



Disclose your HIV status to your sexual partner(s) before you have sex and engage in safer sex activities

**What Are Safer Sex Activities?**

Safer sex activities prevent contact with semen, vaginal fluids or blood. Talk to your partner about safer sex before having sex. Use a latex condom correctly every time you have sex. Use only water-based lubricants. Oil-based lubricants such as petroleum jelly should never be used because they may weaken the condom and cause it to break.

**What is Safer Needle Use?**

- Don't share needles if you are injecting drugs
- Don't share needles used for body piercing and tattoos.

**For more information:**

- Talk to your resettlement case worker
- Speak with your doctor

**IRSA**

1717 Massachusetts Avenue, NW #200  
 Washington DC 20036-2003  
 Tel: 202 • 797 • 2105 Fax: 202 • 347 • 2576  
 www.refugeesusa.org

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**ስለ ጸ.ሕ.ተ./ኤይድስ መሰረታዊ ሐቅታት**



ኤይድስ - ናይ ጸ.ሕ.ተ. ምጥፋእ - ናይ መወዳእታ ክፍልን፡ አካላት ንሕማም ምክልኻል ምስእንን ብምኻኑ ጸ.ሕ.ተ. ተብሂሉ ይጽዋዕ። ጸ.ሕ.ተ. (ጸራ-ሕማም ተዋጋእቲ) አካላትና ንብዙሕ ዓይነት ሓሳኹ ዚዋግአሉ ናይ ተፈጥሮ ኩናት እዩ። ናይ ጸ.ሕ.ተ. ምቅዋስ ብድሕሪ ብዙሕ ዓመታት ናብ አካላት ምድካምን ምስናፍን ይበጽሕኩም ብማንም ሕማምን ሓሳኹን ይጥቃዕ። አካላቱ ንሕማም ምክልኻልን ምውጋእን ዝሰኣነ ሰብ፡ ኤይድስ ወይ ሕማም ጸ.ሕ.ተ. አለዎ ይበሃል።

**ሕማም ጸ.ሕ.ተ. ብክፍይ ይቅሓሳል።**

ብደም፡ በዘርአ ተባዕታይ፡ ወይ ድማ ካብ ብልዕቲ ብዚወጽእ ፈሳሲ ኹሉ ብምንካእ ይተሓላለፍ። ብግብረ-ሰጋ ምርኻብ፡ ሕሙም ብዝተወግአሉ መርፍእ ብምውጋእ ክተሓላለፍ ይክእል። ጥንስቲ አብ ማሕፀና ንዘሎ፡ ሓራስ አብ ግዜ ሕርሳ ነቲ ዝውለድ ሕፃን፡ ጡብ እተጥቡ ድማ ነቲ ዝጠቡ ቐልፍ ሕማም ጸ.ሕ.ተ. ኺተሓላለፍ ይክእላ። ቅድሚታ በዙሕ ዓመታት ረዲኤታ-ደም (blood transfusion) ዝወሰዱ ሰባት ሕማም ጸ.ሕ.ተ. ምሕማሞም ዚዝከር እኳ እንተኾነ፡ ሎሚግን እትን ደም ዚእክባ መደብራት ነቲ ዝእክቦኦ ደም ሕማም ጸ.ሕ.ተ. ከይህልዎ ተጠንቂቑን ስለዝምርምራን ዝቋጸጸራን ናይ አሜሪካ ደም ባንክ አብ ዓለም “ንጹሕ” ካብ ዝበሃላ ባንካታት ሓደ እዩ።

**ምርመራ ሕማም ጸ.ሕ.ተ.**

ሕማም ጸ.ሕ.ተ. ዝሓዞ ሰብ ብዘይ ምርመራ

ንምፍላጥ ቀለል አይኮነን። ንዓይንና ጥዑይ መሲሉ ዝረአየና፡ ወይ ሙሉእ ጥዕና ዝሰምዖ ሰብ እኳ እንተመሰለ፡ ሕማም ጸ.ሕ.ተ. ዘለዎ ሰብ ኮይኑ ኺርከብ ይክእል። ብዙሓት ሰባት ሕማም ጸ.ሕ.ተ. ምሕማሞም ምስ ተመርመሩ ጥራይ እዩም ዝፈልጡዎ። ቐሊል ምርመራ ብምግባር ሕማም ከምዘለኩምን ዘይብልኩምን ምፍላጥ ይክእል። ሓሳኹ ሕማም ናብ አካልና እንትአትው እቶም ጸራ-ሕማም ተዋጋእቲ ድማ ተሎ ንምክልኻል ይልዓሉ። እቲ ናይ ደም ምርመራ ድማ ናይ ጸ.ሕ.ተ. ተቐዋሚቲ አብ ደም ምህላዎም ወይ ዘይምህላዎም እዩ ዚምርምር። እቲ ሕማም ጸ.ሕ.ተ. ዘለዎ ሰብ አብ ደሙ ንጸ.ሕ.ተ. ዚዋግኡ (anti-bodies) ይርከቡ። አካላትና ነዚአተም ንምፍጣር ናብ ሽዱሽተ ወርሒ ወገን ስለዝወሰደሉ፡ ሕማም ጸ.ሕ.ተ. ዝሓዞ ሰብ ገናኳ አካላቱ ተቐዋሚቲ እንተ ዘይፈጠረ፡ ነቲ ሕማም ናብ ካሊእ ሰብ ከተሓላልፎ ይክእል እዩ።

**ሕማም ጸ.ሕ.ተ. ክክፍይ ይከእል።**

- ዕለታውን ግዳማውን ምንክኻእ፡
- ብኢድ ሰላም ምብህሃል፡
- ምትሕቐቐፍን፡ አብ ጉንጨ ምስዕዓምን፡
- ሰዓል ምስዓል፡ ህጥሽው ምባል፡
- ደም ምሃብ፡
- አብ ሐመሳን፡ ሽቓቕን፡ ቤት መተሓጸብን፡
- ብአንሰላን ብኾበርታን ምጥቓም፡
- ብመብልዕ ሽሓነን ብማንካን ምጥቓም፡
- ብጣንጡ ኾነ ብኻልእ ሓሳኹ ብምንኻስ፡

ሕግም ጸ.ሕ.ተ. ክፍይ ንክላሽል?

ብሙሉእ ጥንቃቄ፡ ካብ ግብረ-ሰጋ ምርኻብ ፈጸምካ ብምርሓቕ፡ ሓደ ወዲ ተባዕታይን ሓንቲ ንል ኣንስተይትን ተመርሚርም ጥዑያት ምጅናም ምስተረጋገጸ ፈጸሞም ኣሚን ብምጅን ክልቲኦም ጥራይ ደአምበር፡ ምስ ካሊእ ሰብ ዘይምርኻብ እዩ።

ብምጡን ጥንቃቄ፡ መከላኸሊ ብምግባር ግብረ-ሰጋ ምፍጻም፡ ንጽሕና ብዘለዎ መርፍእ ጥራይ ምጥቓም፡

ብመከላኸሊ ግብረ-ሰጋ ምፍጻም ማለት እንታይ ማለት እዩ?

ወዲ ተባዕታይን ንል ኣንስተይትን ብሰጋ እንትራኽቡ፡ ዘርኢ ተባዕታይ ኮነ ካብ ብልዕቲ ዝወጹ ፈሰሰቲ ነገራት ፈጸምካ ዘይምንካእ እዩ። ምስ ፈታዊኻ ኣቐዲምካ ብግሉጽ ምዝርራብን ምርድዳእን የድሊ። ኩሉሻዕ ብመሸፈን ብልዕቲ ላዕቲክ (latex condom) ኣስተኻኸልካ ምልባስ ይግባእ። ካብ ንጥረ-ማይ (water-based) ዝተሰርሐ ላዕቲክ ደኣ ግብሩ እምበር እቶም ካብ ንጥረ-ዘይቲ (oil-based) ዝተሰርሐሱ ብቐሊሉ ስለ ዝቐደዱ ኣይትጠቐሙሎም።

ንጽሕና መርፍእ ማለት እንታይ እዩ?

ካሊእ ሰብ ብዝተወግኡ መርፍእ ፈጸምካ ዘይምውጋእ ማለት እዩ። ኣብ ናይ መርፍእ ለውጢ ፕሮግራም እተው እሞ፡ ንረሳሕ ወይ ድማ ሰብ ዝተወግኡ መርፍእ ሂብኩም፡ መተካእትኡ ሓድሽ መርፍእ ተቐበሉ። እንተ ዘየሎ ግን፡ ንረሳሕ መርፍእ መጀመርታ ክልተሻዕ ብማይ ሓዲብኩም፡ ክልተሻዕ ብበረቕ (bleach) ንሰሃላላ ደቐቓ ኣሊኸኩም፡ ናይ መወዳእታ ድማ ክልተሻዕ ብማይ ኸተላቓልቑዎ ይግባእ።

ሕግም ጸ.ሕ.ተ. ዝሓዘኽ ናብ ሰብ ክገሕልፍ ከመይ ገደፍ ይክላሽል?

ብሙሉእ ጥንቃቄ ምክልኻል፡ ፈጸምካ ካብ ግብረ-ሰጋ ብምውጋድ፡ ጸባ-ጡብ ንሕጻን ፈጽምካ ብዘይምሃብ፡

ብምጡን ጥንቃቄ ምክልኻል፡ ብግብረ-ሰጋ ቅድሚ ምርኻብ ብግልጹ ብዛዕባ ሕግም ጸ.ሕ.ተ. ምዝርራብን ብመከላኸሊ ድማ ምርኻብን ይግባእ።

ብመከላኸሊ ጊርካ ግብረ-ሰጋ ምርኻብ ማለት እንታይ እዩ?

ዘርኢ ወዲ ተባዕታይ ኮነ ካሊእ ካብ ብልዕቲ ዚወጽእ ፈሰሰ ፈጽምካ ዘይምንካእ እዩ። ነዚ እውን ቅድሚ ብግብረ-ሰጋ ምርኻብ ብግልጹ ብዛዕባ ሕግም ጸ.ሕ.ተ. ዝርዝር ምዝርራብን ብመከላኸሊ ድማ ምርኻብን ይግባእ። እቲ ኩሉሻዕ ብመሸፈን ብልዕቲ ላዕቲክ (latex condom) ኣስተኻኸልካ ምልባስ ይግባእ ዝበልናዮውን ክይትርስዑ። ካብ ንጥረ-ማይ (water-based) ዝተሰርሐ ላዕቲክ ደኣ ግብሩ እምበር እቲ ካብ ንጥረ-ዘይቲ (oil-based) ዝተሰርሐ ብቐሊሉ ከም ዝቐደድ ዘክሩ።

ንጽሕና መርፍእ ማለት እንታይ እዩ?

- ካልእ ሰብ ብዝተወግኡ መርፍእ ፈጸምካ ዘይምጥቓም፡
- ንውቃጦ ኾነ ንመንኮል እዝኒ፡ ወይ ንኻሊእ ክፍሊ ኣካል ዝወግለ መርፍእ ፈጸምካ ዘይምጥቓም፡

ተወሳኺ ጥያቄ እንተሊኦኩም ድማ፡

- ኣብ መዕቕብ ስደተኛታት ንዜገልግሉ ሰራሕተኛታት ምጥያቕ፡
- ንሓኪምኩም ምምኻር፡

# Basic Facts about HIV/AIDS

**AIDS**—Acquired Immune Deficiency Syndrome—is the final state of a serious health condition caused by the Human Immuno-deficiency Virus, more commonly known as HIV. HIV causes the body to lose its natural defenses against disease. Over a period of time (often many years) the body eventually becomes weak and open to attack by several types of infections and diseases that the body is unable to fight. When the body can no longer fight off certain infections, a person is diagnosed with AIDS.

## How is HIV Transmitted?

HIV is transmitted through blood, semen, and vaginal fluids of infected persons. HIV can be passed from one person to another during certain sexual acts, or sharing needles with an infected person. A mother who has HIV can also transmit the virus to her child while in the womb, during delivery or by breast-feeding. Years ago, some people were infected by HIV through blood transfusions. Today, U.S. blood banks are required to screen donated blood for HIV, making our blood supply the safest in the world. You cannot get HIV from donating blood.

## Taking an HIV Test

You can't tell if a person is infected with HIV. Just because they look fine and feel fine doesn't mean they're not HIV positive. Many people don't even know that they're infected—that is, unless they take an HIV test. A simple test can tell you if you have been infected with the HIV virus. When a virus enters your body, your immune system produces antibodies. The HIV test tells you if your body has produced antibodies to HIV.

If you are infected, HIV antibodies may take up to six months to develop. During this time, even though you have not developed antibodies to the virus, you can still transmit HIV to others.

## You can't get infected by:

- Casual, everyday contact
- Shaking hands
- Hugging, kissing

- Coughing, sneezing
- Giving blood
- Using swimming pools, toilet seats
- Sharing bed linen, eating utensils, food
- Mosquitoes and other insects, animals

## How can you protect yourself?

### No Risk

- Abstinence
- If you and your partner have been tested for HIV and are not infected and you only have sex with each other

### Some Risk

- Safer sex activities
- Safer needle use

## What Are Safer Sex Activities?

Safer sex activities prevent contact with semen, vaginal fluids or blood. Talk to your partner about safer sex before having sex. Use a latex condom correctly every time you have sex. Use only water-based lubricants. Oil-based lubricants such as petroleum jelly should never be used because they may weaken the condom and cause it to break.

## What is Safer Needle Use?

Don't share needles if you are injecting drugs. Use needle exchange programs where used needles can be exchanged for new ones, or rinse your used needles twice in water, twice in bleach for 30 seconds, and twice in water again.

## If you are living with HIV how can you protect others?

### No Risk

- Abstinence
- Do not breast feed your child

### Some Risk