

Voices of Experience: Living with HIV

ODELL

“I’m part of an HIV ministry.”

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

My name's ODell. I'm 45 years old. And I'm HIV-positive and have been for the past 25 years. I was infected with this virus in 1984 by my lover, who died two years after his diagnosis. The reason I got tested -- I wanted to make sure that I wasn't positive but then come to find out, I was. At first after my diagnosis, I thought I had a death sentence. I prayed to cope with this virus, and after my spiritual awakening, I just saw a new lease on life, that I had a new way to live with this virus. I...started... not to stress, and I just thought positive and no negative thoughts, try not to stress. I eat right -- fruits and vegetables. I love to walk. I'm a people person, also. I like meeting people and interacting with people. I'm active in my church. I also am part of an HIV ministry at the church that I attend. I currently just moved to the Atlanta area from Columbia, South Carolina, in April of this year. And the services -- the ASO services -- here in Atlanta are great. They've helped me to cope, to have a new lease on the life that I'm looking for with my move, and, overall, everything is just falling into place.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.