

from our photo album . . .

Integration Workshop

DUT's DVC: Academic, Prof Nomthandazo Gwele presents academics with Siyazama dolls



UKZN academic, Thabo Msibi



University of Fort Hare academic, Prof Andre Keet



University of Free State academic, Prof Dennis Francis



UKZN academic, Dr Pholoho Morojele

GRADUATE

alive and HIV Counselling and Testing Campaign



eThekweni Christian Centre Pastor, Vusi Dube with a student at the Graduate Alive and HIV Counselling and Testing Campaign



DUT Drama Society entertained students with a vibrant performance

LETTERS TO SISTA-ZEE

Dear Sister Zee
Why are ARVs important if I am HIV positive?

ARVs slow down the progression of HIV and prevents multiplication of the virus.

Dear Sister Zee
Is it important to use a condom if both my partner and I are HIV positive?

You can both be HIV positive but at different life stages of the virus, with different strains of the virus. Therefore, sustained condom use is important to prevent re-infection.

Dear Sister Zee
I am HIV positive, when would you say is the right time for me to join a support group?

When you are ready to talk about your status and need support. Individuals often join a support group immediately after discovering they are HIV positive.

Dear Sister Zee
How long does it take for HIV to develop into AIDS?

Every individual's immune system differs depending on their lifestyle and diet. A strong immune system is more capable to fight opportunistic infections in conjunction with a healthy lifestyle. Continuous use of condoms will prevent re-infection. HIV has four stages, however, after the third stage the virus develops into full blown AIDS. The healthier the lifestyle, the longer it takes to reach this stage.

For more information contact Sista-Zee - 031 373 2320.

Students are welcome to submit letters using the drop-in box situated at all DUT libraries and at the HIV/AIDS Centre. Alternatively, email them to masondoz@dut.ac.za. Prizes up for grabs for the winning letter.



**KNOW YOUR STATUS!!
IT'S THE RIGHT THING TO DO!!**

DID YOU KNOW?

When you do a rapid HIV test, the results only take 5-10 minutes.

Know Your Status, Get Tested.

Visit our office:

First Floor, Open House

Tel: 031 373 2260

AIDS toll free help line: 0800 012 322

Rape Crisis: 0861 322 322

