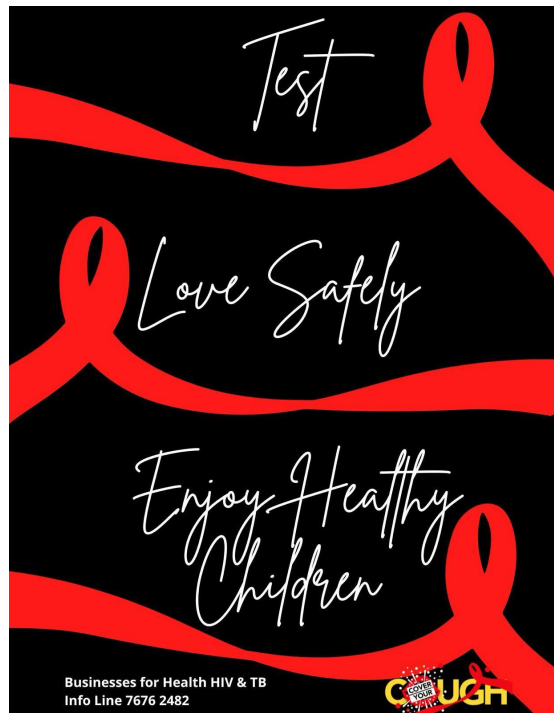




Businesses for Health Papua New Guinea



Workshop Notes for Workplace HIV Champions TB Wardens, Business Representatives B4H Sponsors & Supporters

Preventing HIV, Syphilis & Hepatitis B in PNG:

At Work, At Home, For Life

Welcome

This handout is designed to support your learning throughout the workshop. It provides key information about HIV, Syphilis, and Hepatitis B. It focuses on how to:

- prevent infection
- support others
- reduce both horizontal (sexual) and vertical (parent-to-child) transmission.

Workshop 1: “HIV Today – Treatable, Preventable, No Shame”

Duration: **15–20 minutes**

Audience: **Workplace team members**

Outline:

1. What is HIV? (Brief, clear: virus affecting immune system)
2. How HIV is spread:
 - Horizontally - Unprotected sex, sharing needles, non-sterile tattoo equipment, exposure to infected blood
 - How HIV Spreads to babies from parents. During pregnancy, birth, or breastfeeding if the mother is not on treatment for HIV (ART)
3. How it doesn't spread: No risk from spitting, chewing, hugs, food, shaking hands
4. Prevention: Condoms, HIV testing, ART for positive parents, safe breastfeeding guidance
 - Condoms: consistent and correct use during sex
 - PrEP (Pre-Exposure Prophylaxis): Daily medicine to prevent HIV before exposure
 - PEP (Post-Exposure Prophylaxis): Emergency medicine after possible exposure (within 72 hours)
5. Treatment: Antiretroviral Therapy (ART) enables a long & healthy life
 - ART (Antiretroviral Therapy): Treatment for anyone including expectant mothers with HIV. When taken daily, keeps the amount of HIV in the body low. This is known as low viral load or viral suppression)
 - Someone who monitor viral and is “virally suppressed” does not transmit HIV.
 - Vertical transmission: Without treatment babies are at risk of being infected; with ART and care, this can be reduce to almost zero %
6. U=U (Undetectable = Un-transmissible): People on treatment cannot pass HIV to others

Take Home Message

“Get tested. If you're negative, stay negative - use condoms, consider PrEP.

If you're positive, stay healthy with ART. Protect yourself, your partner, and your baby.”

HIV: Interactive Activity:

“Assess your risk” – Facilitator reads a statement; participants assess risk of transmission as “RISK” or “NO risk” by standing up or sitting down. Arms folded mean not sure!

DOWNLOAD RISK NO RISK [CLICK HERE](#):

Workshop 2. Syphilis – The Hidden but preventable STI that harms babies and affects PNG families

Syphilis is a sexually transmitted bacterial infection (STI) Like HIV, the rates of disease vary across PNG. The rate can be as high as 15% in adult men and women.

It affects both men and women and is spread through unprotected sex — whether vaginal, anal, or oral.

Transmission

Syphilis Spreads through unprotected sexual contact with an infected person (oral, anal, or vaginal) and from Mother to Baby

Symptoms and Stages of Syphilis

- First stage: A small sore or ulcer may appear on the genitals or mouth. It's usually painless, so many people don't notice it.
- Second stage: A few weeks or months later, a rash can appear on the body — often on the palms or soles.
- Later stages: If not treated, syphilis can quietly damage the brain, heart, and other organs over time.

Why Syphilis Matters for Pregnant Women

For pregnant women, syphilis is especially dangerous. It can pass from mother to baby, causing miscarriage, stillbirth, or serious birth defects. This is called congenital syphilis, and it is now rising again in PNG.

Testing:

A simple rapid blood test detects syphilis early

- Simple blood test at STI clinic
- Testing as part of antenatal care (duo rapid test along with HIV)

Prevention and Treatment

The good news is that syphilis is completely preventable and curable with the right antibiotics. To prevent infection:

- Use condoms or barrier protection during all types of sex (vaginal, anal, or oral).
- Get tested regularly, especially if you are planning a baby or have a new partner.
- Encourage pregnant women to attend antenatal care and get tested early.

Syphilis, HIV and World AIDS Day

On World AIDS Day, we remember that HIV, syphilis, and hepatitis B are all sexually transmitted infections that can be prevented, treated, and stopped from passing to children. Together, through awareness, testing, and compassion, we can protect the next generation.

Syphilis

Duration: 15–20 minutes

Audience: Workplace team members

Outline:

1. Testing: Simple blood test detects syphilis early
 - Simple blood test at clinic
 - part of antenatal care (duo rapid test along with HIV)
2. Prevention & Treatment
 - Treatment: Penicillin injection – safe & effective
 - Treatment prevents infecting a partner - A single injection of penicillin cures it
 - Partner Treatment: Both partners must be treated
 - Vertical transmission: Treating mother early stops nearly all baby infections
 - Safe Sex: Use condoms to prevent re-infection

Syphilis Interactive Activity:

“Spot the Symptom” – Facilitator shows simple symptom cards, group says “Can syphilis cause this?” (Keeps it short, educational)

Take-Home Action Messages:

Get tested for syphilis – even if you feel fine

Syphilis is curable — get tested early, get treated, and make sure your partner does too.

Healthy parents mean healthy babies.”

Spot the Symptom – Syphilis Game Cards

SYMPTOM (Front of Card)

A painless sore on the genitals

Itchy rash on palms or soles

Cough and fever

Hair loss (patchy)

Toothache

Feeling tired and weak

Pain when urinating

Skin ulcers on lips or mouth

Stillbirth or miscarriage

Swollen glands

Nose blocked with mucus

Brain damage or blindness (late stage)

Sore throat

Rash that comes and goes

Baby born with rash or sores

Painful urination and discharge

ANSWER & EXPLANATION (Back of Card)

✓ YES First sign of syphilis, called a chancre, usually painless and easy to miss.

✓ YES – Secondary stage. Rash often appears on palms, soles, or body.

✗ NO – That's more like TB, flu or COVID. Syphilis doesn't cause coughs.

✓ YES – Some people with secondary syphilis lose small patches of hair.

✗ NO – Toothache is not a syphilis symptom.

✓ YES – Can happen in secondary syphilis but also many other illnesses.

✗ NO (usually) – More common in gonorrhoea or chlamydia.

✓ YES – Sores can appear on lips, mouth, or tongue if infection spreads.

✓ YES – Pregnant women with syphilis can pass infection to their baby (congenital syphilis).

✓ YES – Often appears near the sore – a sign of infection.

✗ NO – That's a cold! Not syphilis.

✓ YES – Late syphilis can affect the brain, eyes, or heart if untreated.

✗ NO – Common from flu or infection, not typical of syphilis.

✓ YES – Rash may disappear for a while, even though infection is still active.

✓ YES – A baby can be infected before birth – congenital syphilis.

✗ NO – More typical of gonorrhoea or chlamydia – not syphilis.

Workshop 3. Hepatitis B – Protect Your Liver, Protect Your Baby

Duration: 15–20 minutes

Audience: Workplace team members

Outline:

1. What is Hepatitis B?

Hep B is a liver infection caused by the hepatitis B virus (HBV). It can result in serious liver damage like cirrhosis and liver cancer over time. It is preventable with a vaccine and can be managed with treatment. Hep B can be lifelong.

Acute vs. Chronic infection

- **Acute hepatitis B**

A short-term infection, often with mild or no symptoms, that the body typically clears on its own within a few months.

- **Chronic hepatitis B:**

An infection that lasts longer than six months. Chronic Hep B infection can lead to liver cancer and cirrhosis (liver scarring) over decades. People with chronic hepatitis might only show few to no symptoms for years until liver damage has occurred. Chronic Hep B may need medical treatment to prevent cirrhosis or liver failure.

Hep B Symptoms

Stomach pain, dark urine, fever, joint pain, loss of appetite, vomiting, fatigue, jaundice.

Most babies who get infected develop a chronic infection, while most adults clear the virus.

2. Hepatitis B Spreads (Horizontal Transmission)

- sexual contact - contact with semen, blood or bodily fluids,
- Saliva, amniotic fluid, and menstrual fluid can also transmit the virus, though the risk of transmission through casual contact like kissing is low.
- sharing needles or other tattooing piercing, drug-injection equipment, accidental needlesticks, or exposure to blood through an open wound.
- From Hep B positive mother to baby during birth

3. Why is Hep B vaccination, testing and treatment important:

- The Hep B vaccine is highly effective. Given at birth, 1,2, and 3 months and available to prevent hepatitis B infection
- Breastfeeding: Mothers with hepatitis B can safely breastfeed if the baby is vaccinated

4. Testing:

- Blood test - in antenatal care, blood bank or doctor

5. Prevention:

- Vaccination at birth - safe and lifelong. Baby of infected mother must get vaccine + immunoglobulin within 24 hours (and vaccination)
- Condom use
- NO sharing of needles/tattoo equipment

BEST PREVENTION

- Vaccination: The best protection
- Testing: Know your Hep B status – many people have no symptoms
- Newborn Care: Babies born to infected mothers need Hep B vaccine within 24 hours
- Avoid alcohol, eat well, see a doctor for regular blood and liver function checks

Interactive Activity:

“Pass the Protection” Pass a “baby doll” around, when the music stops the person holding the baby says one way to protect a baby from Hep B (or other BBV)

Take-Home Action Message:

“Know your Hep B status and get vaccinated

Vaccinate newborns within 24 hours to stop Hep B for life. “Babies need their first Hep B vaccine within 24 hours to stay protected for life.”

Healthy Relationships & Family Planning Marie Stopes

- Talk openly with your partner about testing before planning a family
- Visit family planning services like Marie Stopes PNG for confidential advice
- Encourage men to take an active role in reproductive health

- Support one another in making safe, informed health choices

Where to Get Help or Testing

Local clinic or health centre: [Insert local clinic details here]

Marie Stopes PNG: [Insert contact or hotline number]

Businesses for Health Contact: [Insert office details here]

24-Hour National STI/HIV Helpline: [Insert hotline here]

Family planning

Sunset Health Hub, Ago Street, Gordon 7309 6477

TB and HIV Infoline 7676 2482

Businesses for Health TB/HIV/STI clinics webpage

Workplace toolbox presenter

Keep language simple – avoid medical jargon

Use real PNG examples – link to local clinics and free testing services

Make it visual – posters, flipcharts, icons for symptoms/prevention

Engage the room – ask questions, use humour respectfully

Link to Wearing RED on World AIDS Day – encourage workplaces to run these sessions in November

Tuberculosis remains PNG's deadliest infectious disease – join our workplace training program in 2026 – email lorrie@businesses4health.com for the 2026 training schedule