

# Vuk'uzenzele

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INSIDE:**

## HIV-positive woman fights negative stigma

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**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.

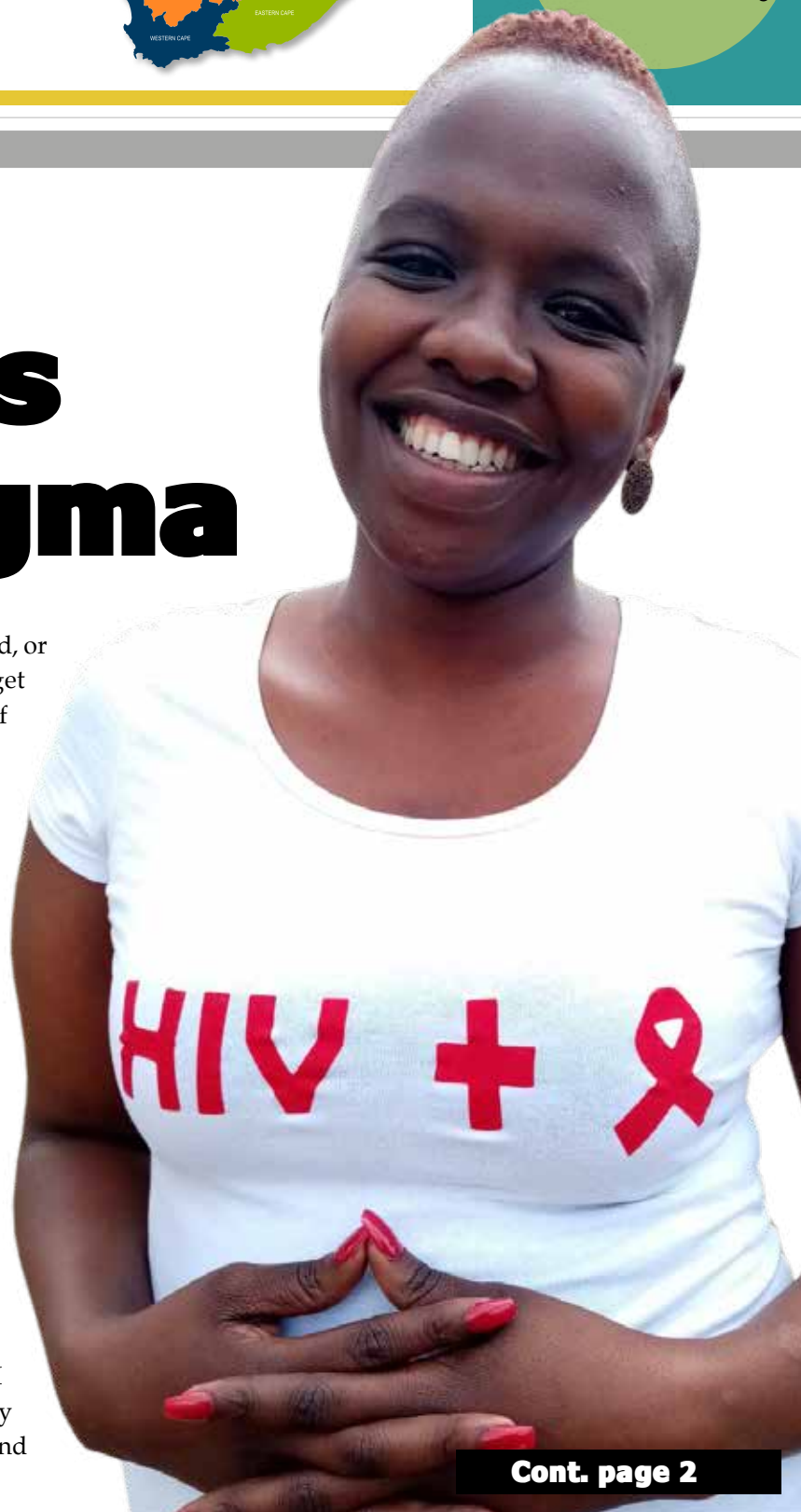
Mbheki said she worried about using her antiretroviral medication (ARV).

"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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# Ku sivela HIV hi PrEP



Dale Hes

**K**walomu ka 36 000 wa maAfrika-Dzonga eka nkarhi wa sweswi va na kwalomu ka 96 wa tiphesente ta nkoteko wa ku nga khomiwi hi HIV hikwalaho ka nongonoko wa Vutshunguri byo Sivela U nga si va eka Xiyimo lexi nga na Xitsongwatsongwana (PrEP) lowu eka nkarhi wa sweswi wu nga eku simekiweni hi Ndzawulo ya swa Rihanyu (DOH).

Afrika-Dzonga yi va tiko ro sungula eka tikokulu ra Afrika edzongeni wa Sahara ku pfumelela ku tirhisiwa ka Vutshunguri byo Sivela U nga si va eka Xiyimo lexi nga na Xitsongwatsongwana (PrEP).

PrEP i ku hlanganisiwa ka mirhi yimbirhi ya HIV leyi yi faneleke ku tekiwa siku na siku ku sivela ku tluletiwa HIV.

**Xana PrEP i yini?**

PrEP yi nga hlamuseriwa ku antswanyana hi ku tlhantlhiwa ka rito rin'wana na rin'wana ra vito leri;

**Pre Exposure** = ku nga se endleka

**Prophylaxis** = vutshunguri bya ku sivela ku ntluletavuvabyi ku va wu humelela

Vanhu lava nga hava HIV lava humaka eka mitlawa leyi nga na nxungeto wa le henhla va nga tirhisa PrEP ku papalata ku tluletiwa HIV.

**Hikokwalahokayini PrEP yi tumbuluxiwile?**

Nhlangano wa Rihanyu wa Misava (WHO) wu sungule wu pfumelela vutshunguri

lebyi hi 2015. WHO yi buma-bumele leswaku vanhu lava nga na nxungeto wo tivikana wa ntluletavuvabyi wa HIV va fanele ku tirhisa PrEP siku na siku tanihi xiphemu xa qhinga ra nsivelo wa HIV leri hlanganisiweke. Loko yi nwiwa hindlela leyi nga lulama, vutshunguri lebyi byi na kwalomu ka 99 wa tiphesente ta ku tirha kahle eka ku hunguta nxungeto wa ku khomiwa hi HIV.

Mfumo wu tekele enhlokweni nkoka wa ku engetelela endlelo lera nsivelo leri tiyisiseweke eka minongonoko yo angarhela leyi nga kona ya ku sivela vuvabyi lebyi.

Afrika-Dzonga yi na yin'wana ya mirhwalo ya le henhlahenhla ya HIV na AIDS emisaveni.

DOH yi rhangeni yi simeka PrEP eka 11 wa titlilini eka ntlhanu wa swifundzakulu hi 2016. Nsimeko lowu a wu ri eku fambeni khwatsi, laha kwalomu ka 36 000 wa vanhu eka nkarhi wa sweswi va nga eku kumeni ka vutshunguri bya PrEP.

**I mani a faneleke a tirhisa PrEP?**

Vutshunguri bya PrEP hi swin'wana swa swihlawuriwa leswi swi nga kona swa vanhu lava va tikumaka va ri enxungetweni wa nkoteko wa ku khomiwa hi HIV. DOH yi kumile mitlawa yo talanyana ya vanhu lava va nga sirhelelekangiki swinene.

**Vaxavisi va miri**

Ndzawulo yi kumbeterile leswaku 20 wa tiphesente ta kwalomu ka 350 000 wa vanhu lava va tluletiwaka HIV lembe rin'wana na rin'wana va fambisana na ntirho wo xa-

visa miri. Vaxavisi va miri va xisati hi vona ngopfungopfu va nga enxungetweni, laha 33 wa tiphesente ta vanhu lava va tluletiweke HIV hi kwalomu ka malembe ya 24 hi vukhale, loko vo tala va kwalomu ka 80 wa tiphesente va tluletiwile HIV endzhaku ka malembe ya 25 hi vukhale. Ndzawulo yi vule leswaku mipimo leya le henhla yi tiyisisa xilaveko xa xihatla xa ku tirhisiwa ka PrEP exikarhi ka swirho swa ntlawa lowu, ngopfungopfu hikwalaho ka swiphiko hi mayelana na mipimo ya le henhla ya Madzolonga yo ya hi Rimbewu na ku pfinyiwa ka vaxisati, na ku pfumaleka ka nsirhelelo wa xinawu. Misimeko yo talanyana ya PrEP yi fikile emakumu kumbe yi le ku yeni emahlweni eka tindhawu laha vaxavisi va miri va tirhelaka kona.

**Vanhwana na vavasati lavantsongo**

Vanhwana na vavasati lavantsongo lava va nga exikarhi ka malembe ya 15 na 24 hi vukhale na vona va le nxungetweni wa ku khomiwa hi HIV. Leswi swi endlwa hi swivangelo swo talanyana ku katsa na ku endla swa masangu na vavanuna lava tluletiweke lavakulu, ku tirhisiwa ka

le hansi ka tikhondomu, matimba ya le hansi eka ku lawula maendlelo ya masangu yo hlayiseka, na madzolonga ya swa masangu na madzolonga yo ya hi rimbewu.

**Vavanuna lava va endlaka swa masangu na vavanuna van'wana:**

Ndzawulo yi tekela enhlokweni leswaku vavanuna lava va endlaka swa masangu na vavanuna van'wana va le nxungetweni swinene hikuva va nga ha va va tinghenisa eka mahanyelo lama nga na nxungeto man'wana yo tanihi ku titlhavela swidzidziharisi na ku xavisa swa masangu. Eka miringeto, se swi tiyisiseweke leswaku ku nyikiwa ka PrEP eka mitlawa leyi swi kombile nhlohloloto lowukulu eka ku sivela ntluletavuvabyi wa HIV.

**Varingani va swa masangu va vanhu lava nga na HIV**

Varhandzani van'wana va tikuma va ri eka xiyimo laha muringani un'we a nga na HIV, kasi lowun'wana u hava. Eka swiyimo swo tala, leswi swi nga humelela laha ku nga hava un'wana wa varingani lava a tivaka leswaku un'wana wa vona u na HIV. Ku nyikiwa ka vutshunguri bya antirhethirovhayirali (ART) eka muringani loyi a tluletiweke swi nga hunguta nxungeto wa ku hundzisela hi kwalomu ka 96 wa tiphesente, kasi PrEP eka muringani loyi a nga tluletiwangiki yi nga kota ku hunguta nxungeto wa yena hi kwalomu ka 75 wa tiphesente.

**Xana PrEP yi na switatlhelo?**

Vanhu van'wana va nga va na switatlhelo loko va sungula PrEP. Switatlhelo swa ntoloveloto swinene swi katsa:

- Ku hlambiwa hi timbiliu
  - Ku pandza ka nhloko
  - Nkarhalo
  - Nchuluko
  - Ntshikelelamiehleketo
  - Mihahamu
  - Ku hlanta
  - Swirhumbana
  - Ku tikeriwa hi ku khomiwa hi vurhongo
  - Ku cinca ka navelo wa swakudya
- Eka vanhu vo tala, switatlhelo leswi swa hangalaka endzhaku ka mavhiki mangarimangani.
- Xana u nga yi kuma kwihi PrEP?**
- PrEP ya mahala ya kumeka eka nkarhi wa sweswi eka 108 wa tindhawu etikweni hinkwaro. 📍

**Ku kuma vuxokoxoko byo tala loga u nghena eka, [www.myprep.co.za](http://www.myprep.co.za). U nga tlhela u bela riqingho ra mahala ra Mpfuno wa HIV na AIDS ra Rixaka eka: 0800 012 322.**

\* Vuxokoxoko lebyi byi huma eka Ndzawulo ya swa Rihanyu ya Rixaka

**Xana a wu swi tiva?**

Ndzawulo ya swa Rihanyu yi swi veka erivaleni leswaku PrEP a yi fanelangi ku siva hi ku hetiseka tindlela ta nsivelo wa HIV leti tirhaka kahle na ku va leti tumbuluxiweke khale. Milavisiso ya PrEP hinkwayo a yi simekiweke ehenhla ka endlelo leri hlanganisiweke, ku katsa na ku kamberiwa ka nkarhi na nkarhi na ku tirhisiwa ka tikhondomu na swisivelambekele swin'wana. Leswi swi fanele swa ha tirhisiwa swin'we na vutshunguri bya PrEP.

