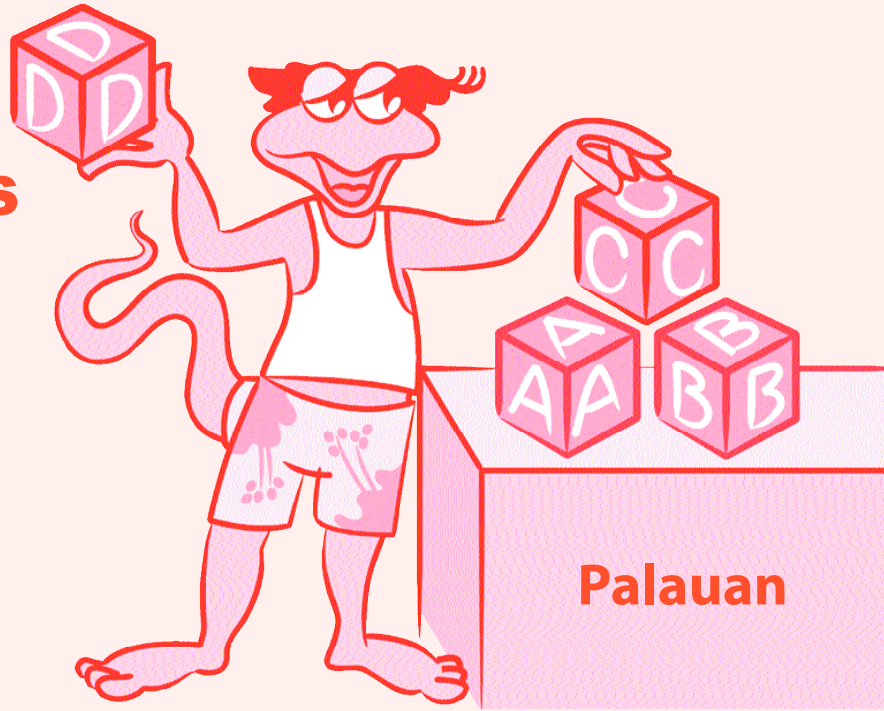
Secretariat of
the Pacific Community
(SPC)

Pacific Resources for
Education and Learning

JEKO'S PACIFIC TALES

The ABCDs of HIV/AIDS



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Adapted by PREL
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Palauan

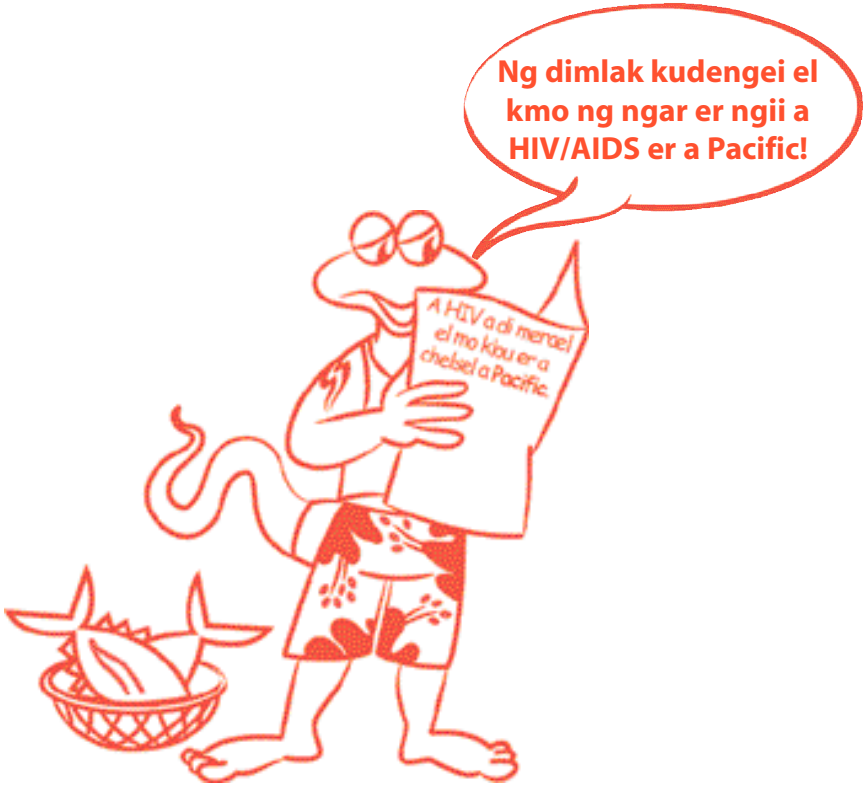
HIV/AIDS er a chelsel a Pacific

A ocherngelel a secherel a HIV/AIDS er a Pacific a di omdois. Elechal taem e te mla ouchais a secherel a HIV/AIDS er a teruich me a cheuang el beluu er a Pacific, e ng di te kmu el kmo a ildisir a rechad el dodengelterir el smecher er tial rakt a kekerei er a meral chocherengal e le ng:

- Kak ngodech a teletael er a reporting systems er a delongelel a beluu. A rechedal aikal iinsel a Pacific a dirrek el lomais e mesebesebek e ngmai a test er a bedengir er a ngodech el beluu. A re private el toktang a diak el blechoel el report a cases er tir. A bebil er a beluu a kmal oldubech a test er a HIV/AIDS e a kuk bebil a diak.
- Ngar ngii a meklou el delengchokl er a rechedal aikal beluu er a Pacific er a France, Australia, New Zealand, me a Merikel. E alsekum e tirkang el chad a test el positive er aikang el meklou el beluu e mereko mo remei, e ng diak el belkul a kmo te mla mo remei me a te dirrek el report er tir el mo er a belurir.
- Se el lak a counseling, e a re betok el chad a diak el le bo er a test me ng diak lodengei el kmo te HIV-positive malechub e ng diak. Ng di merekmo se el le bla le bo er ngii a symptoms er a AIDS er a bedengir e tir a mocha nguu a test. E a uchei er tiang e te mla mo obengterir a re betok el chad e mechiuaiu el lobengterir e diak lodengei el kmo te HIV-positive.
- Ng obdois a ildisir a re mekekerei el chad el mo smecher ra STIs e mo dioll ra Pacific. Tia ochotii el kmo te betok el chad a diak el kerekikl se el lousechelei e ou sechelei er a re betok el chad.
- Se el bebil er a taem e te kmo a uchul a kodellir a rechad a kuk ngodech el rakt el diak el HIV/AIDS, e le AIDS a choitechetur a klisichel a bedenged el lokoad a secher me a baiking me a chad a sebechel el mo smecher er a ngii di el rakt.

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A HIV/AIDS me a bebil er a rakt el dirrek el mengai el loeak a klausau el loleker el kmo sexually transmitted infections (STIs) a merael el mo betok er a Pacific.

- Ng mla mo er ngii a betok er a 8,500 el chad el mo smecher er a HIV er a chelsel a Pacific e merael el mo betok.
- Ng dirrek el klou a ocherngel a bebil ra bedengel a STIs er a Pacific.

Ngii di el chad a sebechel mo smecher er a HIV/AIDS.

- Ng diak el sebechem el di omes er a chad e mo medengei el kmo ng ngar ngii a HIV er ngii.
- A chad el ngar ngii a HIV er ngii a sebechel el diak lodengei el kmo ngobang, e ng di ng dirk sebechel el loleiuul er ngii.





A chisel a HIV/AIDS a sebechem el ngmai er a re ua osbitar, clinic malechub e ng center er a health, me a re toktang me a re nurs.

A HIV se el baiking el mo mechelii a secher el AIDS.

A HIV a baiking el mengitechut er a klisichel a bedenged el oltngakl a rakt. A bedenged se el mesisiich el oltngakl a rakt e ng diak bo de secher er a tereter malechub e ng olngeseu er kid el mo ungil a de secher.

A chad el ngar ngii a HIV er ngii a mo bekesechesecher e le ng mo mechitechut a bedengel el oltngakl a baiking. Ng mo diak el sebechel a bedengel el lomekoad a baiking me ng kmal mo imis el smecher (tiaikid a doleker er ngii el AIDS).



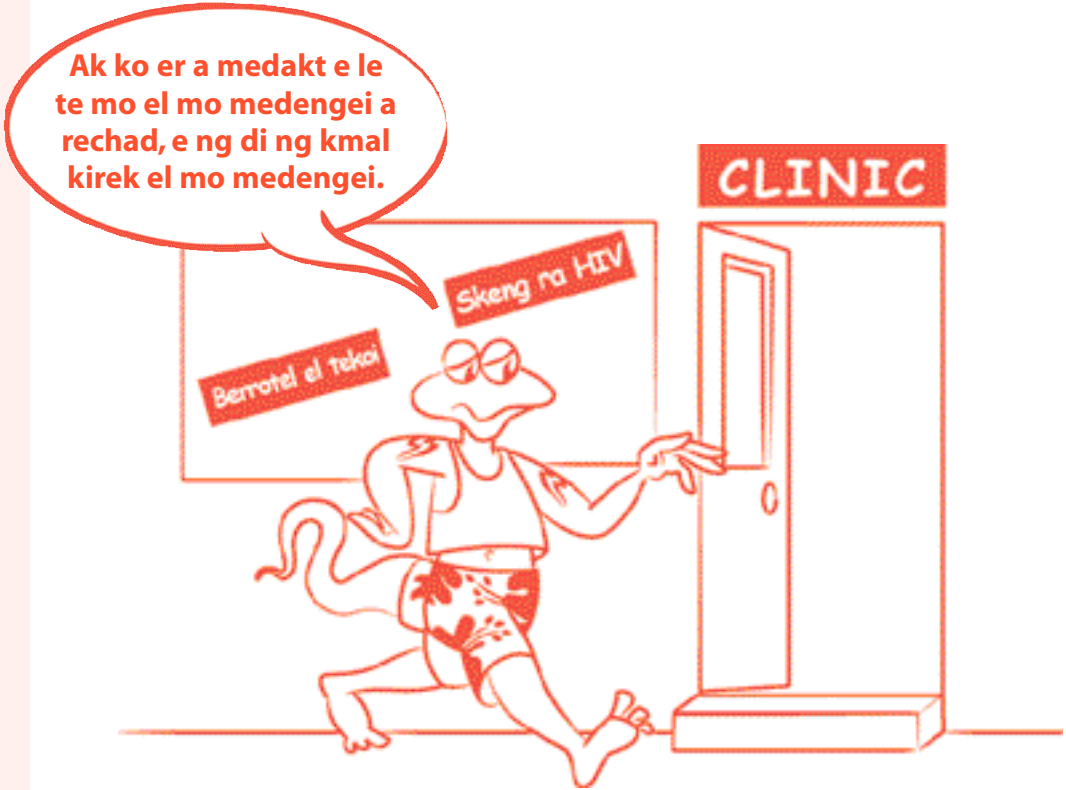


Ke simbai er a HIV me a bebil er a STIs?

A chad a sebechel ngar er ngii a HIV er ngii el mo telang el rrak er ruchei er a le bol secher me a rengud e ng diak a rektel e ng di ng kmal sebechel el loiuelii.

A di tal rolel a obo modengei el kmo ke mla nguu a HIV (se el baiking el lomuchel a AIDS) a mo nguu a skeng er a rsechem.

- Ng kirem el mo er a clinic el mo nguu a skeng.
- A rokui el teletelel me a chisel tial skeng a mekull e blart me ng diak a ngodech el chad el mo medengei.





Alsekum e ke sekusau el chad e ng kot el klou a ultutelel a o blechoel el ngar er a osongel er a klausau.

A skeng el kirel a HIV a kmal klou a ultutelel e le ng ungil a omereched el metik er ngii a le ngar er ngii er kau, me ng sebechem el ngmai a kerul me a bebil er a ngeso. Ng dirrek el klou a ultutelel el mngai a skeng el losiik a bebil er a rektel a klausau (STIs) e le ng oumesingd el beot el de omkar me ke de mo ungil er ngii (gonorrhea, chlamydia, syphilis, trichomoniasis).

Me a om ngar sei e ng sebechem el dirrek el mo mui el medengei a chisel a HIV me a bebil er a rektel a klausau me a ngarang el teletael me a omeruul a merrob a oiuelel ngii el rakt.

OIUELEL A HIV

A baiking el HIV a ngara osechel a melechel a sechal, osechel a kikil a redil, rasech me a osechel a tul a redil. Me alsekum a ta er aikang a tmuu ra rolel a rsechel a bedengel a chad, e ng sebechel el mo smecher ra HIV.

Ngeral omeruul me a teletael a oleiuul a baiking er a HIV?

- se el mousau e lak mousbech a kumi
- se el mousbech a osisiu el medal a orus (el kirel a omelngod, omsibs er a bedenged el mo blil a telau, merus a mekngit el kar) me a dongu er a omelebes el usbechall er a rolel a omelubech me a bebil er a teletael
- el ngar er a chedil el mo er a ngalek el ngar er a chelsel a diil, me se el lomechell, malechub e ng se el loltut er ngalek





Ng diak el sebechem el nguu a HIV:

- er a blengchelel a rekas
- se el morekedii a chimal a chad malechub e ke turngur a medal a chad e timetmii a ngerel
- a om dak el milil malechub e ko moureor
- a om kaiuedoid a kob, me a belatong, me a kall
- a om dmak el mengedub
- a omousbech er a ochertoll
- er a klsib me a chiuosech
- er a klukl me a sngos

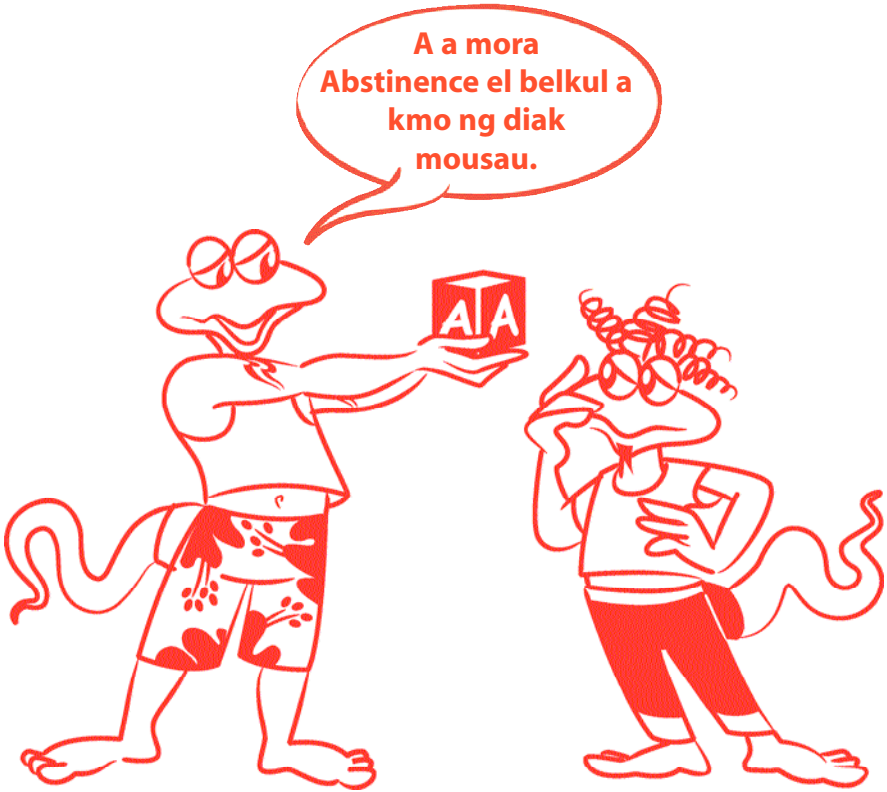
Ng oumesingd er a re smecher er a rektel a klausau er a chelsel a Pacific a di mengai er a rechad el diak el kerekikl el lousau (ng diak lousbech a kumi er a klausau).

Ng kmal klou a ultutelel a modengei e mouchais er a re sechelim a chisel a HIV me a teletelel a kerekikl el klausau.

Alii ng diak mobes:

- A chad a sebechel ngar ngii a HIV er ngii e diak el secher.
- Ng diak el sebechem el di mesang a chad e mo medengei el kmo ng obang a HIV malechub e ng ta er a rektel a klausau.





A lak mousau e ng diak bom secher (abstinence).

Ng diak bom secher a om kedung e mousau er a di imong el chad—

a le di el imong el chad el mousau er ngii el dirrek el kedung el kirem. Kom dirrek el terung el di mla mo er a skeng er a rektel a klausau e medengei el kmo kom di diul diak a HIV me a bebil er a rektel a klausau er kemiu.





Ng diak bom secher a mousau el lousbech a kumi er a klausau.

Mousbech a kumi er a klausau se el mousau er a kikil a redil me a mousau er a vaginal sex, me a anal sex, me a oral sex.

Ng klou a techellem el diak bom secher a moruul e bebil er a teletael er a klausechelei el diak el sal kengaol—

el ua di omelungel el mad, me a klaiuechull, me a omerutech.





Ng diak el di el klaodengei me a klaubetikerreng er a deleuill a ngosukau me ng diak bom secher er a HIV.

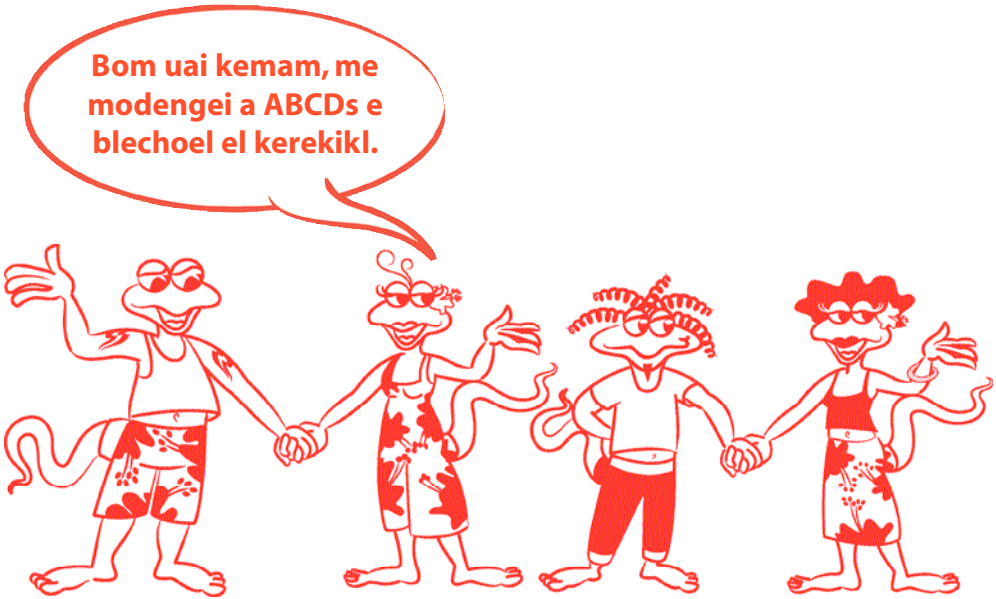
A beltkil a rengum el mo er a oubuch er kau a diak el belkul a kmo ke medengei a omerollel er a klausau er ngii er a mla me mong.

Ng klou a ultutelel a mongedecheduch er a partner er kau el kirel a safe sex me ng mo melemalt and bleketakl a delongeliu. Ng dirrek el klou a ultutelel a mousbech a condom se el bek el taem el bo bechiuaiu a mousechelei—e le ng di tal mou unsafe sex e ng mo klou a techellem el mo smecher.

Ke mo ultebechel e kerekikl a mousechelei.

Mochotau el kmo ke omekerreu er a klengar er kau me a klengar ra oubuch er kau.





Mkaiuedoid a klungiolel a beluu, ng diak el rakt.



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