

13. Getting close and personal with HIV

Malehloa Nthalo Kalati

Who I am

I was born in Qoaling in Maseru, Lesotho, and I am 46. I married my Zambian-born husband, Kalulu, in 1982, and we had two loving children together. Kalulu passed away from an AIDS-related illness in 2000 and I have been living with HIV for 11 years since testing HIV positive in 2000. With lots of support from my friends and doctors, I gradually found the strength to disclose to my family. My faith and personal spirit have enabled me to survive TB, cervical cancer and initial side effects from my ARVs to live positively with HIV today, while working as a facilitator and educator for Sesotho Media & Development.

Why I am telling my story

I wish to share my experiences, challenges and lessons. Speaking out and writing is a relief, as I believe we grow from giving and receiving. I will be honoured if my story motivates you to make a positive difference in your life. My message is: life still continues and flourishes when living with HIV, as long as we learn from our mistakes, make informed decisions, and find a way to open up and get the support we all need.

