

- ❧ Inchiuna hriau leh hmanraw hriam mi dang nen inhman tawm suh.
- ❧ Thisen thianglim chauh dawng rawh.
- ❧ Thisen test la, HIV laka i dinhmun hrechiang rawh.
- ❧ **ABC** thumal hmanga inven dan hi lo hmang ve rawh -

A = Abstinence (Invenna tel lova mipat hmeichhiatna lakah leh damdawi hman sual laka fihlim)

B = Be faithful (I nupui /kawppui lakah rinawm rawh)

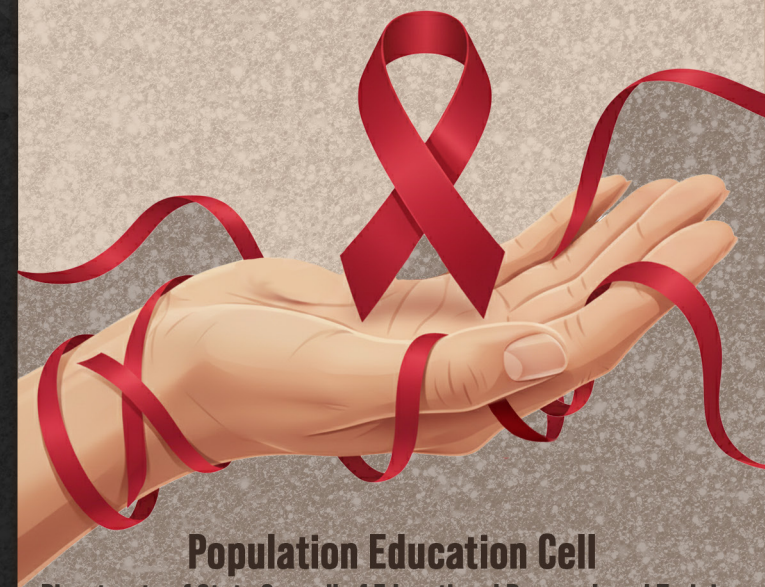
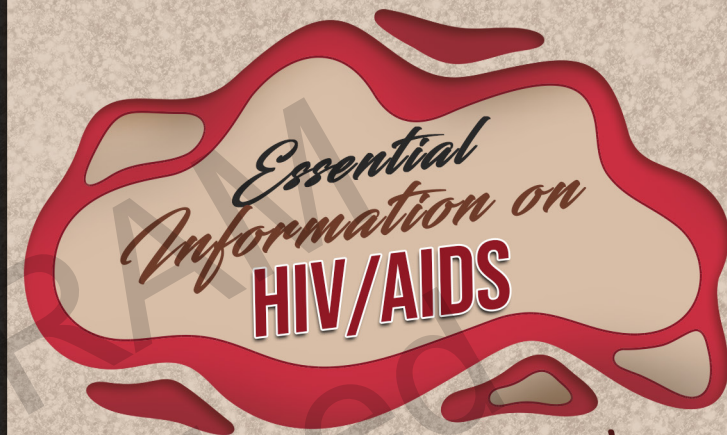
C = Use condom correctly and consistently (Hman dan tur dik takin condom hmang ziah rawh)

HIV chungchangah tanpuina i mamawh chuan -

- ❧ School Counsellor emaw, i zirtirtu emaw hnenah sawi rawh.
- ❧ Health Centre hnai ber pan ang che.
- ❧ HIV chungchangah harsatna emaw, zawh fiah duh emaw i neih chuan **1097** (Toll Free Helpline)-ah biak theih reng a ni.



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HIV chu eng nge ni?

- ✚ HIV chu Humane Immunodeficiency Virus tihna a ni.
- ✚ Mihring taksaa natna hrik lo lut te lo bei a, lo veng himtu 'Natna Dotu Sipaite' a tichhiain a tihlum thin.
- ✚ Enkaw! a nih loh chuan rang takin AIDS natna a thlen thei a ni.

AIDS chu eng nge ni?

- ✚ AIDS chu Acquired Immunodeficiency Syndrome tihna a ni.
- ✚ HIV hrikin mihring taksaa natna dotu sipaite a tichhiat hnem hle tawh hnua CD4 a neih tlem em avanga natna hrang hrang a vei hian AIDS a vei tihna a ni.
- ✚ AIDS veite chuan natna chi hrang hrang an kai awlsam em em a ni.

HIV inkaichhawn theih dan

- ✚ Invenna tel lova mipat hmeichhiatna hman.
- ✚ Hmanraw hriam leh inchiuna hriau inhman tawm.
- ✚ Thisen thianghlim lo dawn.
- ✚ HIV kai nuin a naupaiah, nau hrin laiin, hnute hnek atangin.

Heng atang hian HIV a inkai chhawn theih loh

- ✚ Inchibai, inkuah, chaw ei ho.
- ✚ Inthiarna leh bual in intawm.
- ✚ Thosi leh rannung seh.
- ✚ Ti ti ho, lehkha zir ho, infiam ho.

AIDS lan chhuah dan

- ✚ 10% aia tam taksa rihna hloh.
- ✚ Thla khat aia rei khawsik.
- ✚ Thla khat aia rei kawthalo.
- ✚ Chau hluah hluah reng.

AIDS hi tihtam theih a ni em?

- ✚ AIDS hi tihtam theih a ni lo.
- ✚ HIV venna vaccine a awm lo.

HIV test chungchang

- ✚ HIV test-na chu ELIZA (Enzyme Linked Immuno Sorbent Assay) a ni.
- ✚ Mihring taksaa HIV hrik a luh hian antibodies lang chhuak turin chawlhkar ruk atanga thla ruk a ngai a, he mi hun hi 'Window Period' an ti.
- ✚ Result dik tak hre tur chuan test hmasa ber a negative a nih pawhin thla thum hnuah test leh a, thla ruk hnuah pawh test leh tur a ni.

- ✚ HIV test hi mimal duhthlanna a ni a, test result hi vawn him tlat a ni.

HIV test theihna hmun:

- ✚ Sawrkar damdawiina ICTC-ah a thlawn veka test theih a ni.

HIV hrikpaite enkawl na leh tanpuina

- ✚ Chhungte leh thiante hmangaihna leh puihna an mamawh.
- ✚ Natna rawn lang chhuakte a enkawl na dik tak hmanga rang taka enkawl.
- ✚ Nun dan hrisel neih.
- ✚ Ei tur tha inbuk tawh ei a, taksa mamawh tawh insawizawi leh chawlh hahtam.
- ✚ Thinhrikna leh thliar hranna neih loh.
- ✚ ART (Anti-Retroviral Therapy) damdawi tha taka ei.

HIV laka invenna

- ✚ HIV kai mai theihna lakah inveng rawh.
- ✚ Invenna tel lovin mipat hmeichhiatna hmang suh.