

Annah Sango, Zimbabwe

“The day I almost died was the day I also learned how to live.”

I was diagnosed with HIV in March 2008 and I was five months pregnant. I was pregnant and undergoing my medical tests and one of them was a blood test for HIV. I had no knowledge of HIV, PMTCT (prevention of mother-to-child, or vertical, transmission) and everything. I cried and the thing that hurt me was that I was carrying an innocent child.

A lot of changes came to my life, the father of my baby passed away when I was eight months pregnant, so I was young, widowed, afraid, and very vulnerable all at once. I told my family and they were a great pillar of support. I enrolled in PMTCT and started ARV treatment. Shortly after, I gave birth to a beautiful 3.6 kg baby boy who is negative. He has been my inspiration ever since.

I have embarked on the fight against HIV in women and young women; I want my peers to be educated on issues concerning HIV...I would like to say that the day I almost died was the day I also learned how to live. I have started my own community-based humanitarian chapter that is working in the community where I live and also I started a support group in my community which people are benefiting from. I aspire to do more and I will as long as I have the zeal and the passion. •



Annah and HIV advocate Maryliza Taban of Southern Sudan in Washington, D.C.