

# Vuk'uzenzele

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## South Africa Investment Conference

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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.

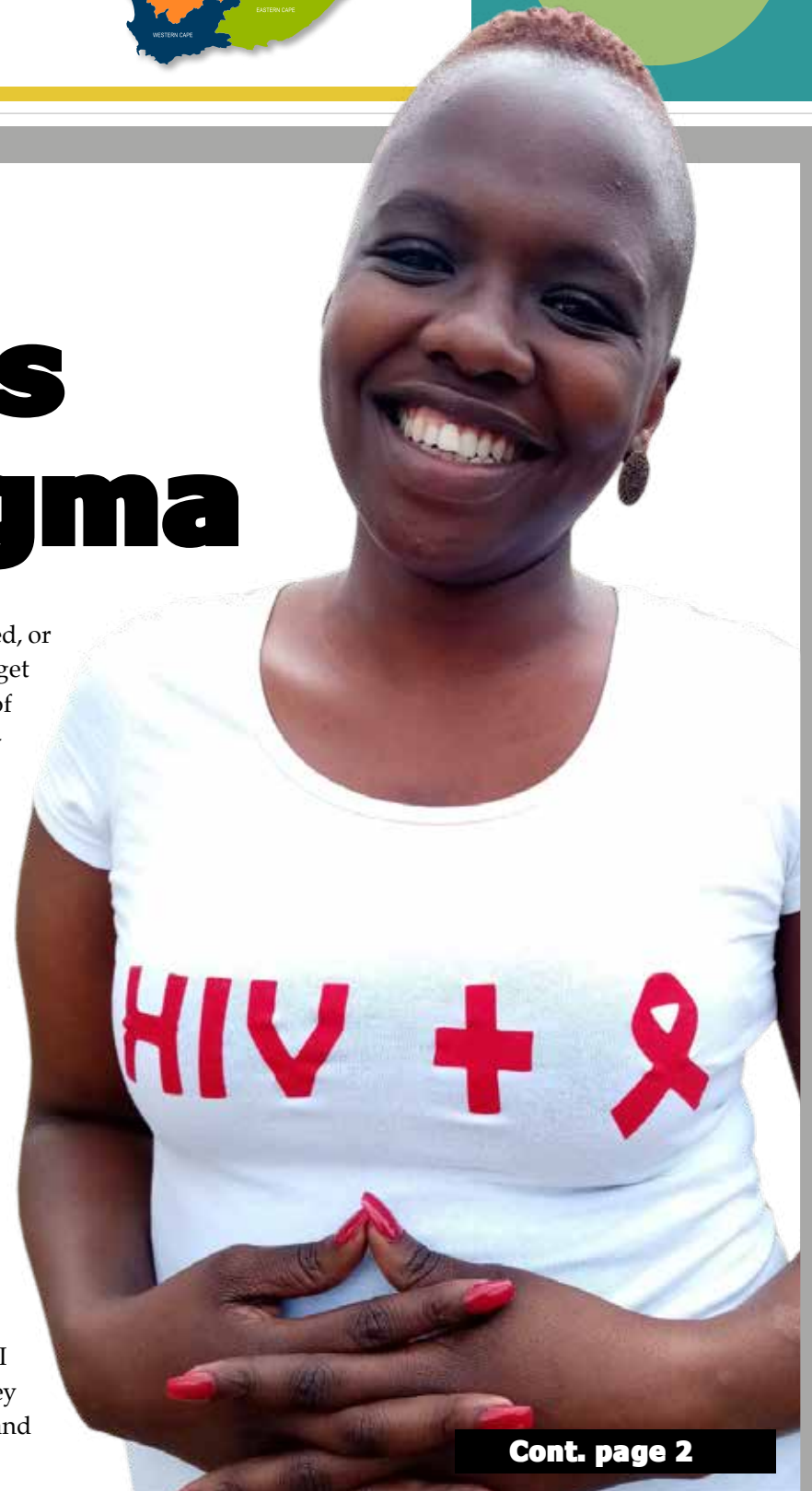
Mbheki said she worried about using her antiretroviral medication (ARV).

"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



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# U thivhela HIV nga PrEP



**Dale Hes**

Vhathu vha Afrika Tshipembe vha henefha kha 36 000 zwa zwino vha na tshikhala tsha phesenthe dza 96 tsha u sa kavhiwa nga HIV ri livhuha mbekanyamushumo ya Dzilafhothangeli la u thivhela u kavhiwa nga HIV (PrEP) ine zwa zwino i khou tshimbizwa nga Mhasho wa zwa Mutakalo.

Afrika Tshipembe lo vha lone shango la u thoma kha sub-Sahara Afrika u tendela u shumiswa ha Dzilafhothangeli la u thivhela u kavhiwa nga HIV (PrEP).

PrEP ndi thanganelo ya mishonga ya HIV mivhili ine ya tea u nwiwa quvha linwe na linwe u thivhela u kavhiwa nga HIV.

**PrEP ndi mini?**

PrEP i nga talutshedzwa khwi-ne nga u thukukanya ipfi linwe na linwe la dzina ili;

**Pre** = Phanxa ha musu

**Exposure** = u tangana na u kavhiwa nga HIV

**Prophylaxis** = dzilafho la u thivhela u kavhiwa hu ne ha nga bvelela.

Vhathu vha si na HIV vhane vha vha kha tshigwada tshi re khomboni vhukuma vha nga shumisa PrEP u thivhela u kavhiwa nga HIV.

**Ndi ngani PrEP yo thoma u shumiswa?**

Dzangano la Mutakalo la Lifhasi (WHO) lo tendela u shumiswa ha dzilafho lwa u thoma nga 2015. WHO yo themendela uri vhatu vhane vha vha khomboni ya u nga kavhiwa nga HIV vha tea u

shumisa PrEP quvha linwe na linwe sa tshipida tsha tshithathedzhi tsho tanganelanaho u thivhela HIV. Arali la shumiswa nga ngona, dzilafho lo sumbedza phesenthe dza 99 dza u fhungudza khombo ya u nga kavhiwa nga HIV.

Muvhuso wo vhona ndeme ya u engedza ndila hei ya u thivhela yo tolwaho kha dziinwe mbekanyamushumo khulwane dzi re hone u itela u lwisana na vhwadze.

Afrika Tshipembe li na muhwalo wa HIV na AIDS muhulusa kha lifhasi.

Mhasho wa Mutakalo wo thoma u tshimbizwa PrEP kha kiliniki dza 11 kha mavundu matanu nga 2016. U thomiwa uhu hu khou bvela phanda lu vhonevho, hune vhatu vha anganyelwaho kha 36 000 vha khou wana dzilafho la PrEP zwino .

**Ndi vho nnyi vhane vha tea u shumisa PrEP?**

Dzilafho la PrEP ndi zwithu

nga kavhiwa nga HIV vha tou dxinangela. Mhasho wa zwa Mutakalo wo talusa zwigwada zwo vhalaho zwa vhatu vhane vha vha khomboni vhukuma.

**Vharengisi vha muvhili**

Mhasho wo gaganya uri phesenthe dza 20 dza vhatu vhane vha vhalwa henefha kha 350 000 vho kavhiwaho nga HIV nwaha muinwe na muinwe vha na vhukwamani na vharengisi ha muvhili. Vharengisi vha muvhili vha vhafumakadzi vha khomboni vhukuma, musu hu na phesenthe dza 33 khavho vho kavhiwaho nga HIV vha vhukale ha minwaha ya 24, musu vhezwi ha phesenthe dza henefha kha 80 vha tshi khou kavhiwa vho no vha na minwaha ya 25. Mhasho wo amba uri tshivhalo tsha nthesa tshi khawhisedza tshiimo tsha shishi tsha u shumisa PrEP kha mirado ya tshigwada itshi, nga maanda ho sedzwa tshiimo tshi re ntha

ya mulayo. U tshimbizwa ha vhezwi ha dzilafho la PrEP zwo khunyeledzwa kana zwi khou tshimbizwa zwino kha vhupe vhone vharengisi vha muvhili vha shumela hone.

**Vhasidzana na vhafumakadzi vhatuku**

Vhasidzana na vhafumakadzi vha kha vhukale ha vhukati ha minwaha ya 15 na 24 na vhone vha kha khombo ya u nga wana HIV. Hhezwi zwi khou itiswa nga zwithu zwo vhalaho hu tshi katelwa u ita zwa vhwadzekani na vhanna vhwadzekani vha re na vhwadze, u sa shumiseswa ha khondomu, mannda matuku a u langula maitete a zwa vhwadzekani o tsireledzeaho, na khakhathi dzo dxisendekaho nga mbehu na zwa vhwadzekani.

**Vhanna vha no ita zwa vhwadzekani na vhanna**

Mhasho wo vhona zwauri vhanna vhane vha ita zwa vhwadzekani na vhanwe vhanna vha kha khombo nga maanda ngauri vha nga kha di dxidzhenisa kha manwe maitete a vha siaho vha khomboni ane a fana na u dxithavhela zwidzidzivhadzi na u rengisa muvhili. Kha ndingedzo, zwo no khawhisedzwa uri u nkedza PrEP kha zwigwada izwi zwo sumbedza mvelelo khulwane kha u thivhela u kavhiwa nga HIV.

**Vhafunani vha zwa vhwadzekani vha re na HIV vhothe**

Vhanwe vha vhafunani vha dxiwana vha kha tshiimo tshine muinwe wavho a vha a na HIV ngeno muinwe a si nayo. Kha nyimele nanzhi, hhezwi zwi nga itea hu si na muinwe wavho ane a dxivha uri muinwe wavho u HIV. U nkedza dzilafho la anthiritrovaira la (ART) kha mufarisi a kwameaho zwi nga fhungudza khombo ya phiriselano ya tshitzhili nga phesenthe dza 96, ngeno kha mufarisi a songo

kavhiwaho PrEP i tshi nga fhungudza khonadzeo ya khombo nga phesenthe dza 75.

**PrEP i na masiandaitwa**

Vhanwe vhatu vha nga tshenzhema masiandaitwa musu vha tshi thoma u shumisa PrEP. Masiandaitwa o dxoweleseaho zwi katela:

- Tsilingwane
- U rema ha thoho
- Tshineto
- U tshuluwa
- Mutsiko
- Miloro i songo dxoweleaho
- Tshitanzo
- Vhupundupundu
- Tshanduko kha lutamo lwa zwiliwa.

Kha vhatu vhanzhi, masiandaitwa aya a a tuwa nga murahu ha vhege dzi si gathi.

**Vha nga wana ngafhi PrEP?**

PrEP ya mahala zwa zwino i wanala fhethu ha 108 u mona na shango.

U wana mafhungo nga vhuqalo kha vha loje kha, [www.myprep.co.za](http://www.myprep.co.za). Vha nga dovha hafu vha founela kha lufingo lwa mahala lwa Thuso ya HIV na AIDS lwa Lushaka kha 0800 012 322.

\*Mafhungo aya o nkedzwa nga Mhasho wa Mutakalo wa Lushaka



zwine zwa vha hone zwine vhatu vhane vha dxiwana vha kha khombo ya u

tsha Khakhathi dzo Dxisendekaho nga Mbehu na u binya, na u sa vha hone ha tsireledzo

**Vha ya zwi dxivha?**

Mhasho wa zwa Mutakalo wo zwi vhea khagala uri PrEP a i tei u ima vhuimoni ha dziinwe thekhiniki dza u thivhela HIV dza khwi-ne nahone dzo bveledzwo zwavhuqi. Ngudo dza PrEP dzo sendekwa kha tswikelelo ya maitete o tanganywaho a u thivhela, zwi tshi katela u ita ndingo tshifhinga tshothe na u shumisa khondomu na zwiinwe zwithivhela-mbebo. Hhezwi zwi tea u shumiswa khathihi na dzilafho la PrEP.