Sazise uNombeko Mpongo

Ndingubani?

Ndazalelwa eQitsi kuCofimvaba eMpuma Koloni, ngoku ndineminyaka engama-37. Ndikhule ndihlala kwiindawo ezahlukeneyo eMpuma Koloni, ndaze ndahamba ekhaya ndayokuhlala eKapa kumama xa ndandineminyaka eli-15. Isiganeko somhla we-16 ku- Agasti ngo1997 sabutshintsha ubomi bam naphakade xa ndathi ndadlwengulwa ngamadoda amahlanu eNyanga. Kwiminyaka emibini ebuhlungu bungenambaliso kamva ndahlolewa intsholongwane kagawulayo (HIV) ekwaye kwafunyaniswa ndinayo, ekungoku nje ndineminyaka eli-11 ndiphila nayo. Ngenxa yenkxaso kunye nokuzomeleza ngokubhala imibongo, ndizibhaqe ndilitshantliziyo le-HIV kanjalo ndakhula umoya wokuphila ngokuzithemba. Ndithetha nje namhlanje; ndisebenzela isixeko saseKapa kwiCandelo leMpilo leKliniki yabaSebenzi, kwaye ndinebhongo ngam. ndikwanguye nomakhulu omncinci.

Kuthetwa ndibalisa ibali lam nje?

Emva kokubona abantu abaninzi besiwa bevuka ngemiba enxulumene neSifo sikaGawulayo neNtsholongwane yaso (HIV/AIDS). Ndaqonda mhlophe ukuba kufanele ndiyeke ukubonwa ndiphila neNtsholongwane kaGawulayo nokuba lixhoba lokudlwengulwa. Ndakhetha ukwenza ngako konke endinakho ukunceda abo badinga uncedo. Ndifuna umntu ngamnye ophila neNtsholongwane kaGawulayo aqonde ukuba kuninzi umntu angakuphilela kunokuhlala eselusizini olungapheliyo. INtsholongwane kaGawulayo iyakuhlala isemzimbeni wakho kangangexesha lokuphila kwakho – ungazama ukuyibaleka okanye ungazama ukuphila nayo ukuqonda oko. Kakade izinto ziyenzeka – ngeke sizitshintshe kodwa singazitshintsha zona iziqu zethu.