



HIV ➤ Nnianimu

- 1.1 Wo nim biribi?
- 1.2 Nsosonieɛ bɛn na ɛda HIV ne AIDS ntɛm?
- 1.3 Kwan bɛn na HIV yadeɛ fa so sae?
- 1.4 ɛkwan bɛn na mɛfa so abɔ me ho ban afiri HIV ho?
- 1.5 Mɛyɛ dɛn na mahunu sɛ me wɔ HIV?
- 1.6 Mɛyɛ dɛn na mahunu sɛ obi wɔ HIV/AIDS?
- 1.7 Amanone akwantuo ne HIV/AIDS
- 1.8 Sɛ wode w'asɛm bɛfa nsɛm-ase-kyerɛfoɔ so

1.1 Wo nim biribi?

- HIV yɛ moawa noa ɛde AIDS ɛba.
- HIV/AIDS kye obiara, mfa ho ne wo mfie, nea wo honam te, baabi ko a wofi, anaa som ko a wosom.
- Wiase afana nyinaa
 - Wiase mu nyinaa nipa bɛyɛ opepe- pee aduasa nan (34,000,000) na ɛwɔ saa yadeɛ HIV/AIDS yi bi. Saa nipa yi mu fa kɛsɛɛ no ara yɛ maa ne mofra.
 - HIV no titriw fa obaa ne obirama nna mu na esae
- Australia man yi mu....
 - Nipa bɛyɛ mpem-aduonu anan (24,000) na ɛwɔ saa HIV/AIDS yadeɛ yi bi. Australia man yi mu ha,
 - HIV yadeɛ no saeɛ gyina marima ne marima nnaeɛ mu titiriw. Mmom yadeɛ no saeɛ wɔ marima ne maa nnaeɛ mu nso ɛdɔɔso. Wiase mu nyinaa nso, marima ne maa nnaeɛ mu titiriw na HIV yadeɛ yi fa so sae.
- Ekwan ahoro wo ho a ye sa HIV yaree yi , na ema nipa nso yin kye na ema nipa apomuden.
- Se wode kodom ne obaa da anaa se wofa ne wo neto a, ana wo ne obi anfa mpanee anaa mfidie basabasa anwowo wo ho a HIV yaree no ntumi wo.

1.2 Nsosonieɛ bɛn na ɛda HIV ne AIDS ntɛm?

Wɔtaa twerɛ anaa ɔbɔ HIV ne AIDS din bɔ mu sɛ adeɛ baako. Nanso nsosonieɛ da HIV ne AIDS ntɛm.

HIV gyina ho ma 'Human Immunodeficiency Virus'- ɛyɛ yadeɛ moawa a ɛko tia nipadua no ahobanbɔ biara a ɛwɔ ne mu mma n'ahodden so te. Sɛ moawa yi bi kɔ nipadua no mu a, na ɛkyerɛ sɛ saa nipa no anya HIV.

HIV moawa no ko tia nipadua no ahobanbɔ a ɛwɔ no mu. Sɛ w'ampɛ aduro anyɛ a, moawa yi tumi sɛe nipadua no ahobanbɔ biara kɔduru mpɛnpɛnsɔɔ bi a saa nipa no ntumi mɔ neho ban mfiri yadeɛ biara ho. Yei ma yadeɛ biara nya kwan wɔ nipadua no mu mma ɛtumi de owuo mpo ba. ɛduru saa mpɛnpɛnsɔɔ yi a na yɛfrɛ no AIDS anaa 'Acquired Immune Deficiency Syndrome'.

Sɛ yɛka sɛ obi anya HIV a, na ɛnkyerɛ sɛ wanya AIDS anaasɛ saa nipa no reba abɛwu. ɛmpo sɛ aduro-yɛ amma mu koraa, nipa bi nom a anya HIV tumi tena ase kyɛ. Seesei koraa deɛ, aduro wɔ ho a ɛtumi dwodwo HIV ano sedɛɛ ɛbyɛyɛ na ɛntumi nane AIDS ntɛmtɛm. Sɛ aduro- yɛ ba mu deɛ a, nipa pii a wanya HIV tumi tena ase nyini kyɛ wɔ ahodden mu bɔ wɔn bra sɛdeɛ ɛfata.

1.3 Kwan bɛn na HIV yadeɛ fa so sae?

HIV yadeɛ yi yɛhu no wɔ mogya mu, nipa ho nsuo ɛne nufusuo mu. Obi a ɔwɔ saa yadeɛ yi bi ho nsuo, ne mogya, anaa ne nufusuo kɔ obi foforo mu a, ɛma ɔno nso nya yadeɛ yi bi.

HIV TUMI SAE wɔ saa kwan yi so:

- Sɛ obi ne obi bɛda na w'amfa kɔndɔm ammɔ ne ho ban.
- Sɛ obi ne obi de paneɛ baako bɛtwe nubɔne awowɔ wɔn ho.
- Sɛ wode paneɛ a yɛmfa nuu aduro mu bɛtwɛɛ anaa betuetue wo ho (tattooing).
- ɔbaa pemfoɔ nso tumi de
- HIV sae ne ba wɔ yɛfunu mu, awoyɛ anaa nufusuo ma mu.
- Mogya-mma mu nso HIV tumi sae (Australia ha, firi 1985, wɔhwɛhwɛ mogya biara a ɔde mma obi mu hunu sɛ HIV moawa yi bi nni mu ansaana ɔde ama nipa ko).

HIV NTUMI NSAE wɔ saa kwan yi so:

- Ewabo
- Anofɛɛ,
- nwansie,
- Ntasuteɛ,
- Esu,
- Atere anaa prɛte baako mu adidie
- Mpasotam korɔ so da
- Tiafi baako so ne
- Adwareɛ korɔ mu adware
- Anaasɛ wobɛsɔ obi mu kɛkɛ.
- Ntumoa bi tesɛ ntontom mfa HIV mma.

1.4 ɛkwan bɛn na mɛfa so abɔ me ho ban afiri HIV ho?

Wɔ nna afa mu

HIV moawa no nam ekuro anaa ɛpira nketenkete bi a ɛbɛtɔ ɔbaa ase, ɔbarima kɔte ho anaa ne to na ɛsae nipa. HIV tumi sae berɛ a obi a moawa no bi wɔ ne mogya mu ne obi foforɔ bɛda na wamfa kɔndɔm ammɔ wɔn ho ban.

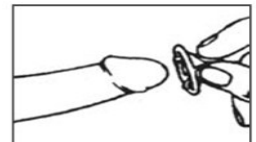
Sɛdeɛ ɛbɛyɛ na wonya HIV ara ne sɛ, Wo bɛbɔ wo ho ban Wɔ nna mu. Bere biara a wobɛfa obi, sɛ wobɛfa no wɔ nanim anaa ne to, hwɛ sɛ wobɛhyɛ kɔndɔm na wode nku-nsuo (KY jelly anaa Wetstuff) befefa bea ko ama ɛhɔ ayɛ toro ansaana wafa no. Saa banbɔ yi nso bɛbɔ wo ho ban afiri nyarewa ahodoɔ bebiree a yɛnya firi nna mu no ho.

Kwan a yɛfa so hyɛ kɔndɔm.

1. Fa ntoboasɛ te kɔndɔm kotokuo no ano na w'ante kɔndɔm no ankasa mu.



2. Kyim kɔndɔm no ti wɔ wo nsa ntɛm sɛdeɛ mframa a ɛgyina mu no bɛpue. Afei pia kɔndɔm no hyɛ kɔteɛ no ho ma no nkosi asɛɛ pɛɛ.



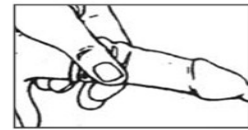
3. W'ahyɛ kɔndɔm yi awie no, fa nku-nsuo (water-based lubricant) fa ho.



4. So kondom no mu wo kotee no ase bere a wo ne onipa ko ada awie a woretu afiri mu no sɛdeɛ ɛbɛyɛ na wo ho nsuo no mpue abɔnten.



5. To kondom no twene. Ensane mfa hyɛ bio.



Nubɔne panee wowɔ ne honam ani tuetue (tattooing)

HIV tumi sae bere a obi ne obi bekyɛ panee baako, anaa yɛde panee a yɛde atuetue obi honam ani dada bɛtuetue nipa forɔɔ honam ani.

Sɛdeɛ ɛbɛyɛ na wonya HIV bere a wɛwowɔ wo ho nubɔne:

- ɛne obi nkyɛ panee ne awowɔadeɛ a yɛde twe nubɔne wowɔ biara. Sɛdeɛ ɛbɛyɛ na wonya HIV bere a wɛtuetue wo honam ani:
- Kɔ honam ani-tuetue bea papa a ɔwɔ abodin krataa wɔ homan ani-tuetue mu na afei mpanee a ɔde yɛ adwuma no nso, ɔwie a ɔtugu, anaa ɔnoa mu yie ansaana ɔde aye adwuma bio.

Nneɛma yeinom yɛ nso bɛbɔ wo ho ban afiri nyadewa forɔɔ bi te sɛ, 'hepatitis B' ne 'hepatitis C' ho.

Obaatan de resae ne ba.

Obaa pemfoɔ a ɔwɔ HIV bɛtumi de asae neba a ɔda yɛfono mu, bere a wako awoɔso, anaa bere a wawo abofra no awie na ɔrema no nufusuo. Seesei deɛ mmaa pii a ɔwɔ HIV tumi wo mofra a won ho yɛ den, sɛ wonya aduro nom bere a wonyem abofra noa.

Sɛ wo yɛ ɔbaa pemfoɔ a wowɔ HIV yi bi, anaa wo yɛ ɔbaa a woredwene awoɔ ho a, kɔne wo 'dokota' nkasa ntɛmpa yi ara. ɛnam sɛ HIV moawa yi wɔ nufusuo mu nti, Australia ha wɔmma ho kwan ma mmaatan a ɔwɔ HIV mma won mofra nufusuo. Kwan papa a ɔfaso ma mofra aduane pii wo ho.

Mogya twe-kyɛ anaa mogya nneɛma biara

Wo Australia ha ɛfiri afe 1985 reba, wɔhwɛhwɛ mogya ne mogya nneɛma biara mu hwɛ hunu sɛ HIV biara nni mu. Nipa a ɔwɔ HIV ntumi ntwe mogya nkyɛ. Nanso amanone aman pii so mogya twe-kyɛ daso yɛ adeɛ bi a ɛyɛ hu yie.

Sɛ biribi kyere w'adwene a frɛ Sɛ wopɛ sɛ wone yɛn kasa wɔ saa nsɛm yi ho wɔ wo kurom kasa mu a, frɛ saa ahoma- trofoɔ yi 131450. Se wofrɛ a, bisa sɛ woma wo nsɛm-ase-kyerɛfoɔ (interpreter) na sɛ nsɛm-ase-kyerɛfoɔ yi ba ahoma no so a, ma no mfrɛ ahoma- trofoɔ ko a wopɛ ma wo. Yei bɛma w'atumi aka wo kromu- kasa afa nsɛm-ase-kyerɛfoɔ yi so.

1.5 Mɛyɛ dɛn na mahunu sɛ me wo HIV?

Wo bɛtumi ahunu sɛ wanya HIV bere a w'akɔhwɛhwɛ wo mogya mu. Mpen pii yehunu HIV moawa yi bosome miensa ntɛm bere a obi anya yadeɛ yi bi no. ɛto dabi a wɔtumi ma wo kɔhwɛhwɛ wo mogya mu ne mprɛnu so, ansaana wasi so dua sɛ w'anya HIV yi bi.

Saa mogya nhwehwɛmu yi woyɛ no wɔ ayaresabea a ɛhwɛ nna apomden so biara mu wo Australia afanaa nyinaa -wɔngye sika biara. Wo kɔ saa ayaresabea ho a, ɛho nhia sɛ wobɛbo wo din anaa wo wɔ 'Medicare card'. Saa mogya nhwehwɛmu yi nso wobɛtumi ayɛ no wɔ wo dokota ho.

Wɔhyɛ bɔ sɛ obibiara nte wo HIV mogya nhwehwɛmu yi mu asɛm. Asekyerɛ ne sɛ, asem biara

a efa wo ho a apomden adwumayefoo anaa akuoakuo a ege HIV/AIDS ho adwuma nsa beka ye kokoamu-ase, obi nte bi gye se w'ama ho kwan se wonka nkyere obi ansaana w'atumi ada no adi.

1.6 Meye den na mahunu se obi wo HIV/AIDS?

Worentumi mfa w'ani keke nhunu se obi wo HIV/AIDS

Nipa dodoo no ara a owo HIV moawa yi bi wo ahooden, na bribiara nkyere se owo moawa yi bi. ebetumi adi mfie bebiree ansaana AIDS yade yi ayi ne ho adi. Nipa pii wo ho a owo HIV moawa yi bi, nanso wonim mpo se owo bi.

1.7 Wuutu kwan ako amanone

HIV/AIDS wo oman biara so ewo wiase afanan yenea so. Se wore tu kwan a fa kondom ne nku a wode be popa wo ho ansa na woneobi ada.. Ene obi nfa panee baako nnwo mohoo.

Se wode kondom ne pane foforo bo w oho ban a ebeboa wo senea wonya HIV/AIDS yaree no bi.

1.8 Apomuden Akyerekyerefoo

Wo betumi anya obi a obekyerekyere nsem mu ama wo se wone apomuden asuafoo adwumayefo ekasa a.

Nsem ase akyerekyerefoo betwumi aboa wo wo

- Wobe kyere kyere wo biibiaa ase
- Nea wobeka biara wote asee
- Bisa nsem na wonkyere kyere wo mu
- Ma kwan na yennye wo nsohwe nsa wo yaree

Nsem ase akyerekyere foo wo mmra se wasem biara keka kokoamu a obiara ente Bisa asemakyerekyerefoo ase se wo hyia apomdenfoo adjumayefoo a Telephone akyereuyerefoo (TIS oman nu nyinaa) ewo Australia baabiara Fre 131 450 (ne boo ye foofoofo) na kasa a wo pe no ye de wo ato so akasa .

