

# Vuk'uzenzele

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# HIV-positive woman fights negative stigma

## More Matshediso

**D**rawing on her experiences, an HIV-positive young woman is educating people about HIV. Her reassuring and positive message is that HIV can be treated and also prevented.

Mpho Mbheki (31) believes that South Africa can have an HIV-free generation if HIV-negative people avoid infection and if people living with HIV consistently take their medication and don't infect others.

When she was 19, Mbheki took an HIV test. She took another two tests and got the same result each time.

"I tested positive three times in that year. I was

shocked, scared and in denial. I just could not believe it was true. I had a lot of emotions. I thought my life was over because I was so young and had never thought I could be HIV-positive," she remembered.

"I think what scared me the most was that I grew up in Butterworth, in the Eastern Cape, where people used to think that everyone who is HIV-positive got infected because they were sleeping around. It took me almost two years to accept my status. It was only after going for another test in 2009 that I got to accept my status," she said.

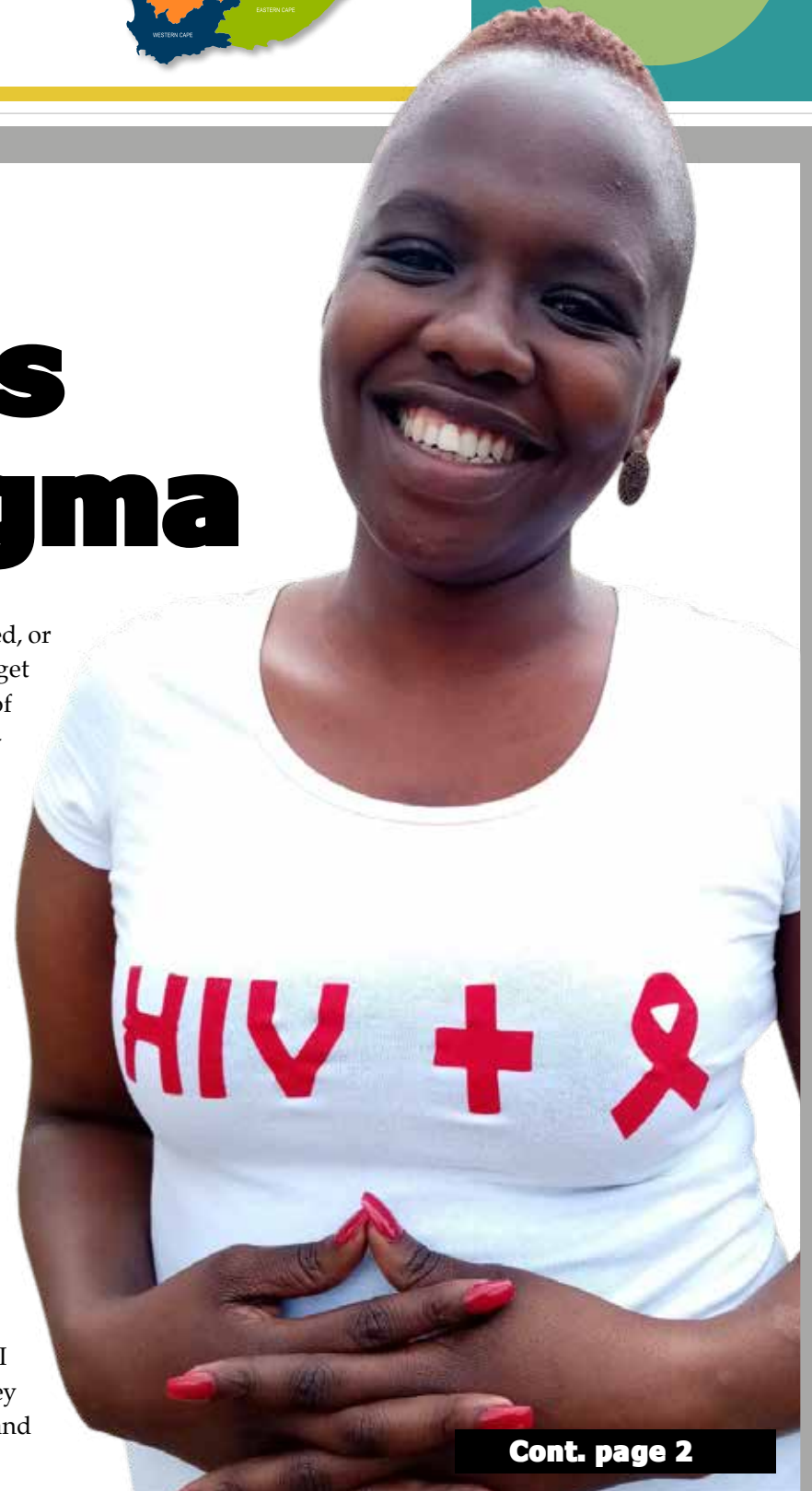
Mbheki said she worried about using her antiretroviral medication (ARV).

"I feared that my body

would be deformed, or that I will either get fat or lose a lot of weight. I remember collecting my medication for three consecutive months without drinking it because I was scared. I went for a number of counselling sessions at a local clinic and started drinking my medication," said Mbheki.

Eventually, she told her family.

"I told my parents first and then I told my sisters. They were all shocked and asked



**Cont. page 2**



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# Go thibela HIV ka PrEP



**Dale Hes**

**M**aAfrika Borwa a 36 000 bjale ba na le sebaka sa 96% sa go se fetelwe ke HIV re leboga lenaneo la *Pre-Exposure Prophylaxis* (PrEP) leo le tsebišitšwego ke Kgoro ya Maphelo (DOH).

Afrika Borwa e bile naga ya mathomo mo Afrika ya borwa bja Sahara go dumelela tšhomišo ya PrEP.

PrEP ke motswako wa dihlaire tše pedi tša HIV gomme e swanetšwe go nwewa letšatši le lengwe le le lengwe go thibela go fetelwa ke HIV.

**Naa PrEP ke eng?**

PrEP e ka hlalošwa gabotse ka go arola lentšu le lengwe le le lengwe la leina;

**Pre** = pele ga  
**Exposure** = go fetelwa ke HIV  
**Prophylaxis** = kalafo ya go thibela phetetšo.

Batho bao ba sa phelego ka HIV bao ba lego kotsing ya go fetelwa ba ka šomiša PrEP go efoga go fetelwa ke HIV.

**Ke ka lebaka la eng PrEP e dumeletšwe go šomišewa?**

Mokgatlo wa Maphelo wa Lefase (WHO) o dumeletše la mathomo kalafo ye ka 2015.

WHO e digetše gore batho bao ba lego kotsing ye kgoro ya go fetelwa ke HIV ba swanetše go šomiša PrEP letšatši le lengwe le le lengwe bjalo ka karolo ya mokgwa wo o kopantšwego wa go thibela HIV. Ge e nwewa ka swanelo,

kalafo ye e atlegile ka 99% mo go fokotšeng kotsi ya go fetelwa ke HIV.

Mmušo o lemogile mohola wa go kopanya mokgwa wo o kgonthišitšwego wo wa thibela phetetšo go mananeo a mangwe a magolo ao a lego gona.

Afrika Borwa e na le a mangwe a mathata a godimo go feta ka moka a HIV le AIDS mo lefaseng.

DOH e thomile lenaneo la go fana ka dihlaire tša PrEP la mathomo go dikliniki tše 11 mo diprofenseng tše hlano ka 2016. Lenaneo le le dutše le sepele gabotse, ka batho ba e ka

pha tše mmalwa tša batho bao ba lego kotsing kudu.

**Bagweba ka mmele**

Kgoro e akantše gore 20% tša batho bao e ka bago ba 350 000 bao ba fetelwago ke HIV ngwaga le ngwaga ba kgokaganywa le bagweba ka mmele.

Bagweba ka mmele ba basadi ba kotsing kudu, ka 33% tša bona di fetetšwe ke HIV ka mengwaga ye 24, mola bontši bja 80% ba fetetšwe ka morago ga mengwaga ye 25.

Kgoro e re palo ye ya godimo e kgonthiša tšhoganetšo ya go šomiša PrEP gare ga maloko

Mananeo a PrEP a mmalwa a phethilwe goba a tšwela pele mo dikarolong tšeo bagweba ka mmele ba šomago go tšona.

**Basetsana le makgarebe**

Basetsana le makgarebe ba gare ga 15 le 24 le bona ba kotsing ya go fetelwa ke HIV.

Se se hlolega ka mabaka a mmalwa go akaretša le go robala le monna yo mogolo yoo a fetetšwego ke HIV, go se šomiše dikhontomo ka dinako ka moka, go hloka molomo mererong ya tša thobalano le mo ditlholong tša GBV le tša thobalano.

**Banna bao ba robalago le banna ba bangwe**

Kgoro e lemoga gore banna bao ba robalago le banna ba bangwe ba kotsing kudu ka gore ba ka amega kotsing ye nngwe go swana le go ihlabela ka diokobatši le go rekiša thobalano. Mo ditekong, go šetšwe go kgonthišitšwe gore go fa dihlopha tše PrEP go bontšhitše mohola wo mogolo wa go thibela phetetšo ya HIV.

**Balekane ba thobalano ba batho bao ba phelego ka HIV**

Balekane ba bangwe ba ikhwe-tša ba le maemong ao molekane yo mongwe a phelago ka HIV mola yo mongwe a sa phele ka yona. Mabakeng a mantši se se ka diragala balekane ka moka ba sa tsebe gore yo mongwe wa bona o phela ka HIV. Go fa kalafo ya *antiretroviral* (ART) go molekane yoo a fetetšwego go ka fokotša kotsi ya phetetšo ka 96%, mola PrEP go molekane yoo a se a fetetšwago go ka fokotša kotsi ya bona ka 75%.

**Naa PrEP e na le ditlamorago tše mpe?**

Batho ba bangwe ba itemogela ditlamorago tše mpe ge ba thoma go šomiša PrEP.

Ditlamorago tše mpe tše di

tlwaelegilego di akaretša:

- Go sellega
- Go opša ke hlogo
- Go lapa
- Go tšholla
- Kgatelelo ya monagano
- Ditoro tša go tšhoša
- Go hlatša
- Dišo
- Mathata a go swarwa ke boroko
- Diphetogo mo go takatšo ya dijo

Bathong ba bantši, ditlamorago tše di fola ka morago ga dibeke tše mmalwa.

**Naa o ka hwetša kae PrEP?**

PrEP ya go se lefelwe e gona gonabjale mo mafelong ao a kgethilwego a 108 naga ka bophara.

**Go hwetša tshedimošo ka botlalo o ka etela wepsaete ya [www.myprep.co.za](http://www.myprep.co.za). O ka leletša gape mogala wa go se lefelwe wa National HIV and AIDS Helpline go 0800 012 322.**

\*Tshedimošo e abilwe ke Kgoro ya Maphelo ya Bosetšhaba



bago 36 000 bao ba amogelago kalafo ya PrEP.

**Naa ke mang yoo a swanetšwego go nwa PrEP?**

Kalafo ya PrEP ke kgetho yeo e lego gona ya batho bao ba ikhwetšago ba le kotsing ya kgonagalo ya go fetelwa ke HIV. DOH e utollotše dihlo-

a sehlopha se, kudu ka lebaka la ditaba tša palo ya godimo ya Dikgaruru tšeo di ikadilego ka Bong le kato, le go hloka melao ye e ba šireletšago.

**Naa o be o tseba?**

Kgoro ya Maphelo e hloheletša gore dihlaire tša PrEP ga se tša swanela go dirišwa mo legatong la dihlaire tše dingwe tšeo di šetšwego di šomišwa go thibela phetetšo ya HIV. Dinyakišišo tša PrEP ka moka di theilwe go mokgwa wo o kopantšwego wa thibela phetetšo, go akaretša le go dira diteko tša nako le nako le tšhomišo ya dikhontomo le dithibelapelegi tše dingwe. Tše kamoka di swanetšwe go šomišwa mmogo le kalafo ya PrEP.