

HIV

Miwzha gaabi-zhi dbaataming HIV,
Syphilis miinwaa hepatitis C,
Anishinaabemwining dgobdemgag
gajwin ninda naapniwnan. Waazhi
mno-maajiishkaamgag wii
mno-bmaadsing miinwaa wii
mno-daapnigaademgag eni zhiwebkin
wiinwaa bemaadsijig ezhi
waamndamwaad maage gkendizwaad gk
endmowaad maage ge kendzigwaa gchi
gegoo gaa aawang. Nango dash, bkaan
gegoo zhichgem waazhi mno-yaang
miinwaa waani zhi gshkitoong gbe'iinh,
wiini mno-bmaadsing.

Aabdeg gonaa maanda daa
gkenjgaademgad aakziwin ezhi
wiindmaagemgag eni zhi semgag, eni-zhi
mookiitaagemgag maanda HIV, hepatitis
C miinwaa syphilis niizhoosnoon shka'iin
miinwaa gete zhi- giizhwiwnan ninda
dash begsendmaangin, ezhi-
bgosendming, ezhi-wiikdendming ji-ni,
waamndaming wi niibna bemaadsid
e'ggishkang maanda HIV, syphilis
miinwaa hepatitis C, daa nsastaan wi,
aabdig kwii gkendaan waazhi
mno-daapnaman gnima gego aanind daa
nnaandwich gaadenoon wii miikseg
mshkikwaan enkaazngin.

Shki-Dbaataming HIV

- HIV aakziwin aawan
mookiitaagemgad enji aakziyin.

The old way of talking about HIV,
Syphilis, and hepatitis C in
Anishinaabemowin has associated
shame with these health issues. It was
important to promote wellness and
acceptance of situations in which people
find themselves knowingly or
unknowingly. Today, changes are being
made to promote wellness and the
ability to live a long, healthy life.

It is important to note that the ailments
described in the sections concerning HIV,
Hepatitis C, and syphilis are a
combination of new and old words but
ones we hope to convey hopefulness
with the ability to see that many people
who live with HIV, Syphilis and Hepatitis
C can understand that it is something you
learn to live with or in some cases that
can be healed with proper medical
interventions.

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!

Giishpin bwaa nnaandwitoong, HIV gdaa-gchi aakziishkaagwan miinwaa gwa gdaa-debnaan amogwin. Mnwaajmowin dash wiigo wi nnaandwitoong miinwaa naagdowendming, wah eyaang HIV gbe'iinh gwa daa bmaadsi, daani mno bmaadsi.

- Mskwiing gwa daabmi zhaamgad wi HIV, miinwa ninii baazhkzige-waaboo, Gewii kwe gwa enji-kwewid enji zaakang, miiziwaagning nji gaawin miinwaa doodooshing/gkaaknaang doodooshaaboo mii temgag HIV. Niibina gwa temgad nikeya ge-zhichgengba wii ngaasdoong ji-bwaa-aashtoosemgag HIV.
- Mii gwa eta waazhi gkendming giishpin yaaman HIV ji nda gkenmigoowiin.

Gindan ge-gwedwengin wii mooshki nsastaman HIV nikeya

Wenesh HIV ayaawang?

HIV (Human Immunodeficiency Virus) edming bemaadsid gaawii gishtoosiin wii miigaadang maanda aakziwin. HIV mii wi aakziwin e-mookiitang enji niinmagneyin, kwiiyaw kina miigaadaan e'temgag, aakziwin miinwaa gegoo mjya'ii. Mnognewin aabdeg waani zhi mno bmaadsing.

- 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 defence 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 immunodeficiency syndrome).

There is now effective treatment that allows people with HIV to live long and healthy lives.

Giishpin bwaa paabendming, goshme ni niinmaagnem. Pii dash maanda zhiwebak, mii goshme niinmak wenpanzing wiini debnaming aakziwin miinwaa myja'ii gegoo naapnewin. Ezhi gkendming AIDS (Acquired Immune Deficiency Syndrome) ni-debnaming waazhi miigaadming aakziwnan.

Temgad nango waazhi nnaanwitoong nendaagziwaad bemaadsijig e-yaangig HIV gbe'iinh wii bmaadsiwaad miinwaa wiini mno-bmaadsiwaad.

Aaniish wiya ezhi debnang HIV miinwaa aaniish gezhichgengba wii bwaa debnaming?

HIV mskwiing nikeya, ninii baazhgzige-waaboong, enji-kwewing njigaawin, nsawzing bi-njigaamgag, miinwaa doodooshing bi temgag HIV.

Njida wii gonaa wi HIV wiipiwning bi onji baamgad miinwaa mezhgdomiinding enkaazang bdakhodsang mji-mshkiki. Ni'hii dash wii'go, ngii kendaa'na nango bemwidood wi HIV giishpin aabjitaad weweni naagdowendizod, mshkiki gaa miinind wii mno-yaad gaawii daamiigwesiin gaawii maamdaa ji miigwepa wdaakziwin HIV wiipemaagnan

Daa aashtoosemgad gwa maanda HIV:

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 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.

- E-piichi bmiwnad binoojiinhyin, bi-ndaadsid maage noonawsang miinwaa kaakanang zhangeng.
- Aanji nokaazang baannaaksinog mzi-naakshkoondizang wiiwing enkaazang.
- HIV gaawii aashtoesesno aabtoojiinging, jiinding maage zginjiinding, gnima ge nmadbing zaakmo-naagning, shkwaandem nsaaknigan maage naagnan.
- Gaawii geyaabi zhaabbi-desno HIV enji miigweng mshkwi maage enkaazngin bdakzhebiiwdizang.

HIV gaawii geyaabi nango zhaabbidesno miigweng mskwi gnima ge zhagye maanpii Canada. Canada gii-maajtaabniig ndagkendmowaad mskwi miinwaa zhagye mdaaswi-zhaangswi-nshwaasmidna-shi-naanan (1985).

Gaawii gegoo tesno waa nnaandiwishkaagemgag debnaman HIV gch-piitendaagwod dash maanda ji nda-zhichgemba wii-bwaadebnaanman maanda HIV.

Niibina temgad ge zhichgengba wiibwaa debnaman maanda HIV:

- Mshkwe-gaanhsan gdaa nakaaznan weweni pii noodkweweyin.
- Nakaazan shki nokaazwinan wii bdakhodsayingin mji-mshkiki.

- 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.

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

- Nokaazan PrEP (pre-Exposure Prophylaxis), wii aamhaming mshkik pane e-daapnangba wiya e-yaanhzig HIV.
- Nokaazang PEP (Post-Exposure Prophylaxis), nakaazang PEP niizhwaasmidna-shi-niizh-nso-dba giiswaan giishpin nendmiwdizod gii bmi aash'ind.
- Giishpin nishing wi mshkiki e-daapnang wah kwe e'maajiishkaad.
- Moodenhsing shamgaazod binoojiinhs, giishpin dash wii'go mshkikii-ninwag maage mshkikii-niniikwek aasgaabwitaageyaad, noonnawsang aanind kwewag nendmoog maanda wii zhichgeyaad.

Aaniish gezhi gkendma giishpin yaamaa HIV?

Niibina eyaangig bemaadsijig HIV gaawii gegoo zhi moosh'idsasiwag niibna nso-bboon pooch dash wiigo maanda aakziwin kina gegoo zhi bnaadchigemgad.

Gdaayaan go wi HIV gkendziwan, mii go eta gezhi gkendmamba HIV zhi nda-gkenmigoowiin.

gonorrhea, chlamydia, hepatitis B, hepatitis 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 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 HIV services?

Kwejim mshkikii niniikwe wii nda gkendang endgwenh ji yaaman HIV. Gnima giwe gdaa nendam geyaabi aankaach ji nda-gkenjigoowiin, dbishko go hepatitis B miinwaa C miinwaa syphilis.

Speak to a healthcare provider about HIV testing or to receive treatment and care for HIV.

Find HIV services in your area at <https://where.to.catie.ca/>

Daa gshkichigaademgad na ji-nnaanwi-toong HIV?

Gaawii gegoo nnandwichgan HIV, giishpin dash wiigo naagdowendming gbe'iinh gdaa-bmaadis.

HIV ezhi nnaandwitoong aapiji go ni mnwaabminaagwod. Gi-chi naadmaagna'aa aanind ezhi nnaandwichgaazwaad, giishpin etegwenh bangii eta daa temgad wah aakziishkaagyin.

Giishpin yaaman wi HIV, gnoosh mshkikii nini waa naabmi naagog waazhi nnaandwigoowiin. **Wiiba maajtaayin nowanj nishin wii mno-bmaadsiiyin.**

Aaniish ezhi bkaanag HIV miinwaa AIDS?

HIV miigaadaan e-nishing kwiiyaw eshtood mshkiki. Pii ni-niinmag kwiiyaw goshme go gdani aakwos, mii maanda AIDS ezhnikaadeg. Mii zhaazhi wiya ni-baakdaapned wi onji HIV. Na'ii dash wii'go weweni nnaandwitoong gbe'iinh daani mno-bmaadsim, **gaawii wiika gdaani-yaanhziin AIDS.**

Aaniish gezhi debna maambaa HIV naadmaadwin?

- Gnoosh mishkikii nini maage kwe wii dbaajaajmo-taagoowiin waazhi nsastaman maanda HIV maage waazhi bmiikaagoowin.
- Ndo waamdan HIV enji naadmaading zhe <https://where.to.catie.ca/>