

HIV na AIDS



Toksave

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### Tok i go pas

Papua Niugini i gat samting olsem 6,000,000 manmeri. Long yia 2005 em i luk olsem klostu 120,000 bilong ol i gat dispela HIV binatang istap long blut bilong ol. Sampela saveman tok olsem sapos yumi istap olsem i go narapela 10-15 yia moa, samting olsem 2,500,000 manmeri bilong PNG bai i kisim dispela binatang na planti tru bai i gat sik AIDS na bai i dai.

Dispela buk i laik tokaut long dispela HIV binatang na sik AIDS. Em bai tok klia long rot we HIV i save kalap i go long narapela narapela, long rot bilong abusim HIV, na long gutpela rot bilong lukautim ol lain husat i gat sik AIDS pinis.

### English 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.

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## HIV binatang na sik AIDS:



- HIV em i wanpela liklik binatang tru.
- Sik AIDS em wanpela bikpela sik dispela HIV binatang i save kamapim.
- Dispela binatang nogut i save daunim strong bilong bodi long pait wantaim ol arapela sik i kam long bodi. Taim ol arapela sik i kam insait long bodi, nau bodi i nogat strong long pait wantaim ol.

## Mak bilong man o meri husat i gat HIV:



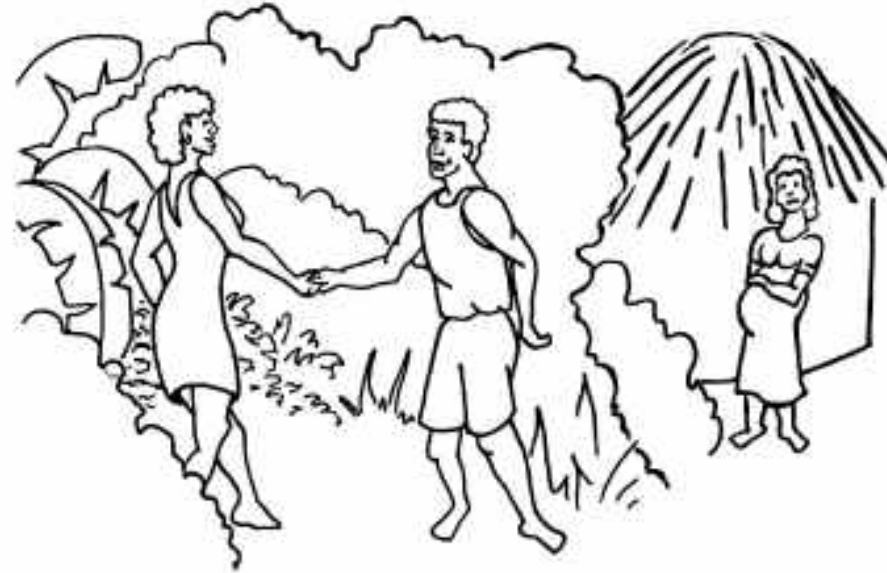
- Yu no inap tru long luksave long dispela binatang taim yu lukluk long ol manmeri tasol.
- Ol i mas sekim blut bilong yu long painim aut sapos dispela binatang i stap long bodi bilong yu o nogat.
- Manmeri husat i gat HIV i no inap soim mak bilong dispela binatang long bodi bilong ol,

bilong wanem dispela binatang bai hait insait long bodi sampela mun o yia. Tasol manmeri husat i gat HIV inap givim dispela binatang long narapela taim ol i koap wantaim ol.

- Planti man na meri i gat HIV, tasol ol yet i no save long dispela.
- Olgeta man o meri husat i gat dispela binatang bai i dai long sik AIDS.

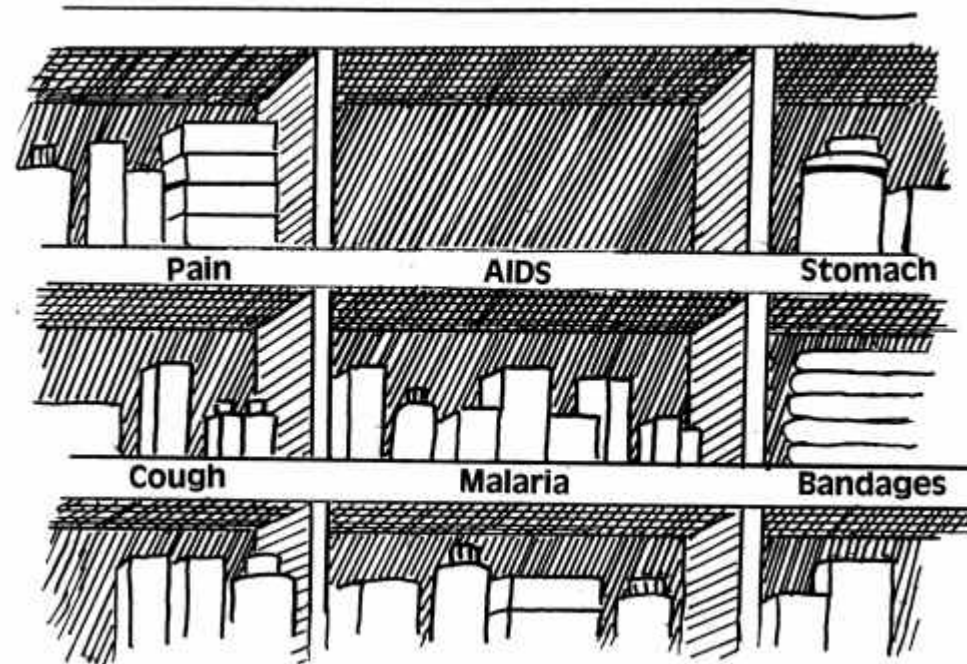
## Rot bilong kisim HIV na sik AIDS:

- HIV i save stap insait long blut na sampela wara long bodi bilong man na meri. Dispela binatang i save stap insait long kok wara bilong man na long kan wara bilong meri husat i gat dispela binatang. Ol i save givim HIV long narapela taim ol i koap.



- Sapos yu koap wantaim wanpela man o meri husat i gat HIV, yu inap kisim HIV.
- Sapos yu koap wantaim planti narapela man o meri, dispela em bikpela rot bilong kisim HIV.
- Sapos wanpela mama i gat bel na tu em i gat HIV insait long blut bilong em, orait em i ken givim long bebi taim em i karim em.
- Sapos yu kisim bagarap na hausik i givim yu blut, yu ken kisim HIV sapos blut ol givim yu i gat dispela binatang i stap. Yu mas askim ol long sekim blut bipo ol i givim yu.
- Sapos wanpela nil o naip i sutim man o meri i gat dispela binatang, na bihain i sutim yu, orait yu ken kisim HIV.

## Marasin bilong HIV na AIDS:



- I nogat wanpela sut inap banisim yu long kisim sik AIDS.
- I nogat wanpela marasin inap banisim yu long kisim sik AIDS.
- I nogat wanpela marasin bilong oraitim sik AIDS.
- Man o meri husat i kisim HIV bai dai long sik AIDS.
- Yu ken abrusim dispela sik nogut sapos yu bihainim gutpela pasin na lukautim yu yet.

**A, B, C — Rot bilong lukautim yu yet long abrusim HIV na sik AIDS:**



- A = ABSTINENCE — As bilong dispela tok em i olsem: Sapos yu no marit, orait yu no ken koap.
- B = BE FAITHFUL — As bilong dispela tok em i olsem: Taim yu marit yu ken koap wantain man o meri bilong yu tasol. Na tu em i mas koap wantaim yu tasol. No ken koap wantaim man o meri yu no maritim.
- C = CONDOM — As bilong dispela tok em i olsem: Sapos yu les long bihainim dispela tok long A na B antap, yu mas yusim kondom olgeta taim yu koap.

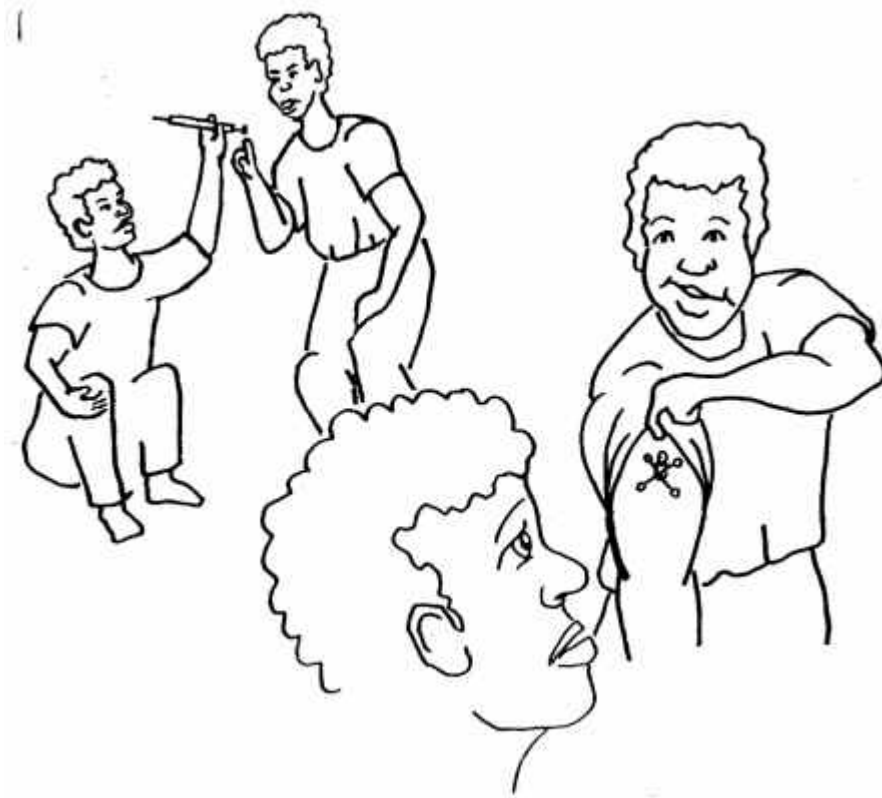
## Wok bilong kondom:

- Olgeta taim yu laik koap wantaim narapela, yu mas usim nupela kondom tasol.
- Yu mas usim kondom strait, olsem toksave bilong en i tok.
- Sapos man o meri bilong yu i save koap wantaim narapela, orait usim kondom long banisim yu yet long binatang HIV.
- Sapos meri o man bilong yu i gat HIV pinis, yu mas yusim kondom long banisim yu long dispela binatang nogut.
- Ol save wokim kondom bilong man, na i gat narapela kain kondom bilong meri tu.
- Yu inap kisim kondom nating long sampela haus sik.
- Kondom i no inap banisim yu olgeta long liklik binatang long go insait long bodi bilong yu. Tasol em bai helpim yu.
- Tingim wanem samting bai kamap long ol pikinini bilong yu sapos tupela papa na mama i gat sik AIDS na i dai.





## Ol arapela rot long banisim yu yet long HIV na sik AIDS:



- No ken sutim skin o katim skin bilong yu wantaim nil o naip i bin sutim skin bilong narapela pinis.
- Taim yu kisim sut, askim oltaim long nupela sut na nil.
- Sapos yu slip long hausik na ol i laik givim blut long yu, askim ol long sekim dispela blut pastaim. Sapos i no gat HIV gem, orait yu ken kisim.

**Mama husat i gat HIV i ken givim susu long bebi bilong en, tasol em i mas bihaimin dispela gutpela pasin bilong lukautim bebi:**



- Taim mama husat i gat HIV i karim pikinini pinis, em i mas givim susu tasol olgeta taim inap long bebi i kamap 4pela mun.
- Taim bebi i kamap 4pela mun pinis, orait mama i mas stopim susu olgeta. Em i mas stat long givim kaikai long em, wantaim wara na susu ol i baim long stua.
- Yusim kap na spun bilong givim wara na susu bilong dring. Maski long botol.
- No ken bungim susu bilong mama na kaikai wantaim.
- Maski larim narapela mama givim susu bilong em long bebi bilong yu.

## We bilong lukautim ol arapala husat i gat sik AIDS:



- AIDS em i olsem arapela sik. Sapos wanpela i gat dispela sik, ol femili bilong em i mas lukautim em long haus bilong ol yet.
- Ol manmeri wantaim sik AIDS, mas i go lukim dokta tu.
- Yu no inap kisim dispela HIV taim yu lukautim ol lain husat i gat sik AIDS.
- Ol lain i gat dispela sik, ol i mas kisim laikim tru na bikpela helpim i kam long sios na femili na pren bilong ol yet.

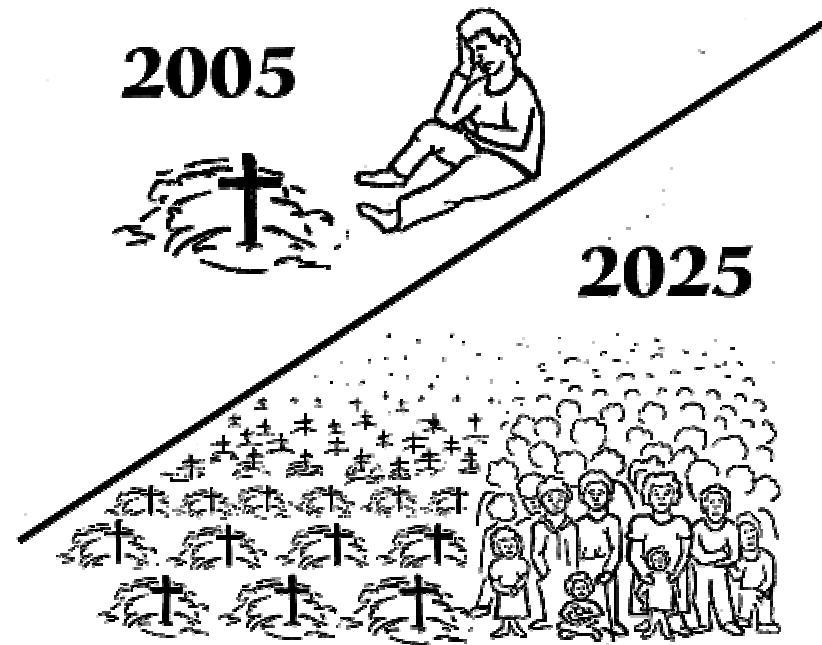
**Namba wan rot bilong kisim HIV em i taim yu koap wantaim man o meri husat i gat HIV. Oi narapela rot em taim mama i gat HIV i karim pikinini o sapos yu kisim blut i gat HIV.**

**Yu NO INAP kisim HIV sapos:**

- yu kaikai o dring wara wantaim wanpela husat i gat dispela binatang nogut;
- natnat i kaikaim wanpela i gat HIV na bihain i kaikaim yu;
- ai wara o tuhat bilong wanpela i gat HIV i pundaun long yu;
- yu usim klos o towel bilong wanpela husat i gat HIV;
- yu usim toilet bilong wanpela husat i gat HIV;
- yu stap long haus wantaim wanpela i gat HIV o sik AIDS;
- yu wok wantaim wanpela i gat HIV;
- yu holim han, sekhanim, o holim pasim wanpela husat i gat HIV;
- yu usim plet, spun, fok, o kap bilong wanpela i gat HIV.



## Sik AIDS em bikpela hevi tru long PNG:



- I kam inap long yia 2005, samting olsem 120,000 manmeri insait long PNG i kisim bagarap long HIV.
- Planti saveman i bilip olsem insait long 10 – 15 yia, klostu 2,000,000 manmeri bilong PNG bai kisim HIV, na planti manmeri na pikinini bai dai pinis long sik AIDS.
- Bikpela samting yumi wanwan i mas mekim nau, em long lukautim yumi yet, na maski mekim ol samting yumi save i no stret.
- Yumi mas lukautim gut ol femili na pren i gat dispela sik. Yumi no ken lusim ol. Nogat, yumi mas givim bel long ol.

“...dispela em bikpela wari bilong yumi ol pipol bilong Papua Nuigini, long wanem sik AIDS i bagarapim ol yangpela manmeri husat inap kamap na lukautim wok insait long kantri bilong yumi.”

*The Governor General, His Excellency,  
Grand Chief Sir Paulias Matane, GCL, GCMG, LStJ  
(EM-TY Tok Piksa programme, Dec 2005)*