Disclose HIV status

If we lived in a perfect world, disclosing our

HIV status would come naturally. Indeed, in

this day and age, it is ridiculous for people,

some of them prominent and wealthy, to live in

denial because of the stigma associated with the

Aids virus, thereby endangering the lives of their

spouses and other associates.

Now the National Aids Control Council is on

a charm offensive, trying to persuade prominent

personalities living with the virus to come out in

the open and admit it, with the aim of assuring

Kenyans that Aids ceased to be a death sentence

many years ago.

This, of cause, is a tall order. Such people would

rather use antiretroviral drugs in secret and pretend

that everything is all right. Unfortunately, they

are the same ones who would refuse to use any

protection, thus infecting others.

Such outcomes are to be highly regretted. It

takes an exceptionally brave person to admit living

with HIV, and though there may be other causes

besides sexual promiscuity, their fears are real.

Too many Kenyans are still dying, most through

preventable ignorance. Losing 49,126 Kenyans

from opportunistic diseases in one year should not

be countenanced.