Allen Gustav is a 33 years old man married to a woman at Maguu village in Mbinga district and a father of three. He was involved in a motorcycle accident on early October, 2018 where his right arm and leg got fractured. His relatives took him to Litembo Mission Hospital where he underwent a one-month medical treatment. He then was returned home where he lived without support. As days went on, the foot got swollen with ulcer that began to discharge pus. He then began to be treated using local medicines and his health deteriorated for his family could not afford his medical and surgical costs.

Her wife, relatives and neighbors decided to call a CBHS provider from HDT who advised him to test for HIV which he accepted. The CBHS provider invited a HTS counselor from HDT on January 28th, 2019 who tested him and his wife. Allen was diagnosed as being HIV positive while his wife was HIV negative.

The CBHS provider linked him to Mapera health center CTC where he was immediately put on ART and was linked back to a CBHS provider who enrolled him into CBHS services. Mr. Allen’s life within one week was miserable as he did not know what to do. One week later he was linked to a support group known as Old Maguu where he met with other members with the same HIV status. This helped him to address his psychological needs as well as discussing issues of drug adherence and advantages of disclosure. Before joining the support group he had never had one person to tell him that he HIV-positive, he felt lonely, scared and even terrified for his own health. “I now live my true life openly and honestly”, I’m no longer lonely now now Mr. Allen said in an interview done one month later.

We learn that HIV testing is important for everybody; this is because any coincidental illness with HIV is likely to take a toll. Disclosure is also important to people living with HIV for themselves, partners and community in general. Support groups are equally important to learn what others have gone through and share experiences and reassurances.

Health Promotion Tanzania (HDT) is a National NGO affiliated to Action Global Health Partnership (www.action.org) working towards healthy and responsible communities. We have a particular niche of Reducing Maternal and Child Mortality. In Mbinga, HDT is implementing a Community Based HIV and AIDS Prevention and Care funded by Henry Jackson Foundation Medical Research International. We are proud of this partnership.