

# 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.

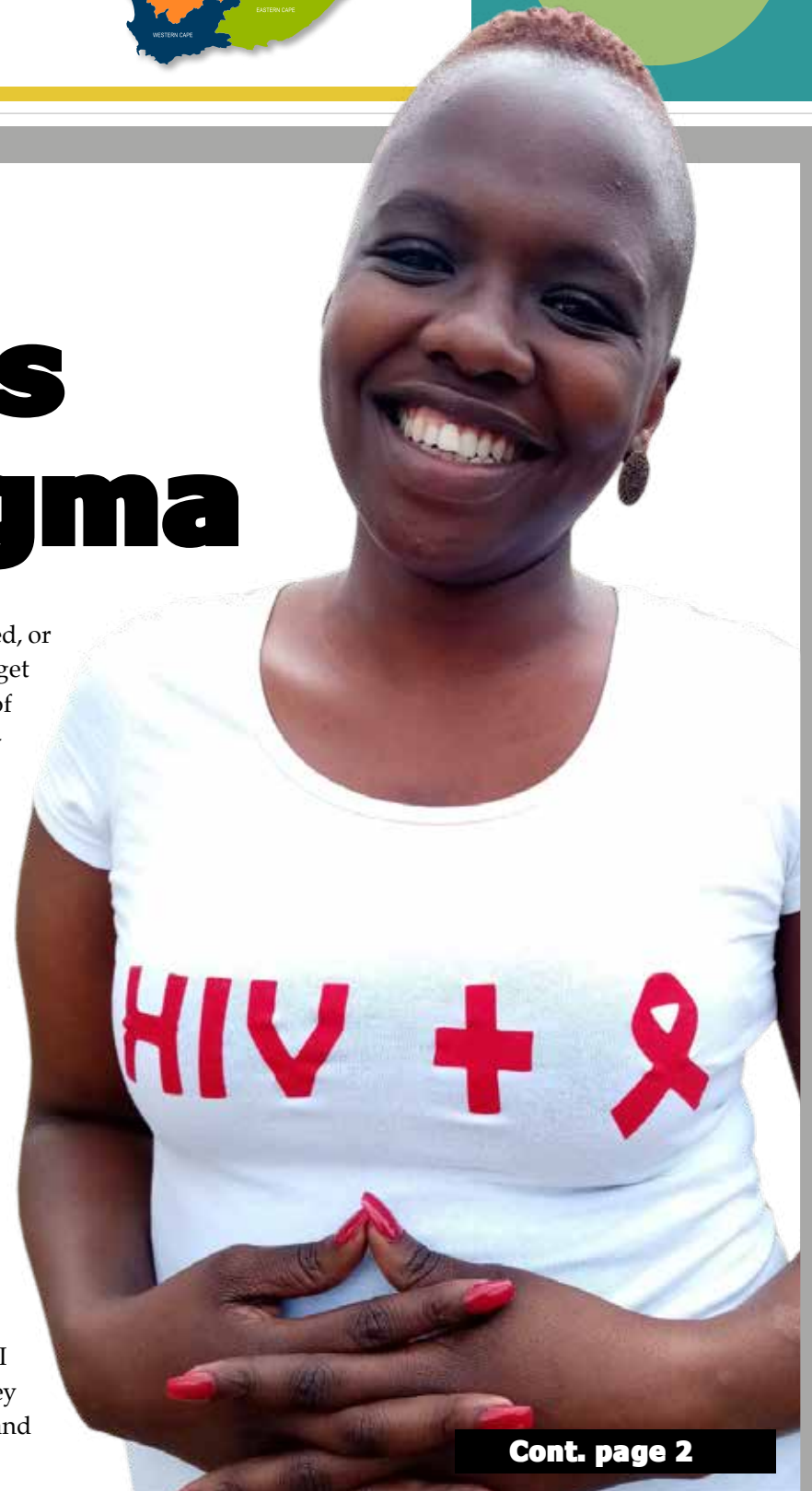
Mbheki said she worried about using her antiretroviral medication (ARV).

"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



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# Ukukhandelwa Kwe-HIV Ngokusebenzisa i-PrEP



## Dale Hes

**A**maSewula Afrika apheze abe ziinkulungwana ezima-36 sele anethuba elimaphesente ama-96 wokungatshwayeleki nge-HIV ngesizo lehlelo lesiKhandelakutshwayeleka (i-PrEP) njenganje elisatjalaliswa mNyango wezamaPhilo (i-DOH).

ISewula Afrika ibe lilizwe lokuthoma e-Sub-Saharan Africa ukuvumela ukusetjenziswa kwesiKhandelakutshwayeleka (i-PrEP).

I-PrEP iyihlanganisela yemitjhoga yeNgogwana yeNtumbantonga (i-HIV) emibili ekufuze iselwe qobe lilanga ukukhandelwa ukutshwayeleka nge-HIV.

## Iyini i-PrEP?

I-PrEP ingahlathulwa ngconywa ngokukghedla igama ngalinye;

**Pre** = ngaphambi

**Exposure** = Ukutshwayeleka nge-HIV

**Prophylaxis** = Umtjhoga okhandelwa ukutshwayeleka

Abantu abanganayo i-HIV kodwana abasengozini yokuyifumana bangasebenzisa i-PrEP ukukhandelwa ukutshwayeleka nge-HIV.

## Kungebanga Lani Kwethulwe i-PrEP?

IHlangano yezamaPhilo ye-Phasiloke (i-WHO) yavumela lomtjhoga ngomnyaka wee-2015. I-WHO itjhukumise bonyana abantu abasengozini ekulu yokutshwayeleka nge-HIV kufuze basebenzise i-PrEP qobe lilanga njengeqhinga elihlanganyelweko lokuvikela i-HIV. Nawuselwa ngefanelo,

umtjhoga lo unepumelelo emaphesente ama-99 wokwehlisa ubungozi bokufumana i-HIV.

Urhulumende ubone ukuqakatheka kokungezelela indlela le yokukhandelwa kamanye amahlelo asele akhona wokuvikela ubulwelo.

ISewula Afrika inomthwalo ongomkhulu we-HIV ne-AIDS ephasini.

UmNyango wezamaPhilo wathoma ngejima lokusabalalisa i-PrEP emitholapilo eli-11 eemfundeni ezihlanu ngomnyaka wee-2016. Ukusatjalaliswa kuraga kuhle, kunabantu abapheze babe ziinkulungwana ezima-36 abafumana umtjhoga we-PrEP.

## Ngubani Ekufuze Asele Imitjhoga ye-PrEP?

Umtjhoga we-PrEP wenzelwe abantu abazithola base-

wabantu abapheze babe ziinkulungwana ezima-350 abatshwayeleka nge-HIV qobe mnyaka ngabathengisa ngedini. Abantu bengubo abathengisa ngedini ngibo abasengozini, amaphesente ama-33 wabo ngabazifumana sele batshwayeleke nge-HIV baneminyaka ema-24, kanti abamaphesente ama-80 ngabatshwayeleka nasele baneminyaka ema-25. Umnyango uthe amazinga aphezulu la aqinisekisa ukurhabeka kwesidingo sokusetjenziswa kwe-PrEP babantu abasezingeni lesiqhemesi, khulukhulu nanganobangela wamazinga aphakemeko weNturhu eQothele ubuLili nokukata, nokuthayela kokuvikelwa ngokomthetho. Amahlandla ambalwa wokusatjalaliswa kwe-PrEP sele aqediwe namkha ayaraga eendaweni lapho abathengisa ngedini



ngozini yokutshwayeleka nge-HIV. UmNyango wezamaPhilo utshwaye iinqhema zabantu abasengozini.

## Abathengisa ngedini

Umnyango ulinganisa bonyana amaphesente ama-20

basebenzela khona.

## Abentazana nabantu bengubo abasesebatjha

Abentazana nabantu bengubo beminyaka ehlangana neli-15

nema-24 basengozini yokutshwayeleka nge-HIV. Lokhu kwenziwa bonobangela abambalwa abafaka hlangana nokuya emsemeni namadoda amadala asele agula, anentumbantonga, izinga eliphasi lokusebenzisa amakhondomu, ukungabi namandla wokubeka ilizwi ngesidingo sokuya emsemeni okuphephileko nenturhu yokuhlukumeza ngokomseme neqothele ubulili obuthileko.

## Amadoda aya emsemeni namanye amadoda

Umnyango uyayelela bonyana amadoda aya emsemeni namanye amadoda asengozini ngombana kungaba nezenzo abazifaka kizo ezinjengokuzihlaba ngenalidi yeendakamizwa nokuthengisa ngomseme. Nakulingwako, kufunyenwe bonyana ukunikela iinqhemezi i-PrEP kutjengise umthelela omkhulu ekukhandeleni ukutshwayeleka nge-HIV.

## Abantu Abaya Emsemeni Nabantu abane-HIV


Abanye abantu bazifumana basebujameni lapho umlingani munye ane-HIV kanti omunye akanayo. Kanengi lokhu kwenzeka ngaphandle kokwazi komlingani bona omunye wabo une-HIV. Ukunikela umlingani otshwayelekileko umTjhoga oGogobalisa iNtumbantonga (i-ART) kungehlisa ngamaphesente ama-96 ingozi yokuthi ubulwele budlulele komunye, kuthi ngahlanye i-PrEP isize umlingani ongakatshwayeleki ngokwehlisa ubungozi ngamaphesente ama-75.

## Ingabe i-PrEP Iyaba Nomthelela Omumbi?

Abanye abantu bangahle bahlangahlangane emzimbeni lokha nabathoma ukusebenzisa i-PrEP. Ukuhlangahlangana komzimba okuvamileko kufaka hlangana okulandelako:

- Ukusilileka
  - Ihloko ebuhlungu
  - Ukudinwa
  - Irhudo
  - Igandelelekomkhumbulo
  - Isigandeleli namkha amabhudango amambi
  - Ihlanzo
  - Ukuqubuka
  - Ukuhlabayela
  - Ukungakarekeli ukugoma
- Inengi labantu haye lizizwe ngcono ngemva kweemveke ezimbalwa.

## Ungayifumana kuphi i-PrEP?

I-PrEP yasimahla seyiyafumaneke emazikweni wezamaPhilo ali-108 elizweni zombebele. 

**Nawufuna ilwazi elidephileko, vakatjhela ubunzinzolwazi ku: [www.myprep.co.za](http://www.myprep.co.za). Ungadosela umTato waSimahla weSizo ngeze-HIV ne-AIDS weliZwelo ke ku: 0800 012 322.**

**\*Ilwazeli linikelwe ngemvumo yomNyango wezamaPhilo weliZwelo ke**

## Uthi bewazi?

UmNyango wezamaPhilo uyahlathulula bonyana akukafaneli nakancani i-PrEP ithathwe njengomtjhoga ojamiselela leyo eyaziwako yamaqhinga akhandelwa i-HIV. Iimfundo nge-PrEP zisuselwe kumano ahlanganyelweko wokukhandelwa, kufaka hlangana ukuzihlolisa ubujamo bepilo njalonnjalo nokusetjenziswa kwamakhondomu nezinye iinkhanelambekeko. Kufuze zisetjenziswe nomtjhoga we-PrEP, zingawujamiseleli.

