

# AIDS poko emu'katohu

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## Wotuuno we'to' hitotohu wirho AIDS hoko

Emeke nasi wirho tiimo'henatomu, taknemtomu, aawayihkaneme. Owtooti'ke iyu' taka irenimso kaikusu woohiri ohoko'ne, okoi woohiri ohoko'ne, aahi'toh kumme, oskatoh kumme. Owtooti'ke tu'txa' hena imoho tahaka, iwekatxe ito nasi kuunahami, itoye yo'hira kaha omyari. Okunahamyatawi'ne. Timo' henatom hoye aryha yokuuti'ke, owotkur kum ti'ke, owokur kum yoniti'ke, mo'toro owokur kum aawayihkatxir kum poko, etxerhira ahtawi. Anaronno pihnometaki, awe'toh kum taknem wara.

Irone oktxe owe'toh kumu. Oktxe owe'toh kumme onwo'ne. Taknemtomu we'tohu onwo'ne. Mikawa, pirakma, pirowi yaritohu imoho yowerkatohu aatxari yawerkatohu, okoy motxe'heso e'to'me. Ketxere yokokon yo'tohu aryhame tiitoh yawaho; ikuyto'me haananmo oktxe tonsom we'to'me, tonsomme.

Na, awe'toh kum soro rono kutu'ho oktxe miine: ohun menuretohu owya'ne purho hoye na oosot yiito' hoye ohun yatpoto' hoye, ohun hoko e'to'me titxake. Owo'yuhkowekato'me, owoso'hokato'me *lamina* hoye, *gilete* hoye, ikurunumpira tiimo'henatom wiya. Owo'takmaa tawi onwo etihtohu, woris poko owe'tohu anamorehtor tayero, okorunmantak taye.

Na, soro kohotxiwi isonani taknemi kironon kum kotu'ho, wirho totwosomi AIDS. Noro nasi akantak pike okoy wiya oskato' warayi. Owosoyomtotohu onwotak ahtawi, osomu'kako noro hoko onwo owosoyomtoto'me, owetxitpir wararo owe'to'me pihnome.

## Tiimo AIDS?

AIDS nasi wirho yakiri kikamiyuu tawono, ku'mo tawono, woris yowkur tawono, imanati yowku tawono. Iro nasi tohisomtaki, ehi'nohtoh ihra iro yohiti. Ewyani nasi ihra ehiti. Karaywa kum wiya nasi ehiti hetaki, pihno tiwirhokemtumu AIDS hoye. Emeke *medico* tomu, anaronno ehiti yotpiiroko. Ehinohotuh irohone tut irone tut eehorhira hotko. AIDS yakiri asanomori ohun tawi, tatxaka heso.

Ta'kaka tuwinari iweyunu, anaya tawi imno hoko rakari. Noro ehamiri moye rakari, tatxake ehamiri pitxi'ne ohun tawi. Poimra etxiri iroti'ke. Tuwir hokem tak wara, kumoro. Tiimo' hena haytak wara kumoro. Tuwinari amorehtotohu kiwya, kami *testin* hoye rakari. Akamiyur wiya akiri

yohoyetawí (*soro positivo* yohoye tawí *médico* kumu wíya katoh taye ro). Irota wírho manasí kakra, irone akírí hekaha, omoro. Owírhone, noro owír ho'hotohu, hitorokone, omoro soro pírehno akír hayitomú *soro positivo* owírhone hitooroko ne 2-5 iweyun tawí.

Poimra akírí wetxír hoye ohun tawí, noro otxokohamnohíroko ne. Irohoye AIDS he owetxine. AIDS nasí anaronno wírho warataki, noro rakarí owírho'ohohra. Mme nayí AIDS iyiito, txokohamnohto, ohum hoimtorí, txoko hamnohíroko. AIDS wíya ohoimtorí yakoikar hoye, ohun tawono, irohoye anaronno wírho ahsíroko ihitorme. Irohoye anaronno wírho, iwomírí ooritxme. Emeke etxiine awata'neyatawí oktxe ohunu etxpíra kaha. Ohun tore'ke wahtawí, oktxe etxpíra kaha. Irohoye títxake heso oohino'híra kaha, entíktane. Irohoye, aawayhíine.

Irohoye, pírehno AIDS hayí ihra etxiine ewayhíine. Ihun txokome kaha aamíspíra kaha. Tíwírhone wírho emekatak hananno, ewayihkaarokone.

## **Meemíya kíthí'yani AIDS? Meemíya nayí ahíspíra kuwe'tohu?**

AIDS yakírí akamíyuru taka iwomírí, aahí'to'me. Ohun taka iwomtohu, ohun tore'ke, wahta rakarí, ohítípír hoko. Anarí ahí'tohu ohítípír hitke yowkuu taye, omtaa tawonu, worí' tawono, oweshotaa tawono. AIDS yakírí nasí ewkur híke tahawí, kami wara, i'mo tahawí, imanatí yowku tawí, worí' tawí. AIDS yakírí haynomtomu yowkuu tawí, iro akamíyuru taka iwomírí, orek taka, towkírem pike yohoya tawí mítataka, worí' taka, wesohatato taka. AIDS ahíspíra omoro, te'kem kamíyuru, i'mo, ewkuru, wíya atekmamespohra etxko, orek tawí, omtawí, worí' tawí, wesohatato tawí. Ataku, txuku, weto, wenaru irotomu kami' hetak ahtawí, kuunonometaki.

### **AIDS yahí'tohu, ahíspíra etxko!**

- **Lámina, gílete** anaronno pírehno AIDS hayí. *Lámina* irohoye nero owya tímeye tawí owoso oka'to'me ta'kaka to'saymatxe akatak pike kami *lámina* hoko te'txe; irowara, etxírí ihoko akírí. Irohoye, *lámina* hoye owo'saimaa tawí ooríkír híke tahramíkatxe, akírí womto'me akamíyuru taka. Oktxe owya rakarí yítohu woso'hakano we'tohu, iro ronno hoye rakarí anaronno *láminan* hoye oso'hakakra etxko. Nakí' hena onírír hoye, we'yatawí, anaronno ahísko owyanme.
- **Agulha nahíní yítohu:** kuwatatpoto'me kuhítípír yatpoto'me, pírehno AIDS hayí iro hana, akamíyur hana, irota nasí akírí. Itoye akírí otowírí *agulha* hana. Itoyo itorí *agulha* womto' hoye anaronno hitpíi taka. Anaya tawí, *agulha* wemenureno we'tohu kuhítípír horokaaroko, kíkamíyur hana etxírí, AIDS hayí kamíyuru, irohoye *agulha* hoko etxírí akírí. Ironero anaronno hana akírí iwomírí *agulha* hoye, itoye otowírí kami hana, anaronno kamíyuru. Teemenuretxe awahtawí, isonan hoye emenureko. *Agulha* totpatí'kem poye taki. Ta'kaka AIDS he (ta'kaka *soro positivo* he), *agulha* síko yowtohu puhuu totawono, irohoye ironero *agulha* hoye ohítípírí horokar hoye akírí otowírí, *agulha* hoye. Iroho to'ta isonaní *agulha infermeiro* wíya, oskonyowto'me. Irohoye arymato'me wehoto tahaka AIDS otowhíra we'to'me.

- *Enfermeira* wiya, *dentista* wiya, kum wiya, kisan wiya, kuwatiyo wiya, oktxe kiinenom wiya pihno tikamitatxemtomu AIDS haynomu, *soro positivo* haynomu, **kami ronno nasi ta'ke**. Oktxe kiinenom kum tore'kemi kami wiya, itekmaa tawi AIDS yakiri iwomiri ikamiyuu taka, ihun yorekir hike taye. Irohoye, *enfermeira*, *médico*, *dentista* tom yawomke etxir kumu, tikamiitatxem kumu yohinohyatawi kami haynomu, kumunuru haynomu. Kihrehitomu, kuwatiyonomu tukpu'so tetxpore pihno tikamiitatxemtom poko; amore'tohra manasi nakpe nayi, AIDS yakiri he, nakpe i'hayi taki tukpu'so tetxpore. Anaronno naki' hena kamiyur wiya oorekiri itekmamespohra etxko. Oorekiri iwomtoko orekyahi'tohu hoye oorekiri tinotonke e'to'me.
- wori'txami ikamarantomu mire haaroko, tisan kamiyur hoye, tisan tawi. Mire yawani ahsiroko, tisan kamiyuu taye. Isani *soro positivo* he ahtawi, AIDS he ahtawi, **ikamiyuru akiri yariiroko mire hana**. Irohoye, enururu AIDS he, akiri he haanano. Kami tahawi AIDS ahsiroko. Tuwinar iweyun wahtawi, noro ewayhiri akatak potko. Tuwinari'ne tisankemtomu *soro positivo* hayi, enururu AIDS yakiri hetaki. Irone itoye ahsiroko tisan manati yowku taye.
- **Mire wiya mana' yonyatawi**. Irone isan manati yowkuru ta'ke AIDS yakiri hoye, mire akiri hay taki worisi akiri hayi, irohoye otowiri, akiri mire hana. *Soro Positivo* he awahtawi, akiri yahismesporoko mire wiya. Onwok pari amanatiri yowkur hoye, mire ta'ke. Omreri akiri he taki ahtawi, tokpu'so etxko, imanatpomespohra etxko, anaronno wiya. Kami wara nero kuunonome, mana' yowkuu rono kuunonome.
- **Ospoko toto we'tohu**: Toto humo ronno ta'ke. Pumoto watahiyatawi tukpuurem wori' tawono, yah' yatawi akiri iwomiri itaka. I'mo watahiyatawi, ikamiitaa tawi, ikamiyuru wososuykaa tawi, akiri iwomiri itaka. I'mo watahiyatawi, atxukramtom taka, wesohatato taka, mitato taka, akiri iwomiri itpaka. Oktxe nasi *camisinha* hoye iro taka rakari e'to'me. Irohoye akiri atahispira, irohoye iwompira.
- **woris poko we'nowe'tohu**: Ta'ke worisi ahtawi, woris mone yowkuu tawi akiri; ikamiitaa tawi, ikamiyuu tawi akiri. Toto yawumu oreki'he wahtawi, akiri womiri toto taka. Toto yawumu yowtar hike taka, akiri iwomiri. *Camisinha* tawi owe'tohu oktxe nasi, atahispira e'to'me.

#### **Kuunono mantom taki, ahispira we'nowe'tohu.**

- Wehanami'sokmano we'tohu kuhunti'kero tore'kemtaki.
- Awanono, woku (tikamiremtaki iro nasi kuunonometaki).
- Woso'nowe'tohu, wata'tximana, miirihisi, ataku, txuku, weto, wenaru, kami'he taki wahtawi iro nasi kuunonome taki
- Ospimi yakwaye, watahi'no we'tohu, oyonkas poye, watawkano we'tohu, womu, txu'txu katohu, wehno we'tohu, wanano we'tohu.

## **Irowara we'nowe'tohu, *soro positivo* he ahtawi, AIDS he ahtawi.**

akiri womir hoye akamiyuu taka, *soro positivo* he awahtawi, tiwirhoketak potko manasi, oktxe hotko manasi. Tonure owetxir hotko. Awatakritxkari, wa'ke omoro oowit menno, omrehtxin menno. Tarahkoro hotko tiriuroko omoro, nahra oniritpir wararo. Irone akiri hekaha omoro, akamiyuu tawi, anar kum wiya osoyomtoko.

*Soro positivo* awahtawi, omrehitaa tawi enururu tiwirhoke, AIDS hoye. Akiri yahismespooroko yum wiya, ospoko awahtawi'ne *camisinha* he taki, timre yahismespooroko tikamiyuu hoye. Iroho, akiri he awahtawi, timrehitatxe ta'kaha etxko.

Akiri he awahtawi, ospoko awahtawi naki hena yakoro *soro positivo* hay taki, akiri hay taki, *camisinha* hoye ihoko etxko. Irohoye etxpira awahtawi, akiri yahismespooroko omoro. Asak tuwirhokemi *soro positivo* he ahtawi, noro warai ospoko we'tohu, *camisinha* hetaki tiitohu hetaki asaakiro tuwirhoke teetxirkumpo. Tuwinari imre wahra etxko. Naki warayi, anar kumu akir hay kaha *camisinha* hoye, imrehi'tanmekpira kaha etxko. Timreke ahtawi, enwururu AIDS he kaha.

Akiri he awahtawi, tore'kemtom wiya akamiyuru itekmamespohra etxko anar kum wiya. Akamiitaa tawi, iwomtomespoko oorekiri. Akamiyur wiya timo'henatom yah'ya tawi, tiimohenatomu womu haktone oritxme ikorkako *sabão* hoye. Owemenuretpir aarimako, *agulha* yat'kako; oweskokatpiri *agulha*, iyat'kakone. Owoso'hakatohu ahismespooroko etxko, owyan rakari etpako.

Owya nero: otu'ko oktxe, owini'ko emeke, tukpu'so etxko, ehointamako tamkari AIDS yakiri wehoitkato'me. Ta'kaka tatxake' heso tonure me'yani. Anoro kum pirehno immo inkiri: 10 iweyun hana *soro positivo* kiwirhohohra hotko AIDS hoye. Pirehno tukpu'so te'ti'kemtumu tuhun hoko, poimintomu. Ta'kaka ihun kumu poimra anoro kumu ohi tuhahoti'kemtumu yiriuroko tuhun kum pointorme, akiri wiya ohoyatane. O'yanakakone awan tawi waina yoneto'me owya akiri hoye. Tonure owe'to'me immo heso iweyunu aamito'ti'kee rakari.

AIDS yakir wiya, ohointotpiri ohun hoimtotpiri irohoye anaronno wirho, ahsirkone aawayihkato'mene. Tukpu'so tetxpore omoro anaronno wirho wiya, txokomantom hananno. Wirho wiya aahi'yatawi atakinkako hito, aamito'me, taatakritxkato'ke haananno awahtawi. Oktxe otu'ko emeke. Anoro kumu pirehno AIDS hayi tonure etxiri asak iweyun hana.

## **Amoretotohu**

Ahispira we'nowe'tohu, ehitpotxuku, emeke pirehno otpiuroko nehotko. *Médico* kumu karko tutu motxe taki nayi, ehotohu, *vacina* yohotohu. Tatxake hotko iro etxiri, miya ehoto' hanaro. Iroho, oktxe toosomo'kahore tonure we'nowe'to' hoko, kuunonoman hoko, AIDS hoko.

Anarme'ne konmehtohu, isi'ti'ke. *Estados Unidos* to, emekantom p̄rehno AIDS yah'i'neni'yami, p̄rehno soorono isi' taye tukpu'so ospoko te'txemtomu ahisp̄ira te'toh kum me AIDS. Anarkumu p̄rehno karko tikunetakwasi AIDS wiya. Iro wetxir we'txenke, ospoko te'toh kum poko. *Agulha* totpatikemi iro waraynomu p̄rehno wiya tahi'so. AIDS yakir hoye emeke tawayiso. Atamorehtoko ohun hoko, tiimo henatom poko anarme owe'tohu tonure, ohrehiri hananno eeyomtoko AIDS yakiri he awahtawi. Anarme etxp̄ira awahtawi, aawayhi ne mirehoitme owe'tohu yiwahonokaaroko. Anaronno haananno p̄rehno yowayikamespooroko mire hoi'mehotko.

Kimiyari tarahkoro ironne rono kutu'ho. Kironon kumu anarme te'txe mon warataki soro. Nehatikawi isonani okoi warayi, okoi hike txinehra kimoro, kukwomman taka iwomtohu, kikamiyuu kum tawi. *Médico* kum yokoro ohi nasi ihra. *Médico* kum wiya otpitohu ahtawi isonani ehiti, oktxe tiito' hotxuku, kisosoyomtatxixi anaronno tiimo'henatom hoye *camisinha* hoye, tukpu'so kami hoko, mana' yowkur hoko.

# Basic Information on AIDS for Indigenous Communities

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## Introduction

There are a lot of things in your life that are dangerous, that might kill you. Every time you go into the forest to hunt, you might meet a jaguar or a snake and not come back. Every time you go to your plantation, or to the woods to shit, you might not come back. Every time you eat manioc or drink cachiri, you risk death from poison. To an outsider, your world looks incredibly dangerous.

But you live a good life here, you know how to live with these dangers: you carry shotguns, bow and arrows into the jungle and to the plantation, you clean your villages to keep snakes away, you squeeze the poison out of the manioc to make bread, or cook it for days to make the cachiri safe.

Other things in your world have always been safe: you could paint your body for ceremonies, or get tattoos to decorate your body forever; you could cut your hair or shave your beard with razor blades and never worry; you could cut yourself and know that, in time, you would heal; you could have sex anytime with almost anyone and your only real worry was that another man or woman might get angry when they found out.

Now a new danger has arrived in your world, a virus called AIDS. It is like a tiny snake that can bite you from the inside if you are not careful. You need to learn about it so you can protect yourself, so you can keep living the life you want to live.

## What is AIDS?

AIDS is a virus that lives in your blood, in your semen, in your mucous, and a little bit in your saliva. There is no cure for AIDS, no good treatment, and no vaccine to protect you from getting it. Many doctors in many countries are looking for a vaccine and for a cure, but these things are still not in sight.

The AIDS virus hides in your body for a period of time, sometimes for many years, sometimes for only a few months. It reproduces itself and slowly builds up in your body, gaining strength. All this time you remain healthy, so the only way to discover the virus is with a blood test. If you test HIV positive, it doesn't mean that you have AIDS, **but** it does mean that you carry the virus, and you could develop AIDS at any time. Most people **with** HIV positive develop AIDS in less than five years.

When the virus is strong enough in your body, it begins to attack. But AIDS is not like other diseases: it does not make you sick itself, but instead it destroys your body's natural

defenses against other diseases. You still may appear healthy in the early stages of this attack. When AIDS has destroyed enough of your body's natural defenses, then other diseases come in to take advantage of your hidden weakness. When you get a cold, or a flu, your body can't defend itself, can't mend itself. When you develop an infection, your body can't cure the infection, and after a time, even the strongest medicines don't help.

In the end, people with AIDS die because the body can't fight off even the mildest diseases, so some common, curable disease finally kills you.

## **How do you get AIDS? How do you protect yourself from AIDS?**

The AIDS virus needs to enter your blood in order to infect you: the doorways to your blood are open wounds; the windows to your blood are mucous membranes (the wet skin inside your mouth, vagina, and anus). The AIDS virus lives in body fluids, especially in blood, semen, and mucus; also a little in saliva. You get AIDS when infected blood, semen, or mucus enters your blood via the doorway of broken skin or slips in from contact with the windows of your mucous membranes. To protect yourself from AIDS, don't let infected blood, semen, or mucus touch broken skin or mucous membranes. Saliva, urine, feces and vomit do not carry enough of the virus to be dangerous.

### **Ways to get AIDS:**

- **Sharing razor blades:** if the razor breaks the skin of an infected person, the blood carries the virus onto the razor blade; if the razor breaks the skin of a second person, the virus enters directly into the blood of the second person. Keep a special razor blade for each person, and make sure to get a new one if anyone else uses yours.
- **Sharing needles:** when a needle breaks the skin of an infected person, it gets infected blood on it; it carries that blood when it breaks the skin of a second person, and passes the virus. Sometimes a tattoo needle breaks the skin on an infected person. Then the same needle is used on a second person, and breaks their skin as well, carrying the virus directly into clean blood. If you want a tattoo, insist that they use only a new needle for you. Sometimes people give an injection of medicine to an infected person; the virus rides on the needle when it comes out. Then the same needle is used to give an injection of medicine to another person, and the needle carries the virus into the new person's blood. If you need an injection, insist that they use a new needle for your injection.
- **Nurses, dentists, and friends take care of infected people who are bleeding;** the blood carries the virus. The nurse, doctor, dentist or friend either has a cut or gets one while treating the patient and the virus takes advantage of the doorway in the skin to enter the blood. Nurses, doctors and dentists are always at risk, so they need to wear gloves when treating patients who are bleeding or have a lot of mucus. Parents and friends need to be very careful with children and other friends who are bleeding, so that the blood does not contact sores or mucous membranes (i.e. the mouth, vagina, or anus). You don't know

whose blood carries the virus, so every time you see blood, assume the worst and protect yourself! Close the door into your own body: cover up cuts with bandages while they heal.

- **Pregnant mothers** share blood with the baby inside; the mother's blood gives everything to the growing baby. The mother's blood also carries the virus to the baby, so it is born HIV positive, and usually develops AIDS and dies while still a small child.
- **Sex with men:** male semen carries the virus into the woman's mucous membranes in the vagina, into her blood during menstruation, into her mucous membrane in the anus, or into her mouth in oral sex. Use a condom to catch his semen so it won't touch your mucous membranes, and avoid taking his semen into your mouth in oral sex.
- **Sex with women:** the mucus from the woman's vagina, and her blood during menstruation, carries the virus into the mucous membranes of the man's penis, into any sores that might be on his penis, or into his mouth in oral sex. Use a condom so mucus or blood won't touch the opening or sores in your penis, and avoid bringing mucus or blood into your mouth in oral sex.

#### **Things that don't give you AIDS:**

- kissing, on the mouth or anywhere on clean, unbroken skin
- food and drink, as long as they don't have fresh blood or mucus in them
- breathing, sneezing, coughing, spitting, urinating, shitting, vomiting
- hugging, touching, combing hair, dressing children, swimming, bathing, dancing

#### **Living with HIV positive; living with AIDS**

When you are HIV positive, you feel healthy and you can still take care of yourself. You can live a good life, you can work hard, you can love your friends and family, and you can do almost everything you have always done. But now you carry a danger in your body, and you need to protect your loved ones:

If you are HIV positive, you can never have a healthy child again. If you are the father, you will give the virus to both mother and baby. If you are the mother, you will give the virus to both the father and the baby.

If you are HIV positive and your lover is not, you need to force your lover to use a condom. Otherwise, you might pass on the virus. If your lover is also HIV positive, then you don't need to use a condom to protect each other; but you DO need to use some contraception, because you don't want to get pregnant and give the disease to a child. If you don't want to use a condom with a partner who is also HIV positive, then ask your nurse for some other contraception ideas.

If you are HIV positive you need to remember your blood is dangerous to an uninfected person. If you begin to bleed, bandage the cut as soon as possible. Don't let others touch your



blood unless they are wearing gloves. If your blood gets on anything, like your clothes or a bench, clean everything very carefully with soap and/or bleach. If you receive a tattoo or an injection, make sure the needle is destroyed so it will not be used on someone else after you. Guard your personal razor blade, so nobody else will use it, even by accident.

For yourself, take care to eat well, sleep enough, take good care of yourself so the virus will grow slowly, and you will have the longest possible time before it finally become AIDS. A very few people have been HIV positive for fifteen years, and still have not developed AIDS. They are very careful with their bodies, they are very strong in their hearts, and perhaps they have unusually strong natural defenses. Some of these people take herbs and natural supplements to make their natural defenses stronger. Prepare your spirit for the battle to make the virus grow slowly, so you will live many years as HIV positive without AIDS.

When the virus finally attacks your body's defenses, then you have AIDS. You need to avoid people who have even the littlest sickness, and who might pass that sickness to you. When you are sick, take special care of yourself, to help your body get well: eat well, get enough sleep, rest when you are tired even if there is work that needs to be done. Some people live for years even with AIDS.

### **The future**

Hope for a vaccine or a cure: people keep working, and scientists say that they are getting closer, but almost certainly we will have nothing available for many years. For now, we must plan to live with the danger of AIDS.

Changes in lifestyle: in the US, many people are careful, especially with sex, and have not gotten the disease. Others have insisted that they are not afraid of AIDS and continue to take chances, especially with sex and shared needles. Many of these people have gotten the virus, and many have died. Think about how to change your life to survive, and how to take care of your friends and your community if you are HIV Positive. If you don't make changes, expect to die younger than you needed to; expect to cause the ones you love to die younger than they needed to also.

We all live in the same world, and our world has changed. We have to change with it to continue our races. There is a new snake in the jungle, in our homes in our blood; the buckshot that our doctors already have cannot kill this snake. While the doctors look for new ammunition, we have to protect ourselves from this snake with other tools: condoms, care with blood, care with mucous.