

SIV KOOB TXHAJ UAS KOM ZOO DUA YOG DAB TSI?

Siv koob txhaj uas kom zoo dua yog siv cov koob uas huv lossis cov koob uas tshiab kom thiaj li tsis muaj lwm cov ntshav nyob ntawd, siv cov koob no los txhaj tshuaj tsis zoo, txhaj tshuaj kho mob, thiab tho qhov hauv lub cev, thiab khij lub cev. TSIS TXHOB koom siv cov koob uas twb siv dua lawm. Tej co zos muaj ib cov koos haum uas muab koob tshiab los pauv cov koob qub.

YOG TIAS KOJ TWB MOB KAS CEES (HIV) LAWM, KOJ YUAV PAB TAU KOM KOJ TSIS TXHOB KIS RAU LWM TUS LI NTAWM NO:

- Tsis txhob pub koj cov mis rau menyuam noj.
- Thaum koj muaj menyuam mus saib tus kws kho mob kom lawv muab tshuaj los pab.
- Ua ntej koj nrog ib tug neeg pw ua ke, qhia nws tias koj mob HIV lawm. Siv tej yam uas pab (xws li hnab yas looj thiab cov daim yas thaiv).
- Tsis txhob koom siv koob los tho cev, los txhaj, lossis los khij cev.

TIV TAUJ TAU NTAWM:

riht@uscrdc.org

Tebchaws Asmesliskas Lub Koos
Haum Pab Cov Neeg Tawg Rog
Thiab Cov Neeg Tshiv Teb Tsaw Chaw
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Tus Xovtooj: 202 • 347 • 3507
Tus xa ntawv fax: 202 • 347 • 7177
www.refugees.org

KAWM SIV TXIV NEEJ COV HNAB YAS LOOJ!

- Xuas koj cov ntiv tes qhib pob hnab yas looj TSIS TXHOB SIV KOJ COV KAUS HNIIV.
- Ntsiab ib qes ntawm lub hnab yas looj kom tsis txhob cia pa nyob rau hauv.
- Hlauv lub hnab yas looj mus thoob tus txiv neej rab qau TAWV. Yog tias koj hlauv tsis tau lub hnab yas looj, muab nws pov tseg thiab siv ib lub hnab yas looj tshiab.
- Tom qab neb pw ua ke tag, tuav lub hnab yas looj ntawm qab thiab muab hle.
- Muab lub hnab yas looj ntawd povtseg thiab ntxuav rab qau.
- TSIS TXHOB ROV QAB SIV LUB HNAB YAS LOOJ QUB.
- Xyaum siv ua ntej koj yuav tau siv tiag tiag.

Kom paub ntxiv txog tej kev pab kho HIV/AIDS uas nyob rau hauv koj lub zej zog, thov hu 1-800-342-2437.

Kom paub ntxiv txog HIV nyob rau hauv vas (web), thov mus saib:

www.cdc.gov

www.hivpositive.com

www.thebody.com

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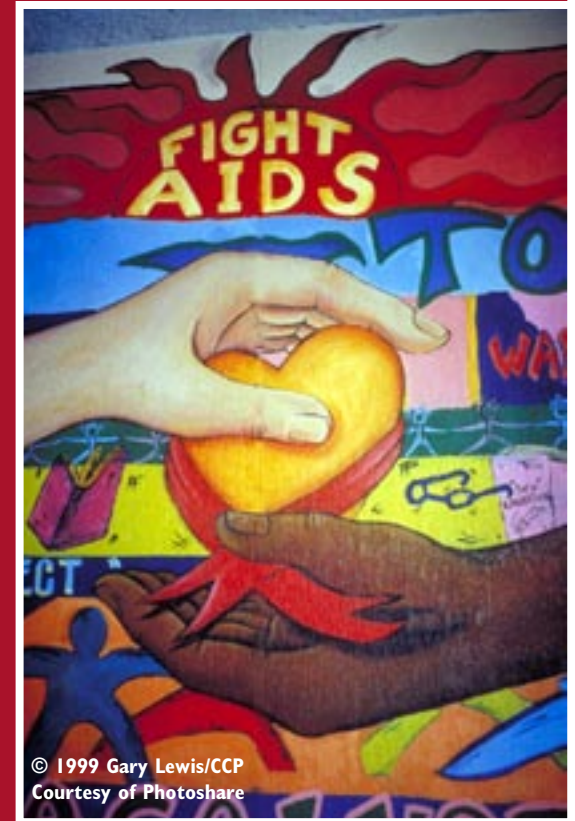
Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntawv uas tau raug sau los ntawm:

The National Minority AIDS Council

The Centers for Disease Control and Prevention (CDC)

Body Health Resources Corporation

Phau ntawv qhia no tau tsim los ntawm ib cov nyiaj ntawm lub Koos Haum the Department of Health and Human Services Office of Refugee Resettlement



HIV Yog Dab Tsi?
(What is HIV?)
(Hmong)



www.refugees.org

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Upholding Freedom since 1911*

MENTSIS TXOG KEV MOB KAS CEES

(HIV /AIDS)

HIV—Human Immune Deficiency Virus (HIV) yog ib hom mob virus uas ua tau kom mob kas cees (AIDS (Acquired Immune Deficiency Syndrome)). HIV ua rau lub cev tiv thaiv tsis tau nws tus kheej ntawm tej yam mob nkeeg li mob khaub thuas. Cov kws kho mob hais tias ib tug neeg mob kas cees (AIDS) thaum nws lub cev tiv thaiv tsis tau nws tus kheej ntawm cov kab mob lawm.

Mob HIV yog ib yam uas yus tiv thaiv tau! Cov neeg uas mob HIV yeej muaj cuab kav nyob tau ntev thiab nyob tau zoo yog tias lawv nrhiav pom tau ntxov tias lawv mob HIV thiab lawv siv tshuaj los pab.

KIS HIV LI CAS?

HIV nyob rau hauv ntshav, kua phev txiv neej, niam lub mis, thiab kua phev pojniam ntawm cov neeg uas mob HIV. HIV kis ntawm ib tug tib neeg mus rau lwm tus thaum lawv pw ua ke, sib koom siv tib rab koob los txhaj, los tho qhov rau cev (tho pobntseg) lossis xuas koob khij rau ntawm lub cev, yug menyuam, lossis pub mis rau menyuam noj.

Nyob rau tebchaws Asmesliskas, lawv kuaj cov ntshav uas yuav muab ntxiv rau ib tug neeg, vim li no nws tsis yog ib qhov uas yus yuav tsum tau txhawj txog thaum kuv txais ntshav hauv tsev kho mob. Koj yuav kis tsis tau HIV los ntawm cov ntshav no.

Yog tias ib leej niam ua raws li tus kws kho mob hais thiab cia lawv pab kho, ces thaum nws xeeb menyuam, nws tus menyuam yuav muaj ib feem uas yog muaj hmoov nws yuav tsis kis HIV. Nws yog ib qho tseem ceeb heev rau cov pojniam uas muaj menyuam kom lawv kuaj seb lawv puas mob HIV kom lawv thiaj li tsis kis HIV rau lawv cov menyuam.

KUAJ SEB PUAS MOB HIV

Koj yuav tsis muaj peevxwm saib ib tug tib neeg

thiab paub tias nws puas mob HIV. Tej tib neeg tej zaum lawv yuav zoo li lawv noj qab nyob zoo, tej cov yuav yag cev, tej co yuav rog, tej co tsis doog thiab tsis mob qhov twg tiamsis lawv tseem kis tau rau lwm tus. Qhov uas yuav qhia meeib seb ib tug neeg puas mob HIV ces yog los ntawm qhov kuaj HIV.

Kuaj HIV yog ib qho yooj yim heev. Nyob rau ntau lub zos, yeej muaj tej chaw mus kuaj HIV uas pheeib yig thiab tej co uas kuaj dawb xwb. Kev kuaj HIV yuav kuaj seb puas pom muaj HIV nyob rau ntawm cov qaub ncaug lossis hno ntv tes me me kom kuaj tau cov ntshav. Qhov kuaj tsuas siv li 20 feeb xwb ces yeej paub tias mob HIV los tsis mob. Nyob rau ntau lub zos, lawv yeej cia kom yus kuaj thiab tsuas yog yus thiaj tus kws kho mob uas kuaj ntawd thiaj li paub seb yus mob los tsis mob xwb, thiab tej qho cia kom yus paub xwb.

Kev kuaj confidential (qhia rau koj thiab cov kws xwb): Rau lub npe ntawm tus neeg uas tuaj kuaj thiab xa cov npe no mus rau lub koos haum saib xyuas kev mob nkeeg ntawm lub xeev (xws li lub State Health Departments).

Kev kuaj anonymous (qhia rau koj xwb): Yuav tsis tas kom koj rau npe li. Tiamsis nws siv ib cov lej lossis ib co ntawv los qhia rau yus paub xwb. Qhov no txhais tias tsuas yog tus neeg uas tuaj kuaj thiaj li paub tias qhov twg thiaj li yog nws li xwb.

Koj yuav tsis kis HIV los ntawm:

- Kov ib tug neeg li phoojywg :
- Tuav tes
- Sib khawm, sib nwj
- Hnoos, txham
- Muab ntshav
- Ntawm ib lub pas da dej
- Zaum ntawm tib lub qhov viv
- Siv tib daim pam
- Siv tib rab diav rawg, diav, rawg, riam, phaj, tais, lossis khob
- Los ntawm yoov tshaj cum los lwm hom kab tom

AIDS
Support a Friend



KOJ YUAV TIV THAIV KOJ TUS KHEEJ LI CAS?

Kom tsis txhob muaj ib feem uas yuav

kis tau li:

- Ceev koj lub cev (Tsis txhob nrog lwm tus pw li)

Yog tias koj **thiab** koj tus hlub twb kuaj HIV ntawm 6 lub hlis tas los lawm THIAB:

- Neb ob leeg tsis mob HIV
- TSUAS pw ua ke nrog ib leeg ib tug xwb
- Tsis txhob koom siv koob hno, koob tho cev, lossis koob khij cev.

Muaj ib feem me me uas kis tau HIV

- Siv yas looj thaum koj nrog ib tug pw
- Siv koob kom zoo dua

KEV PW UA KE UAS PAB KOM FEEM YUAV

KIS KOM TSAWG DUA YOG DAB TSI?

Cov kev pw ua ke uas pab tau yog cov uas thaiv tau tus txiv neej cov kua phev, tus pojniam cov kua phev, thiab ntshav los ntawm kev siv yas looj (pojniam thiab txiv neej) thiab tej daim yas thaiv (dental dams).

Ua ntej neb pw ua ke:

- Sib tham nrog koj tus hlub txog txoj kev pw ua ke uas kom tsis txhob kis mob.
- Xyaum siv yas looj (pojniam thiab txiv neej) kom txawj siv cov yas looj no ua ntej neb pw ua ke.
- Tsis txhob pw ua ke tom qab neb siv tshuaj lossis tom qab neb haus cawv.
- Tsuas siv cov kua uas siv dej los ua kom nplua nplua xwb (TSIS TXHOB siv cov kua nplua nplua uas siv roj los tsim)

Tshuaj noj kom txhob muaj menyuam, tshuaj txhaj kom txhob muaj menyuam, cov menyuam yas nplhaib uas tiv thaiv kom tsis txhob muaj menyuam, cov ntaub nplaum tiv thaiv kom tsis txhob muaj menyuam, thiab cov sponge uas tiv thaiv kom tsis txhob muaj menyuam, yuav pab thaiv tsis tau mom tsis txhob mob kas cees (HIV/AIDS). Tseem yuav tsum tau siv hnab yas looj (pojnima los txiv neej).