

Vuk'uzenzele

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HIV-positive woman fights negative stigma

More Matshediso

Drawing 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.

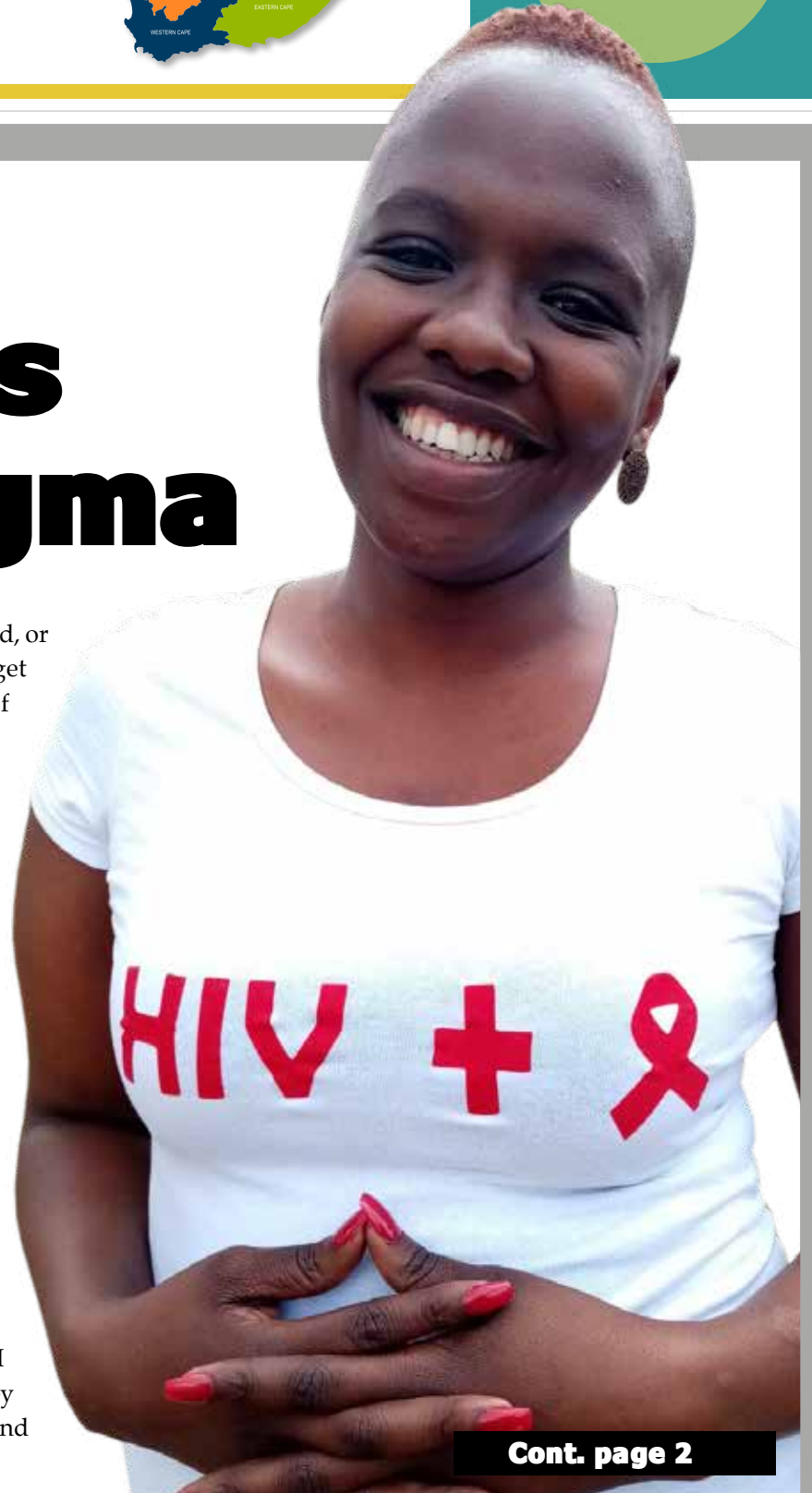
Mbheki said she worried about using her antiretroviral medication (ARV).

"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



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Thibelo ya HIV ka PrEP



Dale Hes

Ke maAforika Borwa a ka bang 36 000 ha jwale ba ka bang le monyetla wa 96% tsa ho se tshwaetswe ke HIV ka lebaka la lenaneo la *Pre-Exposure Prophylaxis* (PrEP) leo ha jwale le ntshekwang pele ke Lefapha la Bophelo bo Botle (DOH).

Aforika Borwa ebile naha ya pele ka hara Aforika e ka tlase ho Sahara ho tjhaela PrEP monwana hore e ka sebediswa.

PrEP ke motswako wa ditlhare tse pedi tsa HIV mme e lokelwa ho nkuwa letsatsi le letsatsi ho thibela tshwaetso ya HIV.

PrEP ke eng?

PrEP e ka hlalosa ha bobebe ka ho e kgaola ka dikotwana ho ya ka mantswa a lebitso la yona;

Pre = Pele

Exposure = ho kopana le kokwana ya HIV

Prophylaxis = kalafo ya ho thibela tshwaetso hore e se etsahale

Batho ba se nang HIV ba leng kotsing ya ho ka tshwaetswa ba ka sebedisa PrEP ho thibela hore ba se tshwaetswe ke HIV.

Hobaneng PrEP e tjhaetswe monwana hore e ka sebediswa?

Mokgatlo wa Lefatshe wa Bophelo bo Botle (WHO) o qadile pele ho tjhaela nonwana kalafo ena ka selemo sa 2015. WHO e sinitse hore batho ba leng tsieting ya ho ka tshwaetswa ke HIV ba sebedise PrEP letsatsi

le leng le le leng jwaloka karolo ya kopanelo ya leano la thibelo ya HIV. Ha kalafo ena e nkuwa ka tshwanelo e na le 99% tsa katleho ho fokotseng bokgoni ba ho fumana tshwaetso ya HIV.

Mmuso o lemohile boleng ba ho kenyetsetsa mofuta ona wa thibelo o lekilweng ho mananeo a mang a phahameng ho lwantsha bohloko bona.

Aforika Borwa e na le leqeme le leng le leholo la HIV le AIDS lefatsheng ka bophara.

DOH e qadile ho kenya tshebetsong PrEP ditlilining tse 11 diporovinsing tse hlano ka selemo sa 2016. Tswelopele ya lenaneo lena e ntse e tsamaya hantle, ka batho ba ka bang ba 36 000 bao ha jwale ba fumana kalafo ena ya PrEP.

Ke bo mang ba lokelang ho sebedisa PrEP?

Kalafo ya PrEP ke kgetho e teng bakeng sa batho ba iphumanang ba le tsieting ya ho

Batho ba hwebang ka mmele

Lefapha le lekanyetsa palo ya 20% tsa batho ba 350 000 ba tshwaetswang ke HIV selemo le selemo ka lebaka la kamano ya bona le batho ba hwebang ka mmele. Batho ba hwebang ka mmele ba basadi ba tsieting ho feta ba bang hobane 33% tsa bona ba tshwaetswa ke HIV ha ba le dilemo di 24, ha 80% tsona di tshwaetseha kamora dilemo tse 25. Lefapha le re sekgahla sena ke se hodi-mo mme se netefatsa potlako ya tshebediso ya PrEP ka hara maloko a sehlopha, haholo-holo ka lebaka la sekgahla se sehlo sa Tshebediso ya Dikgoka e Itshetlehileng hodima Bong (GBV) le peto, mmoho le tlhokeho ya molao o ba sireletsang. Mananeo a mangata a ho kenya PrEP tshebetsong a se a phethetswe ha a mang a le tseleng ho ya dibakeng tseo batho ba hwebang ka mmele ba sebelletsang ho tsona.



ka tshwaetswa ke HIV. DOH e hlwaile dihlopha tse itseng tsa batho ba hloakang kalafo ena haholo:

Bananyana le makgarebe

Bananyana le makgarebe ba pakeng tsa dilemo tse 15 le

tse 24 le bona ba tsieting ya tshwaetso ya HIV. Hona ke ka tlasa mabaka a jwaloka a kenyetsetsang thobalano le batho ba baholo ba nang le tshwaetso ya HIV, tshebediso e bokowa ya dikgohlopo, matla a fokolang a taolo ya maitshwaro a thobalano le GBV le thobalano.

Banna ba robalanang le banna ba bang

Lefapha le etse hloko hore banna ba robalanang le banna ba bang le bona ba tsieting e kgolo hobane ba ka iphumana ba le tsieting ya boitshwaro bo kotsing ba ho sebedisa dithethefatsi ka ho itlhaba ka dinalete le ho rekisa mmele ya bona.

Ditekong ho netefaditswe hore ho faneng ka PrEP ho sehlopha sena ho bontshitse sekgahla se sehlo sa thibelo ya tshwaetso ya HIV.

Balekane ba thobalano le batho ba nang le HIV

Balekane ba bang ba iphumana ka hara maemo ao molekane e mong a nang le HIV e mong yena a se na yona. Hangata hona ho ka etsahala e mong wa balekane a sa tsebe hore e mong o na le HIV. Ho nehelana kalafo ya ho thibela tshwaetso ya *antiretroviral treatment* (ART) ho molekane ya tshwaeditsweng ho ka fokotsa leqeme la tshwaetsano ka 96%, ha PrEP yona bakeng sa balekane ba sa tshwaetswang e ka fokotsa leqeme ka 75%.

Naa PrEP e na le ditlamorao tse tshwenyang?

Batho ba bang ba ka itemohela ditlamorao tse tshwenyang ha ba qala ho sebedisa PrEP. Ditlamorao tse tlwaelehileng di kenyeletsa:

- Ho feroha dibete
- Hlooho e opang

- Mokgathala
- Letshollo
- Kgatello ya maikutlo
- Ditoro tse sa tlwaelehang
- Lehlatso
- Lekgopo
- Ho hloabala
- Diphethoho takatsong ya dijo.

Bathong ba bangata ditlamorao tse tshwenyang di nyamela kamora dibeke tse mmalwa.

O ka fumana PrEP hokae?

PrEP ya mahala e fumaneha jwale ditsheng tse itseng tse 108 ho falla le naha kaofela.

Ha o batla ho tseba haholwanyane o ka etela weposaele ya www.myprep.co.za. Hape o ka letsetsa mohala wa mahala wa National HIV and AIDS Helpline ho 0800 012 322.

*Lesedi lena le nehelanwe ke Lefapha la Naha la Bophelo bo Botle

Naa o ne o tseba?

Lefapha la Bophelo bo Botle le hlakisitse hantle hore PrEP ha e a lokela ho nka sebaka sa dikgato tse ding tse tsebahalang tsa thibelo ya HIV. Dipatlisiso tsa PrEP haesale di itshetlehile hodima dikgato tse kopanetsweng tsa thibelo ya HIV, ho kenyetsetswa ho etsa dihlahlobo tsa nako le nako tsa HIV mmoho le ho sebedisa dikgohlopo le dithusathibelo tse ding. Hona ho lokelwa ho sebediswa mmoho le kalafo ya PrEP.