blood sample	Blood taken for medical purposes
Blood transfusion	Receiving blood as medical treatment
Blood transmission	Illness spreading through the blood
Body	The human body is the entire structure of a human being
Bones	Rigid organs that support and protect various body organs
Brain	The brain is the centre of the nervous system that controls all human functioning
Bread	Food made from flour and water and often yeast
Breast	The part of the body between the neck and the belly, on the chest
Breastfeeding	Feeding of babies through from mothers' breasts
Breast milk	It is the natural milk from the breast
Buddy system	Supporting people infected with HIV so that take their medicine correctly and feel loved
Cancer	Cancer is the uncontrolled growth of abnormal cells in the body
Care	Thinking about others and protecting them

Caregiver	A person who think about others and looks after them
Case	A situation/example – or a person with an illness
Casual sex	Having sex with someone you don't know
Catch	To stop something moving in the air – or to get an illness
CBC	Community based care
CD4 cells	Type of white blood cell in the body that fights infection
CD4 count	Tells a person living with HIV how weak or strong his or her immune system is
Cervix	The lower part of the uterus (womb) that opens at the top of the vagina
Change	Shifting from one behaviour or event to another
Children	Youngsters aged between 0-18 years in Zimbabwe
Church worship	A building where people who believe in Christ go to
Clean	Hygienic
Client	A person who goes to look for help
Clinical care	It is help which is given at the clinic or hospital
Client initiated	When a person feels to go for a test with no one forcing, free by self
Clinical stage	How a doctor decides the level of a sickness and what treatment is needed
Co-infection	When a person is ill with two diseases at one time
Comfort	Feeling loved
Communication	Discussion between two or more people
Community	People living in the same place
Community care	Help and care by people to a person living within the same area
Community health	People of the same area giving help to the sick
Community volunteer	People of the same area who go to help on their own will, not forced
Condom	Very thin and strong soft plastic worn by men and women when having sex to prevent mix of body fluids

Confidence	Self belief
Confidentiality	One's secrets or privacy
Conflict	Having argument
Confusion	State of not understanding
Consistent condom use	Using condom every time when having sex
Contraception	Measures that prevent one from getting pregnant
Correct condom use	Using the condom following the right way
Counselling	Empowering a person by helping them with their problems
Counsellor	A person who empowers individuals into decision making
Couple counselling	Two people in love going to look for help from a counsellor
Cuddling	An embrace that lasts longer than a simple hug.
Culture	A group's way of life and behaviour
Cure	To make well
Darling	A person very dear to another; one dearly loved.
Date	Love affair
Dead/die	Not now alive
Death	Separation of the spirit from the flesh
Delayed sex	No sex until after marriage
Denial	Refusing to believe and understand
Depression	feeling very unhappy – may be a mental illness
DHAT	Disability, HIV and AIDS Trust
Diabetes	Excess sugar levels in body
Die/dead	Not now alive
Dietary assessment	Looking into the taking of food and nutrition to control illness
Directly observed treatment	Making sure sick people swallow medicine from doctors as told
Diarrhoea	When the body's solid waste is liquid and comes out more often

Disability	A condition which limits a person's ability to function in major life activities
Discharge	1) sent out of hospital 2) Passing out of body fluids like pus
Disclosure	Telling someone new or secret information
Discomfort	Feeling mild pain
Discriminate	To be against a person
Disease	Illness caused by an infection or a failure of health and not by an accident
Dispose	To throw away
Dizziness	Feeling like fainting
Dose	Give required measured medicine
Drowsiness	Feeling sleepy
Drug abuse medicines	Using medicines in the wrong way or using illegal
Drugs	Medicine taken when one is ill
Dry sex	Having sex with no liquids of feelings
Dual protection	Use of condoms and other contraception to protect people with STIs, HIV and from re-infection
Early treatment	Getting HIV treatment before one gets sick
Earn	To get money for doing work
Economy	The way a country produces and uses goods and money
Education	The knowledge that you get from learning in school
Emotional	Showing joy, sorrow, fear or hate
End of life care	Care that help sick people live as well as possible until they die
Epilepsy	Brain problems that cause seizures
Faith based organisation	Organisation which is based on religious beliefs
Faithful	Having sex with only one sexual partner
Faithless	Lack of belief in religion or self

Family planning	Is the planning of when to have children, and the use of contraception to carry out such plans.
FAO	Food and Agricultural Organization
Fatigue	State of being weak, tired and exhausted
Female condom	Condom that is used by women and is fitted in the vagina
Fear	Is a disturbing feeling in response to physical and emotional danger
Feed	Giving food
Fever	When the body temperature is high because they are ill
Fish (1 & 2)	An animal that lives only in water and swims
Flu	An infectious disease of birds and mammals caused by a virus
Flush	To become red in the face and often other areas of the skin, from physiological or emotional causes
Food	Anything we eat or drink
Follow up	Action to check whether good health is continuing after a doctor or nurse visit
Force	Strength or power exerted upon an object or person
Foreskin	Double layered skin covering the penis
Free	Not being controlled by anyone or anything
Fresh	Good condition and palatable
Friend	Someone whom we play and share secrets with
Fruit	Food that grows on a tree or a bush and contains seeds
Gay	Homosexual person
Genital mutilation	Partial or total removal of women's private parts
Girlfriend	Girl love partner
Good care	Looking after a sick person in the right way
Grains	Foods like maize and wheat
Grief	Response when one loses a loved one

Group counselling	Helping people with the same problem in a group
Harm reduction	Activities designed to reduce the harmful consequences associated with human behaviours. Changing harmful behaviour
Health	State of being well
Heart attack	A heart attack occurs if the flow of oxygen-rich blood to a section of heart muscle suddenly becomes blocked.
Herb	Any plant parts “leaves, seeds, or flowers used for flavouring food, medicine, or perfume” used in cooking”
Heterosexuality	Intimacy or sexual intercourse between a man and woman
HIV	Virus that cause AIDS (Human immunodeficiency virus)
HIV test	Test used to see if someone has HIV
HIV transmission	Ways in which HIV spread
HIV negative	No HIV in blood
HIV positive	Having HIV in blood
HIV-related illness	Diseases that affect people who are HIV positive
HIV response	Programmes and efforts to combat the spread of HIV
Home based care	Caring for sick persons in the home
Homosexual man	A man who get into romantic relationship with another
Hope	To want something to happen or be true. The emotional state which believes in a positive outcome of events and circumstances in one’s life.
HOSPAZ	Hospice Association of Zimbabwe
Hospice staff	People who look after terminally ill persons
Hospital	A health care institution providing patient treatment by specialised staff and equipment
Hurt	Suffering or pain.
Hygiene	Keeping things clean, to prevent disease
Identification (ID)	An official document that proves who you are
IDU	A person who injects illegal drugs (injecting drug user)

Immune	Protected from a disease
Immunise	Getting protected from a disease (usually by having an injection)
Impotent	When the penis will not get hard, or stay hard so penetration can happen
Infection/infected	A disease in part of the body caused by bacteria, viruses or parasites. Person living with a disease such as HIV
Information	Facts about a situation, event or person
Initiation	Ceremony marking entrance or acceptance into a group or society
Informed consent	Making a decision while being aware of the implications
Intercourse	When a man puts his penis into a woman's body for the purpose of sexual satisfaction
Isolation	State of being lonely
Jesus	The son of God in Christian religion
Kissing	Pressing your mouth onto another person's mouth in a sexual way
Latex condom	A condom made of latex – a kind of rubber. The most widely available and least expensive of all the condom types
Lean tissue	Lean tissue comprises all body weight other than fat
Lesbian	Sexual and romantic desire between females
Lessen	Reducing
Life	The existence of a person
Liquid	Any watery fluid
Long term care	Care that goes on for a long time
Loop	A long thin circle
Love	To like someone very much
Lubricants	Fluids or creams used with condoms or on genital parts before sexual intercourse to make penetration easier – (not Vaseline as this can make condoms break)
Malabsorption	When the body cannot get the goodness from food a person eats

Malaria	Disease cause by mosquitoes
Male circumcision	Removing the foreskin from the penis
Malnutrition	Poor diet or food
Manage	Ability to control the available situation
Mandatory testing	Having HIV test for all people even without informed consent
Marital status	Whether one is married, single, widowed or divorced
Massage	Rubbing or pressing parts of someone's body to make them relax or stop muscles hurting
Masturbate	To touch or rub your own or someone else's private parts for sexual satisfaction
Mate	Friend
Menstruation	Monthly flow of blood in women
Metabolic assessment	Test to see how well the body uses food for energy and growth
Ministry of Education	Government office responsible for schools
Ministry of Health	Government office responsible for health
Miscarriage	When a baby is born too early and dies because it has not developed enough
Multiple concurrent sexual partners	Having many sexual partners at the same time
Monogamous partnership	Having one sexual partner at any given time
Mother-to-child transmission	When a baby gets infected with HIV from the mother before, during or after birth
NAC	National AIDS Council
NASCOH	National Association for the Care of the Handicapped
Nausea	Sickness of the stomach and vomiting
Needle	A thin, sharp, metal piece of medical equipment used to take blood out of the body, or to put medicine or drugs in
Neglect	Not taking care of or ignoring
Negotiating sex	Process of talking and agreeing in having sex before you engage in sexual activity

Neonatal jaundice	Is when a baby has high levels of bilirubin in the blood. Bilirubin is a yellow substance that the body creates when it replaces old red blood cells. The liver helps break down the substance so it can be removed from the body in the stool
Nightmares	A frightening or unpleasant dream that causes a strong negative feeling
Non-penetrative sex	Getting sexual satisfaction without putting penis in the vagina or anus
Nutrient supplementation	The taking of medication that gives the nutrients lacking in a person's body
Nutrition counselling	The right foods to eat in line with ones condition of illness through the help of a counsellor
Nutrition	It is to do with food balance that people eat
Obese	Overweight
Occupational accidents hurt	When bad things happen in workplaces and people get
Opportunistic infections	Diseases that get in the body when it is weak, mainly due to HIV
Ongoing counselling	Helping people make informed decisions all the time
Organisation	A group of people who work together for a collective goal
Orphan	A child without one or both parents
Palliative care	Making someone comfortable when they have a disease that cannot be cured and will end their life
Partner notification	Telling wife, husband or sexual partner about HIV status or STI infection
Peer support group	Group of people with the same situation helping each other
Penile Cancer	Cancer illness in the area of the penis
PEP (post-exposure prophylaxis)	ARVs taken to prevent getting HIV after contact with body fluids of an infected person (post-exposure prophylaxis)
Pharmacy	Shop that sells medicines and other treatments
Pill box	Box for keeping tablets that shows the order of taking everyday
Pill Chart	Paper to record when pills are taken and how to take medicine

Pill Count	Counting the pills left in the prescription at the visit to the doctor
PLHIV	Short for people living with HIV
PMTC	Prevention of mother-to-child transmission
Polygamy	A man having two or more wives at the same time
Positive living	Steps taken by people living with HIV to help them keep healthy and live a long life
Positive prevention	When a person with HIV makes sure that he or she does not infect others with HIV
Post test clubs	Groups of people who meet after an HIV test to help each other and share ideas and information
Post test counseling	Talking to people after an HIV test whether they come positive or negative
Poverty	Lack of basic material means of survival
Prematurely	Baby born before it is ready
Prescription	A piece of paper from a doctor saying what medicine someone needs
Pre-test counselling	Talking before HIV testing process
Prevalence	When something exists a lot in a group, area or time
Privacy	Having time and space alone
Prolong	Make long or extend
PITC (Provider initiated testing)	When a doctor or nurse suggests an HIV or other test
Psychological problems	Worries that affect a person's mind
Psychosocial	The interaction between the mind and emotions and one's social situation e.g. home, school or community
Quality of Life	The general well-being of individuals.
Rape	Having forced intercourse with someone who does not want
Rapid test	HIV test that gives fast test results
Rash	Itchy red spots on the skin
Reassurance	Something you say to stop someone from worrying
Recurrent treatment	Being treated again for the second time the same disease

Red Cross	It is Non-governmental Organization that helps in disaster, health and famine affected countries
Referral	When one is sent for medical or other care
Refilling tracking	Following up on someone taking medication to check if they are taking all and also if they need more
Rehabilitation	Helping someone to live a normal life again after illness
Re- infection	Getting more illness on top of the one the person already has
Relationship	It is a connection of people or things with something in common
Resistance	When an illness is not cured by the medicine used to treat it
Resistant organisms	Disease which cannot be fought by medicines that treat it
Results	Information after an exam, such as the outcome of an HIV test
Re-treatment	Being treated again for the same disease that was treated before
Rocking	Moving backwards and forwards or from side to side
SAfAIDS	Southern Africa HIV and AIDS Information Dissemination Service
Safe sex	Using a condom when having sexual intercourse
Self esteem	Belief in one's abilities and capabilities
Self report	Telling someone about one's health problems
Semen	Sexual fluids released by a man through the penis when sexually satisfied. Semen contain sperms which make a woman pregnant
Sero-conversion	When antibodies for HIV can be detected in the body
Sexual assault	Using force to have sex with someone who does not want it.
Sexual behaviour	A person's sexual activity or practice
Sexual cleansing	A cultural practice done when a woman's husband has died
Sex worker	A person who has sex for money
Side effects	Another effect of a drug on one's body in addition to the main effect under treatment
Skin rubs	Different ointments for skin care

Sleeplessness	Failing to sleep
Social (1) & (2)	Activities when one spends time interacting with other people
Social migration	When people move to areas where they feel comfortable, especially to areas where the people have the same background
Spiritual caregiver	A friend who helps with spiritual needs
Starchy foods	Foods that provide the body with starch like bread
Starter pack	First issue of certain ARVs to see if the drugs are suitable for the person's body
Starvation	Severe deficiency in calories, energy, nutrient and vitamin intake. It is the most extreme form of malnutrition
Status	1) The condition position of a person's health or 2) If they are married or not
Sterilise	Clean very hard, removing germs
STI (1) & (2)	Sexually transmitted infection
Still birth	Giving birth to a dead baby
STI treatment	Medicine to treat STIs
Stress	Anything that poses a challenge or a threat to our well-being
Stroke	A sudden problem in the brain that causes inability to move parts of the body
Stigma	When people disapprove of something or someone because of things about them
Support	Help given to anyone in need
Surgery	Medical specialty that cuts open the patient's body to treat an injury or illness, or to see what is wrong
Swelling	Enlargement of body tissue due to illness
TB	Tuberculosis- a serious infection of lungs that is easily spread to other people
Tender loving care	Considerate and compassionate care
Testing	It is testing for the existence of diseases, such as HIV
THAMASO	The HIV and AIDS Management and Support Organization

Transactional sex	Sexual intercourse in exchange for goods or other benefits
Transmission	Passing on of something
Treatment supporter	Having someone to encourage and helping you in taking medications
Treatment compliance	To follow treatment instructions as directed by doctor or nurse
Tubes	A long, thin passageway along which the women's egg or the men's sperm move
UNAIDS	United Nations Organization which helps countries in issues of HIV and AIDS
Unintended pregnancy	When a women gets pregnant without meaning to
Unprotected sex (1) & (2)	Having sex without wearing a condom
Unwanted pregnancy	When a woman gets pregnant without meaning to
USAID	United States based Organization assisting different countries
Urethral Structures	The tube which carries urine from the bladder out of the body
Vaginal fluids	Fluids that come out of the vagina
Vaginal sex	Sex when penis enters the vagina
Vaginal test	The process of looking in the vagina by doctor in search of any illness
Viral load	Viral load is the amount of HIV in your blood, measured by a blood test. The more HIV in your blood, the faster your CD4 cells (immune system cells that fight infection) reduce, and the greater your risk of becoming sick.
Viral replication	Multiplication of HIV in the body
Vitamins	Nutrients that promote good health
VCT	Voluntary counselling and testing
Vulnerable group	Group that is more at risk of certain diseases or problems
Waiting time	The time one waits for test results, or to see a doctor
Wife inheritance	A cultural practice where a widow is given a new husband after the death of her husband

Window period	The time when HIV has entered the body but cannot be picked up by the HIV test – can last up to 3 months after HIV infection
WHO	World Health Organization (an Organization leading in the health issues of the world)
Workplace volunteer	Unpaid worker at the place of work who helps without being forced
World	The Earth and all the people, places, and things on it

