

# Resettling

## REFUGEES IN AMERICA

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

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**AIDS:-** Acquired Immune Deficiency Syndrome- haala maayii feyaadhaa kan virussii Human Immuno-deficiency Virus (HIV) dhan namarra gahuu. Ganna baayee boodattis qaamni nama dedhabaa aka tahu fi dhukkuba biroottiin aka qabamu saaxil baasa. Qaamni Namaa tokko dhukkuba firra ittissu yammu dedhabu namni san AIDS idhan qabamee jedhama.

### HIV iin akkammitti namatti dabra?

HIV iin dhiiga, shaawaa dhiiraa(semen) fi shaawaa dhalaa(vaginal fluid) kan nama dhukubsateetin namatti dabra. HIV iin walqunamtti dhiraa fi dhalaa akkassumaas lilme(marfee) walliin feyedamuudhan nama dhukubsetaa irra nama fayaatti dabru danda'a. Haati AIDS idhaan qabamtee virussi HIV gara rimeeya garaa keessa jirrutti akkassumaas yammu deehinsatti fi hoossistu gara malqa ishiitti dabarssu danddeessi. Ganna jibir dura nammootni xinnoon dhiiga namarra itti badhaasameen AIDS idhan qabamani jiru. Yeroo ammaatti bankii dhigaa America keessatti dhiigni badhaasamu qulquluumini issaa waan qooratamuuf jeecha dhiiga qulquluu qabaachuudhaan Biyyti America adunyaa keesaa ishi duraati. Kanaafu dhiiga issini badhaafameen AIDSiin issinitti dabru hiin danda'uu.

### Qoormaata HIV fudhachuu

Namni tokko AIDSiin qabamu issa beekun rakissaa dha. Waan fayyaa fakaataniifii waan nagaya tahaaniif jeecha AIDSii hiin qaban jeechuun siirri mitti. Namootni garii haanga qoormaata AIDSii fudhatannii balaa kanaan qabamu saniitu hiin beekan. Qorannaa salphaa goochuun HIV dhan qabamu keessan beekuu danddeessan. HIV in gara qaama namaa keessa yammuu galu qaamni ittissa (antibodies) umuudhaan iffirraa ittissuf yaali goodha. Qorannaan AIDSii kun qamni keenya ittissa (antibodies) umachuu isaa agarsisa. Eega AIDSiin qabamtan qamni keessan ittissa (antibodies) kana umuudhaaf haanga ji'aa 6 turuu ni mala. Garuu yerro kanalle tahu balaa kana nama birootti dabarsuu danddeessan.

### Sababii geditti mulattuun AIDSiin namatti dabru hiin danda'uu.

- Walqunamti gyyuu keessati
- Haarka wal fuudhun
- Haamachu yookin dhungoo
- Quufaa, haaxishoo
- Dhiiga bedhaasuun
- Bakka bishaan daaku tifi mana ficanii waliin feyyedemuu
- Wayaa (hucuu) halkannii, meeshaa nyaataafi, nyaataan
- Bimbii fi binneensaan

### Akkamitti off eeguu danddeessan?

#### Issa balaa hiinqabnee

- Off qabuu
- Eega qoormaata AIDSii fudhattanii balaa kana irraa nagaya tahuu keessan beektan booda waaheela keessani allatti nammoota birootti wajiin walqunnamti dhiiraa dhalaa goochuu dhaabuu.

#### Issa balaa xinnoo qabu

- Walqunamtti dhiraa dhalaa karaa caalmeya nageeytti qabu.
- Karaa caalmeya nageeyti qabuun lilme (marfee) itti feyedamuu.

### Walqunamtti dhiraa dhalaa karaa caalmeya nageeytti qabu jeechuun maali?

Walqunamtti dhiraa dhalaa karaa caalmeya nageeytti qabuun feyedamuun shaawaa dhiiraa, kan dhalaa tiifi dhiiga wajiin waltuqinsarra nama dhoowa. Waaheela keessani wajiin walqunamtti dhiraa dhalaa gochuun duratti wa'ee walqunamtti calmeyaa nageeytti qabu irratti hassa'uun barbaachiisaadha.

Yeroo hunduumaa walqunamtti gootan condoomi dhan sirritti feyedamuu issin irra jira. Googogiinsa dhoorkuudhaaf jiidha bishaan qabu (water based lubricants) itti feyedamaa. Inni zeeytii (oil based lubricants) irra hoojatammee kan akka petroleum jelly condoomi laafiisee akka baqaqu waan goodhuuf itti feyedamuu hiin barbaachissu.

### Karaa caalmeya nageeytti qabuun lilme (marfee) itti feyedamuu.

Qorricha lilme (marfee) dhan yammu fudhatan lilme (marfee) tokkoon namoota biroo waliin gargaaramuu hiin qabddan. Sagantaa jijjiraa lilme hordofudhaan lilme (marfee) hoojii irra oolee gatuun lilme haara'an feyedamuu.

### AIDS iin yoo kan qabamtan ta'ee namoota biroo akkamitti balaa kana iraa eeguu dandeesan?

#### Issa balaa hiinqabnee

- Off qabu

- Hoosisu dhabuu
- Isaa balaa xinnoo qabu

Waaheela keesani wajiin walqunamtti dhiiraa dhalaa gochuun duratti AIDSiin qabamuu keessan itti haasa'uu .

### Walqunamtti dhiraa dhalaa karaa caalmeya nageeytti qabu jeechuun maali?

Walqunamtti dhiraa dhalaa karaa caalmeya nageeytti qabuun feyedamuun shaawaa dhiiraa, kan dhalaa tiifi dhiiga wajiin waltuqinsarra nama dhoowa. Waaheela keessani wajiin walqunamtti dhiraa dhalaa gochuun duratti wa'ee walqunamtti calmeyaa nageeytti qabu irratti hassa'uun barbaachiisaadha. Yeroo hunduumaa walqunamtti gootan condoomi dhan sirritti feyedamuu issin irra jira. Googogiinsa dhoorkuudhaaf jiidha bishaan qabu (water based lubricants) itti feyedamaa. Inni zeeytii (oil based lubricants) irra hoojatammee kan akka petroleum jelly condoomi laafiisee akka baqaqu waan goodhuuf itti feyedamuu hiin barbaachissu.

### Karaa caalmeya nageeytti qabuun lilme (marfee) itti feyedamuu.

- Qorricha lilme (marfee) dhan yammu fudhatan lilme (marfee) tokkoon namoota biroo waliin gargaaramuu hiin qabddan.
- Lilme(marfee) qaama urachuuf yookiin niqqis-sachuuf namni itti feyedamee lammada itti hiin feyedaminaa.

Yookiin bishaanin yeroo lama, summi meeshaa qulqulleessun (bleach) yeroo lama secondii 30 aaf amallee deebisee bishaaniin yeroo lama dhiquudhaan qulqulleessu issin irra jira.

Lilme(marfee) qaama urachuuf yookiin niqqis-sachuuf namni itti feyedamee lammada itti hiin feyedaminaa.

### Caalatti baruu yoo barbaadan:-

- Caseworker keessan dubbiisaa

## 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