This is the story of how every day people help keep the world on the pathway to controlling the HIV and TB epidemic.

Each morning Thabiso passes a billboard for HIV testing. Today he considers if he has been honest with himself about his HIV risk. He does not know his HIV status, and decides it is time he gets tested.

The health worker tells Thabiso that the best way to stay healthy is to start HIV medication right away – and he agrees. Thabiso knows that he must now stay strong and tell Margaret his status, so that she may also get tested.

The next day Thabiso goes with Margaret to the antenatal clinic, where she gets tested and learns she is HIV positive. They listen carefully to the nurse explain how they can best protect their unborn baby.

Thabiso worries that, like him and his family, his friends may underestimate their HIV risk. He tells them his story to encourage them to get tested. One friend says his doctor at the TB clinic tested him for HIV – and he is also HIV positive.

Another friend has an appointment at the male circumcision clinic, but shares that he has never been tested for HIV. After Thabiso’s story, he decides he should also get tested while at the clinic.

Through free rapid testing at a clinic, Thabiso learns he is HIV positive. He is scared of what this means for him, and his family – his wife Margaret is pregnant with their second child and has never been tested for HIV.

During enrollment at the clinic, the health worker also screens Thabiso for TB – he is told he has no symptoms, and he agrees to start TB preventive treatment.

Because Thabiso and Margaret do not know when they got HIV, the nurse advises them to get their older child tested. When their child’s HIV test result is positive, they immediately start her on HIV treatment – and on TB preventive treatment, because the nurse did not find symptoms.

They agree to do what is necessary, and Margaret starts HIV medication immediately. She screened negative for TB, so also starts TB preventive treatment. Margaret vows to stay on treatment is as of September 30, 2018.

The next day Thabiso goes with Margaret to the antenatal clinic, where she gets tested and learns she is HIV positive. They listen carefully to the nurse explain how they can best protect their unborn baby.

Another friend has an appointment at the male circumcision clinic, but shares that he has never been tested for HIV. After Thabiso’s story, he decides he should also get tested while at the clinic.

Thabiso, Margaret and their daughter keep taking their medication, and Margaret gives birth at a facility. Their new baby tests negative for HIV within his first two months – but they know he must be tested again. The second test, given after Margaret stops breastfeeding, confirms that their new son is HIV NEGATIVE!

At one of their check-ups, the nurse offers Margaret and her family a test to see how well their bodies and the medicine are fighting the HIV. When Margaret asks if the test really works, the nurse tells her about the laboratory’s dedication to ensuring the quality of all tests for HIV.

Margaret, Thabiso and their daughter are given the test and are told that there is very little HIV in their blood because of their commitment to staying on lifelong medication. The nurse explains that the less HIV there is, the more likely they will lead healthier lives and the less likely the virus will be transmitted. She tells them that they should be proud, and urges them to remain on this successful path.

By taking each step on this path, Thabiso, Margaret and their friends joined the millions of others who have contributed to saving lives through achieving epidemic control.

The following are CDC’s contributions to global HIV and TB control efforts as part of PEPFAR.