

## **HIV Transmission via Sexual Contact**

**By Eleanor Turnbull and Translated by Victor Otieno into Dholuo**

Kute mek ayaki miluongo ni HIV gin kute maiyudo e remo kod pi moko man e dend ng'ato, kaka pige mayudore e dwong' ji. Kute mek ayaki makoga CD4 mayudore e rembwa, to gitiyo kaka askache e dendwa. CD4 bedo mayom seche ma kute gi odonjo e dendwa, to gibedo ni okiginyal nyuol kata medore. Mae miyo askache mek dendwa ok ti maber mamiyo ji bedo HIV+ manyalo mako tuoche piyo kendo matek; ng'ato aina ni yudo ayaki mogik. Yo mayot to ma ji yudo go kute mek ayaki en ka ji ong'othore kaluo e ther kata e sianda., seche ma ji okogeng'ore gi kondom. Gimanyalo miyo ng'ato oyud kute gi ka gitimo timbe maricho gi luore gi ji ma ng'ano nindo go, kendo luore gi ka jogi bende nindo gi jokmoko, kendo luore gi timbe gi kata ka gitio gi kondom, yethe kata gichodo. Nindo gi ng'ato achiel kende ma igeno e yo ma ng'ato nyalo tiyo go e geng'o tuo ni.

### **(Yudruok Mek Kute gi Seche ma ji Ng'othore) HIV Transmission during Vaginal Sex**

Kute mek ayaki (HIV) iyudo e pi mek duong' ng'ato man gi kute gi; ma nyiso ni HIV yudore e pi mawuok e chund bang' kod seche ma ji ng'othore kod mawuok e ther ban' kod seche ji ng'othore mamiyo ng'othruok bedo mayot. Ng'ato nyalo yudo kute gi seche ma pige gi omulore kod remo mar ng'ato moro, wawach ni dichwo mani gi kute gi ka ong'otho dhako maonge kod kute gi kaokotiyo kod kondom, pige mani gi kute gi bo donjo e remo mar dhako ni ka gikadho e adhola matin e dend dhako ni. Adhola aina ni en ga adhola matin ma oknenre ma seche moko dhako ni inyalo yudo ni okiya. Ka wamedo e magi, dhako mani gi kute gi kong'othore ka okotiyo kod kondom, kute gi nyalo donjo e remb dichwo ka gikadho e adhola manyalo yudore e chund dichwo kata ginyalo donjo e yo ma lach luoga. Kute gi nyalo yudore e yo mayot seche ma dhako ni e dwe nikech remo yudorega e ther to mamiyo mulruok mar remo seche ma ji ng'othore bedo malo.

Seche ma ji ng'othore e yo mar ther to ok gi geng'ore (ka ok gitiyo kod kondom), ng'ama dhako nyalo yudo kute gi mayot nikech dende mang'eng' nyalo mulore kod kute gi molooyo dichwo, kendo kute gi yudore mang'eng' e pi mawuok e dichwo molooyo e dhako, kod pi dichwo iwilo mang'eng' molooyo mawuok e dhako seche ma ji ng'othore. Chik moko kaka tero mon e nyange nyalo miyo mon yud kute gi nikech pala ma itiyo go ok luok maber, kata seche moko adhola no ok we ma chang maber ka ji poko nindo kendo. Mon nyalo bedo ni gin kod tuoche mayudo seche ma ji ng'othore miluongo ni STI'S, ma anyisa mekgi en adhola ma owe ka okochiethgi; adhola mora mora manyalo medo mulruok mar remo seche

ma ji ng'othore medo yudruok mar HIV. Mon matindo nyalo yudo kute gi mayot nikech dendgi podi poko tegno maber to kute gi nyalo donjo kata dendgi nyalo kethore, mamiyo ginyalo yudo kute gi; kendo kochun gi e ng'othruok nyalo miyo gibedo gi adhola matindo e duong' gi mamiyo kute gi nyalo donjo e yo mayot.

### **(Yudruok Mar Kure gi Seche Ma ji Ng'othore e Piergi) HIV Transmission during Anal Sex**

Ng'othruok e pier ka onge kondom e kind dichwo ariyo kata e kind dichwo kod dhako nyalo miyo kute gi yudore e yo mayot moloyo ng'othruok e ther nikech pier yom moloyo ther to mae miyo pien nyalo yudo adhola seche ma ji ng'othore. Ma miyo kute mek ayaki mayudore e pi mar dichwo nyalo donjo piyo e remo mar ng'ama ginindo go ka gikadho e pien motimo adhola.

### **(Yudruok Mar Kure Mek Ayaki Seche ma ji Ng'othore e Dhok) HIV Transmission during Oral Sex**

Yudruok mar kute mek ayaki ka oa kuom ng'ama ni gi kute gi kaluo yo mar ng'othruok e dhok tin kopim gi yudruok mar kute gi kaluore gi ng'othruok mar ther kod pier, kata kamano yudruok nyalo wuok to tim ni ok nyal miyo ng'ato kik yud kute gi. Kaluore gi ng'othruok mar dhok, ng'ama nyalo yudo kute gi mayot en ng'ato ma oket chund e dhoge; kendo yudruok ni medore seche ma ng'ano modho pi mawuok e chund dichwo lakini yudruok mar kute gi bende oseyud ni nyalo timore kata ka dichwo okopuko pige. Pi kosedonjo e dhok kute go nyalo miyo kute go donjo e remo kagikadho e adhola matindo mani e dhok. Mamiyo yudruok mar kute gi medore ka ng'ato nigi adhola e thoge kata ka remo chwer e thoge, ka adhola ni e chund dichwo, kata ka STI's moko be nitie. Yudruok mar kute gi kaluore gi ng'othruok mar dhok kende nenore ni tek, to nitie giminyal tim mondo igeng'ri kaka dichwo korwako kondom seche motimo tim ni, kod mon korwako kata ka giketo jwala kata mpira e ther margi mondo ogeng' gi kik gimi jowete gi kute gi.

### **(Yudruok Mar Kute gi e Mon kod Yot Mar Yudruok Mar Kute gi) Women's Vulnerability and Risk to HIV Transmission**

Mon nyalo yudo kute gi kaluore gi kaka dendgi chal, kaka gidak (social), kod weche momakore gi uchumi; weche maluore gi kaka dendgi chal osewuee chon e barua ni to inyal lo gi ka ji otio gi kondom pile kendo ka oti kodgi e yo maber (kaka duarore), kendo gi chieth maber e chieth mar STI. Weche mek dak maikelo kod bedo ni dichwo ok rom kod mon tek loso nikech kute gi ok kelgi nikech timbe mon, ikelogi gi timbe chuo. Mon igeno ni onego kik kendgi gi dichwo moro, seche ma chuo ing'iso ni gibed gi mon mang'eng' kata ginind gi ochode. Luor mar dhao, kata ni ibiro wegi, kata ni okbi migi pesa ngiso ni mon gin gi gik mamono gi kik giyal weche kod kikgilar telo e weche machalo gi nindo oko kod tiyo gi kondom; manyiso ni ginyalo yudo kute mek ayaki koa e chuorgi. Ka

wamedo e mago, bedo ni mon onge gi teko mar uchumi miyo ginyalo yudo kute mek ayaki mayot; mon moko ichuno ni gibed ochode mondo eka giyud pesa mar nyiewo chiemo, kod chulo ot. Ochode nyalo yudo kute gi mayot ka gionge gi teko mar wuoyo kod jok machulo gi seche magitamore ni okgitii kod kondom kata ka gin e kwonde ma bedo ochot otam gi chik.

## **(Yore Mek Geng'ruok) Methods of Protection**

### Kondom

Kondom, koti kodgi pile kendo e yo maber, nyalo geng'o yudruok mar kute mek ayaki. Kondom umo chund kendo giloso raking maber mageng'o pige kaka mawuok e chund kata ther. Magigeng'o yo maginyalo kelo go kute mek ayaki kod STI's machalo gi gonorrhoea, Chlamydia, kod trichomoniasis. Kondom kendo nyalo geng'o STI's kaka genital herpes, syphilis, chancroid kod human papillomavirus ma ilando kaluore gi mulruok gi pien kata kwonde ni gi tuoche gi. Osendik maber ni seche ma STI ni e dend ng'ata, kendo moro mani gi adhola cha, nyalo miyo kute mek ayaki yudore e yo mayot; kondom ni gi tije ariyo e yudruok mar HIV nikech gitiyo kaka raching mageng'o yudruok mar kute mek ayaki seche ma ji ng'othore kod kendo gitiyo kaka yo mar geng'o STI's mamiyo HIV landore. En gima ber ka waparo ni kondom onego oti go e yo maber seche duto nikech HIV nyalo yudore kata ka inindo gi ng'ato duchiel. Kendo onge yo manyalo geng'o ng,ato 100%, to tiyo gi kondom oknyal miyo ng'ato obed gi adiera ni okonyal yudo STI mora mora kata HIV.

### Chieth mar STIs (Treatment for STIs)

Kaka ne osewach chon, en gima ong'e maber ni ka ng'ato ni gi STIs, mohingo duto moko mamiyo dendwa bedo gi adhola medo hawi mar yudo HIV. Tiyo gi kondom pile kod tiyo kodgi e yo maber bomiyo ng'ato oknyal yudo STIs lakini en gima ber ka jok ma timo timbe gi to gitimogi gi ji mang'eng' kaka ochode opimgi to ochiethgi ka gin gi STIs e osiptal.

### Nyange (Circumcision)

Oseyud ni kotim nyange eyo maber e osiptal, nyange mar chuo nyalo miyo kikgiyud HIV eyo mayot kaginindo gi mon. Ma en nikech pien mambele cha miyo pinyne bedo modhiek kama kute mek ayaki nyalo dak matot kendo ka gin e mulruok gi chund, to kendo pien ma iye cha nyalo mako kute gi eyo mayot. Ka pien mambele cha ogol wi chund bedo matek kendo okmak tuoche eyo mayot. Ka wamedo e magi, piwang' kata matin e pien mambele mayudore seche ma ji ng'othore miyo kute go nyalo donjo e dendwa eyo mayot.

Nitiye gik mabwogo ji mondo kik ging'is ji ni odhi e nyange kaka ni ka ji odhi to gibobedo ni okgiluor manyalo gitim timbe manyalo miyo giyud kute gi. Jok ma osedhi e nyange ema ohero dhi e ochode kata okgihero tiyo gi kondom; ka oti kodgi aming'a, kondom nyalo geng'o 80% kata moloyo yudruok mar HIV, seche ma nyange geng'o mana 50% mar yudruok mar HIV. Ka okotim nyange maber, ng'ato nyalo puko remo mang'eng kendo chunde nyalo hinyore to mae nyalo miyo onyalo yudo HIV. Ka adhola no poko chango maber chuo nyalo yudo HIV ka okadho e pien ma oyaore. Nyange en yo maber mar geng'ruok ka oti kode e anyuola ma okyud kendo ok ti kod kondom, kendo kuma oko rach, oyi ni otime to inyal time.

### **Tieko Conclusion**

Yudruok mar kute mek ayaki kaluore gi ng'othruok tek moloyo yore moko mek lando HIV, lakini nikech kute gi ema kelo ayaki en gima ber ka yudruok duto ogeng' to mogik otiekgi. Wach matiende ma onego gi ong'e en ni ka kondom okorwak seche mora mora ma ji ng'othore e yore adek mawasewacho chon, HIV nyalo yudore. Mae nyalo medore ka inindo maonge geng'ruok gi ji manindo gi ji moko mang'eng' kaka ochode kata jok matiyo gi yethe michuoyo gi sindan. Mogik, ka ng'ato ni gi STI mar adhola onyalo yudo HIV; onego opim ji mondo ging'e ka gin kod STI mondo ochiethgi.