



## MET SOKKUN ANINIS MI KAWOR FANITEN MEMEN SAFEIN ME TUMWUNUN EWE INIS REN HIV?

CAREAssist, an Oregon ewe AIDS DRUG Assistance Program, mi tongeni epwe anisuk me meni omw kopwe safai me tumwunu inisumw iwe ngeni ekkewe Oregonians ir mi eligible me nonomw won HIV iei.

Ika pwe mi or noumw insurance, CAREAssist mi tongeni epwe meni omw ewe deductible, omw copayment me memen ekkewe coinsurance.

Ika pwe eseor noumw insurance, CAREAssist mi tongeni epwe anisuk me sign up ren insurance me awora ewe emergency coverage faniten HIV omw kopwe tongeni no chunong non ekkewe clinic, lab work me angei unumwom safai.

Kokori 1-800-805-2313 ren omw kopwe katon ika en mi eligible me omw kopwe pwan sinei ekkoch tichikin porous iwe teta won: [healthoregon.org/careassist](http://healthoregon.org/careassist)

## MET EKKWE SERVICE MI KAWOR NGENI EKKWE ARAMAS IR MI NONOMW WON HIV/AIDS?

Ekkewe service mi kawor ngeni ekkewe aramas ra nonomw won HIV/AIDS seni ewe Ryan White HIV/AIDS program, aa eto itan na seni emon activist mi chok kukun nge ee fokkun fiu faniten ewe kefinin nifinifin aa fisita me or ewe nuwokus ren ewe HIV/AIDS non ekkewe ier 1980s.

### En mi eligible ika:

En mi nonomw won HIV/AIDS

Omw ewe income mi nomw non ewe limit (ekkei limit ren income ee pwisin anongonong won ew me ew program)

Ke kan nonomw non Oregon

### En mi tongeni kopwe angei ekkei aninis mi fiti ekkei service:

HIV case management	Counseling ren tumwunun mekuromw ika mental health
Health insurance	
Safai seni noumw tokter	Safai/Counseling ren Sakaw me Drug
Tumwunun inisumw ika medical care	Housing Transportation
Tumwunun ngiiumw ika dental care	Mongo Utilities

Ekkewe HIV case manager nge re kan wisen awora ekkewe tichikin porous me referrals me anisi ekkewe aramas ir mi nonomw won HIV an epwe or chon anisir ren tumwunun inisir. Meinsin ekkewe porous ka ngeni noumw ewe case manager iwe epwe anomwu non mwonomwon. Ren omw kopwe kuta emon ekkewe HIV case manager non neniomw ewe iwe teta won: [healthoregon.org/hiv](http://healthoregon.org/hiv)



## PWAN EKKOCH KAPACHETAN RESOURCES

Ika pwe ke mwochen sinei tichikin porous an Oregon aa pwopwuta me angang won an epwene mwuchuno ewe epidemic iwe teta won: [endhivoregon.org](http://endhivoregon.org)

Ren an epwe penu omw kewe kapas eis ren HIV, kopwe ifa usun omw kopwe tumwunu inisumw ewe me ian kopwe tongeni angei ian ekkewe test iwe kose mwochen kokori National AIDS Hotline ren nour ewe nampa 1-800-232-4636 (English me Spanish), 1-888-232-6348 (TTY)

Tichikin porous aa adapted seni AIDSinfo <https://aidsinfo.nih.gov/understanding-hiv-aids/fact-sheets>



Ei taropwe kich mi tongeni pwan awora non ew sokkun format faniten emon ewe mi or terin ika ke pwan mwochen epwe non fosun ekkis me nukun ewe fosun merika ren faniten ekkewe aramas ese watte ar kewe English skills. Ika pwe ke mwochen ei publication non ew sokkun format ika non pwan ew fosun ekkis, kose mwochen email [care.assist@dhsosha.state.or.us](mailto:care.assist@dhsosha.state.or.us) ika kokori 971-673-0153 (voice) ika 971-673-0372 (TTY).

Ekkei sassing si aea ren faniten End HIV Oregon initiative nge si chok nounou stock photos, sassing seni ekkewe models. [endhivoregon.org](http://endhivoregon.org)

Chuukswe (8/2022)



## Ekkewe kapas eis mi pin aniwin: HIV/AIDS





## MET EI HIV/AIDS?

HIV (ew virus ee kan angawa an aramas ewe epetin semwen) nge ew virus ee kan aworato ewe HIV infection ika paiking. AIDS (omw ka angei ewe syndrome ren ewe pekin epetin semwen) nge wewen ewe wattenon stage ren ewe HIV infection.

HIV nge ee kan fiu ngeni ekkewe cells re kan wisen epeti inisumw ewe omw kopwe tongeni semwen. Nupwen ekkwi cells repwe tano iwe wewen nge inisumw ewe epwene weires an epwe tongeni epeti sonuk ekkewe semwen ren paiking me ekkewe cancer. Ika pwe kose safeni, HIV mi tongeni epwe watteno iwe aa atai omw ewe immune system iwe aa winitii AIDS.



## IFA USUN AN HIV EPWE NO FETAN?

HIV ee kan chok teru fetan non body fluids ika chenun aramas seni ewe aramas mi uri HIV nge mi watte an ewe viral load (mi watte ewe virus non chan ewe ina mine we test mi tongeni kuna). Ewe aramas mi nonomw won HIV nge aa kukunutiw an ewe viral load iwe ese chiwen tongeni epwe ngeni emon ewe ee meur ngeni HIV (aa kukunutiw ewe virus non ewe cha pwokiten an angei ewe safean).

### Ekkewe body fluids ika chenun aramas mi tongeni epwe no fetan ewe HIV ren:

Chan aramas

Sexual fluids – semen, pre-seminal fluid, vaginal fluid, rectal fluid

Chenun oup

### Non ewe U.S., HIV aa kan teru fetan faniten:

An aramas rese kan aea condom ika repwe anal ika vaginal sex nge rese angei ekkewe safei an epwe epeti ewe HIV (ika pwe HIV negative) ika angei ekkewe safei mi mwitir me safeni

HIV (ika pwe HIV positive)

Aea fengen ekkewe drug equipment, ren chowean opwos, ngeni emon ewe mi uri HIV.

## MET SOKKUN ANINIS EPWE FIS AN ESAPW TERU FETAN EWE HIV?



### Condoms

Kopwe aea latex ika polyurethane condom ika dental dam fiti every sex partner, iteiten fansoun meinisin. Konik- ika silicone-based lubricants an epwe watte ewe comfort me epeti an epwe

ta, nge kosapw aea ekkewe lubes mi fiti oil non (ren chowean Vaseline ika ekkewe massage oils).



### Safer Injection

Ika pwe ke kan opwasanong ekkewe safei non inisumw, iwe kosapw tongeni kopwe pwan ngeni emon omw kewe equipment pachenon ekkewe

cookers, cotton me konik. Iteiten omw kopwe opwasanong ewe safei iwe kopwe aea minafu opwos pwe esapw teru fetan ekkewe semwen ren HIV me hepatitis C. Ren omw kopwe kuta ekkewe local syringe exchange iwe teta won: [healthoregon.org/hivprevention](http://healthoregon.org/hivprevention)



### Safein

Ika pwe en mi nonomw won HIV, en mi tongeni kopwe ataieno ewe ewe chance omw kopwe ngeni emon ewe HIV nupwen aa or ewe foror nefinen ruemon ika pwe ke angei ekkewe safein HIV, an noumw ewe tokter aa uronuk kopwe angei. Ei mi tongeni epwe anisuk me eukuku omw ewe viral load. En mi tongeni kopwe kuta ewe Oregon care me ekkewe program ren safei iwe teta won: [healthoregon.org/hiv](http://healthoregon.org/hiv)



### STI Screening ik Chekin Inisumw ren Semwen

Ika pwe kose safeni ewe sexually transmitted infection (STI) ika ewe semwenin nisou iwe wewen mi pwan mecheres ngonuk an epwene uruk HIV. Meinisin ekkewe activities ika foror an epwe fis ewe STI iwe en mi pwan tongeni kopwe angei ewe HIV, iwe ika pwe kose safeni ewe STI iwe aa mecheres an HIV epwe asemweni inisumw ewe. Meinisin ekkewe semwenin STI ina esapw fan ekkewe esisiner. Kopwe kan no checheki inisumw pwe epwe tongeni anisuk an kopwe tongeni kuna kai ekkewe semwen ren STI iwe kopwe pwan tongeni mwitir safenuk, pwe epwe kukunutiw ewe risk omw kopwe angei ewe HIV. Omw kopwe kuta ekkewe nenien test unukumw: [gettested.cdc.gov](http://gettested.cdc.gov)



### PrEP me PEP

Ika pwe en mi HIV negative, iwe kopwe angei PrEP (pre-exposure prophylaxis). PrEP nge ewe daily pill ee kan ekukunatiw ewe risk an epwe uruk HIV seni sex by 99%. Ren ekkewe aramas re kan opwasanong safei non inisir, iwe PrEP ee kan ekukunatiw ar ewe risk an epwe urir HIV by 74% ika re angei iteiten ran. Local PrEP providers: [oraetc.org/prep](http://oraetc.org/prep)

PEP (post-exposure prophylaxis) wewen omw kopwe angei ewe safei ren an epwe epeti ewe semwen non ewe 72 awa mwirir omw expose ngeni HIV. PEP nge faniten chok emergency. Ika pwe ka ekieki nge ka expose ngeni HIV nupwen omw nisou, ika omw aea fengen opwos me omw angang won ekkewe drugs, ika omw sexually assaulted, iwe en mi tongeni kopwe eisini noumw ewe health care provider ika ewe ER doctor ren ewe PEP.



## MET SAFEIN HIV?

Ekkewe Oregonians ra nonomw won HIV nge ra watteno ar nonomw, manawer aa tumwun pwokiten aninisin ekkewe safein HIV. Safein HIV aa ekukunatiw ewe virus non cha, aa tumwunu ewe immune system an epwe pochokun me epeti ewe semwenin HIV seni an epwe winitii AIDS. Ekkewe aramas ra nonomw won HIV nge ir mi akangei unumer kewe safei usun met nour tokter aa urenir iwe aa kukunutiw ar ewe viral load iwe rese chiwen tongeni repwe ngeni pwnuwer kewe ika ar kewe partners HIV. Omw angei ekkewe safein HIV nupwen omw pwopwo nge mi tongeni epwe epeti ewe HIV an epwe pwan ku noumw ewe mwonukon non nukomw.