



### Jibāñ ta ko rej bellok ñan jibāñ kin onean ko rej epāake HIV im ejmour?

CAREAssist, Oregon’s AIDS Drug Assistance Program (Burookraam in Jibāñ kin AIDS ilo Oregon), emāroñ in jibāñ köllā onean ejmour im uno ñan armij ro rej mour ilo Oregon im rej nañinmej in HIV.

Ñe ewōr am injuran in Ejmour, CAREAssist emāroñ in jibāñ köllā oneaan taktō, köllā ko kwōj jimetan e im onean injuran eo am.

Ñe ejelōk am injuran, CAREAssist emāroñ jibāñ eok kanne bwe en wōr am injuran im lewaj onean jibāñ ilo ien jidimkij ñan jabdewōt ien am loe lak im ej kin unin HIV, jermal ko ilo lab im uno.

Kūrlōk 1-800-805-2313 ñan lale ñe kwōj mārōñ in tōbrak im katak elaplōk ilo: [healthoregon.org/careassist](http://healthoregon.org/careassist)

### Jermal Rōt ko rej bellok ñan armij ro rej mour kin HIV/AIDS?

Jermal ko rej bellok ñan armij ro rej mour ilo aer nañinmej in HIV/AIDS jān Burookraam eo an Ryan White kin HIV/AIDS, etan juōn armij eo ej nañinmej in AIDS ekar kate joñan wōt an mārōñ bwe en ejelōk dike ro rej bō nañinmej eo im mijak HIV/AIDS ilo 1980 ko.

#### Kwōj mārōñ tōbrak ñe:

Kwōj mour ilo am nañinmej in HIV/AIDS

Joñan jān eo kwōj kommane ej pād ilo joñan eo (joñan jān ej oktak ekkar ñan burookraam)

Kwōj jokwe ilo Oregon

#### Kwōj mārōñ in tōbrak ñan Jibāñ ilo jermal kein ilal:

Jikin Lale Case in HIV

Injuran in Ejmour

Uno ko emōj kwalōk jān taktō

Lale ejmour

Lale ejmour an ñi

Rōjāñ ikijen ejmour in jelalakjen

Bōk uno ñan men ko rekajur im arkool/ rōjāñ

Jikin jokwe

Wāwein itotak

Moñā

Dān im Jarōm

Menija in lale case in HIV rej kwalok melele ko im lelak jibāñ ñan armij ro rej mour ilo aer bōk nañinmej in HIV. Melele ko kwōj kwalok ippen menija in case eo am ejelōk enij jella kake. Bukōt juōn am menija in case in HIV eo am ilo jikin eo epaake eok ilo: [healthoregon.org/hiv](http://healthoregon.org/hiv)



### Kein jibāñ ko jet

Katak elaplōk kein wāwein an Oregon jermal ñan jemlōkin ien in ilo:

[endhivoregon.org](http://endhivoregon.org)

Bōk uak ñan kajitōk ko am kin HIV, wāwein kōjbarok eok make im ia ñan bōk teej ñan e ilo am kūrlōk National AIDS Hotline (Lain in Jibāñ kin AIDS) ilo 1-800-232-4636 (Kajin Pälle im Spanish), 1-888-232-6348 (TTY)

Melele ko emōj bō jān AIDSinfo <https://hivinfo.nih.gov/understanding-hiv/fact-sheets>



Pepa in emāroñ in iwaj elikin kajitōk ilo elōñ wāwein ko ñan kajojo armij ewōr aer nañinmej akō ilo juōn bar kajitōk ijelakin kajin pälle ippen armij ro ejabwe kajin pälle ippeir. Ñan kajitōk pepa in ilo juōn bar jekjek akō kajin, email [care.assist@dhsosha.state.or.us](mailto:care.assist@dhsosha.state.or.us) akō kūrlōk 971-673-0153 (voice) ak 971-673-0372 (TTY).

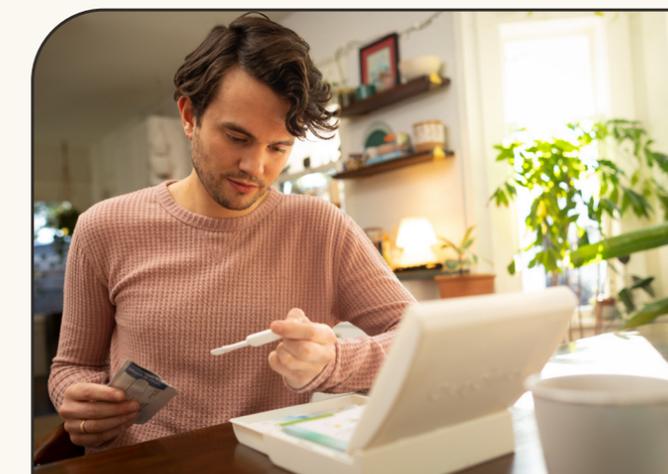
[endhivoregon.org](http://endhivoregon.org)



Marshallese (1/2025)



### Kajitōk ko Ekkut: HIV/AIDS

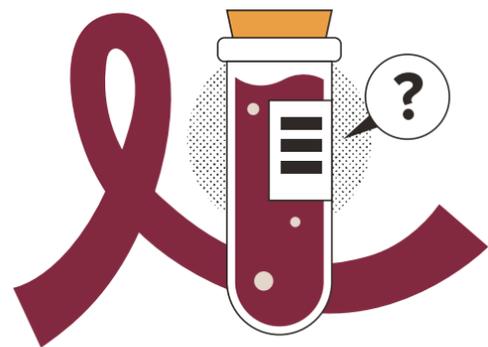




## Ta in HIV/AIDS?

HIV (human immunodeficiency virus, baeroj eo ej kōmman an armij mōjno) ej juōn baeroj eo ej kōmman nañinmej in HIV. AIDS (acquired immunodeficiency syndrome, nañinmej eo emōj bōk im ej kōmman an diiklak an armij kajur) ej tōrre eo elaptata an kauwōtata ilo nañinmej in HIV.

HIV ej irre ippen cell ko ilo enbwinnin kajojo armij. Ilo an jorāān cell kein ej kōmman bwe en ben an enbwinnim kōjbarok jān nañinmej im jet bar cancer. Ilo am jab bōk uno, HIV emāroñ in kōmman bwe en jorāān enbwinnim im wōnmanlak ñan AIDS.



## Ewi wāwein an HIV ajeded?

HIV ej ajeded wōt ilo jet ian dān ilo enwin jān juōn armij ej nañinmej in HIV im elap an kauwōtata (joñan baerōj ilo bōtōktōk im juōn teej emāroñ in kile). Juōn armij ej nañinmej in HIV ejjab māroñ in kōmman bwe en ajeded HIV ñe ejjab lap an kauwōtata (elukkun diik joñan baerōj ilo bōtōktōk im ej walok elikin an bōk uno).

### Dān ko ilo enwin remāron kōnman an ajeded HIV ej:

Bōtōktōk

Dān ko rej walok ilo ien an ruo armij babu ippen dron –pek, dān eo ej walok mōkta jān pek, dān ko ilo juōn kōrā, dān ko ilo lalin lak loje

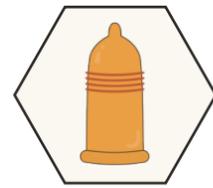
Dān in iitūt

### Ilo U.S., HIV elap an ajeded jān wōt:

Babu ippen juōn armij ilo am jab kōjerbale kein bōbrae ko āinwōt condom akō ilo am jab bōk uno ñan bōbrae jān HIV (ñe ejjab alikkar nañinmej in HIV) akō bō uno ñan jolōk HIV (ñe alikkar nañinmej in HIV)

Kōjerbale kein wā ko, āinwōt nitōl, ippen juōn armij ej nañinmej in HIV

## Ewi jet wāwein kein ñan kabōjrak an ajeded HIV?



### Condom

Kōjerbale roba akō būlajtiik condom akō juōn kain kōjbarok loñiim ippen kajojo armij kwōj babu ippen, aolep ien. Kein

ekkapit ko rej kōmman jān dān akō kūrrij emāroñ in kalaplōk am kwōn im bōbrae, akō jāb kōjerbale kein ekkapit ko ewōr weil ie (āinwōt Vaseline akō elōñ weil in ekkapit ko).



### Wā ko rej Kōjbarok

Ñe kwōj lelek uno ilo wā, jab kōjerbale juōn wōt kein kamat, cotton ko im dān. Kōjerbale juōn nitōl kāal im erre aolep ien

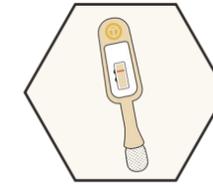
am wā ñan kabōjrak an ajeded nañinmej ko āinwōt HIV im hepatitis C. Bukōt juōn jikin jenij nitōl ilo: [healthoregon.org/hivprevention](http://healthoregon.org/hivprevention)



### Uno

Ñe kwōj mour ilo am nañinmej in HIV, kwe māroñ in jolōk am māroñ in kōmman an ajeded HIV ñan ro jet ilo am bōk uno

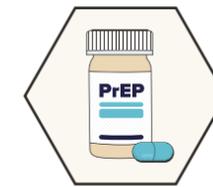
in HIV aolep raan, ainwōt an mōj karōk. Enij jibāñ eok bwe en tōbrak im kōjbarok jān an lap kauwōtata. Bukōt melele ko relaplōk kake burookraam in lale im uno eo ilo Oregon ilo: [healthoregon.org/hiv](http://healthoregon.org/hiv)



### Etaale ilo STI

Ñe ewor am nañinmej jān am babu ippen juōn im kwōjjab bōk uno ñan e (STI) ej melelein kwe māroñ in bōk HIV. Ejja makūtkūt kein

wōt rej jemlōk ilo an juōn STI likit eok ñan kauwōtata ñan HIV, im juōn STI eo ejjab bōk uno ñan e ej kōmman bwe en bidodo an HIV lewaj nañinmej ñan enbwinnim. Ejjab aolep STI enij wōr aer kakōlle. Beddo etaale emāroñ in jibāñ eok kōmman bwe juōn STI en mōkaj an jako, kadiklak an kauwōtata jān bōk HIV. Bukōt jikin teej tūrim ilo: [gettested.cdc.gov](http://gettested.cdc.gov)



### PrEP im PEP

Ñe ejjab alikkar am nañinmej in HIV, bōk PrEP (pre-exposure prophylaxis, mōkaj an epāake nañinmej in prophylaxis). PrEP ej juōn

uno eo kwōj idāak aolep raan im ej kadiklōk kauwōtata jān am māroñ in bōk HIV jān babu ippen armij ilo 99%. Ibwiljin armij ro rej lelak wā in uno, PrEP ej kadiklōk kauwōtata in māroñ bōk HIV ilo 74% ñe kwōj bōk aolep raan. Rijerbal in PrEP itūrim: [oraetc.org/prep](http://oraetc.org/prep)

PEP (post-exposure prophylaxis, elikin an epāake nañinmej in prophylaxis) ej melelein bōk uno ñan kōjbarok jān nañinmej iumin 72 awa elikin am māroñ kar epaake HIV. PEP ej jermal ilo ien jidimkij. Ñe kwōj lōmnak kwar epaake HIV ilo ien am kar babu ippen juōn armij, ilo am kōjerbale nitōl im jermal ñan kepooj uno ko rekajur, ilo am kar jorāān, kajitōk ippen jikin taktō eo am akō juōn taktō in ER kake PEP.



## Ta uno eo ñan HIV?

Ro rej pād ilo Oregon im rej nañinmej in HIV ej aitok lak aer mour jān wōt jibāñ ko an HIV uno ko. HIV uno ko rej kōman an diiklak joñan baerōj eo ilo bōtōktōk, kōman bwe enbwinnim en kajur lak im kōbarok jān HIV nañinmej jān an laplōk ñan AIDS. Armij ro rej mour kin nañinmej in HIV im rej bōk uno āinwōt an mōj an taktō kwalok im kōbarok bwe en ejelōk kauwōtata rejjab māroñ in kōmman an ajeded HIV ñan ro rej babu ippeir. Bōk uno in HIV ilo ien bararo ej bar kōbarok jān an ajeded HIV nañinmej ñan ajiri eo.