



## Vice-Chancellor's Message

In 2001 the Higher Education Sector for the first time began to give attention to the matter of HIV & AIDS in Universities and Technikons. The Department of Education, in partnership with the Committee of Technikon Principals (representing the Technikon Vice Chancellors) and the South African Universities of Vice Chancellor's Association, established a partnership called Higher Education against HIV & AIDS. The purpose of the partnership was to put HIV & AIDS on the agenda of every higher education institution and to create awareness of the pandemic. Funding was sourced from external donors to conduct an AIDS awareness campaign; establish an AIDS office in each institution; and begin voluntary counselling and testing. At that time only four higher education institutions had embarked on the above. By 2008, the programme has made tremendous strides in providing funding and support for higher education institutions to manage the

pandemic. A sizable donation from the European Union has enabled the Higher Education Institutions to assist in funding a sustained and sustainable programme on all of the campuses. A major prevalence study was also undertaken and the results will be available at the end of the year.

It is gratifying to note that DUT is integrally involved in the Higher Education HIV & AIDS project which is now run by DoE and HESA (which is composed of the old CTP and SAUVCA) which has recently funded the project for its campaign on the DUT campus. DUT is fully committed to addressing this pandemic along with the rest of the Higher Education sector because of its far-reaching consequences for the health and welfare of students, their academic success and future prospects; as well as the impact it has on staff and the future of educational provisioning at DUT. This will be a long battle and we have to be in it for the long haul.

Professor R H du Pré

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## L'vovo Derrango tests for HIV

Famous Kwaito singer L'vovo (Thokozani Ndlovu) recently visited the DUT HIV&AIDS Centre to test for HIV and learn about his status.

When asked about his decision to take an HIV test he said that as a role model he felt that it is important to know his status. He said that his advice to students is to know that it is important to love themselves first.

"We are the future for our parents and what we do affects us at the end, students need to take responsibility," he added.

He believes that the country still has a lot of work to be done in terms of HIV. He explained that he is involved in a programme called "Collaboration for change" which involves



**Zett Masondo counsels L'vovo during the pre-test counselling session.**

other celebrities like Pro-Kid, Loyiso, Dawn and others. The aim of the programme is to tour schools and teach the youth about HIV, the use of condoms and abstinence, and how to live by example.

In his spare time, he loves playing games on his X-box. After the test he said he felt relieved to know where he stands.

# Meet the DUT HIV/AIDS Centre team (PMB)



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## ETHICAL ISSUES SURROUNDING HIV&AIDS

Highlighting critical ethical concepts relating to HIV&AIDS

- **CONFIDENTIALITY**
- **INFORMED CONSENT**
- **DISCLOSURE**
- **STIGMA AND DISCRIMINATION**
- **POST- EXPOSURE PROPHYLAXIS (PEP)**

### 1. CONFIDENTIALITY

To share personal and sensitive information with the understanding that the person you are telling will keep it to her/himself.

#### 1.1 Shared confidentiality:

When a confidentiality clause is signed by health professionals, they are legally allowed to share the medical condition of the patient (professional-professional) only for the purpose of referral for specialized care or management of that particular condition/disease. Therefore, it is imperative that this information is given to individuals when signing an informed consent.

#### 1.2 Breach of confidentiality:

This constitutes legal action and or disciplinary procedure by the employer (HIV&AIDS Law). People tend to ignore this clause and speak carelessly about other people's medical conditions not only HIV&AIDS but any other medical status of a person.

### 2. INFORMED CONSENT

To agree or give permission for something to be done based on your understanding of information given to you, e.g. for an HIV test.

In the context of HIV&AIDS, this means that the individual understands and agrees to an HIV test, and has been made aware of, and understands the implications of the test.

### 3. DISCLOSURE

Sharing information that was not previously known, in this case sharing that we are living with HIV&AIDS.

TYPES OF DISCLOSURE

- **FULL DISCLOSURE:** when you tell everyone that you are living with HIV&AIDS.

- **PARTIAL DISCLOSURE:** when you only tell some people about your HIV&AIDS status or you only give some information when you disclose.

- **INDIRECT DISCLOSURE:** when you talk indirectly about the fact that you are living with HIV&AIDS .

- **NON-DISCLOSURE:** when you don't tell anybody that you are living with HIV & AIDS.

- **INVOLUNTARY DISCLOSURE:** when someone tells your HIV&AIDS status without your knowledge or permission/consent.

- **DISCLOSURE BY ASSOCIATION:** when people think that because you are positive then your partner is HIV positive or when people think that because you are working in an HIV & AIDS institution, then you are HIV positive or they see you working with or in the support group, then they conclude that you are HIV positive.

No learner, student or educator is compelled to disclose his or her HIV&AIDS status to the school or institution or employer. Voluntary disclosure of learner's, student's or educator's HIV&AIDS status to the appropriate authority should be welcomed and an enabling environment should be cultivated in which confidentiality of such information is ensured and unfair discrimination is not tolerated (Act no. 74 of 1983).

Any person, to whom any information about the medical condition of the learner, student or educator with HIV & AIDS has been divulged, sourced from a book called HIV/AIDS and the Law (second edition. 2001), must keep this information confidential. Unauthorized disclosure of HIV related information could give rise to legal liability.

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## HIV & AIDS RESEARCH

Researcher Services at the HIV & AIDS Centre

The purpose of this service is to give support to HIV & AIDS related teachings, research, community outreach and conference presentation. To complement this, the HIV & AIDS Centre has created a database for the institution to help researchers identify gaps and also provide the institution with the information they could use to develop their own HIV & AIDS programmes. To promote HIV & AIDS research, the centre intends to select MTech or DTech students who will be provided with funding to publish their HIV & AIDS research findings in one of the local journals.

The HIV & AIDS Centre has also created a website which is linked to the DUT website to provide necessary information on HIV & AIDS issues to staff and students. To visit the website, please go to [www.dut.ac.za/site/awdep.asp?depnum=26085](http://www.dut.ac.za/site/awdep.asp?depnum=26085)

To ensure continued and consistent support to DUT community there's also a confidential on-line forum within the website where registered users will be able to ask personal questions which will be answered by our professional and experienced counsellors. Go to [www.bobs-website-design.co.za/forum/index.php](http://www.bobs-website-design.co.za/forum/index.php) to post your questions.



# Five Minute Interview

Interview with Oziel Mdletshe, Health Promoter at DUT's HIV & AIDS Centre



## ***What do you do at DUT?***

I am a Health Promoter and my duties include designing and facilitating the Peer education programme, facilitate and maintain the support group for the infected and affected people by HIV & AIDS, and co-ordinating HIV & AIDS awareness programmes on campus. Currently I'm putting together a Peer Education programme that will involve students through their faculties. This programme aims at empowering our students with skills and knowledge to deal with HIV and AIDS before they graduate.

## ***Where did you study and what qualifications do you have?***

From Primary to High school, I studied at my home town, Eshowe. I have a certificate in Occupational Health and Safety from UKZN, and a Project Management qualification from DUT. Other courses include HIV and AIDS Counselling and Monitoring and Evaluation.

## ***South Africa has one of the highest infection rates world-wide. What is your view on this?***

We cannot ignore the fact that millions of South Africans are infected with HIV, and that most are unaware of their infection. For many of those who know their status, disclosure to their next of kin/health workers is difficult, for it requires a safe environment and support for being open about HIV. In many instances such support does not exist, though HIV has been around for almost 30 years. However, the

more we are open about HIV and AIDS, the better equipped we are to tackle the epidemic head on. Stigma attached to HIV and AIDS is still a problem in our society. People living with HIV and AIDS are still called names and judged by friends and colleagues, which results in many people losing hope to live with HIV after diagnoses.

## ***How should South Africa deal with the current HIV/Aids situation?***

I think there are so many HIV and AIDS intervention and programmes in South Africa. Higher Education Institutions can play a bigger role in addressing the issue of HIV and AIDS. As micro –communities within the broader South African communities, Higher Education Institutions (HEIs) are uniquely placed to respond to the HIV and AIDS epidemic in a number of constructive ways. They provide a unique environment which is conducive for the promotion of health attitudes and behaviours for the following reasons:

- HEIs are often places where young people explore more serious relationships, form opinions and develop behaviour patterns in relations to sexuality.
- HEIs are the training ground for the leaders and trendsetters of the future. Training these young people to develop a positive attitude towards managing the HIV and AIDS epidemic ensures that they will respond accordingly when they assume positions of power in society.

## ***I know that you have been living with HIV for a while now. What is your message and advice to DUT students?***

There's nothing better than knowing your status, to know where you stand

in regard to your HIV status. It opens the door for proper planning about your future and your health being. Living with HIV is a journey that has no ending in life. Until we understand the danger of opportunistic infections that kill us and having access to treatments from primary health centres, there's life after HIV.

## ***What do you do to relax?***

I have little time to relax, since I am involved in many community initiatives and developments at grass root levels. But I enjoy socialising with people that I get along with and relax. When I am at home, I like to watch talk shows that address issues that affect our society.

## ***Tell us about your family?***

I come from a big family; my father married five wives. I have a fiancé and one beautiful daughter. At home I live with my Mother, my father died 15 years ago.

## ***What inspires you?***

I am inspired by the gift that God gave to me... LIFE ...and family that is supportive and encouraging to live day by day.

## ***Anything to add...***

University students are a high risk group for infection with HIV. On many campuses there is an established culture of risk-taking that includes casual sex with different partners, transactional sex and the abuse of alcohol and drugs. First year students face an increased risk as they enter a new environment and experience freedom from parental control and increased peer pressure to experiment with sex and alcohol. Female students entering universities for the first time are especially vulnerable in many circumstances. By integrating HIV and AIDS in our daily activities, surely that will assist to eliminate stigma attached to HIV and AIDS.

## DUT HIV & AIDS Week

The HIV & AIDS Centre at the Durban University of Technology recently hosted an HIV & AIDS Week and facilitated forum discussions, which were well attended by DUT students. HIV & AIDS discussions were held at the Ritson campus from 1-4 September.

We had speakers from Department of Health and Gender AIDS forum. From presentations, students were asked to share

their experiences and challenges to access HIV & AIDS services. Participants had an opportunity to discuss issues on Voluntary Counseling & Testing, the stigma attached to HIV and AIDS, condom negotiation, male circumcision and abstinence.

The 2008 AIDS Week has opened new ways to the HIV & AIDS centre with regard to intervention and ways to address the issue of HIV & AIDS on our campuses. During discussions, the students realised the importance of VCT as the first step to learn about HIV.



### HEALTH TIPS Commonly used herbs and spices

NAME	BENEFITS	HOW TO USE	CAUTION
<b>Aloe Vera</b>	Relieves constipation. soothing and healing of wounds	Use as extract from chopped leaf, boil and drink the concentrated water. Apply fresh gel to wounds	Use limited amounts for a maximum of 10 days. May cause diarrhea. Avoid in pregnancy
<b>Basil</b>	Relieves nausea, assists in digestion and acts as an Antiseptic for mouth sores	Make tea – one teaspoon of leaves to a cup of boiling water and drink 3 times a day. Add fresh or dry leaves to food. For mouth sores – gargle the tea – 2 tablespoons to a teacup of boiling water	
<b>Lessertia (Sutherlandia)</b>	For strengthening immunity and preventing diarrhea	Make a tea by pouring boiling water onto half a teaspoon of powdered dry leaves in a cup. Drink when cool	
<b>Cayenne pepper Capsicum spp</b>	Stimulates appetite Assist in digestion Good general tonic for digestive and circulatory systems antiseptic	Add a pinch to cooked or raw food, drinks or water	Should not be used in cases of gastric hyperacidity, peptic ulceration or on mucous membrane. Wash hands after use to avoid accidental eye or mucous membrane irritation
<b>Chamomile Chamomilla recutita (L)</b>	Relieves nausea. Aids digestion Stimulates appetite Soothing harmless Sedative Anti-inflammatory antiseptic	Make tea – one teaspoon dry flowers or leaves to a cup of boiling water and drink 3 times a day. Steam inhalation for inflamed mucous membranes of the head and throat.	
<b>Garlic</b>	Helps soothe symptoms of thrush, mild diarrhea and headaches. It is a natural antibiotic and antifungal	Add to meals in small amounts. Take at least two to three cloves per day	People who are taking the Ritonavir or Saquinavir drugs should not take garlic at the same time, as these substances may affect the absorption of the drugs
<b>Ginger Cinnamon Cinnamon zeylanicum</b>	Use to treat colds and sore throats. Relieves nausea. Aids digestion Stimulates appetites. Antidiarrhoeal Antiseptic. Good for colds and flu	Add to meals or tea ¼ teaspoon (level) each of powdered cinnamon, sage, ginger, garlic, rosemary and cloves mixed to make a tea is good for colds and digestion – take once or twice a day.	Avoid cinnamon in pregnancy
<b>African potato (hypoxis) Coriander</b>	Strengthens the immune system Helps to increase appetite and reduce flatulence Controls bacteria and fungi	Add half a teaspoon in a half a cup of warm (not boiling) water Add herb to meals	Use limited amounts and not for more than three months
<b>Lemons and lemon juice</b>	Helps with food absorption (pectin) To aid the alkalizing system May act against herpes and shingles	Drink the juice of one whole lemon (in water) every day Either use fresh lemons, or pure lemon juice Two tablespoons of pure lemon juice is equivalent to one whole lemon	
<b>Honey</b>	For healing wounds and as an antiseptic	Put a little honey directly into the sore or wound, and cover it. Wash it gently and replace the honey every four to five hours	
<b>Tea made from Lemon Leaves, Guava leaves</b>	Used to treat sore throat and cough		



## AN UNDECIDED MIND

When I say I grew up in very loving home, I mean I never needed anything. I had it all. When I was in grade nine, I joined a group – Choose Freedom Youth (C.F.Y). This was all about what HIV & AIDS is, and how to help those who already had the virus, and how not to acquire the virus yourself. I went to so many HIV & AIDS workshops; I knew everything I needed to know about HIV & AIDS. I had seen so many people dying because on this virus. I volunteered to help the sick at a Hospice near my home.

I went for my first HIV test when I was in grade 11. I walked out of that Clinic a happy and pleased girl. I told myself that someday I will die, but not because I had HIV & AIDS. Life was so great for me. I passed grade 11 and I was more than ready for Matric. The one class I longed for, for so long.

Then my life changed early in 2005 when I met a guy I thought I loved. He was good looking, drove an Audi A3 and yes, he was older than me. But that was not a problem. We would go to parties, eat out and he gave me money. But I didn't sleep with him for the whole of that year. Then New Year's Eve, I called him and broke the relationship off. I didn't love him anymore.

I was ready to come to Durban that January and start university with a clean slate. I had no boyfriend and was as pure as ever. I was enjoying life. On the 20<sup>th</sup> of February 2006, he called me and begged that we get back together. I wasn't dating anyone then, so I thought "why not"? I mean what did I have to lose? He called almost every day since that day, sent messages, bought airtime, gave me pocket money. I thought he loved me and that I couldn't get better than this.

Easter holidays came, I was in a rush to get home to see him. He took me out to lunch. That night he called me and asked me to sleep over at his house. I had no problem with that, after all he was my boyfriend. So I said "YES". Well on my way there when he picked me up, sex was not on my mind since we never had sex before anyway. He asked me if we could have sex, he even said we had gone out for a year and he had respected my decision. I dropped everything I believed in, I let my guard down and I agreed to sleep with him.

It's kind of confusing when I think about that night. I had made a promise to myself that before I sleep with someone, I would make them take an HIV test. Well at first he said we will use a condom. I guess I was okay with it.

He put it on, and then just as was about to enter, he asked to take it off. I said "NO". "What are you afraid of – HIV or getting pregnant?" He asked. I replied "Both". He then said "Don't worry". There was this long silence in the room, I was confused, I mean, I didn't think it would go this way. The thought of HIV crossed my mind, but this thought of me loving and trusting him seemed to be powerful. The next thing I knew, we were having unprotected sex.

Then the holidays were over and I had to come back to Durban. We had an argument over the phone after I found out he had a child. I was angry that he had never told me about his one year old daughter. We broke up and that was it. I was single again but not pure anymore. I had slept with a man.

Three weeks after I had come back to Durban I had blisters, I went to see a doctor and he told me it was an STI. He said not to worry because it was curable. I was devastated, reality hit me.

I realised that I had to do an HIV test. The whole of April and May I was single. I didn't want to date any man. The thought of it made me sick. But funnily enough when we were closing for June holidays that year (2006) I met a wonderful man. We started dating; he was also studying at DUT. Everything was perfect. Life made sense to me again. I was happy! Yes, we did have sex (protected sex). Then when we closed for September holidays, he went for an HIV test. He was negative. He called me and told me. He was happy, and I was happy for him. I guess I just knew that I too had to go take the test. I was so scared! It was a very hot Tuesday morning, the 2<sup>nd</sup> of October 2006. I went for an HIV test and I was HIV positive. I WANTED TO DIE!!!

I never thought I could have HIV; it was not in my plans of life. How could I be so stupid? I mean I knew everything about protecting myself. Then I realised that as much as one can be informed about something, if you have an undecided mind and no strength, then you have nothing. I believe that an undecided mind is a very dangerous mind. Well, it's 2008 now, I'm happy and yes, my boyfriend is still with me. He is negative. He knows I am positive but that didn't make him stop loving me, instead he loves me more and I love him. Yes, we always use a condom when having sex. My life is great. I couldn't be happier.

**To find out more about the Support Group, please e-mail Oziel Mdletshe, Health Promoter at: [ozielm@dut.ac.za](mailto:ozielm@dut.ac.za) or contact him on 031 373 2440.**

The journal entries from members of the Support

Group are included in Izwi Lakho in an effort to help those unable to attend the meetings, and to encourage people to take a step towards getting counselling to help them deal with disease.

*Written by a DUT Support Group Member*

## CURRICULUM INTEGRATION WORKSHOP 2008

The HIV/AIDS Centre recently hosted a workshop at the Royal Hotel on integrating HIV/AIDS into the curriculum. Thirty five departments were invited to each workshop to work towards a common understanding on how to integrate HIV & AIDS into the curriculum.

Dr K. Mlisana from CAPRISA, UKZN presented on "HIV & AIDS Epidemiology and how HIV & AIDS affects the nation". Staff present requested that training be available for integration to take place successfully. "Train the trainer" was suggested to equip staff with skills to assist an HIV positive colleague or student who needs support when disclosing their status and what can be done for them.

A concern raised was if it would be possible for other faculties besides Health Science, to integrate HIV & AIDS Awareness into their curricula. Professor Xiaohua Xia from Pretoria showed how it is possible to integrate HIV & AIDS into the following courses: Electrical, Electronic and Computer Engineering.

Dr Kate Wells from Graphic Design, Dr Ashley Ross and Ms Naseema Kajee from Applied Management shared their experiences. Professor Malcolm Wallis (Executive Dean of the Faculty of Management Sciences) motivated DUT staff on the way forward and encouraged supporting each other in order for integration to be a success.

Group work and discussions proved fruitful as many ideas were raised on how to make this a success. It was suggested that creating a uniformed approach, e.g. a Board which would steer this process in each faculty and creating a module or point system to be used by all.

The HIV/AIDS Centre would like to thank all participants who attended the workshop.

# GET TESTED AND KNOW YOUR STATUS !



*By: Nhlanhla Ngubane*

I've seen that tertiary institutions in South Africa including the Durban University of Technology (DUT)

have been hugely affected by the HIV&AIDS epidemic as statistics in the country reveal that people between the ages of 18 and 24 are most likely to be infected with the virus.

I decided to visit the Department of Student Counselling and Health's HIV & AIDS Centre with the aim of knowing my status. I didn't want to ignore the fact that we, as students, are facing a huge problem. Knowing my status made me willing to change my attitude and carefully live my life. Before I went for Voluntary Counselling and Testing (VCT), I was scared because I didn't know my status, I didn't even know what will happen after I've received my results but the counsellor assured me that they would help me after I received my results.

I would like to advise all fellow students to go and get to know their status and re-build their future plans. After you've tested, always make sure that you put yourself and your family first. Brothers and sisters who still don't know your status yet, please go and get tested (VCT) so that you change your life and take care of yourself.

We are all aware that in universities peer pressure has an impact on our lives and we forget who we are and where we come from. Don't forget after all the years we still have to go back home to our communities. VCT is the only way to know your status, be strong and leave the fear behind and go to 1<sup>st</sup> Floor at Open House (Steve Biko Campus) . They will assist you to know your status and deal with your fears, as they did for me.

## “Walk the Walk and Talk the Talk”



My name is Gwen, some of you might have met me and some of you are still going to meet me in the course of the year.

I would love to welcome you to join

us in our mission to “Walk the Walk and Talk the Talk” at the HIV & AIDS Centre. Let us be a positive influence in the lives of our students here at DUT. I would like to challenge all staff (academic and non-academic) to be role models for our students and families in knowing and promoting their status. This goes for young and old, married or single as knowing your status makes a difference in one's life.

Knowing your status is like guarding gold, locked-up in a box, and you have to guard it with your life whether you are positive or negative. If one is positive then you become motivated and goal driven with more to look forward to and live longer. It's not the end of the world. It's about starting afresh and enjoying life. Being negative means you need to

take life more seriously .

I ask all staff to walk with me on this journey to create an awareness and support for all those we come in contact with, far and near. Let us commit to making a change in someone's life.

Some people say, “You cannot eat a banana with the peel” but even without the peel the banana can still be rotten.

Please feel free to contact me anytime:  
Mon-Thurs 8:00 – 16:30 &  
Fridays 8:00 – 15:00

Gwendeline Stuart  
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**CHANGE BEGINS HERE, WITH YOU!**

# LETTERS TO SISTA-Zee

## Dear Sista Zee

I'm in love with my boyfriend and I really love him. The problem is he wants me to sleep with him. I told him before we went out that I don't want to lose my virginity before getting married. So now he insists on a sexual relationship. I love him and I don't want to lose him. What do I have to do to keep this relationship going since I love him and don't want to lose my virginity now? *Anonymous.*

## Sista Zee's response

It's your choice, it's your future!! But please consider the following before you decide:

- Your virginity is something precious and to be proud of, so think about this relationship carefully.
- Unplanned pregnancy has far reaching consequences as well.
- HIV is the main issue here especially if you have sex without a condom.
- What if it's over after the guy has slept with you?

***If he loves you, he will wait!!***

## Dear Sista Zee

I have been dating this guy for the past three months, one of his friends told me that he is taking ARV's and that his health has vastly improved. His group of friends were very happy for him. I was of course alarmed but I thought at least I had met him when he was still looking better. Now, my sister says I could be in danger, Sista Zee is this true?? If yes, what kind of problem could this be? *Ntombekle*

## Sista Zee's response

People on ARV's are no danger to us. The only danger is unsafe sex which is why it is important that you learn more about HIV&AIDS and people on ARV's. What you must remember is that if you guys are not using protection, you can infect yourself and re-infect your partner. All in all, give this guy support since he has displayed a sense of responsibility.

## SPEAKING POSITIVELY

I would like to invite you to go on a mind blowing trip with me. It is the morning and we have our different plans for the day. Did you plan on studying today? So you will mostly be in the Library? Well, let's part ways, we'll meet in the afternoon but do not forget I need you to be attentive today.

I read in the paper a while back that three in five people are infected with HIV. You are still in the Library, right? I'm now in the boardroom at work, there is a meeting and I'm thinking probably five people in this group around the table are HIV positive. What is your take in the Library, how many do you think are HIV positive?

You see, I thought the best thing I can do is secretly go for an HIV test because I ended up wondering which group I belong to, negative or

positive. A friend once went for the test and she disclosed her results, but I had never thought it was important until the newspaper article. The HIV&AIDS counsellor tells me it is better to know earlier about my status so I can live positively.

Live positively? Yes, sure.

1. This basically means I go for regular Medical check-ups and note that all of this below goes for both positive and negative people.
2. Fight any infections that my Immune system is exposed to.
3. If I am sexually active to use a condom to prevent Sexually Transmitted Infections and re-infection with HIV.
4. Eat healthily (fruits, veggies, juice, water, etc) as this helps the body to always be alert upon exposure to any infection.

5. Have goals because these help one to aspire to their future. Whatever your status may be there is still tomorrow to live for.
6. Establish communication with your partner because at the end of the day it is not only about the visits and the sexual relationship, but respecting the unique person you share your life with. Don't worry, he or she will return the favour.

So, I guess what I am trying to say is that the way you can take charge of and change your life starts with knowing your status and everything else falls into place. This is because after that you are the one calling the shots.

**DON'T LIVE IN FEAR AND DOUBT, HAVE AN HIV TEST, SET YOURSELF FREE, I DID!!**



# Higher Education HIV&AIDS Programme (HEAIDS) Survey

The Higher Education HIV&AIDS Programme (HEAIDS) conducted a survey at various campuses from 8 September to 19 September.

The study is one of the largest HIV sero-prevalence surveys in the world. A random sample of 25,000 students and staff were selected across public higher education institutions.

The survey results will help in developing a more informed response to HIV&AIDS at public

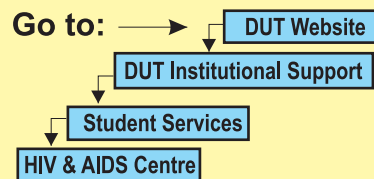
higher education institutions and the sector.

## Availability and release of results

The survey results will be available in early 2009. A report for each institution will be made available to each applicable Vice-Chancellor. This institutional report will not be a public document and Vice-Chancellors can determine how the findings will be used or released. The consolidated findings of the survey will include analysis of the higher education sector as a whole, and provide information related to policy and forward-planning for the sector. This consolidated report will be released into the public domain.

## DID YOU KNOW?

The HIV & AIDS Centre now has a website which is linked to the DUT Website



To log on directly, go to:  
[www.dut.ac.za/site/awdep.asp?depnum=26085](http://www.dut.ac.za/site/awdep.asp?depnum=26085)

To access the online forum, log on to:  
[www.bobs-website-design.co.za/forum/index.php](http://www.bobs-website-design.co.za/forum/index.php)

## Emergency Numbers

**AIDS HELPLINE: 0800 012 322**

**RAPE CRISIS: 0861 322 322**



The HIV & AIDS Centre team

*would like to wish students  
 well for the exams.  
 We would also like to send  
 our best wishes to  
 staff and students  
 for the  
 festive season and a happy 2009.  
 May the New Year adorn your lives  
 with joy and happiness.  
 Don't forget to protect yourself.*

## GUESS WHO WAS BORN THIS MONTH?

Mr Nkosiyazi Goba 20/09  
 Astro star: Virgo  
 Character: Single but not available!!  
 Oh Yeh, That's what happens to the good ones

Ms Philisiwe Luthuli 27/10  
 Astro star: Scorpio  
 Character: Inside beauty, goal driven & VERY emotional – tears never run dry!

Mrs Gwen Stuart 01/10  
 Astro star: Libra  
 Character: Already taken but they say still waters run deep!  
 A Gorgeous No-nonsense Lady

Ms Thobekile Magubane 31/10  
 Astro star: Scorpio  
 Character: Hey!!! An underground player... You'll never know what hits you! She plays her cards close to her heart. Single & Mingling like there's no tomorrow. Of course, she is SINGLE & VERY AVAILABLE!!! Down to earth, very respectful with a sense of humour!!!

Ms Ntokozi Zondo 03/10  
 Astro star: Libra  
 Character: Whoo!!! She gives a new meaning to the word "DRAMA QUEEN" Very sensitive, energetic & a Go-getter. Single & so ready to mingle, you better know your story though!!!