

## Mîdi Saogub

### AIDS

**khaos !nara dihe //goe ugus**

//Ona ra **!kham!oa !âb**

**khaos**

**!Naes ko!gâs**

**hoa /khaxa**

**!Naes ko!gâs**

**hoa /khakha xu**

//Khurus

/Aob

**sorosi xare xun**

**/goa e hosa ra //khauba**

//Has ams

**taresi sausa !khaeb**

**kondom**

**kaise /urisa**

**!Naes ko!gâs**

//Goe ugus ai!â ra sisen uhe.

**≠Ûn khôa //nas**

/Goras

**≠Khurugu (aob)**

/Arudis (!garos)

/Khams ≠khurugu

**tarekhoedi kondommi**

//Kha surib turab

surigu

**surigu !oabadi**

**ma !oara surib**

Virusa soros !na ≠gâxas !oa-ai //khaubas !a sîsen tamas //on dis

aore-khoe soros ga khaos !na ≠gahe. **Khaos** !na ra dihe /nami /gam-/kha sisa !aroma tama xawe HIV !na **gaise !aorosa**; ne !âb soros dib ge xuna !kho-!oa tsi !nasa /âba uhâ ≠ûn !kho- !khunis /arib dis !na.

!Uri-!âb /aob dib, (sorosi toro-aon) !a /o-aisase //ona ra **!kham //ob mâ !oa /gaub !oa gore)**

kai /gûiba xu hâ ams !augaba !oa ra ≠oaxas

**(!naes ko!gâs !oa kore)**

khoe-e //naetisa /gaub ai /gora-!gâs, ai-!gâ /gora-!gâs, ≠hanu-o-!nase.

**(!naes ko!gâs !oa kore)**

sorosise aore tsi tare se ra ≠gaehe khoe-I

//garus !a /uba ra tanis /**kham-≠ûis** ai-!â

/aob ge !kharaga !âde xu !am-//aresa: roobloed seldi (suurstof na soros !na ra tanin), Witbloed seldi (**//ob mâ!oa /gaub !oa kore**), hoa khoen sorosi ge hoa !nona !âde uhâ.

soros xa ra guruhe xare xun, ai-//gaus ase /**aob, /kharib, taresi /âb, ≠ab, //gamron, /ub**

(!naes //khaubas !na sisen uhe xun !oa kore)

ge //has ams, !a /oas (vagina) /ams ai ≠noas

kaise sausa tarekhoesi !khaeb, aore khoegu ≠**khurun** /kha /gui

1) Aore khoe kondomi, aore khoesi soros ai ra ≠gahe, /gam- /khasisa

//khauba tsi //goe-ugus !na tani-!kharuhe //kha /aena ra //khauba

2) Tare-khoedi **kondom** (see **Femidom**)

/urisas xa !nasa, naaldi /ni khoe /aoba uhâb ge /urisas /guisa hî tama, xawe

!nasase /urihâ HIV /kha tsi /aena **tani!kharu //kha**

**ge !nae-/gauba ko-!gâs** ≠habasa tama /gam-/khasa //khaubas /gaugu !a

/gam-/khasa //khaubas ge pilsa âs, tsi //khauba /gaub. **!naes //khaubas**

/gaugu ge HIV**tani-kharude //khae tama. /Uni /gaub //khaubas !na**

//goeugus /aena ai-//gaus ase **HIV khemis ge kondoma sîsen usa**

**!naes //khaubas !na ra sîsen-uhe tsi /oas (vagas) !na ra ≠gahe //goe-ugus**

ai-!â, /gham-/khasisa //khaubas !aroma. /**Gam-/khasisa ra //khauba uhe**

xun ge /aedi-aon xa ra !am-≠gahe. //În ge HIV's !oa-ai //khauba tama (**//has ams //ga kore**)

soros ≠ûna ra khôa-//na /gaub

Khoena ama t.k.i. mûhe ra !kharagagusib !aroma //ara-≠ûis, ai-//gaus ase,

isib, !haos, aore-taresib, gurin t.k.i. **HIV masigu !aroma**. Nes ge ≠**hanu-o-**

**!na** gai //kha, khoen ai-//gaus ase !hoa tama is, t.k.i. ≠**hanusi /gaub ai**

≠hanumadi, //garagu t.k.i. ≠nui-≠gadi /kha.

negu ge ≠khurugu **aorekhoesi !ubudi** /gawise //goe tsi /kharib/ omma-e ra mâ-≠ûiga

Soros //îs /urib(/aruba) xu ra !nora /gaub

≠Khurugu !a !khomsa //hasa !oa ra tanigu, /khara-/kharade tare-khoesi-/aeb (kharus) !aroma ra tani !kharu.

≠Harugu !khaeb /ons tarekhoedi **kondomi** /oas !na ra taniheb. **Femidomi ge**

/oas !na ra ≠gahe tsi /gam-/khasis **STD's** (**//goe-ugus !na ra hâ /aen tsina ra**

//khauba)

(**//Kha suri //goe ugudi**)

Xoa-!a /gaub aore t.k.i. tare masigu surib – xawe sorosi /goras ase aore

/taresib ose.

/hûhasib !oabadi khoeb surib ai !gao-!gaosab ai-//gause sîseni, tanisens t.k.i.

!gôasib !haros, sausa !khaegu, t.k.i. aorekhoesi soros danas.

khoe-I !a ma-!oara **surib xa ra #gaehe** i.

<p><b>HIV</b></p> <p>//Kha surib /nami hâ !khaeb //Ob mâ !oa /gaub</p> <p><b>Soros ≠khwusasib</b></p> <p>//Kha o !nasib //Khae /gaub</p> <p><b>K-Y sopsen xun / /â/âxun</b></p> <p>/Â/â xun</p> <p><b>Khoes //khâ goro /aeb !E !kho //ob</b></p> <p><b>Nams /kha hâ //oagus !Khomdi ra //gôa /Oas !Khoms guru //aeb</b></p> <p><b>Aorekhoeb sausa !khaeb PEPFAR</b></p> <p><b>pill ĩ</b></p> <p><b>/U ≠khubub sorosa //amaxus</b></p> <p><b>/Gai !khos /Awa lint ≠Ab</b></p> <p><b>/Kharib / omab</b></p> <p><b>≠Khurub hiara /khariba //Goe /hao</b></p> <p>≠gahe. //Goe ugus mâ !oas //Goe ugus !Uri sorosi toro-aon !Khoms !Khomsa ra !kham xu ĩ</p>	<p><b>Khoesi !kham!oa /gaub</b>, //goe-ugus !na ra tani !kharuhe //ob (STD). Ne //ob ga /aob !na-u tani hâ khoe-I xa tani-!kharuhe os ge <b>HIV</b> virusa <b>!kham-loara seldi(!âdi)</b> soros dide ra //na-≠am !gosase <b>Witbloed seldi, sorositoro-aon !âde'</b>. <b>Virus</b> ge ne 'sorosi toro-aon' !âdi !na ra ôa-an ôagu, kai !gôab !na ≠gui-≠guisen, ≠ari-!ã tsi sorosi toro-aona ne /gaub ai ra !gam. <b>!Kham-!oa /gaub</b> gera khôa-//nahe ne /gaub ai !nasa <b>soros toro-aon</b> ra ≠khôahe xui ao. /Ae-!khohe taman ga ios ge <b>HIV</b> sa ra <b>AIDS</b> kai. khoe-I ĩa //kha surib !na //goes turaba uhâ ĩ. Virus ge hâ !khaeba #haba hâ, /guri a ûi //oa khoesi soros /gaub //oga !kham-loas dib; <b>witbloed seldi (antibodies t.k.i. sorosi toro-aon)</b>, ≠an-!gâ tsira //na-≠am(see <b>HIV</b>)</p> <p><b>!Kham-!oa /gaub ga HIV</b> xa ≠khabu-≠khabuhe tsi sorosa !kham !oara //on !oa-ai //khauba //oa o. khoesa /gam /kha kai //oas //kha-o-!nasib //goe-ugus ĩa sobo-/khasa aorekhoesi soros /hosas dġu !na !kharusa ra /khaes. Aore khoesi kondomi ge sġsen-uhe //kha. //gami /kha habasa /âxun, kondomi tsi <b>femidomi</b> /kha !norasase sġsen-uhe //khan./Ni sobohe ra xun ge oliena !kho-≠ga hâ tsi <b>kondomga</b> !haese ra ≠khôa,tsi /nama /hurus //aeb ai ra khôa. <b>Ha-</b>/arosen ra sobosen-xun kôn-/gauba /nami ra /huruhe //aeb !na !khaedi !na subus-us din. Ne sobohe ra xun ge <b>kondomgu tsi Femidomgu</b> subuse ni !khaes tsina ra //khauba, tsi /oan ni doa !khaes tsina ra //khauba. <u>Hoa //ae //mai /kha !gao-!gaosa sobosen xun ai-//gaus ase <b>K-Y</b> na sġsen-u</u> //khâ-gorobe /aeb t.k.i. //has ra mâ-≠ûi /urisasib //ob t.k.i. ≠hi-/gaub,ĩa #uru //khauba /gaub xa /ari-≠ûihe //khab, xawe khoen <b>Aidsa</b> uhân ≠khabusa <b>!kham-!oa /gauga</b> uhâna !gam-//kha. //Khais ge //naetisa <b>!e-!kho //ob ase ≠ansa.</b> am-//gawugu, t.k.i. nami tsi sorosi !âdi /haos /gawi !haros //goeugus !nas, !khomde //naxus, ' '//aeb'' <b>khoes sorosi !âb</b>, !khomdi tsi ≠khubura ra di-≠ûis //khâ-gorobe //aeb !ubudi (!khoms) guruhe ra !khaeba xu //has !oa ra !gûb tsis khoesa /gawise ra !khomxa-!na,t.k.i. !hae-//aeb !na /gam-/kha t.k.i. ra !gômi.Tsi !khomdi ga !kho tama io //khâ-gorobe /aeba ra ho. aore khoesi sorob President ≠o-≠osib /Awes Aids Hui-/gaub dis. Namibiab //naba hâ 15 //ani !hugu Amerikab <b>HIV'sa</b> //khaubas !aroma ra huiba. /gaub /gôa hosa //khaubas dib /gam-/khasisa ra //khaubab, Xawe <b>HIV t.k.i. STD'</b> tani !kharusa //khauba tamab. ≠khubub aore-khoeb /ub doab tsi <b>soros omâba</b> ra tani !kharub sorosa //amaxus t.k.i. //goe-us maris t.k.i /ni xuna hos !aromas (ai-//gaus ase skol-marin t.k.i. /khae-xun) /gaib !na, ≠habahe tama //aeb ai //goe-us 'hġ-ġ ge hġ-ġ' Hoa !hub-aisi //gau-//gaus <b>AIDS</b> ho-ho !nas dis amsa xu ra ≠oaxa tsi /â-/â-us ase sġsen uhe //kha,tsi xawe <b>HIV</b>sa tani !kharu //oa <b>soros apesasib</b> aorekhoesiba xu !khomdi //naxus ai ra ≠oaxa. //ġn ge !khomde ra tani /gôana guru //kha khoegu !na, tsi HIV'sa uhâ khoegu tsin !na</p> <p>≠Khurub !khomi/ omma-e ra tanib 1) !kharaga gusib tara tsi aoresib dib 2. //goe-ugus, khoeb <b>aoreasis soros</b> ga aore-khoeb t.k.i. tarekhoes !na</p> <p>≠habahe tama //goe-ugus ai-≠hanub; 'hġ-ġs ge hġ-ġ' //goe-ugus ≠an-≠ûis <b>!Kham !oa /gaub tsi /aob !oa kore)</b> !khoms taresiba ra /gam-/kha kai tsi /kharib !na ra hohe chemiese jeliġe, /â-/â xunġa !khomde ra !gam-an(!khoms !oa gore)</p>
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<b>STDs/STI'di</b>	//Goe-ugus !na ra tani-!kharuhe //Ob/ ≠Higus, /aeb îa //goe-ugus !na ra tani-!kharuheb
<b>/Gora !gâ</b>	ama tama mû-≠ga /gaub khoe-I aib, t.k.i. khoen aib amaba !kho-≠ga tamab: //îs ge !nari-//oa, //îas a tare xui ao,t.k.i. hoa aoresib ge //e tsi gâre.
<b>≠Kharadi tani !kharus</b>	<b>aoresib</b> !khaeb <b>!khomdi</b> ra guruhe tsi sâuheb xui ne !khaeba xu nau !khaeb ai ra si /gaub. <b>HIV's</b> ge /aoba xu /aob !na u khoen //aegu ra tani !kharuhe. <b>HIV's</b> //naetisase <b>aore tsi tare khoen</b> //goe-/haos kondomi oses xa ra !aromahe, xawe /ni //goe-/gaub <b>khaosa</b> xu ra diheb tsin !na. //Goe-ugus /gaugu, //gûsa xu /gôa-I //khoms <b>!na, !naes</b> , t.k.i. daisis, /urisa xun,naaldgu,tatoo-/gaub,!kha- ≠gaes tsin ge //goe-ugus /kha #his !aroma !gae-//aresa uhâ tama.
<b>suriba /khara/kharas ma !oara surib tanisendi</b>	khoen-I îa //î-I suriba !hôas /kha ra /khara-/khara i. khoen-I ma-!oara <b>surib</b> tanisende uhâ i. //în di surib tsi sorosi /gaugu !gû /hao tamab
<b>UN</b>	United Nations- Hoa !Hub-aisi ≠nui-≠gas !hub-aisi ≠hanumadi,khoesi ai-≠hanugu, ≠noagudi mî-/guidi, ≠o-≠osib huib, ≠khîba ho-ho-!nas, ≠hanu-aisib tsi hoa !hub-aisi ≠khîba ra ho-ho !nas
<b>UNAIDS</b>	United Nations <b>AIDS</b> ≠nui-≠gas ge <b>HIV/AIDS</b> huib !ere-amsa ra tani.
<b>/U ≠khurub</b>	<b>≠Khurub /ub</b> ra tare tsi aoresiba xu ≠oaxa !nab; oare khoeb tsin ge //îb !khoma ne <b>≠khurub</b> !na ra ≠ha-!kharu
<b>/Ub</b>	<b>≠Habasa</b> tama //gami soros ra ≠ha-≠ûi, !naidi ge /aoba ra ≠habasa tama xuna xu !anu, neb ge <b>/uba</b>
<b>//Has</b>	tare khoesi sorosi !âs, !khoms/ /khams ra ≠gahe tsi /gôaron gose omkhâisen !nas
<b>Tarekhoe sausa !khais</b>	Taresib ≠ganagab, <b>îa //has</b> tsi //îs <b>dao-amsa</b> ra //khowams (//has daob ases tsina ≠ansa)
<b>/Oas ams;</b>	am-//gawu-kha t.k.i. Libia- <b>Aorekhoe !khom ≠khurub</b> aore-khoesi ≠khurub !khomsa, !ubude xu ≠oas ≠khurub //ga ra tanib.
<b>virus</b>	<b>≠Khari</b> !ârodi îa //an-!khae-e ôa tsi ra ≠guisen-an
<b>/Nom amkha</b>	!Augaba xu ra mûhe tare-khoesi soros;/nom-am-kha tsi / <b>oa-ams</b> tsina !kho-≠ga hâs.
<b>!Hub-aisi ≠Urusib !nans</b>	!Hub-aisi ≠Urusib !nans,Hoa-!hub-aisi ≠urusib ≠nui-≠gas
<b>!Hub eib Aids tses</b>	l's Hôa Soreb dis ; tses îan hoa khoena <b>HIV/AIDS</b> mati hoa khoeda ra tsâ-/kha !khaesa ra ≠âi-≠âisens.