

Marta Manuel is living a positive life with her baby



“I became aware of my HIV positive status after visiting the maternity hospital for my first ante-natal consultation in March 2019. I spent the whole day crying and thought about ending my life.”

Marta Manuel is an energetic, 25-year old single mother from Menongue, in the Cuando Cubango province of Angola. She is one of many people being supported by ADPP Angola to access support services - key in reducing the transmission of HIV from mother to child. Currently, she is part of the Community HIV and AIDS Prevention Project that supports many couples, adolescent girls, youths and children to get tested; those who test positive for HIV are initiated for early treatment.

“After counselling from an ADPP Angola community activist and a nurse at the local clinic, I realised I had to keep fighting for my life and that of my unborn baby. The reassurance I got gave me the courage to start making the right decisions to change my mindset; I then began to have a ray of hope with my life,” said Marta.

The regular presence of the community activist through home visits saw Marta accepting the invitation to enroll for early HIV treatment. Marta’s decision was important in ensuring her good health, as well as that of her baby. She knew and understood the benefits of giving birth at the local clinic. The birth of Marta’s baby was supported by trained nurses; she took HIV drugs to reduce the chances of passing HIV to her child at the time of giving birth.

“The fear of the unknown which gripped me at the beginning was slowly replaced by the new strength I acquired from the latest knowledge on HIV positive living. I am happy and get motivated to work for my future as my baby is doing well and I hope when she turns 18 months I will know her HIV status.”

