

Information in English and Maori (on verso) on AIDS and how it is transmitted and prevented. Lithograph.

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AIDS

Ko teia tuatua, ka tukuia atu na roto i te au ngutuare katoatoa i runga i te tua o te enua. No runga teia i te maki AIDS. Ko teia maki kino, te totoa nei ki roto i teia nei ao. E mea meitaki i reira kia kite tatou i te turanga o teia maki, kia rauka i te paruru atu i te reira. I te mea oki e, ka tuatuaia te pirianga tane e te vaine, penei kare teia e tau ki tetai papaki. Oronga atu i teia ki te katoatoa tei inangaro kia kite i teia tuatua. Akamanako meitaki i teia, e mea puapinga kia kite taau tamariki. Me ka ariki koe me kare, inara, e maata te mapu e piri tane ana me kore ra piri vaine ana. Ka riro mai teia tuatua ei tauturu i te paruru i to ratou oraanga.

Me anoano koe kia maata atu toou marama, aravel mai i te Tuanga Apili (Health Education) i konel i te Tuanga Paruru Maki i Tupapa.

E A'A TIKAI TEIA MAKI E AIDS?

Ko teia maki e AIDS, e maki kino tikai. Nana e takinokino ana i tetai mero puapinga o te kopapa. Na teia mero oki e tauturu ana i te kopapa i te tamaki atu i te au maki tuketuke te ka o mai ki roto i to tatou kopapa tatakita. E manumanu rikiriki kino teia, tei karangaia e, e virus. Nana e akatupu ana i teia maki, e na roto ana oki aia i te toto o te tangata e tae ei ki roto i te kopapa.



Ka tuia tetai ua atu tangata e te maki AIDS na roto i ta ratou au peu. Kare oki i te maki no tetai tane piri ki tetai tane ua, mari ra, no te au pirianga tukeke. Kare e vaiaakau i kitea ake no teia maki kino. E maata ua atu rai te au tangata e mate ana i teia maki no te mea, kare oki e rauka i to ratou kopapa i te tamaki i teia manumanu kino e pera katoa tetai atu au maki te ka tae ki runga i te kopapa.

KA AKAPEEA KOE E TU'IAI E TE AIDS?

Ko te manumanu e apai ana i teia maki, ka kitea aia ki roto i te toto, te vai o te tane, e pera katoa te vai o te vaine kua tuia e teia maki. Ka na roto i reira i teia vai e pera te toto e tae ei ki roto i te toto o tetai nga tangata. E totoa ana teia maki na roto i te pirianga te tane e te tane, te tane e te vaine, te vaine e te tane, te vaine e te vaine.

KO TEIA I REIRA TETAI AU MATAARA E TOTO'AI TEIA MAKI:



1. Pirianga Kopapa (tane e te vaine, vaine e te vaine) ki tetai tangata maki AIDS

2. Ka na roto i te taangaangaanga i te au apinga ka motu te pakiri, mei te nira patia, te koi-reta e te uru-nio tei taangaanga ana e tetai ua atu tangata kua tuia aia e teia maki AIDS, tei runga te para toto i teia au mea nei.

3. Ka na roto i te pamuanga i te toto tei roto teia maki iaia ki roto i tetai tangata meitaki.



4. Ka na roto i te vaine nui ki tana pepe i te tuatau e nui ra aia, me kare ra, i te taime e anau ei aia.

Ko te ravenga ua rai e tu'iai koe e teia maki, koia oki, ka na roto rai i te toto me kore ra i te vai o te vaine e pera katoa to te tane tei tuia e teia maki. Kare oki te maki AIDS e totoa ana na roto i te mare tie, te mare, te tuatua, te mereki, te kapu, e pera katoa te kakati a tetai ua atu manumanu.

KA AKAPEEA KOE I TE PARURU-ANGA I A KOE MEI TEIA MAKI AIDS

Ko te maataanga i te au tangata tei tuia e te manumanu o teia maki, ka akaraanga meitaki ua ratou. Noatu oki e, e roa te tuatau i tetai tangata i te maki anga, ka rauka ngole ua laia i te-totoa i teia maki mei laia ki tetai ua atu tangata. Kare oki e rauka i a koe i te kite e ko ai tei tuia e ko ai tei kore i tuia. No reira oki teia maki i totoa viviki ei.

EI PARURU I A KOE, ARU I TEIA MATAARA

E meitaki atu kia noo tinamou koe okotai ua tane me kore ra vaine. Me maata atu i te okotai tane me kore ra vaine taau ka piri, ko te maata atu ia i te kino ki toou oraanga, e ka ngole ua koe i te tuia e teia maki mei tetai tangata ke, kua tu takereia e te maki AIDS.

Ei paruru i toou oraanga auraka e piri ua atu ki tetai tane me kore ra vaine ke, mari ua ko taau tane me kore ra vaine i piri mou tikai korua. Mei te tokorua akaipoipo e te noo kapiti tinamou tikai. Me akapera koe, kare koe i reira e tuia e teia maki AIDS.

Ko teia au manako akamatakiteanga ki a kotou tikai e rave nei i teia au peu te ka riro mai ei kino maata ki toou oraanga.

E meitaki kia tamou ua'ia rai tetai kiri (condom) i te au taime rava rai i toou pirianga me kare i papu i a koe te turanga o taau tane me kare ra vaine. Teia te au maki e tupu mai ana na roto i teia tu. Te maki opi (gonorrhoea), te opi akakai (syphilis), e te maki AIDS, inara kare e akairo o teia au maki e kitea vaveia mai. Me mako te taangaangaanga i te kiri, ka meangiti mai te kino ki a koe, no te tuia e teia au maki nei, no te mea, kua paruru meitaki koe i a koe mei te vai o taau tane me kare vaine i te tuatau e piri ra korua, tei roto takere teia maki iaia. Kua tamanakoia e, ko te kiri (condom) ko tetai apinga meitaki teia i te akameangiti mai i te kino, e pera katoa i te paruruanga kia kore taau vaine e nui.

AIDS

This pamphlet is being sent to every home. It is about AIDS. AIDS is a deadly disease spreading to every country in the world. Everyone needs to know the facts to help stop the spread of this disease.

This pamphlet talks about health and sex. Please don't be offended. Whether we want them to or not, some teenagers have sex. This information may save their lives.

What is AIDS?

AIDS is a disease caused by a virus too tiny to see, which enters the blood to infect people. AIDS kills most of the people who get sick with it, by destroying their bodies' ability to fight sickness.

There is no cure for AIDS.



How Do You Get AIDS?

Anyone can get AIDS. The AIDS virus is carried in the blood, semen (male sexual fluid), vaginal fluid (female sexual fluid) of an **infected** person. A person with the AIDS virus may look and feel healthy. They can pass the virus to you in the ways described below. You cannot tell who has AIDS and who does not. A person with AIDS may not even know they have it.

The AIDS Virus Is Passed From Person to Person In These Ways:

1. Sexual contact with an infected person.



2. Sharing objects which break or pierce the skin which may be contaminated with diseased blood.
3. Transfusion of infected blood or blood products.
4. Infected women passing it to their babies before or during birth.

To get AIDS, blood or sexual fluid from an infected person must get **into your bloodstream**. AIDS is not passed by talking, coughing, sneezing, or by sharing cups, plates or other things which do not cut the skin. AIDS is not carried by animals, or by insects such as flies or mosquitoes.

How Can You Protect Yourself From AIDS?

AIDS is passed from person to person through sexual contact with an infected person. To protect your health, avoid casual sex before marriage and sexual contacts outside of your marriage. The development of one faithful relationship with an uninfected person makes your risk of coming into contact with the AIDS virus very small. The more sexual contacts a person has, the greater the chance of coming into contact with someone who may infect you with AIDS.

Have one faithful partner.

If you have sexual contacts outside of marriage, always use condoms. The correct use of a condom during sexual intercourse lowers your risk of catching AIDS, gonorrhea and syphilis, by protecting you from the fluids which carry them.

Remember: **YOU** can protect yourself and help stop the worldwide spread of AIDS.