

# Vuk'uzenzele

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## South Africa Investment Conference

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**P7-10**



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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.

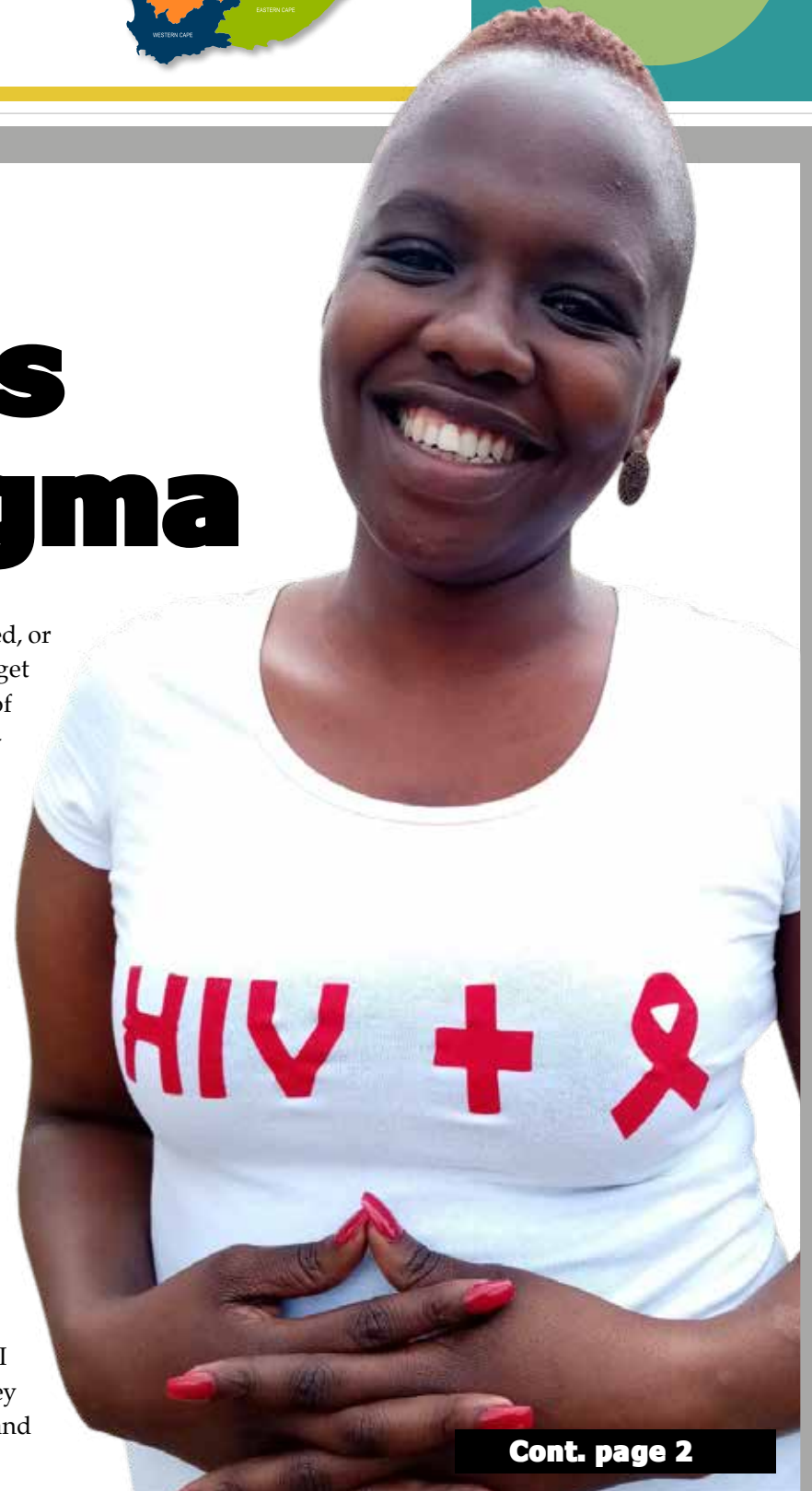
Mbheki said she worried about using her antiretroviral medication (ARV).

"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 melemo ya PrEP



Dale Hes

**M**aAforika Borwa a ka nna 36 000 jaanong ba na le tšhono ya go se fetelwe ke HIV ka 96% mme seno ke ka ntlha ya lenaane la Melemo ya Thibelotshwaetso (PrEP) le ga jaanong le diragadiwang ke Lefapha la Boitekanelo (DOH).

Naga ya Aforika Borwa e nnile yona ya ntlha mo dinageng tse di leng mo Dikgaolong tsa Bogare le tsa kwa Tlase tsa Aforika tse di neseditseeng pula tiriso ya PrEP.

PrEP ke melemo e e tswakilelweng ka melemo e mebedi ya HIV mme e tshwanetswe go nwewa letsatsi le lengwe le le lengwe go thibela HIV.

## PrEP ke eng?

PrEP e ka tlhalosiwa botokanyana ka go tlhalosa lefoko le lengwe le le lengwe le e le emetseng;

**Pre** = Pele

**Exposure** = o ka tshwaetswa ke HIV

**Prophylaxis** = melemo ya go thibela tshwaetso

Batho ba ba senang HIV ba ba leng mo matshosetsing a magolo a go ka fetelwa ke bolwetse jono ba ka nwa melemo ya PrEP gore ba se tshwaetsege.

## Goreng PrEP e tsentswe tirisong?

Mokgatlo wa Lefatshe wa Merero ya Boitekanelo (WHO) o neseditse pula melemo eno la ntlha ka ngwaga wa 2015.

Mo nakong eo mokgatlo ono o laetse gore batho ba ba leng mo matshosetsing a magolo a go ka fetelwa ke HIV ba tshwanetse go nwa melemo

ya PrEP letsatsi le lengwe le le lengwe go leka go thibela HIV. Fa melemo eno e nwewa ka tshwanelo, go setse go netefaditswe gore e ka fokotsa dikotsi tsa go tshwaetswa ke HIV ka 99%.

Puso e setse e bone molemo wa go tsenya dikgato tseno tsa thibelaketegelo mo thulaganyong ya yona ya go lwantshana le bolwetse jono.

Naga ya Aforika Borwa ke e nngwe ya dinaga tse di nang le dipalo tse di kwa godimo tsa HIV le AIDS mo lefatsheng.

DOH e simolotse ka go thankgolola lenaane la PrEP kwa ditlhiniking di le 11 mo diporofenseng di le tlhano ka ngwaga wa 2016. Letshololenole ntse le gola ka iketlo, mo batho ba le 36 000 ga jaanong ba amogelang melemo ya PrEP.

## Ke mang yo a tshwanetseng go nwa melemo ya PrEP?

Melemo ya PrEP ke ya batho ba ba iphitlhelang ba le mo

tse batho ba teng ba nang le kgonagalo ya go ka tshwaetswa diwa:

### Bagwebi ka mmele

Lefapha le belaela gore 20% tsa batho ba le 350 000 ba ba tshwaedwang ka HIV ngwaga yo mongwe le yo mongwe ke ya batho ba ba amegang mo ditirong tsa go gweba ka mmele. Basadi ba ba gwebang ka mmele ke bona ba ba leng mo kotsing thata, mo 33% tsa bona di tshwaedwang ka HIV ba le dingwaga di le 24, mme bontsi jwa bona bo ka dira 80% ba tshwaedwang ba le dingwaga di le 25. Lefapha le re dipalopalo tseno tse di kwa godimo ke tsona tse di tlhotlhelang gore batho ba ba amegang mo setlhotshwaneng seno ba simolole go nwa PrEP, bogolosegolo go lebi-lwe gape le dintlha tse dingwe tse di tlhotlhelang ke Tiriosidikgoka e e Totileng Batho ba Bong jo bo Rileng (GBV) le petelelo mmogo le go tlhoka melao e e sireletsang batho ba ba welang mo setlhotshwaneng seno. Matshollo a le mantsinyana a PrEP a a thankgolotswe a setse a konoseditswe fa a mangwe a santse a tswetse mo mafelong ao go itsegeng gore go na le bagwebi ba mmele mo go ona.

### Basetsanyana le makgarebe

Basetsanyana le makgarebe ba ba leng magareng ga dingwaga di le 15 le di le 24 le bona ba tshela mo kotsing ya go ka tshwaetswa ka HIV. Seno

robalana le banna ba bagolo mo go bone ba ba tshwaeditsweng, go se dirise mosomelwana ka tlhomamo, go tlhoka molomo mo mererong ya tsa thobalano mmogo le mo dintlheng tse di tlhotlhelang ke GBV le tiriso e e botlhaswa ya thobalano.

### Banna ba ba robalanang le banna ba bangwe

Lefapha le re banna ba ba robalanang le banna ba bangwe le bona ba mo kotsing ka ntlha ya gore le bona ba ka ikamanya le ditiragalo tse dingwe tse di ka ba tsenyang mo kotsing ya go ka tshwaetsega tse di jaaka go ithaba ka mamao a diritibatsi le go gweba ka mebele ya bona. Mo matsholong a go lekelela melemo eno go bonagetse tota gore go tlamela ditlhotshwana tseno ka melemo ya PrEP go nnile le seabe se segolo tota mo go thibeleng tshwaetso ya HIV.

### Balekana ba ba ratanang le batho ba ba nang le HIV

Baratani ba bangwe ba iphitlhelana e le gore yo mongwe o na le HIV fa yo mongwe a sena yona. Mo dikgetseng di le dintsi, seno se diragala balekane ba sa itse gore yo mongwe wa bona o na le HIV. Go tlamela molekani yo a tshwaetsegileng ka melemo ya thibelaketegelo ya kokwanatlhoko (ARV) go ka thusa go fokotsa kotsi ya gore a tshwaetse yo mongwe ka 96%, fa melemo ya PrEP yona e tla thusa molekani yo a senang HIV gore a se tshwaetsege ka 75%.

### A PrEP e na le ditlamorago tse di sa itumediseng fa o enwa?


Batho ba bangwe ba ka itumogela ditlamorago tse di sa itumediseng fa ba simolola go nwa PrEP. Ditlamorago tse di itsegeng thata di akaretsa:

- Go feroa dibete
- Go opa ke tlhogo
- Go nna le molapo
- Go nna le letshololo
- Go nna le kgatelelo ya maikutlo

- Go nna le ditoro tse di sa tlwaelegang
- Go tlhatsa
- Go tšhipoga diso
- Go tlhobaela
- Go se je ka mokgwa o o itlwaetseng

Ditlamorago tseno mo bathong ba le bantsi di tsamaya morago ga dibekenyana di se kae.

### O ka bona kae melemo ya PrEP?

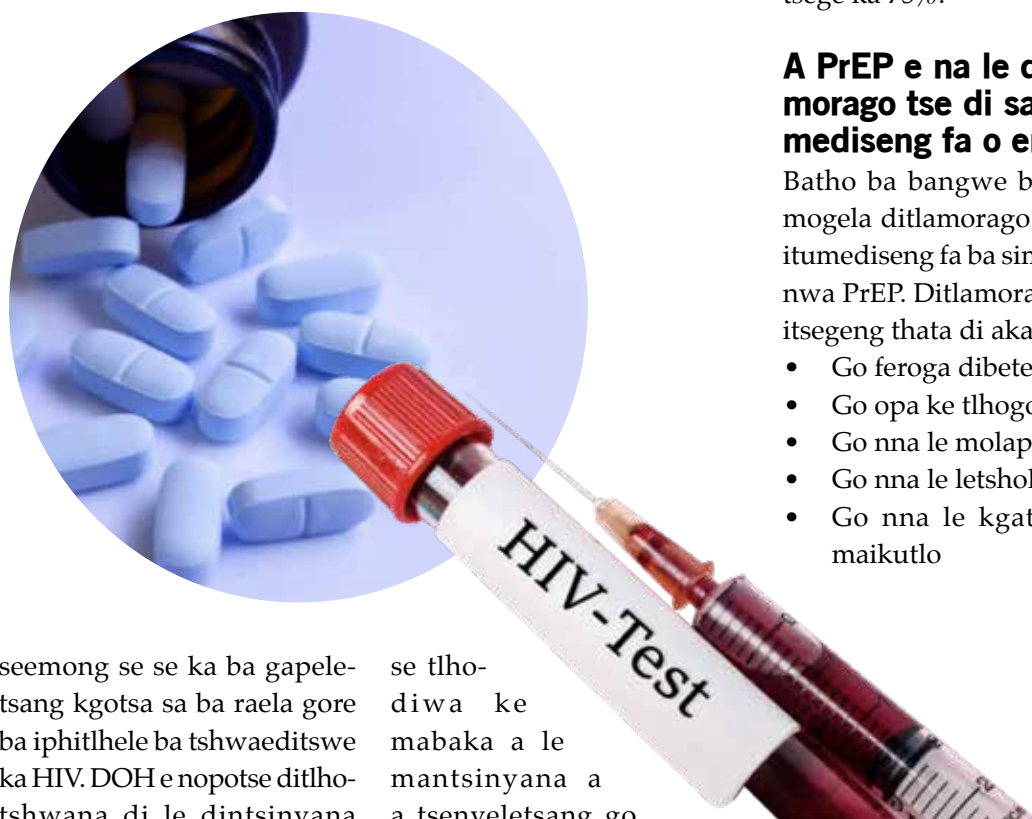
Melemo ya PrEP e e sa duelelweng e teng kwa mafelong a tirelo a le 108 go ralala le naga ka bophara. 

**Go bona tshedimosetso ka botlalo tseno mo webesaeteng ya [www.myprep.co.za](http://www.myprep.co.za). O ka letsetsa gape le mogala o o sa duelelweng wa National HIV and AIDS Helpline mo go 0800 012 322.**

\*Tshedimosetso eno o e tlišediwa ke ba Lefapha la Boitekanelo la Bosetšhaba

### A o ne o itse?

Lefapha la Boitekanelo le totobaditse gore melemo ya PrEP ga e a tshwanelwa go dirisiwa mo legatong la maano a mangwe a a setseng a le mo tirisong a go thibela tshwaetso ya HIV. Dipatlisiso tsotlhe tsa PrEP di dirilwe go itshetlegilwe ka mekgwa e le mebedi ya thibelaketegelo, e e tsenyeletsang go dirisa mesomelwana le melemo e mengwe ya thibelaketegelo ka tlhomamo. Mekgwa eno ya thibelaketegelo e tshwanetswe go tswela go dirisiwa fa motho a le mo kalafing ya go nwa melemo ya PrEP.



seemong se se ka ba gapeletsang kgotsa sa ba raela gore ba iphitlhelana ba tshwaeditswe ka HIV. DOH e nopotse ditlhotshwana di le dintsinzana

se tlhodiwa ke mabaka a le mantsinyana a a tsenyeletsang go