

iýiniw wahkēhpīnēwin manicōs | HIV

ōma pimācihowin, miyo pimātisiwin
kiyānow ōma, kasītoskamahk,
ka-kiskinohtahīyak, māka cīhkēyihtākwān
isiýiniw ka yōhtēnamaht iskwāhtēm,
ēkosi ōma ka-māmawi-atoskātamahk,
kā-wīcihiyak isiýiniwak.

This life, a good life, is our responsibility,
to support, to provide guidance, most
importantly to open the doorway that is
collectively working together in helping
our people.

paskwāwiýiniw

- iýiniw wahkēhpīnēwin manicōs
awa manicōs kā-nōtināhk miyaw,
wahkēhpīnēwin, kīspin namōya
nakātohan, kakē sōhki āhkosiwin
ka-katinēn. kīspin ki-nakātohan,
kinwēsk kakē pimātisin!
- kakē āsōnāmākan mihko, nāpēw
ahpō iskwēw pāskiswēwin,
miciskihk, ekwa tohtōsāpoyihk.
ehkōtē ihpimāhkohtihk ōma
āhkosiwin. mistahi kakē nākinēn
āsōnāmātowin, ōma mihko
āhkosiwin, ki-mihkom poko
ka-otīnikātek.
- kīspin nohti kiskēytin kīspin
kitayāniýiniw wahkēhpīnēwin
manicōs, poko tawāpimāht
maskihkiy iýiniw ahpō maskihkiy
atoskahākan.

ayamihcikē kisipin nōhtē kiskēyiten ekwa
nōhtē kakwēcihkēmowin kikway oma
iýiniw wahkēhpīnēwin manicōs.

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.

What is HIV?

HIV stands for Human Immunodeficiency
Virus. HIV is a virus that attacks the
immune system, the body's built-in

kīkway awa iýiniw wahkēhpinēwin manicōs?

iýiniw wahkēhpinēwin manicōs awa manicōs kā-nōtināhk miyaw. āhkosiwin kā-āsoskamākēhk kā-wihpēmitocik ayisiyīniwak oh-mihkōwnowahk ohci. pēyak kisēyiniw isiyihkātām, pihcipow mihko. kīspin kwayask kinākāhtōhkan, kinwēsk kakē miyo ayān.

kīspin nāmoya kinākāhtōhkan piyēsk wahkēhpinēwin kiyan. wahkēhpinēwin anima miyawihk ka-astēk kā-miyoskākoyahk. pihcipow mihko (AIDS) isiyikahtik kitayān.

maskihkiya ihtākwan kā-nanātauihkwen. ayisiyiniw kinwēsk kā-pinātisew ēkwa kā-miyo-āyaw.

tānisi awiyak ka-kahtinaman iýiniw wahkēhpinēwin manicōs?

iýiniw wahkēhpinēwin manicōs kakē āsōnāmākan kī mihko ohci, nāpēw ekwa iskwēw pāskisikēwin, micisk opōy, ēkwa mitohtōsim tohtōsāpoy. mistahi ihtakwan kakē nākinēn āsōnamākewin ēkwa kākatinaman iýiniw wahkēhpinēwin manicōs.

iýiniw wahkēhpinēwin manicōs kakē āsōmāhtohk ohki kā-wihpēmitocik ayisiyīniwak ēkwa āpacihihcikana ka-māmawi-āpacihtāhk.

anohc, kiskēhtamwahk nāmoya kakē-āsōnāmākan iýiniw wahkēhpinēwin

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.

How does someone get HIV and how can this be prevented?

HIV can be passed through blood, semen, vaginal fluid, rectal fluid and breast/chest milk that contains HIV.

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.

manicōs kīspin kā-wihpēmāht awiyak.

tānisi kā-āsōnāmākan iýiniw
wahkēhpinēwin manicōs?

- iskwēw kā-ayāwāwasoht,
nihtāwikihāwsowin, ēkwa
nōhāwasowin.
- kīspin āpacihcikana
māmawi-āpacihtāhk
- ka-kīhtwām āpacihcikana
ka-māmawi-āpacihtāhk

iýiniw wahkēhpinēwin manicōs nāmoya
ayiwāk kakē āsōnāmahtohk mihko ōhci
ōta askiy, Canada. Canada kwāyask
nakātōhtāhtam ēkwa mihko ka-mihkihk
ispi ōhci 1985.

iýiniw wahkēhpinēwin manicōs nāmoya
kakē āsōnāmākan ākwaskitinikēwin,
ocēhtowin, atamiskākēwin ekwa, tapiskoc
wayawīstamasow apiwin,
iskwāhtēmapisk, ahpō, oyākana.

nama kīkway ihtākwan cīstahowin
maskihikiy nanātawihiwēwin iýiniw
wahkēhpinēwin manicōs. pōhko
manācihisowin, nākatēymisowin, ekāwiya
takahtinaman iýiniw wahkēhpinēwin
manicōs.

namōya ka-katināman iýiniw
wahkēhpinēwin manicōs:

- postiska aspinikākan
ka-wīhpēmāht awiyak
- osk-āyi āpacihcikana āpacihta,

HIV can no longer be passed through
donated blood or tissue in Canada.
Canada started testing donated blood
and tissue for 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

kacīstohosowin

- āpicihta PrEP (Pre-Exposure Prophylaxis), maskihkiy oma ka-otināk awiyak namōya ka-āhkosiht, pomowēsk ka-āhkosiht
- āpicihta PEP (Post-Exposure Prophylaxis), maskihkiy oma ka-otināk awiyak namōya ka-āhkosiht, ekwa sēmāk ki-ihētaman kīspin kitāsōnāmakowin oma āhkosowin.
- kīspin kitayān oma āhkosowin, kwayask nakatohkēk namōya ka-āsōnāmākēn, ekwa namōya ka-āsōnāmōwaht kichiwan.
- otina iyiniw wahkēhpinēwin manicōs maskihkiya kā-ayāwāwasowin
- tohtōsāpoy pēpisis āpacihtāw, nōhāwasowin, kīspin iskwēw ihtihitam

tānisi isi-kiskēyihten kīspin kitayān iyiniw wahkēhpinēwin manicōs?

mistahi ayisinīwiw nāmoya kiskēyihtam HIV ayāw kinwēsk nāmoya kīkwāy pisiskāpahtam. awa manicōs, misiwanācihitaw miyaw. nāmoya kīkīhkānākosin kīspin kitayān iyiniw wahkēhpinēwin manicōs.

be an option for some women who choose to do so.

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 hepatitis B and C and syphilis.

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.**

What is the difference between HIV and AIDS?

HIV is the virus that attacks the immune

pōhko maskihkiwēniwak kawapēnahk
kīspin iýiniw wahkēhpinēwin manicōs
kitayān. kakwēcimat maskihkiwēniwak
kotinaman iýiniw wahkēhpinēwin
manicōs miskam. ahpō kotakak
āhkosowina tapiskoc oskonāhpinēwin,
ahpō maci āhpinēwin ka-nitonam.

kakē nanātwihtan cī iýiniw wahkēhpinēwin manicōs?

nama kīkway ihtākwān nanātwihēwin
ohci iýiniw wahkēhpinēwin manicōs.
maka kwayask nākatēymisowin ekwa
miyo kanawāpamikowisiwin kakē
kinwēsk ayisinīwiw tā-pimātisiw, kinwēsk
tā-miyo ayāw.

kīspin iýiniw wahkēhpinēwin manicōs
kitayān, pīkiskwās maskihkiwēnowak.
wīpac maskihkiya maci-otinaman, nawac
tā-miyo-ayān.

kīkway pītos cī iýiniw wahkēhpinēwin manicōs ekwa pihcipow mihko?

pihcipow mihko awa manicōs, iýiniw
wahkēhpinēwin manicōs ohki pētos
āhkisowina, ehnihtātowikwen.
ki-miyawiywak kinēsiwatisin, ēkōma
pihcipow mihko.

tānitē ka-nanātwihimsōwin ohci iýiniw wahkēhpinēwin manicōs?

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.**

Where can I get hepatitis C 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://wheretocatie.ca/>

- pīkiskwās maskihkiy atoskahākan,
ohci iýiniw wahkēhpinēwin
manicōs.
- ka-miskawāwak ka-nākatēyohcik,
ka-kiskinwahmākēcik oma iýiniw
wahkēhpinēwin manicōs ōta,
<https://where.to.catie.ca>