

## OI MANAGERMENTS (MAUGONJWA TEGEMEZI)

Written by Faasik Info  
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### OI MANAGERMENTS (MAUGONJWA TEGEMEZI)

What are they?

- They are diseases which infect someone when the immunity has gone down the commonly know is common cold(Homa)(both positive or negative)

Oi infections –

- TUBERCLOSIS  
TB,TOXOPLASMOSIS,CYTOMEGALOVIRUS(CMV),CANDIDIASIS,PNEUMOCYSTISCARINII  
PNEUMONIA(PCP),HISTOPLASMOSIS,HERPES SIMPLEX,SHINGLES,VAGINAL  
CANDIDIASIS,HUMAN PAPILOMAVIRUS(HPV),

### O.I PREVENTION AND TREATMENTS

- Prophylactic treatments-cotrimozole(septrine)

Should be treated early when detected to prevent immunity damage

#### PREVENTION

- Wash hands before eating
- Avoid raw undercooked food
- Wash or peel food before eating

#### Example of O.I

1) TUBERCLOSIS

Signs –

- Cough with thick sputum for more than one week
- Chest pain
- Fever
- Night sweats
- Weight loss
- Feeling tired most of the time'

You can have one or several of this simples

How is TB spread?

Coughing ,spiting ,breathing.

You cannot get TB through;

- Shaking hands.
- Sharing dishes or utensils
- TB is not inherited.

### HOW DO YOU GET MDR-TB?

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- Primary infection-when you breathe in germ with a person infectious of MDR-TB,
- SECONDARY INFECTION-happens when you have an ordinary TB Disease and fails to complete the treatment.

### **IT CAN BE CURED**

#### **2) PCP(PNEUMOCYSTISTIS CARINII PNEUMONIA)**

-It infects the lungs In HIV positive people.

##### **SIGNS**

- Dry cough
- Chest pain
- Fever and fatigue
- Shortness of breath.

High risk when CD4 under 200

#### **3) Cryptococcal meningitis**

##### **Signs**

- Severe headache
- Neck ache or stiffness
- Fever
- Hearing problems,disorientation.
- Nausea
- Squinting eyes,sensitivity to light.

High risk when CD4 Under 100.

##### **Take home mesasage;**

- **TB can be cured even if you are HIV positive.**
- **Try not to infect people around you.**
- **To be cured you need to complete treatment**