

**HIV o AIDS**



**GUERON**

**HIV and AIDS Information**

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## Penangkon

Papua Niugini boyam yong titlingon yongong ae, unakon aro bolo re, ai 6 milion e gimalep gin ine.

Yalae 2005 ina ngobun e HIV tape ae, titlingon yongong bole re 120,000.

Ngobun guer olon e urat ine amoltonngon ae, mepe re, yalae melalin o bab gobon ten, aro Papua Niugini boyam yong munson ae, ison gobon umong HIV amom yong ine tep o boyam umong e AIDS ae, tep o rumep.

Song ine HIV o AIDS mainnongon gimalo. I gemego HIV urug gobolo o gaten o atom ug e gotonen o istine gaten amon ae, o ngobun e umong AIDS ine tape ae, urug gamoltonyengben.

## Preface

Papua New Guinea has a population of nearly 6 million people. In the year 2005 it was estimated that up to 120,000 of those people had contracted HIV. Experts say that in another 10-15 years about half of the population of PNG will be infected with the HIV germ, and many will have become sick with AIDS and died.

This book gives information about HIV and AIDS. It tells how HIV is spread, how to avoid getting it, and how to care for people who are sick with AIDS.



## HIV o umong pitkan AIDS

- HIV (Human Immunodeficiency Virus) ine amom kaikon mait e aplobin istine gano amon ae. I urat gelo saibin longon o gelo, saibin e istine umong zirngon ae, bellon gibirsu.
- HIV amom yong ara gelo, o umong pitkan e AIDS ae gobolo. Ai HIV gato ae, ina umong amon, ai bizon ganim nokan, munggon ai ina gimalo AIDS umongon pitkan e birsingon ele amon ae longon.
- Amom ine i gelo, o bizibin urat yong e umong zirngon bellon gelo gaingo. Oz ina umong gunabon gusuwep ae, ina pulobin istine umong ina zirngong amon. Oz ina bizog umong unan ug unan ug ae, tung kakaromo.



### Umong robong yong:

- Ai e HIV gato ae, gog istine ganim o gassaim ma.
- Anngon inon ae, ina gem o sayag tep o anip, aro yong anip re, gog tapin o amon.
- Umong ara istine mos gissio ma, imalo go singsing gunabon o yalae gunabon wo go ae, aro sisio bolo bobou.
- Boyam komut e AIDS tape ae, ina yong atae amon o bizobon tung gimalo ere nokan.
- Erne ine penang pulon: ngobun e HIV gatep ae, ina gurumep umong pitkan e AIDS ae.

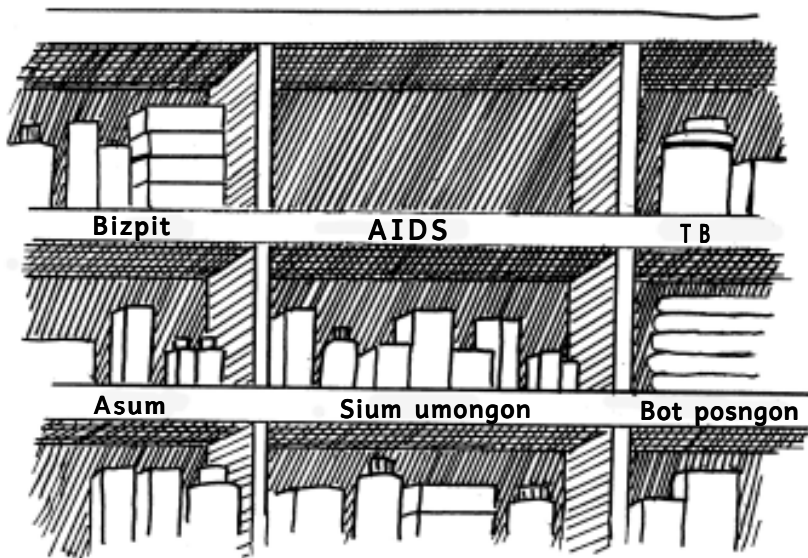
### Ai HIV o AIDS urug gatep ae

- Ngobun e HIV gatep ae, ina gimalo saibon o bizobon labon gunabon longon. I gimalo ai ulao ngaon o panggar alan labon ae longon.
- Erne ai e HIV tae ae, azi yatang ai nokan gobon porlobit, ina oz e ngaon go longon ae, ina ai nokan ara HIV gato.

- Ulao o panggar bauk gilip ine gelo o HIV gobolo gamarayu mot.



- Gog azi bakuog issabon pitan, ina anim re, atom ine istine gatago gagem umong pitkan ine gatem.
- Ai panggar ulpin e HIV tae ae, ina ai kon e ulon longon ae, umong pitkan ara istine gato.
- Azi sae gatagep aosik o sae ina longon HIV gimalo, ina umong pitkan ara tapin.
- HIV istine gatem atom e nil munggon bizibin ongon o il munggon mainzibin laengon o ainzibin laengon ae.



### Atom e AIDS elngon bolong nokayong:

- Atom e AIDS elngon nokayong ae, ele amon.
- AIDS sut yong e gaten o gelo gibirsu ae, ele amon.
- PNG marasin gobon e gaten o umong ine atmon gasayo ae, ele amon.
- Erne ngobun e HIV gimalo saebon longon ae, ina pulon mait, yong gurumep AIDS.
- Erne tabalag balim mena o imalem, aro HIV istine gatem amon.

### Tabalag balngan inon ae, atom e 'BAK' ine boltonim:

- **B** = BAUK — ngon bunggib o galgalup oz e maet gemelep ae, tung bauk elae pip amon. Oz e ulao issabon o panggar issabon gelyengem ae, ina umong ara we pongpongge o gimalo.

Azi engenang ai panggar o ulao porlong inon ae, ina munggon re anim tem, taolog o tobag pino o imalbit. Tob pinip o imalep tobanan o taolongon mon gigon, aro umong pitkan ine zirip imalo sol o istine guwo gigngon amon.



- **A** = AI MUNUNGGON RE! — Engetang taolog mon o engetang tobag mon. Tem tom bolgo ai gobon gigon, aro ulog pino o ai e zingon AIDS ara laum.
- **K** = KONDOM — Azi '**B**' o '**A**' tobpin gae o istinpin elngon amon, ina ulao kondom ilup go uyongon soupip oz e engenang ai panggar goporlep ae.

Penang ine gae ngobun tob e ulao o panggar ae gigngon; azi HIV tapin, ina oz e goporlobit ae, ulao bizon songon e kondom ine go uyon. Aro longril ottongito, ngot lolon umbit, i ai ngetong kayakon tung zoyongbait go.



### Kondom ozlon amon, tung mulmulon mon

- Kondom e gatem ae, ilim mena.
- Kondom uyog soupim, aro umong unakon ziro.
- Ngon tob o taol, azi ai ngenong gobon umong ara tae, ina oz e goporlobit ae, kondom go ulao uyon soupo.
- Nongge panggar kondom yongong ele.
- Kondom olngon amon ae, gimalep aosik.
- Kondom atom e AIDS atmon saengon ae, ina unakon nokan amon. Oz issabon gelo, ai AIDS gatep atom ine. Erne tung imalep tobngon o taolongon mon gigon.



### Atom gunabon e goboltonim o HIV o AIDS gatem amon ae

- Burung e ai gunabon bizobon tambunpe o soepe ae, gatem o gog malabon bizog giltinem amon.
- Sut gatem ae, anim yong nil e mulmulon o ye naepe ae tep, aro sut tagep. Nongge ai marraengan AIDS gatep nil o sut e gatep ae.
- Sae tongon ozon, ine sae go galas, yong anip nokan, aro tagep. Atom erne ai nokkan issabon e bauk gelpe amon ae, AIDS tung tayange. Erne gog azi ai nokan gobon, atom ine amoltonim mena o tabalag balim.



### Ai kayakon sui e gatep ae

- Ai panggar azi HIV tae, ina gimon kon suyon to singsing ilon. Singsing ilon birsu, ina menang mon tatino no, istine suyon an gatatino amon.
- Les o rekepe ae, longobon guro, aro lab, susu o pur manggen ae, tatino no.
- Suyon istine gabeltelo menang susu o gatatino amon.
- Ai panggar gobon tung gimog suyon gatatino gano amon.



### Utiabin e AIDS tape ae, amoltonyongben mena

- AIDS i ere umong gunabon ae. Ngobun umong e salabon lob gatambuno ae amoltonyongben, aro longobon imalo mena.
- Ngobun bot sopnon urat e ngobun AIDS amoltonyongong ae, gimalo melobon ponon.
- Ai e umong AIDS tae ae, amoltonngon o balngan gelo, umong yong istine gatem ma.
- Erne ngobun e AIDS tape ae utiabin, sios aion o ngobun e babbon ae amolyengep, aro longobon imalo mena.
- Utiog umong ine gato ae, imalem bizon o longog go gigon, aro amolgo o imalong nokan elo.

Atom pulon e umong ine gaten ae, ina:

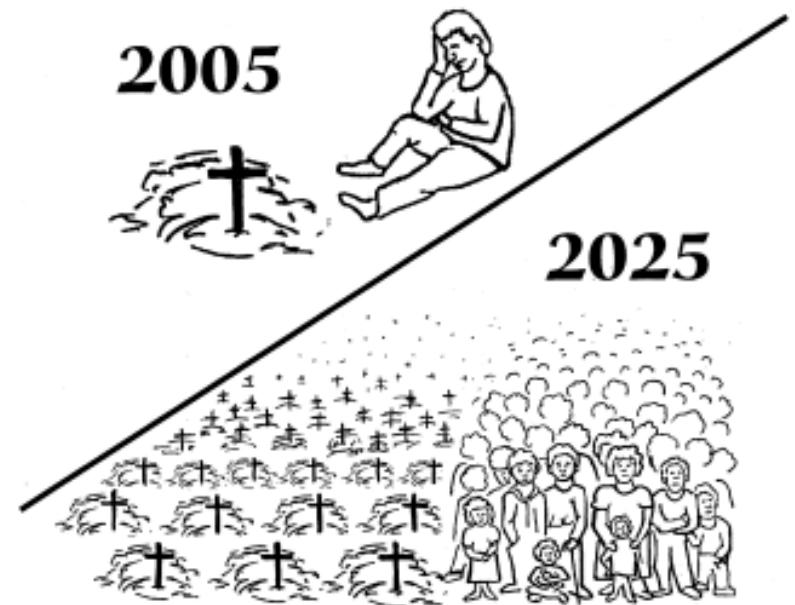
- tung porlae piong,
- ai kon gato nan gigon oz e gimalo ulon longon, o
- sae e umong gimalo longon ae gaten.

Gog istine HIV gatem atom ine **amon**:

- Lab o menang amunggon nongon.
- Sium ai sayan gato o gatago.
- Ai pulpul yong o ai zemelan.
- Burung sopinniong o bizibin saongon tawel munggon.
- Talong potpot munggon.
- Imalong pae munggon.
- Amunggon urat elngon.
- Ai bizon balbalngon, saongon o melon tongon.
- Rekepe, les, spun o pok munggon o menang nongon.
- HIV gobolo yabo amon.



Mum e batitlipon ine, istine HIV gatago ma.



AIDS potngon komut tae suwe PNG

- Yalae 2005 in PNG ngobun e HIV tape ae, titlingon yongong bole 50 000 o 100 000 motobot. Guer olon gunabon anpe re, yalae melalin o bab manggen wep gep, aro PNG boyam yong ison komut (2 500 000) HIV tep o rumep birsep.
- Erne tabalag balim mena o imalem. Atom nokkan e istine gelgo, umong ara gatem amon ae boltonim.
- Mum komut gobon ae, ina ngobun e umong ine tape ae, longog go gigabon o amoltonyengem mena.





