HOW TO OVERCOME THE CHALLENGES OF

LIVING WITH HIV

Spinoza Ochieng:

Thanks for touching on HIV/ Aids. Kenya today has a staggering 1.6 million

people living with the disease, and a further 1.2

million orphans. Some of these people are the sole

bread winners in their families, they live positively because a free flow of ARVs is guaranteed, and it’s like food to them that must be taken daily.

Karanja, Utawala: Good lesson for those infected and all of us affected in one way or another.

Kianduma Dominic: Aids patients are our brothers and sisters. To isolate them is like cursing oneself.

Empower them by loving them and bringing them closer to yourself.

Fredrick Makau: Decline of stigma marks the roadmap to the discovery of the pandemic’s cure.

Edmond Oduor: Does it mean that HIV has more brains than humans? It doesn’t discriminate; it cuts across the divide, not gender, race, tribe, age, class, political inclination or region. Why don’t we learn from this?