

Ere Mkhari



My biggest challenge with HIV in Tzaneen is

DENIAL

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Knowingly living with HIV since 2002 and on treatment since 2008

Because of DENIAL, I started treatment late. I started getting ill when I was still employed. My colleagues diagnosed me just by looking at me and not really knowing what was wrong with me – eventhough I knew, but didn't want people to know. My DENIAL drove me to drinking alcohol and when I didn't have money, I would steal from work just to feed my habbit – I resigned from work before I could get fired. Even at the shebeen where I used to drink, others wouldn't even drink with me, but when I got drunk, I didn't care. This would only haunt me the following morning.

I disclosed to my girlfriend in 2004 after we lost our baby and only started disclosing publicly in 2007. My girlfriend took control of her situation way before I did. She encouraged and educated me – both of us are now open about our status and life is much easier because I am no longer in DENIAL!



HAVE YOUR SAY!
