

KARERE TURORO WHAKARUHI AARAI MATE/AARAI KORE

HIV patient fact sheet

Ina tata nei ka whakamaatauria koe e to taakuta mo te whakaruhi aarai mate. Kua hoki mai taua whakamaatautau me te whakatau, kua paangia koe e te whakaruhi aarai mate. Ahakoa teenei, kaare i te kii ake, kua paangia koe e te mate aarai kore. Haaunga tonu, aakene he whakatau ohore pea, he maha hoki aau paatai. Kei too taakuta etahi whakautu, aa, kei muri i te whaarangi nei kua raarangi etahi roopu ka taea te tuku whakamaarama ki a koe, te awahina ranei i a koe ki te whakapaa ki etahi atu taangata kua paangia e te whakaruhi aarai mate. Kia matua mohio mai koe, ehara ko too takitahi anahe. Maa to taakuta e tuku whakamaarama, e awahi hoki i a koe.

HE AHA TE WHAKARUHI AARAI MATE?

He kita whakamate teenei ka kai i te puunaha aarai mate o te tangata. Ki te waiho koe kia kai katoa te kita whakamate i to puunaha aarai mate, hei te mutunga iho, ka paangia koe e te mate aarai kore. Koinei te mate inaa wetoa katoa too puunaha aarai mate.

KA PEHEA TE URUTAA I TE WHAKARUHI AARAI MATE?

Ka urutaa te whakaruhi aarai mate maa te mahi ai me te kore mau ure pukoro, maa te tuari ngiira taimiri, teetahi ki teetahi, maa te whakapaa ranei ki teetahi atu, toto ki te toto. Ka ahei hoki te whaaea, te tuku iho i teenei mate ki tana kohungahunga. Na reira, e tino tika ana, kia mau ure pukoro i te waa ai, kia kua ranei e tuari ngiira taimiri, teetahi ki teetahi, aa, kia kua hoki e whakapaa-aa-toto ki teetahi atu. E kore e ahei te urutaa i te whakaruhi aarai mate maa te kai tahi, maa te paa noa iho raanei o te kiri.

ME AATA TIROHIA TO HAUORA

He mea nui te aata tiroiro i too hauora, kia mohio ai e ahu pehea ana too tinana me te whakaruhi aarai mate. Maa te puutau-T, maa te tatau ranei i nga puutau CD4 e tohu ai te ora o to puunaha aarai mate (maa te taatai i te rahi o nga puutau CD4). Maa te whakamaatautau hoki i too kawenga i te kita whakamate e tohu ai te rahi o te kita whakamate e pikauhia ana e koe. Me aata aro atu ki nga rerekeetanga o eenei tohu, kia tika ai te haumanu i a koe.

TE HAUMANUTANGA

Ka taea te haumanu i te tangata kua paangia e te whakaruhi aarai mate. He maha nga taimiri inaaiane nei he taami i te kita whakamate, hei whakaiti hoki i toona paa kino ki too puunaha aarai mate. Ko te whai o te haumanutanga, he whakaiti i te rahi o te mate i oo toto, kia ora ake ai too puunaha aarai mate (maa te whakarahi ake i oo taatai puutau CD4). Me mahi tahi koe me too taakuta, kia matua mohio ai me pehea te haumanu i a koe.

TOO TAAKUTA

He mahi nui taa te taakuta. He tangata pai mo te whakawhiti korero e paa ana ki te whakaruhi aarai mate, i raro hoki i nga ahuatanga muna. He tohunga pea a ia moo te whiriwhiri i nga rongoaa tika hei haumanu i a koe. Ka hia nei te huhua o ngaa tohunga e maatau ana ki te haumanu i te hunga kua paangia e te whakaruhi aarai mate. Kua ngaawari hoki te utu moo ngaa rongoaa, i raro i te kaupapa mahi pire rongoaa. Ki te kore e taea e too taakuta te haumanu i a koe, maana koe e hari atu ki teetahi ka taea. Ka taea hoki e te Roopu Rongoa o Australasia mo te whakaruhi aarai mate, te awahi i a koe me too taakuta ki te rapu tohunga moou i too rohe.



MUNA KORERO

He tino tapu te hua o to whakamaatautau whakaruhi aarai mate. Engari, i raro iho i nga ture o NSW, e whakahau ana me whakamoohio koe i too mate ki oo hoa mahi i mua atu i te moe tahi. I raro i ngaa aahuatanga okotahi noa iho, e ai ki ngaa ture, ka taea e ngaa taakuta, nga neehi, ngaa ratonga hauora raanei, te whaaki i too mate ki teetahi atu, ahakoa kiihai koe i te whakaae kia whaaki atu.

KOORERORERO

Aakene pea me whai whakaaro koe ki te rapu tangata hei hoa koorero moou. E tika ana, me paataitai atu kia tika ai te tautoko atu ki a koe. He rahi nga momo whakamaarama, ratonga hoki kei nga roopu whakaruhi aarai mate/mate aarai kore. Hei tohutohu, hei hoa tautoko, hei whakawhiti korero muna raanei. Kia maumahara koe, ehara ko koe anahe. E whai ake nei, ko eetahi roopu hei aawhina i a koe.

KAUNIHARA MATE AARAI KORE O NSW/ACON

9 Commonwealth St,
Surry Hills NSW 2010
Nama Waea: 02 9206 2000
(Nama waea kore utu) 1800 063 060
www.acon.org.au

He ratonga tautoko aa-hapori tenei hei tohutohu, hei tautoko hoki i te hunga kua paangia e te whakaruhi aarai mate. Maa ACON koe e tuku ki eetahi atu taangata kua paangia e te whakaruhi aarai mate.

PATU WAEA (Telephone Hotline)

NSW info Line: 02 9332 9700
(Nama waea kore utu i NSW) 1800 451 600
(TTY) 02 9332 4268

He ratonga patu waea teenei hei tuku whakamaarama muna ki a koe e paa ana ki te whakaruhi aarai mate/mate aarai kore.

PLWH/A (NSW)

Room 5, Level 1
94 Oxford St, Darlinghurst
NSW 2010
Nama Waea: 02 9361 6011
(Nama waea kore utu i NSW) 1800 245 677
www.plwha.org.au

He roopu teenei hei maangai mo te hunga e noho ana me te whakaruhi aarai mate. Maa PLWH/A koe e awahi, e tuku whakamaarama, e tohutohu ranei.

TANE MOE WAHINE, WAHINE MOE TAANE KUA PAANGIA E TE WHAKARUHI AARAI MATE/MATE AARAI KORE (POSITIVE HETEROSEXUALS)

Level 5, Queen Mary Building
Grose St, Camperdown NSW 2050
Nama Waea: 02 9515 3095

(Nama waea kore utu i NSW) 1800 812 404
He roopu hoa tautoko teenei e whakahaere ana i eetahi hootaka maatauranga moo ngaa taane me nga waahine kua paangia e te whakaruhi aarai mate /mate aarai kore me aa raatou whaanau.

RATONGA AWHINA AA-IWI MO TE MATE WHAKARUHI AARAI MATE/MATE AARAI KORE ME TE MATE KOWHAI TUATORU (Multicultural HIV/AIDS and Hepatitis C Service)

Level 5, Queen Mary Building
Grose St, Camperdown NSW 2050
Nama Waea: 02 9515 3098
www.multiculturalhivhepc.net

He ratonga aawhina, tautoko hoki teenei moo ngaa taangata noo nga iwi taangata whenua kua paangia e te whakaruhi aarai mate/aarai kore me aa ratou whanau, hoa, kai-tiaki hoki.

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