AIDS pokon emu'katohu

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Wotuuno we'to' hitotohu wirho AIDS hoko

Emeke nasi wirho tiimo'henatomu, taknemtomu, aawayihanem ne. 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, ito ye'yo'hira kaha omyari. Okunahamyataw'ne. Timo' henatom hoye arihwe yokutui'ke, owoakur kum t'i'ke, owokur kum yonii'ti'ke, mo'toro owokur kum aawayihkatxir kum pokoko, etxehira ahtawi. Anaronno pirehnometaki, awo'toh kum taknem wara.

Irone oktxe owe'toh kumum. Oktxe owe'toh kumme onwo'ne. Taknemtomu we'to hu onwo'ne. Mikawa, pirakma, pirowi yaritohu imoho yowkeratohu aatxari yawerkatohu, okoy moto'heso e'to'me. Ketzere yokokon yo'tohu aryhame tiitoh yawahu; ikuyto'me haanamno oktxe tonsom we'to'me, tonsomme.

Na, awo'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 lámina hoye, gilete hoye, ikurumumpira tiimo'henatom wiya. Owo'takmaa tawi onwo etáhtohu, woris pokoko owe'tohu anamorehtor tayero, okorummantak 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'koko noro hoko onwo owosoyomtoto'me, owetxitpìr wararo owe'to'me pirehnome.

Tiimo AIDS?


Irohoye, pirehno AIDS hayi ihra etxíne ewayhiine. Ihun toxrome kaha aamispira kaha. Tiwirhoni wirho emekatak hananno, ewayhiharekone.

**Meemiiya kitahí'yaní AIDS? Meemiiya nasí ahísipra kuwe'tohu?**

AIDS yakiri akamiyuru taka iwomiri, aahí'tome. Ohun taka iwomtoto, ohun tore'ke, wahta rakari, ohitpir hoko. Anari ahí'tohu ohitpir hitke yowkuu taye, omtaa tawono, wori' tawono, oweshotaa tawono. AIDS yakiri nasí ekurk hike tahawi, kami wara, i'mo tahawi, imani tayk yowku tawi, wori' tawi. AIDS yakiri haynomtomi yowkuu tawi, ire akamiyu taka iwomiri, orek taka, towkirem pike yohoye tawi mítataka, wori' taka, wesohatatoo taka. AIDS ahísipra omoro, te'kem kamiyuru, i'mo, ekurk, wiya ateknamesphora etxko, orek tawi, omtawi, wori' tawi, wesohatat tawi. Ataku, txuku, weto, wenaru irotomu kami' hetak ahtawi, kuuënometaki.

**AIDS yahí'tohu, ahísipra etxko!**

- **Lámina, gileté anarónno pirehno AIDS hayi.** Lámina irohoye nero owya timye tawi owoso oka'tome ta'kaka to'saymatxé akatar pike kami lámina hoko te'texe; irowara, etxiri ihokho akiri. Irohoye, lámina hoye owe'saimaa tawi oorír híke tahamakatxe, akiri womto'me akamiyuu taka. Oktce owya rakari yiitohu woso'hekano we'tohu, iro ronho hoye rakari anarónno láminan hoye sos'hakahra etxko. Naki' hena onirir hoye, we'ytawi, anarónno ahisko owyanne.

- **Agulha nahini yiitohu:** kuwatatpoto'me kuhipir yatpoto'me, pirehno AIDS hayi iro hana, akamiyur hana, irota nasí akiri. Itoyo akiri otowiri agulha hana. Itoyo itori agulha womto' hoye anarónno hitpii taka. Anaya tawi, agulha wemenureno we'tohu kuhitpir horokaaroko, kikamiyur hana etxiri, AIDS hayi kamiyuru, irohoye agulha hoko etxiri akiri. Ironte anarónno hana akiri iwomiri agulha hoye, itoye otowiri kami hana, anarónno kamiyuru. Teemenuretxe aawatawti, isonan hoye emenureko. Agulha tótpatí'kem poye taki. Ta'kaka AIDS he ta'kaka soro positivo he, agulha siko yowtohu pühhu toatawone, irohoye ironero agulha hoye ohitpir horokar hoye akiri otowiri, agulha hoye. Iroho to'ta isonani agulha infermeiro wiya, oskonyowto'me. Irohoye arymato'me wehoto tahaka AIDS otowhiara we'to'me.


• *Ospoko toto we' tohu*: Toto humo ronno ta'ke. Pumoto watahiyatawi tukpuurem wori tawono, yahí' yatawi akiri iwomiri itaka. I'mo watahiyatawi, ikamiitaa tawi, ikamiyuru wososuykaa tawi, akiri iwomiri itaka. I'mo watahiyatawi, atxukramtom taka, weso hatato taka, mitato taka, akiri iwomiri itpaka. Oktxe nasi *camisinha* hoye iro taka rakari e'to'me. Irohoye akiri atahispíra, irohoye iwompíra.

• *woris pokó we'nowe' tohu*: Ta'ke worisi ahtawi, woris mone yowkuu tawi akiri; ikamiitaa tawi, ikamiyuu tawi akiri. Toto yawumu orekí'he wahtawi, akiri womiri toto taka. Toto yawumu yowtar hike taka, akiri iwomiri. *Camisinha* tawi owe'tohu oktxe nasi, atahispíra e'to'me.

Kuunono mantom taki, ahsípra we'nowe'tohu.

- Wehanami'sokmano we'tohu kuhuntik'ero tore'kemtaki.
- Awanono, wuku (ikamiremtaki iro nasi kuunonometaki).
- Woso'nowe'tohu, wata'tximana, miiríhisi, atakú, txuku, weto, wenaru, kami'he taki wahtawi iro nasi kuunonome taki
- Ospimi yakwaye, watahí'no we'tohu, oyonkas poye, watawkano we'tohu, womu, txu'txu katohu, weno we'tohu, wanano we'tohu.
Irowara we'nowe'tohu, soro positivo he ahtawi, AIDS he ahtawi.


Soro positivo awahtawi, omrehtiaa tawi enururu tiwirhoke, AIDS hoye. Akiri yahismespooroko yum wiya, ospoko awahtawi'ne camisinha he taki, timre yahismespooroko tikamiyyuu hoye. Iroho, akiri he awahtawi, timrehtitatxe 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 tuwirhokem soro positivo he ahtawi, noro warai ospoko we'tohu, camisinha hetaki tiito huhetaki asakaatio tuwirhoke teetzirkumo. Tuwini imre wahra etxko. Naki warayi, anar kum akir hay kaha camisinha hoye, imrehi'tanmekpira kaha etxko. Timreke ahtawi, enwururu AIDS he kaha.


Owya nero: ot'u'ko oktxe, owini'ko emeke, tukpu'so etxko, ehointamako tamkari AIDS yakiri wehoitkatome. Ta'kaka ta'taxe' heso tonure me'yani. Anoro kum pirehno immo inkiri: 10 iweyun hana soro positivo kiwirhohoha hotko AIDS hoye. Pirehno tukpu'so te'ti'kemtomu tuhun hoko, poimintomu. Ta'kaka ihun kumu poimra anaro kum uhi tuhatio'kemtomu yiriiroko tuhun kum poimtorme, akiri wiya ohyotane. O'yanakkone awan tawi waina yoneto'me owya akiri hoye. Tonure owe'tome immo heso iweyunu aamito'ti'kee rakari.


Amoretotohu

Ahispira we'nowe'tohu, ehitpotxuku, emeke pirehno otpiiroko nehotko. Médico kum karko tutu motxe taki nayi, ehotohu, vacina yohotohu. Tatxake hotko iro etxiri, miya echot'h hanaro. Iroho, oktxe tososo'kahore tonure we'nowe'to hoko, kuunonoman hoko, AIDS hoko.
Anarme'ne konmehtohu, isi'ti'ke. *Estados Unidos* to, emekantom pirehno AIDS yahi'neni'yami, pirehno sooron so is'i taye tukpu'so ospoko te'txemtomu ahispira te'toh kum me AIDS. Anarkumu pirehno karko tikunetakwasi AIDS wiya. Iro wetxir we'txenke, ospoko te'toh kum poko. *Aguilha* totpatikemi iro waraynomu pirehno 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 etxpira awahtawi, aawayhii ne mirehoitme owe'tohu yiwarhonokaroko. Anaronno haananno pirehno yowayikamespooroko'mire ho'imehotko.

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 alway 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 mucous; also a little in saliva. You get AIDS when infected blood, semen, or mucous 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 mucous 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 mucous. 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 mucous 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 mucous or blood won't touch the opening or sores in your penis, and avoid bringing mucous 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 mucous 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 a 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.