

HIV

Tân'si. Yohtîna lapohrrt, pihtikwî tawâw. Miyösin î takohtiyin ôta. Kwayes miyösin'wa mâna sâkihitowin, sîtoskâtowin, nâkatîm'towin, mîna wîcihitowin. Kwayes kî wîcihitowak âpihtaw'kosânak, mâmawi mâna kî wîkowak, kî mâcêwak, kî môcikihtâwak, kî miyo pimât'sowak.

Anohc kik'skihtînw nânâtohk itowa macâs'pinêwina astêwa, êkwa î doktârr, maskihkîwînowak ayowâk ati kiskihtamwak. HIV, HEP C êkwa SYPHLIS isihkâtamwak.

Nimwî ayowâk êkwa kostâtikwanwa anohc piyakwan kayahtî, î pilil astêwa mîna maskihkiya ta wîcihikoyin ta miyöyâyin. Mâmawi poko ta atoskâtama.

Hello and welcome. Open the door and come in, there is a lot of room, we are happy you have arrived here. Love, support, caring for each other, and helping one another are all very good things. The Métis or half breeds used to help each other a lot when they lived together. They hunted together, they had fun together, and they had a good life.

We know that today there are many sexually transmitted infections out there, and healthcare providers are learning more. They call these HIV, hepatitis C, and Syphilis.

Today these are not as dangerous as they were in the past, and there are medications to help you get well. We all have to work together. Our fellow people need to know this all and we have to help all those affected.

Nistam ta kiskihtamin

- HIV ôma kâ isihkâtîk, î misinawâcihtât anihi kîkwâs kâ nâtawihikoyin mâna kâ ahkosiya, immune system isihkâtêw. Mâka kiskihtâkwan ôma ta piskihtamin, ta nâtawihikawiyin, awiyak kâ pakam'skâkot ôma HIV kinwâs takî pimâtisô.
- HIV ôma kakî kahcitinîn/âsôskamâkân kîspin awiyak omihkom kimîkawin, nâpêw opâskisikêwinâpî, ahpô iskwêw lakoyârr osâpopêwin, tô darr'yârr ka wayawîcowa mîna otohtôsho dilet âsêy kâ astîk HIV.
- Mihcât kîkwaya astêwa ta nakinamin ahpô kây ta âsôskamâkiya HIV. nimwî kimôsihtân, kik'skihtînw, kîspin kitayân ôma HIV, maskihkîwînowak nidaw wâpamâ ta kihcinâhoyin.

Ahkami ayamihciki kîspin ayowâk kinohtî

Introduction

- HIV is a virus that attacks the immune system. When left untreated, HIV can lead to life-threatening infections and cancers. The good news is that with treatment and care, a person with HIV can live a long and healthy life!
- HIV can be passed through blood, semen, vaginal fluid, rectal fluid and breast/chest milk that contains HIV.
- There are many ways to prevent getting or passing HIV. The only way to know if you have HIV is to get tested.

Read on for answers to common questions about HIV.

kiskihtîn ôma HIV ohci.	
Kîkwêy mâka ôma HIV? HIV ôma kê isihkâtîk, Human Immunodeficiency Virus isihkâtamwak kê akayâsimoyin. HIV ôma piyakwan animatowa man'côsis î misinawâcihtât anima mâna kê wîcihikoyin kây ta ahkosiyin, immune system isihkâtêw. Ta miyösik poko ôma Immune System ta miyöyâyin. kîspin nimwî kinâtawihîn, HIV ôma ati misinawâcihtât tô immune system. Omisi kê ispayik, kimiyaw ati iyîkicikâwin ta nôtinâ, ta nakina ahkosôwina ahpô kê mirriyôpayik nântaw ita. Ôma kê tâwahikoyin, AIDS isihkâtamwak, (Acquired Immune Deficiency Syndrome) ta akayâsimoyin. miyösin êkwa maskihkî, anikik ôma HIV kâyâtawâw, kinwâs ta pimât'sicik mîna osâm poko ta miyöyâcîk.	What is HIV? HIV stands for Human Immunodeficiency Virus. HIV is a virus that attacks the immune system, the body's built-in defense against illness and infection. The immune system is essential to good health. If left untreated, HIV makes the immune system very weak. When this happens, the body becomes vulnerable to serious illness and infections. This is known as AIDS (Acquired Immune Deficiency Syndrome). There is now effective treatment that allows people with HIV to live long and healthy lives.
Tân'sîsi mâka ay'sînô î ohtihtikot ôma HIV êkwa tân'sîsi kakî kipihtinîn? HIV ôma kakî kahcitinîn/âsôskamâkân kîspin awiyak omihkom kimîkawin, nâpêw opâskisikêwinâpî, iskwêw lakoyârr osâpopêwin, tô darr'yârr ka wayawîcowa, mîna otohtôsho dilet sâsêy kê astîk ôma HIV. HIV ôma mah mîtowak anikik kê wihpîm'tocik, mîna anikik kê mâmawi cîstahosotwâw, maci maskihkîsa kê pihtikwîwîpahahkwâw î zikwî ahci. Mâka kiskihkîkwan kîspin awiyak ayâw ôma HIV, êkwa nâtawihâw, nimwî takî âsôskamowêw owîcîwâkana. mîna HIV ôma kakî âsôskamâkân:	How does someone get HIV and how can this be prevented? HIV is mainly passed through sex and through sharing equipment used to inject drugs. However, we now know that a person living with HIV who is on effective treatment cannot pass HIV to a sex partner. HIV can also be passed: • to a child during pregnancy, childbirth or breastfeeding/chestfeeding. • through re-using unsterilized tattooing or body piercing equipment. HIV can no longer be passed through donated blood or tissue in Canada. Canada started testing donated blood and tissue for

- iskwêw kâ ahcîsoṭ, asôskamowêw obîbîsis, ahpô mîkwâc kâ nihtâwakit bîbîsis, mîna kâ nônit.
- tâpacihtâyin î wîpâtahwâw anihi î cizikwî kâ masinatahisocik ahpô atâm wasakahk kâstâcik kîkwaya.

nimwî êkwa HIV kakî kacitinîn kîspin mihko kimîkawin ayis Maskihkêwînowak ôta Canada kî mâci kihcinâhowak namakîkwêy î astîk ôma HIV mihkohk, 1985 kâ mâci kihcinâhocik.

m'wihkâc kakî kahcitinîn ôma HIV kîspin kikaskitikwînoway ay'sînô, ki ocîmâw ahpô kiwâcîmâw, ahpô cî dâl cim'îlî apiyini, î pohrrt pîmin'kan'sa ta mâsihtâyin ahpô î zasyet.

namakîkwêy astêwa maskihkîsa anihi vaccines kâ isihkâtahwâw ta nakina ôma HIV, êkohci ôma poko ta piskihtamin, kwayes ta piskîm'soyin.

Mihcât kîkwaya astêwa ta nakinamin ôma HIV:

- tâpitaw âpacihtâ î cirrabarr mâna kâ mohkiciyin awiyak ahci.
- Tâpitaw âpacihtâ oskâyi âpacihcikanisa, oskâyi î zikwî mâna kâ cîstahosoyin maci maskihkîsa ahci.
- ôma PrEP (Pre-Exposure Prophylaxis) kâ isihkâtîk, maskihkî ôma anikik kây HIV kâyâtwâw ta otinahkwâw tâpitaw.
- ôma PrEP (Pre-Exposure Prophylaxis) kâ isihkâtîk, maskihkî ôma anikik kây HIV kâyâtwâw takî otinahkwâw pâmwîs tîpakohpomitanaw nîsosâp tipahikan kîsipayin kâ itihtahkwâw î âsôskamâkawicik ôma HIV.
- tâpacihtâyin î miyösik maskihkî ôma HIV kici mîkwâc î ahcîsoyîn.
- bîbîsis ta minahit anima dilet formula kâ isihkâtîk. Mâka kîspin kwayes l'doktârr kinâkatohkâk, âtiht iskwêwak takî nôhâwasowak kîspin omisi nohtî itôtamwak.

HIV in 1985.

HIV is never passed by hugging, kissing or shaking hands, or through objects like toilet seats, doorknobs or dishes.

There is no vaccine for HIV, so it's important to do what you can to prevent getting HIV.

There are many ways to prevent HIV:

- Using condoms the right way each time someone has sex.
- Using new equipment every time someone injects drugs.
- Using PrEP (Pre-Exposure Prophylaxis), a medication that an HIV-negative person can take on an ongoing basis.
- Using PEP (Post-Exposure Prophylaxis), a medication that an HIV-negative person can take within 72 hours after they might have been exposed to HIV.
- If you have HIV, take effective HIV treatment to prevent passing HIV to your sex partner.
- Being on effective HIV treatment throughout pregnancy.
- Formula feeding a baby. However, with proper medical support, breastfeeding/chestfeeding may be an option for some women who choose to do so.

Tân'sîsi nakiskihtîn î pakam'skâkoyân ôma HIV.

Mihcât ay'sînô kâytawâw ôma HIV nimwî môsihtâwak mihcât askî, mâka kiyâpic mâna man'côsis misinawâcihtâw anima immune system kâ itahkwâw. **Kakî pakam'skâkon ôma HIV êkwa nimwî ahpô kik'skihtîn ahpô ka môsihtân.**

mwihkâc ka kiskihtîn î ayâyin ôma HIV poko maskihkîwînô ta wâpamit êkwa ta kihcinâhocik.

Kwîcimâ maskihkîwînô dân lapitâl ta miyis anima mâna kâ kihcinâhotwâw kîspin HIV kitayân. Kîsâc mîna kakî kihcinâhon kîspin kotakak macâspinêwina kitayân piyakwan ôhi hepatitis B êkwa C, mîna anima syphilis.

How do I know if I have HIV?

Most people who have HIV do not have any symptoms for years, even though the virus is active and damaging their immune system. **You can have HIV and not know it.**

The only way to know if you have HIV is to get tested.

Ask a health care provider for an HIV test. You may want to also get tested for other infections at the same time, like gonorrhea, chlamydia, hepatitis B, hepatitis C and syphilis.

Kakî miyöyân cî kîspin kipakam'skâkon HIV?

Namakîkwêy maskihkî astêw ta nâtawiha ôma HIV, mâka kîspin kwayes kinâtawihikawin mîna kipiskîm'son, ay'sînô kâ pakamskâkot HIV kinwâs takî pimâtisô mîna ta miyöyâw.

HIV ôma nâtawihowêwin ayowâk kiskihtamwak aspin ohci. Kâ nâtawihikawiyin kwayes miyösin, sohkan, mâka âskaw mîna kimâyiskâkon î pilil ahpô maskihkî mâka nimwî tâpitaw.

kîspin kitayân ôma HIV pîk'skwâtâ awiyak kâ atoskâta maskihkiya, ta wayasowâtamîk tân'sîsi ta nâtawihikawiyin. **Wîpacîs ta mâcihtâyin, ta miyösin ôma ta miyöyâyin.**

Can HIV be cured?

There is no cure for HIV, but with proper treatment and care, people with HIV can live long and healthy lives.

HIV treatment has improved a lot. Treatment is highly effective with few, if any, side effects.

If you have HIV, speak to a healthcare provider about your treatment options. **The earlier treatment is started, the better it is for your health.**

Tân'sîsi kik'skihtîn kîspin HIV ahpô ôma AIDS?

HIV ôma kâ isihkâtîk, animatowa man'côsis î misinawâcihtât anima kâ wîcihikoyin kây ta ahkosiyin, tô immune system isihkâtêw. Kîpsin ayowâk ati misinawâcihtâw ôma immune system kimiyaw êkwa nimwî kî nôtinam ahkosôwina, ôma AIDS isihkâtêw. Piyakwan ayowâk î ati pakam'skâkoyin ôma HIV. Mâka kîspin kwayes kinâtawihikawin êkwa kipiskîm'son, kiskihkâkwan ôma mihcât ay'sînô HIV kâyâtawâw, **kinwâs pimât'sowak mîna osâm poko miyôyâwak êkwa nimwî wihkâc pakam'skâkowak ôma AIDS.**

What is the difference between HIV and AIDS?

HIV is the virus that attacks the immune system. When the immune system is severely weakened and the body becomes vulnerable to serious illness and infections, this is known as AIDS. It is the advanced stage of HIV infection. However, with proper treatment, **many people with HIV can live long and healthy lives without ever developing AIDS.**

Tântî mâka nikakî wîcihokawin HIV kici?

pîk'skwâtâ maskihkîwînô kâ atoskâta ôma HIV kihcinâhowin ahpô cî ta nâtawihikawiyin mîna ta piskîm'kawiyin.

natona ôta ta wîcihikoyin HIV kici kisowâk êkota kâ wîkiyin, ôta itohtî dâl internet.
<https://whereto.catie.ca>.

Where can I get HIV services?

- Speak to a healthcare provider about HIV testing or to receive treatment and care for HIV.
- Find HIV services in your area at <https://whereto.catie.ca/>