

POWER TO LIFE

**Fiji mein jon logon
HIV se diagnosed
bhe uhlon ke liye
handbook**





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Ee booklet ke, National Association for People Living with HIV Australia (NAPWHA) apan support dees hai aur the ASHM ke support ke sathe Fijian context mein contextualized kara gayis hai, jiske Suva, Fiji mein New Zealand High Commission, funding assistance provide karis hai aur iske sathe the Rainbow Pride Foundation, FJN+, UNAIDS, Believers Support Group and Fiji's Ministry of Health and Medical Services SRH/HIV Hub Doctors bhi apan support dis hai.

HIV Diagnosis ke baad HIV TREATMENT jurte shuru karo!



Rainbow Pride Foundation

Title: POWER TO LIFE: Fiji mein jon logon HIV se diagnosed
bhe uhlon ke liye handbook

This publication was compiled by Benjamin Christopher Lutukivuya of the Rainbow Pride Foundation's Believers Group - an MSM-led/focus group of PLHIV in the greater Suva area.



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HIV KONCHI HAI?

HIV ke matlab Human Immunodeficiency Virus hai. HIV body ke immune system ke affect kare hai. Jiske wajah se humlog ke body mein virus aur dusar rakam ke bimaari lon affect kare lage hai. Jaise ki TB aur rakam rakam ke cancer. Ee rakam ke damage lon se HIV ke nahi janaye hai shuru shuru mein.

HIV, influenza ya fir Coronavirus jaisan virus ke rakam nahi hai. kaaiske, HIV bahoot alag rakam se failey hai. HIV ke failtey samay lage hai aur jab aapke HIV rahi toh aapke kuch bhi nahi jaanayi ya ekko signs bhi nahi dekhayi. Yaane ke Adults mein, HIV bahoot aaste aste failey hai. Yaha tak ke paanch (5) se das (10) saal lag gaye jaye HIV ke symptoms dekhaye mein. Lekin kuch kuch adults mein signs jaldi dekhaye jaweh hai. Jab ki Chhota ladkhan mein HIV 2 saal se jaldi faail jaye hai.

Dher jann ke HIV rahe par bahoot baad mein uhlon ke pata lage ki uhlon ke HIV hai. Jon bhi HIV Positive rahe, healthy hi rahe, lekin ee baat nahi jaane ki HIV dhire dhire uhlon ke immune system damage kare hai. Aur koi ke dekhe se bhi nai jaan payega ki uhlon ke HIV hai, jab le HIV test nai karayega toh nahi jaan payega. Tabeh toh HIV ke bareh mein pata lagaye ke bareh mein ee acha idea hai ki jaye ke blood test karaye loh.

Dusar logon se baat karo HIV ke bareh mein. Aur dher baat jaane ke liye books lon paro.





HIV KNOWLEDGE

Aap jaanta hai ki HIV konchi hai?

HIV immune system ke important part, CD4 Cell ke ekdam kharab se barbaad kar dewe hai. Aur jab treatment nahi karaya toh, CD4 body mein kamzor aur kamti hote jayi. Aur jab ee sab red blood cells body mein khatam hoeye lagi toh body zyada kamzor pare lagi aur phir aapke body mein germs lon bhi ekdam easy se failey lagi.

Tabeh toh HIV ke immunodeficiency virus bola jaye hai. Aur jab treatment nahi karayega toh aapke immune system kamzor rahe lagi dher aur aap bahoot jaldi jaldi aur jasti jasti bimaar pare lagega.

Kuch kuch logon ke pehle dafeh mein HIV jurte infection failey pe janaye jaaye hai reaction. Lekin kuch kuch logon ke nahi janaye hai kaaiske jitna bhi damage hoeye hai sab body ke bhitare hoeye hai. Aur rakam rakam ke insaan lon ke rakam rakam way se infection affect kare hai.

“

Epeli aur Asilika baithin hai aur baat kare. Epeli ke 12 saal se HIV hai. Asilika blood test ke liye gayis 3 weeks pahela aur doctor batais uske ki uh HIV positive hai. Toh Clinic mein Asilika ke encourage karaye ke liye Epeli se milais, jiske apan rakam HIV positive logon ke madad karo acha lage. Epeli peer supporter hai.

Asilika: *(looking sad) humme chahata raha HIV ke bareh mein bahoot pahela sab cheez pata lagaye loh.*

Epeli: *lekin ab toh aur dher time milgaye iske bareh mein jaane ke liye, Asilika hum tumme batata ki hum liye ee sab cheez kaise beeta.*

Asilika: *haan batao Epeli, shayad jaan ke humme thoda madaad mili.*

Epeli: *jab humme diagnosed kara gaye raha, toh hum toh HIV ke bareh jitna pata lagaye sakta raha lagaya. Hum bola apan aapse ki jab hum ee virus leke jiyega toh hum mangta jaane ki ee virus se humme konchi konchi sake hoye. Doctors, nurses ya kahin se bhi mauka jab mile toh HIV aur uske treatment ke bareh mein jitna information sakta pata lagaye utna hi aacha rahe. Aur hum yaha tuma madad kare ke liye hai, hum tuma koi bhi question ke answer kare sakta.*

Asilika: *Thanks, Epeli, acha lage tuma jaisan se baith ke baat karke, jon hum situation samjhe sake.*

”

HIV+ diagnosis ke matlab konchi hai?

Jab aap HIV blood test ke liye jayega, aur result negative aayis, toh ee acha baat hai, because iske matlab hai ki aapke HIV nahi hai. Agar doctor jab batayi ke result positive hai, toh iske matlab hai ki aapke blood sample mein HIV virus ab faail gayis hai.

Doctors lon, ee baat sure kare ke liye dusra time phir se aapke blood test kari, toh ee baat se darr nahi jana, aur doctors ke allow karna test kare ke liye. Aur jab results ready hote jaye toh result collect kare ke liye nahi bhulna. Agar dusra test mein bhi positive result aaye toh ee bahoot hi acha mauka hai HIV-positive diagnosis ke bareh mein aur bhi baat lon pata lagaye mein. HIV ke koi cure nahi hai, lekin agar iske shuru se leke acha se treat karaega aur doctor ke prescribed dawai khayega toh aap sakta hai lamba aur healthy zindagi jiyen.

HIV positive test hote ke baad dusra step konchi hai?

Agar aapke recently pata chala hai ki aapke HIV hai, toh aap ekdam helpless, darr, aur akele feel karenge. Lekin aap akele nahi hai ismein. Aapke aur bhi logon ya resources se sake HIV ke bareh mein pata lage. Fiji Ministry of Health ke 2022 data mein inform kara gaye hai ki 1057 jaane hai Fiji mein jiske HIV hai.

PAHELA STEP: HIV ya AIDS Doctor se jurte miloh.

Jab aapke pahela dafah pata chali ki aapke HIV hai aap shayad darr ke kaaran kuch kar nai payega. Lekin jaise hi aapke pata lage ki aapke HIV hai toh aapke chahi expert HIV aur AIDS physian ke paas jaye ke dekhaye loh, Fiji, aapke HIV medical Specialists, Divisional HIV/SRH Hubs Suva, Lautoka, aur Labasa mein mili. Deri nahi karna checkup karaye ke liye. Aapke doctor immune system ke health ke bareh mein jaane ke liye aapke checkup kari aur HIV ke rate ke progression, aur general body state ke check- up kari. Aapke hi doctor aapke liye kaam kari aur aapke liye treatment suggest kari aur aapke samjhayi ki kaise aur kab treatment shuru karo. HIV medications, HIV ke AIDS mein develop hote se rok dehai, aur agar HIV ke treat nahi karenge, toh aap sakta hai bahoot kharab se bimaar pardhe.

DUSRA STEP: HIV Treatment shuru kardo

Agar aap medication nahi shuru kara raha toh ab jitna jaldi hote sake toh shuru karlo. Aapke doctor aapke liye “Test aur Treat” wala technique use karke aapke liye aisan medication banayi jon khali aapke test ke mutabik se treatment ke liye kaam aayi. Khiyaal rakhna ki Fiji mein HIV medications free mein mile hai. Medicines jiske treatment se virus ke shut down karde, aur jismein ekko side effects hi nahi rahe.

Kaye maango HIV medications loh?

Aapke physical health jurte hi improve hoye lagi, especially jab apke pahele se HIV diagnosis ke baad aapke immune system weak raha. Aur opportunistic infection bhi nahi affect kare payi treatment mein jab rahega.

Aap ekdam calm feel kare lagega, haan e baat hai ki aapke HIV hai lekin agar, aap acha se sambhalega apan aapke toh aap apan zindagi jaise roj guzarta hai wahi rakam guzarte rahega.

Iske aalawa, new antiretroviral regimens jab viral load dui ya teen mahina mein jab kamti kardi toh aap apan medical se recovery aur sex kare ke bareh mein bhi worry kare ke bandh kardega.

HIV Diagnosis ke baad aapke kaise sake support mile?

HIV Diagnosed hoye ke baad aapke zindagi ekdam badal jayi. Lekin HIV hoye se iske matlab nahi hai ki aap mar jayega. Dher logon jiske HIV hai uhlon treatment pe hai aur apan healthy life jiye hai.

Iske khatir aapke paas adjustment kare ke liye time mili. Jon logon ke nawa nawa HIV diagnosed bhe, uhlon kuch din ke liye udaas, hopeless, aur gussa mein rahi. Apan mental health pe dhiyaan doh. Aapke HIV health care provider, aapke liye mental health services khoje mein aapke madad kari. Taaki aap apan diagnosis ke baad apan HIV acha se manage karlo.

Aur logon se apan HIV ke bareh mein baat karega jab, tab aapke liye fayeda rahi. Aap akele nahi hai. Aap local HIV support group ke liye apan provider se baat karo. Aur pata lagao ki jon logon ke HIV raha tab uhlon kaise sambhalis apan ke.

“

Asilika: *tumme jab diagnosis bhe tab tumme darr nai laga?*

Epeli: *laga darr ekdam! Hum toh socha ki hum marjaye ga. Iske karan se hum ek hafta se koi bhi cheez pe acha se dhiyaan nahi deh pata raha.*

Asilika: *yahi rakam ekdam humme hota raha.*

Epeli: *toh phir hum HIV ke bareh mein aur information lon pata lagaye laga. Hum Hub ke doctor se baat kara. Medical Services Pacific aur RFHAF se kuch pamphlets lon liya. Apan friend lon se baat kara, ki khali humme kahin se bhi humme jitna information pata lagaye saki, toh acha rahi. Jab aap treatment pe rahe lagega aur viral load aapke blood test mein nahi detect hoye payi toh aapke shanti mili jaan ke ki ab HIV failey nahi phir appke chahi apan mind aur body pe zyada dhiyaan doh aage chal ke. Hum ab ek insaan hai jiske HIV hai aur huma rakam aur bhi dher jan ke HIV hai, toh huma liye ee koi badha baat nahi hai aur ismein kuch sharmaye ke bhi baat nahi hai.*

Asilika: *aise baat lon bataye ke khatir bahoot dhanbaad, Epeli. Ab hum apan aapke HIV ke sath rahe la insaan ke rakam samjhe laga hai.*

Epeli: *acha hai. Tum dekhna e baat, PEOPLE LIVING WITH HIV pamphlet mein “PLHIV” ke rakam likhaan hai.*

”



PLHIV KE LIYE AUR BHI IMPORTANT INFORMATION JON AAPKE CHAHI

JAANO

CONFIDENTIALITY

Aapke HIV ke bareh mein jitna bhi baat hai, sab confidential rahi. Koi ke bhi preferences, decisions, aur personal information ke respect kara jayi. Kuch kuch logon healthcare personnel ke paas nahi jaye maange e baat soch ke ki uhlon ke confidential information, personnel lon sab ke bataye di. General population ke health ke bareh sab time confidential maango rakho.

Confidentiality kaye jaroori hai?

HIV Degree koi ke bhi HIV status ke bareh mein baat failaye se restrict kare hai. Jab talak le aapke authorized nahi kara jayi, aap koi ke bhi bareh mein nahi sakta kahin baat kare. HIV positive logon ke hamesha discriminate kara jaye hai, aur yahi karaan se, jab talak le uhlon ke baat confidential nahi rahi toh phir uhlon nahi mange test ya koi rakam treatment ke liye kahin jaye.



“kabhi haar nahi maano, hum janta hai ki aap ee baat pachele bhi suna hai lekin hum pura yaakin ke sathe sakta bole ki abhi aapke zindagi ke anth nahi hai. Aap sakta hai poora healthy zindagi jiye aur baaki normal insaan ke rakam sakta hai apan bhavishya plan kare. Apan ilaaj dhiyaan se karwaao aur apan Doctors aur Nurses ke baat acha se suno” (FBC NEWS 01 Dec 2021)

Joeli Colati- pahela baar 21 years old pe HIV ke liye diagnosed bhe raha! Joeli ke partner ke wajah se Joeli ke HIV hoige raha. Joeli HIV ke bareh kuch nai janta raha aur soch lis raha ki uske zindagi ab khatam hoye jayi. Lekin Joeli ke specialized doctors lon uske samjhais ki Joeli poora sake jiye. Kaafi tests ke baad, Joeli jurte apan treatment shuru kardis raha taaki HIV aur failley nai aur uske immune system bhi healthy rahe. Joeli 2011 mein apan treatment rok ke herbal treatment shuru kardis raha, phir uh itna kharab se HIV se affected raha ki Joeli wapas ARV treatment shuru karis aur ab das saal se Joeli ke HIV, UNDETECTABLE hoige hai. Aur uske immune system bhi normal hoige hai jaise uske HIV hoye se pachele raha. Itna sab treatment ke baad, ab Joeli ek bund se nai sake hai HIV dusra jann tak failaye! Joeli ab apan zindagi aur career se khushi hai, itna hi nai, Joeli apan sexual partner ke sathe bhi khush hai aur uhlon dunno ek dusre ke bahoot maange bhi hai.



Asilika: *Epeli, huma bareh jitna bhi HIV diagnosed personal information hai health center ya hub mein, uh sab ke konchi hoye? Huma ee haalat ke bareh mein kiske-kiske pata rahi? Hum ek nurse ke janta hai clinic mein, uh huma aunty hai. Humme darr lage ki jab uske agar iske bareh mein pata chal jayi toh uh village mein jaye ke huma parivaar aur sange sange aur jann ke baat bataye dayi. Aur phir hum clinic bhi nahi jaye payega, hum nahi mangta ki uh huma e halat ke bareh mein jaane pao. Ab hum konchi kari?*

Epeli: *e baat acha hai ki tuma paas e sab question lon hai. Hum bhi jab neya dafeh diagnosed bhe raha toh hum bhi sochta raha ee sabb. Because humon ke darr hai ki kahin humlon ke bareh mein koi jaan nahi jaye. Hum bhi sochta raha ki agar huma bareh mein pata lag gaye koi ke toh uhlon kaise huma sathe behave kari, e bhi baat soch ke ki Fiji kitna chota desh hai, aur kahin na kahin koi na koi ek dusre ke bareh mein jaane hai jahan aur jahan HIV sab ke liye bahoot badha baat hai.*

Lekin hum tumme itna sako tasali deh ki:

** humon ke files code names, se stored hai aur khali wahi doctor jaane hai aapke bareh mein jiske aap attend karta.*

- *Health care Workers lon kasam khaye hain ki uhlon confidentiality maintain kari.*
- *Iske matlab hai ki agar uhlon PLHIV ke bareh mein koi baat failaaye toh uh illegal hai. Sab health care workers, aur health community ke train kara gayis hai ki ee sab information ke important hai confidential rakho.*



- *Fiji ke HIV ACT mein ee baat outline kara gayis hai ki jon logon agar ee sab rules nahi follow kari toh uhlon ke konchi consequences rahi.*

Aur ee case mein, agar aapke koi chineh la clinic mein kaam kare hai, toh aap sakta hai apan doctor se personally baat kare phir apan clinic dates ya treatment ke aap sakta hai koi dusra time arrange karaye.

Asilika: *yaane ke humma HIV ke bareh mein koi sake jaane paaye because iske liye doctors ya health care workers ke responsibility hai ee sab baat lon ke confidential rakho?*

Epeli: *Yes, under HIV Act khali tuma paas right hai apan diagnosis aur status ke bareh mein koi se batao, lekin aur koi ke paas right nahi hai tuma HIV status ke bareh mein koi information share kare ke. Aur agar koi karis toh uske court tak leke jaya jayi.*

Asilika: *Thank you Epeli, that information is reassuring and reaffirming.*

”



DISCLOSURE

The Medical and Health Services Act of 2006, mein stated hai ki, private medical information ke unathorised sharing nahi maango ho. HIV status ke bareh mein. HIV Act of 2011, mein ee baat bhi disclose kara gayis hai ki PLHIV agar face-to-face disclosure nahi sake kare toh uh sake written consent dewe. Jismein include kare hai, partner aur family member jab PLHIV ke koi musibat mein fass jaye hai.

Humme chahi koi se iske bareh mein batao?

Workplace mein, jab required rahi yaane ke jab aap apne maange ga khudh apan employer ke apan HIV ke bareh mein bataye toh aap bataye sakta. Because ki work environment mein discrimination ke issue sake rahe. Employment Relations Act of 2007 Fiji mein discrimination forbid kara gayis hai, lekin itna advise kara jaye hai ki aap safe side pe raho. Apan personal information share kare ke liye aapke apan own personal choice hai. Lekin dhiyaan rakhna ki jahan aap apan personal information share karega waha aapke support mili aur aapke baareh mein baat failey nahi. Jab aap comfortable feel karna tab hi apan HIV ke bareh mein batana.



Aapke Positive Test Result ke bareh mein aapke chahi koi se batao?

PLHIV logon apan mein bareh koi bhi baat agar disclose kare ke hai toh uh uhlon ke liye optional hai. Law se required nahi hai.

Aapke suggest kara jaye hai ki apan family members ya close friends ke apan situation ke bareh batao, lekin yaad rakhna, dusar ke apan situation ke bareh mein bataye se apke liye acha bhi sake rahe aur kharab bhi sake rahe.

Partners

Law ke requirement nahi hai lekin, e baat zaroori hai aap apan HIV status ke bareh mein apan sexual partner(s) se batao jiske aap virus shayad failaye diya hai. HIV status matlab ki apke chahi ab healthy rah eke shuru kare lago. Koi koi PLHIV, aap jitna apan HIV status ke bareh mein disclose kare ke practice karega. Utna aapke liye easy bani.

Agar aap apan status disclose kare mangta hai apan partner ke sathe, lekin darta hai ki aapke partner aapke dhamki dayi ya aapke chaut pahuchayi. Toh aap apan doctor ya local health department se sakta madad maange ki aapke partner ke batao ki uske HIV shayad spread ho gaya hoga. Ee rakam ke assistance ke bola jaye hai **partner notification ya partner services**. Health department aapke naam aapke partner ken ahi batayi, uh logon khali aapke partner ke itne batayi ki uhlon ke HIV spread hoke gaye hai aur jaye ke test karaye loh.

Health Care Providers

Aapke health care providers (doctors, clinical workers, dentists, etc.) must hai ki aapke HIV status ke bareh mein mango jaano. Taaki aapke sabse acha care mile. Aur aapke aisan medication prescribe kare HIV ke liye jon aapke liye harmful nahi rahe

Aapke HIV test result aapke medical records ke part ban jayi. Taaki aapke doctor ya koi bhi healthcare provider aapke sake sabse acha care provide kare. Sab medical information, aur HIV test results, strict confidentiality law ke niche aaye hai, yaane ke HIV Act aapke permission ke bina nahi koi bhi information nahi sake release kare. Confidentiality ke limited exceptions hai. Ee tab hoke jab, undisclosed information sake harm pahuchaye dusra jann ke.

Family and Friends

Jasti kar ke cases, aapke family aur friends aapke HIV test results ya status ke bareh mein nahi jaane payi jab le aap uhlon ke apne nahi bataye dega. Apan family se HIV ke bareh mein bataye la time aapke liye thoda mushkil sake rahe. Lekin aapke ee baat bhi chahi jaano ki disclosure se aapke sake benefit bhi hoye- studies mein show kare hai ki jon logon HIV ke bareh mein baat kare uhlon treatment ke taraf jasti dhiyaan dewe.

Employers

Jasti karke cases lon mein, aapke employer aapke HIV status ke bareh mein nahi jaane payi jab le aap khud nahi batayega. Yaad rakhna HIV disclosure aapke personal decision hai. Apan healthcare provider, support group ya legal professionals se conduit karo. Jon aapke situation pe based advice aapke sake dewe.



Epeli: *Bula Asilika, kaise hai aaj tum? Asilika: hum acha hai Epeli aur tum kaise hai. Humon ke pahela baat mein itna acha laga jaan ke huma personal information sake confidential rahe, lekin aur bhi bahoot kuch hai jon hum mangta hai pata lagaye.*

Epeli: *Asilika, bolo hum sunta hai.*

Asilika: *abhi thoda din pahale hi hum apan HIV status ke bareh mein jana hai, aur ab hum mangta hai iske bareh mein apan parents aur close friends lon se bataye. Lekin humme darr lage hai ki uhlon ke kaise lagi.*

Epeli: *Ahh.. koi ke apan HIV status ke bareh mein batao ek bahoot difficult step rahe hai, aur ee baat bhi soch ke kharab lage hai ki dusar jan jaan ke konchi kari.*

Tum janta Asilika, aapke khudh ke apan marzi hai ki agar aap apan HIV status ke bareh mein disclose kare mangta ki nahi. Aur koi law mein bataye bhi nahi hai ki apan HIV status ke bareh mein koi ke batao.

Lekin aapke liye healthy step rahi jab aapke paas support system rahi jaha aap sakta hai openly baat kare sab se. kuch kuch baat lon se aapke chahi caution raho jaise:

- *Koi aapse jabarjasti nahi sake aapke bareh mein aapse puche. Aapke apan own choice hai agar aap mangta bataye ya nahi.*
- *Aap maango bataye se pahele, iske khatir taiyaar raho. Aap koi se bolna nahi jab le aap apne taiyaar nahi rahega iske bareh mein baat kare ke.*
- *Sab risk lon par dhiyaan dena. Aur koi se apan HIV status bataye se pahele uske liye acha aur kharab situation se guzre ke liye prepared rahena.*
- *Aap jiske trust karna, wahi se hi khali apan HIV status ke bareh mein disclose karna.*

Asilika: *Hum apan HIV status ke bareh mein apan Employer se sako disclose kare? Humme darr lage ki humma bejati hoyi ya humma Mazak udhaya jayi ya phir humme bahoot alag rakam se treat kare lagi, ya phir humma HIV status jaane ke baad humme sake kaam par se nikal deh.*

Epeli: *aisan koi bhi law nahi hai jismein bataye hai ki aap apan HIV status ke bareh mein koi se batao, agar necessary hai toh hi batao naitho nahi, lekin employment relations act of 2007 mein bataya gayis hai ki kaam par koi bhi jann ke health ke mazak ya bejati nahi allowed hai.*

Asilika: *aww, ee baat clear kare ke wastin dhanbaad Epeli, ee sab baat lon jaan ke kitna fayeda hoye hai, because hum itna dher cheez ke soch mein raha, ki hum kaise apan boss lon se kaam pea pan HIV status ke bareh mein bataye payega. Lekin tum ee sab baat humme bataye diya toh ab humma doubt aur darr khatam hoye gayis hai.*

Epeli: *koi baat nahi Asilika, humme tuma doubt aur darr ke khatam kare mein acha laga, kais ki ee sab doubt aur darr lon sake emotionally aur mentally aapke affect karde. Tabeh toh ee sab khaas important information lon hum tumse batata hai.*





HIV MYTH JON AAPKE CHAHI JAANO:

Ispe aur information aap sakta hai MoH Fiji se kare  <https://www.health.gov.fj/hivaid/> se kare

Ab huma zindagi khatam hoje jayi

– **HIV death sentence nahi hai.** Jon logon ke HIV diagnosed kara gayis raha uhlon treatment ke kaaran se apan zindagi ekdam healthy aur lamba jiye hai, aur sathe sathe uhlon ke HIV –negative peers bhi.

Huma sex life ab rukh jayi

– **ee baat sache nahi hai.** Agar aap jab treatment pe rahega aur aapke viral load undetectable rahi toh aap sakta hai sex kare apan partner ke sathe bina apan partner ke virus failaye.

Hum pregnant nahi sako hoje

– **aap sakta hai apan pregnancy mein HIV treatment pe HIV baby paidaa kare-** lekin itna dhiyaan mein rakhna ki aapke chahi apan treatment karte jao.

Humme AIDS hoje jayi

– **HIV, AIDS (Acquired Immune Deficiency Syndrome)** nahi hai. Itna asaani se nahi sake HIV, AIDS mein badle, Anti-Retroviral Treatment ke waja se (ART). Ee rakam combination ke medications lon aapke viral load ke ekdam kamti kardewe aur undetectable banaye dewe hai. ART, Fiji ke SRH/HIV Hubs mein free mein mil jayi aapke.

Hum side effects experience karega HIV treatment ke kaaran

– PLHIV ke thoda se ya toh ekko bund hi nahi side effects rahe medications

se. aur agar aapke ke liye ek rakam ke medication nahi kaam karis toh itna possible hai ki aapke dusra rakam ke medication kaam aayi. Doctors lon ART ke sab rakam ke combination aapke upar try kari jab tak le aapke liye right medication nahi mili.

“

Asilika: *hum abhi jaldi ajmaya ki huma body mein rash lon nikle hai body. Hume janaye humme HIV hai tabeh humme rashes nikle na.*

Epeli: *hum tumme ekdam sure karke nahi sako bolo lekin haan, rashes dher kaaran se howe hai, HIV medication ke ek kaaran sake rahe aur tumme bahoot nahi chahi worry mein raho kyuki tum pachele se HIV medication par hai toh yaane ke tuma liye HIV medication acha se kaam kare hai.*

Asilika: *oh thank god!*

Epeli: *aur agar tuma rash theek nahi hoyi aur ekdam kharab hote jayi toh achar ahi ki tum clinic jay eke check karaye loh.*

Asilika: *haan hum wahi socha ki thoda din wait karlayi tab phir jaye ke clinic check karayega.*

Epeli: *tuma janta, humme bhi rakam hota raha. huma diagnosis k eek-dui saal ke baad, hum apan body ke bareh mein aura cha se jaane laga. Aur apan pura general health ke bareh mein, hum aisan aisan cheez lon notice kara raha jon hum pachele kabhi nahi mara raha apan body mein, aur ekdam tumhai ke rakam ee aise sochta raha ki jab HIV hai toh yahi sab cheez janaye expect kare ke parhi. ART se bahoot pachele, dher jan lon*

ke immune system weak hoye laga raha, rashes, lumps aur swelling bahoot kharab issue hoye gayis raha. Uhlon sakta raha opportunistic infection ke sign rahewe, parha toh hoga na tum iske bareh mein pamphlets mein?

Asilika: haan, hum parha iske bareh mein ki konchi hoye jab humon ke immune system HIV ke wajah se kamzor hoye lage, humon ke body ke aur bhi kadha pareh inections se bache ke liye.

Epeli: haan right baat, lekin jaise humn uh din dekho baat karta raha ki treatments ab available hai, humon ke immune system chahi aur sab ke rakam tagatwar raho, haan ee baat toh hai ki humon ke aur sab ke rakam infections lon faili, aur humon ke chahi ee sab infection ke saamna karo, lekin ee sab HIV se kuch lena dena nahi hai, ya phir HIV medications ke side effects se bhi kuch lena dena nahi hai. Aur agar aapke medication pe rahe pe koi rakam ke effects hoyi toh aapke chahi apan HIV hub doctor se dekhaye loh.

”



HIV KE TREATMENT

HIV treatment ke main goal hai aapke viral load ke undetectable level banaye ke liye. undetectable viral load ke matlaab hai ki aapke viral load test ke baaad aapke khoon mein HIV level bahoot kamti hai. Jon logon ke HIV ke viral load undetectable hoaye jaye hai, uhlon se kuch risk nahi hai, yaane ke HIV-negative partners lon ke HIV pakre ke bahoot kamti chances hai.

Jon logon ke HIV hai, uhlon ke ART recommend kara jaye hai. Jiske-jiske HIV hai uhlon ke chahi jaldi se jaldi HIV medicines pe hoaye jao. ART, HIV toh nahi sake cure kare lekin, use jiske HIV hai uhlon ke lamba jiye, aur healthy se jiye ke liye madad kare hai. ART se HIV transmission bhi bhi risk kamti rahe. Aap sakta hai AIDS se related bimaari se marr jaye agar aap treatment pe nahi rahega. Aur dusra rakam ke infection se jaise, boils, rashes, aur TB.

Kab aur kaye maango HIV treatment karao?

Jiske HIV hai uhlon ke liye ART recommend kara jaye hai. Aap lon ke jaldi se jaldi chahi HIV medicines pe hoaye lago. ART, HIV toh nahi sake cure kare lekin, HIV medicines se aap sakta hai HIV transmission ke risk roke aur sakta hai lamba aur healthy zindagi jiye.

HIV treatment ke antiretroviral therapy (ART) bola jaye hai. ART ke combination mein liya jaye hai

HIV treatment ke main goal hai aapke body mein virus e low level pe karo jisse aapke blood mein viral load ekdam undetectable hojaye. PLHIV hoy eke aapke chahi regularly blood test ke liye jao, isse dui jaroori cheez lon ke bareh mein jaane ke liye ke kaam aayi:

- aapke CD4 count – aapke immune system kitna majboot hai
- aapke HIV Viral Load – kitna HIV load aapke khoon mein hai

roj-roj ART medication lewe se, virus ke dawai effectively control kare lagi, jab virus ekdam kamti hojaye jayi, aur HIV aapke immune system ke aur nahi kharab kare paayi tab aapke immune system phir se majboot hojaye jayi. Isse aap sakta hai rozana apan normal productive din bitaye, aur bina koi AIDS se related bimari pakre se dare.

Jab aapke viral load undetectable hojaye jayi, toh iske matlab hai ki aap dusra insaan ke HIV nahi sakta hai pakraye. Iske bola **Undetectable = Untransmissible or U = U**. ART leh se aap khali khud hi bhalai nahi lekin dusar ke liye bhi bhalai karta hai, aur HIV se apan taraf se HIV ke saamna karta hai.





Epeli: web pe ART ke bareh mein dher information lon hai. Bahoot soch pe nahi parna. Hum toh ekdam confused ho gaye raha, aur treatment se darr bhi gaya raha jab suna ki lifelong hai, aur jab treatment shuru karna toh rukhna nahi, hum liye hum jaise jaana ki humme HIV hai toh hum accept kara uh baat aur medication shuru kardiya raha. Aur kabhi bhi aapke ART ke bareh mein doubt rahi, ki jon dawai aapke prescribe kar gayis hai ya phir agar aapke body mein koi rakam ke changes aap notice karna medications ke baad toh HIV Hub ke doctor ke paas chal dena bina koi doubt ke.

Asilika: jab se uhlon tumme ART pe rakhin, phir tab se konchi bhe tumme?

Epeli: shuru-shuru mein dawai khaye ke liye bhul jata raha roj-roj, phir aaste-aaste hum jaane laga aur phir hum apan daily routine banaye liya. Aur phir che(6) mahina mein hum HIV blood test mein, viral load undetectable ho gayis, yaane ke hum khushi raha ki ab hum HIV apan sexual partner ke nahi failaye ga. Aur hum aba cha aur ekdam majboot bhi feel karta, kitna acha hai na ee baat?

Asilika: haan, wahi humme doctor batata raha uh din ki agar hum jab apan prescriptions lon acha se follow karega tab che(6) mahina mein hum viral load undetectable ho jay. Phir humme chahi dawai kaye ke bandh kardo na jab hum viral load undetectable ho jay?

Epeli: (laughs) warai buna, tumme pura zindagi bhar ART pe rah eke parhi, roj-roj jab le tum ee duniya se chal nahi dega! Jaise ki hum pachele bola raha tumse, isse kuch side effects nahi hai aur agar hoyi toh jay eke apan HIV doctor ke dekhaye lena. HIV treatment ke main aim hai ki (6) mahina mein aapke viral load ke undetectable banaye doh.



“treatment as prevention” campaign U=U ke matlab hai Undetectable=Untransmissible. humlog (PLHIV) undetectable viral load kar ke sakta hai apan community mein HIV FAILAYE se ROKE! Aur sakta hai hamesha undetectable ban ke jiye.

”



HERBAL MEDICINE

Plant medical application jaise, jhadh (roots), patti (leaves), phul(flowers), aur chal(bark) ke herbal medicine mana jaye hai. Kuch kuch herbal medicines lon bimaari lon mein kaam aais hai, lekin abhi ke liye aisan koi bhi Herbal remedy nahi hai jisse sake HIV cure ho! Koi bhi rakam ke Herbal medicine nahi sake HIV ke acha kare aur koi bhi herbal medicine nahi sake ANTIRETROVIRAL THERAPY (ART) ke liye safe substitute rahe.

Isse sake aapke aur kharab se side effects hoaye aur sake aapke therapy effectiveness lon ke aur kamti aur kamzor banaye dewe. Koi bhi herbal dawai lewe se pachele apa doctor se pachele puch lena aur jon (ART) ke aapke bataya jayi lewe ke liye treatment ke khatir, usse ke liye apan doctor se ladhna bhi nahi.

Kaise sake Herbal Medicine kaam pe aaye?

While herbal therapy medical therapies jaise ART ke rakam toh nahi hai aur nahi toh sake uske rakam kaam kare, jiske scientifically prove bhi kara gayis hai. Ee baat jyaada jaroori ki aap koi bhi herbal product ya cure ke lewe se pachele apan expert healthcare se pachele baat karlo uske bareh mein. Lekin Fiji mein HIV ke treatment khali ART se hi sake hoaye, aur ART ke aalawa aur ekko dawai nahi sake aapke HIV treat kare.

Herbal treatment Fiji mein aaj tak le koi PLHIV ke theek kare payis hai. Khali symptoms treat kare mein sake kaam aaye lekin HIV se nahi sake aapke theek kare.

“

Epeli: Bula Vinaka Asilika, hamlog ke mile bahut time hoyge, kaise hai tum?

Asilika: Acha hai, ham janta hai ki ham, hamlog ke arranged marriage jon kuch saftah pahile raha nai attend kara. Ham traditional healers log ke lag jata hai aur hamme herbal roots aur stem mila hai jon hamme roj sabere aur sanja piyeke hai.

Epeli: Aur uh kaise gaye, Asilika?

Asilika: Pahile acha laga, aise laga ki sab symptoms duur hoye laga phir baad meh sab wapas ayege.

Epeli: Acha kara tum wapas ayegaya jab tum socha ki hamlog ke baat kareke chahi. Sacche boli toh ART ekke treatment hai jon HIV ke cure kare sake hai. Hamme yaad hai jab ham same situation mein raha aur Fijian cures ke sahara liya raha, kuch dawai log help kare but fir baad meh aur dukh hoyejaye, Herbal medicine HIV cure kareke liye scientifically proven nai hai.

Kuch symptoms theek hoijai but thora deri meh sab wapas aye jai. Kuch toh pahile se aur kharaab hoye jai. Dusra dusra rakam jan log dusra rakam ke outcome experience kari, but sabse acha rahe doctor se baat karo.

Asilika: Toh ART ekke chij hai jon HIV ke symptoms ke aur develop hoise roke?

Epeli: Haan, aur tabese ART hamlog ke liye bahut important hai, ih hamlog ke immune system ke rebuild hoye mein madad kari.

Asilika: Thank you Epeli, ab hamme samajh aais ki Herbal medicine leke baad bhi kaye hama bimaari theek nai hoth raha, Ab se ham ART hi follow karega.

”



PLHIV KE LIYE MENTAL HEALTH

Jab aapke pata chali ki aapke HIV hai toh aap kaafi emotions se guzre ga. “Hama paas ketna zindagi bacha hai” ek bahut common question hai. Kuch jan apan aap ke doshi samjhe lage. Aur kuch log aur jan ke hate karelage, kaheki ulog etna cruel hai. Kuch ke apan HIV status dekh ke relief miljaye. Diagnosis karyeke baad, people log ke dar, anxiety, worry, guilt aur sharam lageke normal hai

Yeh bhi hoys sake ki aap worry karo aur jan konchi sochi. Aap worry karega ki aur jan aapke judge, bully aur na-insafi se treat kari. Ih emotions acceptable hai aur samjhe saka jaye hai. Ih sab feel kareke matlab ih nai hai ki aap kamjor hai.

In sab ke impact mental health pe bhi bahut bhaari pade hai, aapke apan baare mein aur duniya ke baare mein soche ke tareeka badal dai. Agar aap mental health issues se guzarta hai toh ih aap kaam aur ghar pe kaisan bartaw karta hai peh effect kari. Aap medicine aur apan khayal bhi time pe nai le payega. Aap apan mental health ke dher rakam se sakta care kare.

Apan feelings ke baare mein jaano aur uske accept karo. Yeh bahut important hai ki aap apan doctor ya PLHIV peer navigator ke batao agar aap koi mental health problems se guzarta hai. Aapke doctor aapke sahi resources aur services ke liye batai.

“

Asilika: *Pura hafta hamme bahut down feel hoeye hai*

Epeli: *Iske baare mein baat karjaye because ham aapke aakhi ke udaasi sakta dekhe, jon rakam aap aaj aaya hamse mile, ham sakta bataye tum dukh mein hai, kaise lage tumme abhi?*

Asilika: *Thaka aur anxious edam, ham bahut sochta hai aur sab chij ke baare mein bahut stressed hai, kabhi kabhi bahut jasti sochta hai aur apan aap ke blame karta hai. Hamme worry hai ki hama friends aur family hama ih haalat ke baare meh jaanjai tab. Ham chota chota chij ke laike emotional hoeye jata hai aur acha se sutta bhi nai hai.*

Epeli: *Acha hai tum hama saathe share karta hai Asilika. Ham samjhe sakta tum ketna stress meh hoga, etna dher negative thoughts tuma mind mein chalat hoi. Aur phir thakaan aur acha se sutto nai bahut hard kardi aake zindagi.*

Asilika: *Abhi yahi rakam chale hai hama.*

Epeli: *Hamlog, PLHIV log ke liye, mental health otne hi important hai jetna physical health. Jaise hamlog dawai leta hai wahi rakam hamlog aur bhi chij sakta kare jon negative feelings nai aan dai.*

Asilika: *Kaise tum isse deal karta hai?*

Epeli: *Pahila baat, professional help ke liye, sab time maango haan karo, but wahan tak pahuche ke liye ham apan dekhbaal khud karta hai. Accha se khaata pita hai, exercise bhi karta hai, socialise karta hai, aur bahut dher daaru nai pita hai. Problems se pachele hi deal karlo taaki chiz kaafi zyada baddh na jaye. Ham chhota chhota jeet log manata hai, jaise ki ghar mein jon chij bahut din se bana nai hai uske banao, aur ih sab hamme accha se sute mein madad kare hai.*

”





PLHIV SE SELF-CARE

HIV ke saaath jiyo khali dawai lese nai theek hoi, apan khayal bhi bahut kareke pari. Hamlog ke liye easy rahi ki pahile aur log care karo tab baad mein apan. Aap ke svasth ke liye konchi acha hai, ih aap se behetar koi nai jaane hai.

Kuch chij jon kaafi logo ke liye kaam karti hai

- Sab raat ke accha se suto
- Tambhaku piyeke bandh kardo aur daaru limit mein piyo
- Accha se khao, roj exercise karo aur healthy weight banaye rakkho
- Jon chij aapke dhyaan zyada maange hai uske sab time dekhte raho taaki baad meh aap stress nai karo, jaise ki aapke parivaar, paisa, kaam, ghar, garden ke maintenance aur aapke paperwork.
- Apan doctor se acha relationship rakkho
- Aap jetna bhi dawai aur therapy leta hai, uske dhyaan rakkho. Koi bhi dawai lese pahile apan doctor se baat karo.
- Apan pura svaasth ke dekhbaal karo
- Apan liye acha chij karo, jaise naddi ke kinare chalo thora, ek picture paint karlo, apan favorite gaana sunlo, concert mein chaldo, jon chij bhi aap enjoy karta hai.
- Kuch time aur PLHIV people log ke saathe bitao, ulog se behetar koi nai jaane hai ki aap kis chiz se guzar rahe ho.

“

Epeli: *Aapse firse milke acha laga, Asilika, Konchi karta raha abhi tak tum?*

Asilika: *Aapse milke bhi accha laga, ham kaafi roz se bahut acha time se guzarta hai. Ham ih samjha ki ki ham manta music ya yahan island pe music sikhe, aur ham kuch local bands log ke sune gaya raha. Ham jayeke second-hand guitar eliya aur ab bajayeke sikhta hai.*

Epeli: *Yeh toh bahut accha hai, ham impressed hoi gaya. Aap janta, ham sab time manta raha ek musical instrument bajaye but sab time darta raha ki ham acha se nai karpayega. Guitar bhi bahut bada hai aur mushkil hai bajayeke.*

Asilika: *Toh aap sakta hai ukulele try kare*

Epeli: *Aap sochta hai?*

Asilika: *Haan, aap love karoge, acha ham aas paas puchega aur dekhega ki koi ke paas ukulele hai toh ham aap ke liye maang lega. Aap basics sikh lena fir hamlog sakta saathe bajaye. Kon jaane, agar hamlog saathe kuch gaana sikh liya toh agle positive peoples meeting meh sakta gaaye (Duno hasse)*

Epeli: *Dekha, ab ham aapse kuch sikhta hai.*

”



MOTHER TO CHILD TRANSMISSION KE PREVENTION

Maa aur bacche ke HIV transmission ek transmission hai jo infected maa se bacche ke mile hai, chahe pregnancy ke dauraan, delivery, ya breastfeeding.

Kai effective chizo se maa se ladkan ke transmission kamti ho sakte hai

HIV ke jaldi pata lagana, aur maa se ladkan tak transmission prevention, HIV infections ke kamti kari.



Ms Jokapeci Tuberi Cati ke 21 saal se HIV hai. Ms Tuberi ke HIV uske aadmi failayis raha, jiske mrithyu 2002 mein hoye gayis raha. Ms Tuberi, 2004 mein phir se Emosi se shaadi karis jiske bhi HIV raha. Phir eelon dunno ke teen ladkan bhe jiske HIV ekko bund se nai failis, kyuki teeno ladkan ke paidaa hoye se pahele, Ms Tuberi pregnancy ke samay aur baad ARV treatment pe rahi. Ms Tuberi ekdam surakshit se apan teeno ladkan paidaa karis aur breast milk ke badli Formula milk deta rahi. Ms Tuberi 8 years aur uske partner 19 years se ARV treatment pe hai aur uhlon dunno ke status U=U milgayis hai. Ms Tuberi ke ladkan ab bada hoige hai, healthy hai aur Ms Tuberi aur uske partner apan khud ke business chalaye hai aur khushi hai.

(The Fiji Times, 04, Dec 2015)

"Fiji mein kuch-kuch aisan maa-baap aur uhlon ke bachche hai, jiske HIV hai aur uhlon ke bhi haq bane hai equal treatment ke liye.

"Jee log ke HIV hai, uhlon ke maango sahara raho, aur uhlon ke aas-paas acha baat karo, uhlon ke kharab nahi lagwao. PLHIV ke special nahi, lekin equal treatment doh taaki uhlon discriminated nahi hoye".

"Hum lucky hai ki hum pahele se apan status ke bareh jaan gaya raha, isse huma life fundamentally badal gayis hai. Apan status ke bareh mein jaane ke baad darana nai, hum yahi baat mangta aaplon zyaada dhiyaan doh, jab aap pahela baar jaanega ki aapke HIV hai."

Maa se ladkan ke HIV transmission dher rakam se roke sakta hai hamlog

1. **Antiretroviral therapy (ART) jon HIV-infected pregnant women ke liye hai:** ART maa ke khoon mein jetna HIV ke kamti kardai aur pregnancy, labor, aur delivery ke time baby ke virus transmission bhi kamti hoye jai.
2. **Caesarean section se delivery:** Agar maa ke viral load jasti rahi, tab caesarean section labor se pahile, transmission ke risk se madad kari aur bachai.
3. **Newborn baby ke liye Anti-HIV prophylaxis:** Newborn bacche ke paida hote hi antiretroviral dawai maango daido, isse transmission ke risk kamti hoi.
4. **Breastfeeding nahi karo:** Surakshit aur affordable alternatives doh breast milk ke liye. Mummy lon ke jiske HIV hai, breastfeed nai maango karo, jon jon maa HIV ke saathe jiye hai ulog ke breastfeed nai maango karo, kaheki virus breast milk se sake transmit hoye jaye.
5. **Maa aur bacche ke liye continued treatment:** HIV infected maaye aur ulog ke bacche ke maango care aur treatment milte raho taaki ulog apan health aur well-being maintain kare.



“

Asilika: *Bula Epeli, kaise hai tum? Picchle kuch din se ham apan future ke baare meh sochta hai, ab jabki ham HIV ke saathe jeeta hai, aur ih bhi janta hai ki ham ab jawaan nahi hota hai ki ham pura life jee. (Muskuraye) Kaise hoi agar ham aisan partner khoji jon hama situation samjhe aur maange ladkan tab?*

Epeli: *Yeh sun ke accha laga ki aap apan future options ke baare mein socha, jaise ki ih ham PLHIV log ke liye ek disadvantage raha past mein jab hamlog sochta raha ki sab chij chal dai aur jiye ke liye kuch bachi nai. Apan aap ke batao ke ih hamlog ke jeevan ke end hai, aur hama sex life bhito end hoige hai aur hamme ladkan bhi nai hoi.*

Asilika: *Ham janta hai kaheki aisan thoughts hama mind mein bhi ayehai*

Epeli: *Kaheki aap apan dawai time se leta hai, aise hoi sake ki aap ke viral load yatoh aapke khoon mein HIV dab jayega agar aap dawai doctor ke kahe anusaar lete rahoge. Yeh sab karese aap HIV apan partner ya bacche ke nai transmit karega.*

Asilika: *Yeh bahut madadgaar hai Epeli, aur yeh hama baccha paida kareke aur uske HIV transmit nai kareke doubts bhi clear kare hai.*

Epeli: *Ab recommend kara jaye hai ki PLHIV maaye aur maaye jon HIV status apan pregnancy la time jaane hai ke ARV shuru kardo jab pregnancy ke 24 weeks mein raho. Recommend kara jaye hai ki ih time breastfeed nai maango karo, aur alternative breast milk use karo. Dher PLHIV maaye jon Fiji mein hai, ladkan log ke paida karis hai jon HIV postive nai hai, kahe ki ulog ke viral load daba raha, ulog ke delievery bahut care se bhaye raha aur baby log formula pe hai.*

”

”



Being connected to a PLHIV group or someone living with HIV can tremendously help in your overcoming some initial fears and anxieties that are associated with. Being recently diagnosed with HIV. Knowing that other people are going through or have gone through this same journey reassures you that you are not alone. There are people out there ready to assist you. All you've got to do is to let them know.

PMTCT Disclosure

HIV transmission ke risk consider karke, yeh baat mana gaye hai ki log jo HIV positive hai apan partners se maango batayedo. Jo bhi medical officer hai maango, uh person ke koi skilled therapist se milao jo uske sake samjhe. PLHIV se written consent payeke, sexual partners ko jo maango counselling ke baare me pata chalo aur uko ke counselling testing bhi maango milo.

Health care worker ke maango permanent secretary of Health se approval lo, taaki apan sexual partner se uko sake bataye, agar HUB centres mein ek mahina beet gaye hai aur PMTCT patients ke liye teen counselling session ke baad dui hafta beet gaye. Consent maango email yato written mein bhejo, ya sake record bhi hojaye.



SUBSTANCE USE AUR HIV RISK

Sui share ya dui baar use karese aapke HIV contact kareke risk aur bhi zyada bhadjai ya fir hepatitis B aur C agar aap drugs inject karta hai. Kaheki jon sui aap use karega usme HIV la khoon hoi, wahi reason se aap apan sui, syringes ya aur koi chiz share nai maango karo.

Drugs use kareke kya aapke HIV contract ya transmit kare chances bhadh jai?

Haan, drugs use karese aapke brain mein asar pade hai, aapke judgement mein bhi asar kare hai, aur aapke sharam lage ki kamti kare hai. Jab aap drugs karta hai tab chances high rahe hai ki aap aisan decisions banayega jon aapke HIV contract ya transmit kari. **Isme Anal aur Vaginal sex rahe hai jon HIV prevention ke bina rahe hai, jaise ki HIV prevention aur treatment dawai log, condoms, dher jan ke saathe sex karo aur drugs ke badle sex doh.**



Yahan kuch commonly used substances aur uske link hai jo HIV paane aur dene ke saath jude huwe hai: (Yeh section ek text box mein rakkho toh behetar hai)

Alcohol Kaafi dher daaru piyese aapke behavior aisan hoaye jai ki aap HIV sakta transmit ya contract karle, jaise ki condomless sex karo, HIV prevention aur treatment ke liye dawai nai lo, daaru piyese aap dawai leke bhi sakta miss karde.

Opioids Opioids aisan drugs hai jon pain ya dard kamti karde hai, isme illegal drug heroin bhi hai. Synthetic opioid fentanyl, aur painkillers jon prescribed rahe hai, oxycodone hai. Yeh tareeke ka drugs mainly inject kiya jata hai aur log jo needles, syringe jaise share karte hai ulog ke HIV transmit ya contract kareke chances bahut dher rahe hai. Opioid ke use aapke behavior bhi influence kare hai jisse aapke HIV contract ya transmit kareke chances high rahe hai. Jaise ki sex ke badli drugs ya drugs khareede ke liye paisa. Dher sex partners rakkho, condomless sex karo aur HIV dawai time se nai lo.

Methamphetamine Meth bahut powerful, aur addictive drugs hai. Meth smoke, snort, inject ya orally liya jaye hai. Log jon Meth inject kare hai, needles aur syringe inject kare hai ulog ke HIV pakre aur phailaye ke zyada chances hai. Koi koi jan meth use kare taaki ulog ke sexual experience enhance sake hoaye, iske chemsex bola jaye. (Ya partying aur playing”), isme kaafi dher partners rahe hai aur condomless sex bhi rahe hai, ya sex jisme HIV prevention aur treatment dawai nai rahe hai.

Cocaine Cocaine ek drugs hai jiske powder form ya crystal form (“Crack”) mein sakta hamlog use kare. Cocaine, crack inject karese aap ke HIV transmit kareke chance badh jai.

Club Drugs Club drugs aisan drugs hai jon aapke central nervous systme peh sake asar pade, aur aapke mood, awareness aur behaviour pe bhi sake asar kare. Aisan drugs log Chemsex se juda hai.



PEER SUPPORT

Log jon HIV positive hai ke paas itihaas hai ek dusre ke madad kareke aur hamlog iske peer support bolta hai. Koi koi time informal rahe hain, Friendship start hoje jab dui jan mile, ih people log ke hope la meeting ke dauraan hoje hai.

Yeh ek formal arrangement bhi sake rahe. Community organisation ke madad se, ek peer supporter sake apan gyaan baate, aur emotional, social aur practical help bhi sake ek dusre ke dewe.





Rebecca Kubunavanua ke 17 years se HIV hai. Rebecca ke 2006 mein HIV diagnosed bhe raha, Rebecca ke HIV uske aadmi ke wajah se faail gayis raha. Rebecca aur partner ke paanch ladkan bhe, aur paancho HIV negative raha, kyuki Rebecca PMTCT ke through gayis aur sath-hi Rebecca Pregnancy se pahale, pregnancy ke dauraan aur pregnancy ke baad ARV treatment pe rahi. Rebecca ke caesarean bhe raha aur uh apan ladki lon ke Formula Milk piyataa raha jab uske ladki lon paida bhe raha. Rebecca 12 years se ARV pe hai aur healthy aur happy zindagi jiye hai. Abhi haali mein Rebecca, Medical Services Pacific join karis hai aur counselor ke role pe hai. Rebecca ke paas ab 2 mahina ke grand-daughter bhi hai. Aur ab Rebecca sabse khushiyaali zindagi jiye hai.

(The Fiji Time 02 Dec 2015)

“2006 mein humme HIV diagnosed bhe raha, huma liye zindagi bahoot mushkil hoye gayis raha, hum kabhi socha nai raha ki humme aise kuch sake hoye. Hum toh vishvaas hi nai kare pata raha ki humme HIV hoige hai. Huma liye asaan nahi raha ee sab jhelo kyuki uh waqt hum apan ladkan ke bhi paalta raha, Lekin hum bhagwaan ke bahoot bahoot dhanyavaad karta hai, kyuki huma itna bura waqt pe humme huma parivaar poora sath dis apan.”

Ek peer support group bhi sake rahe jon regular basis pe mile ek dusre se. Wahi rakam ke help aur support group members log mein share hoaye hain, jon shayad health worker ya social worker se facilitate kara jaye hai.

Kaye Peer Support etna valuable hai?

Mainly, ih experience, insights aur feelings share kareke baare mein rahe hai, aur ih sab khali wahi log ke paas rahe jon virus share kara hai. Wahan ek shared identity aur shared acceptance rahe hai. Wahan dusran ke experinece se seekheke mauka mile.

Peer Support diagnosis ke baad important rahe hai. Ih help kara hai people log ke bataye mein ki ulog akele nai hai.



Asilika: *Ham manta aapke shukriya kara jon aap etna mahina mein hama madad kara hai.*

Epeli: *Thanks Asilika, aapse is HIV ke journey ke baare mein share karke acha laga. Jab ham aapse information share karta raha toh ham dhyaan meh rakkha ki ham sab chij ke baare mein up-to-date rahi. Aur ham bhi aapse bahut kuch sikha hai, jaise ki aap sab chij handle karta, aapke naya chij lok ke etna open rehna, aur haan hamlog saathe music bhi bajata hai.*

Asilika: *Mujhe pasand hai. Ham ek chij jaana aapse milke, ki aap kabhi hamme HIV positive hoaye ke liye judge nai karega. Hamme ih feeling kabhi apan doctor ya nurse ke saathe nai aais.*

Epeli: *Tum iske baare mein theek hai. Hama liye bhi same raha, pahila baar ham koi aur positive person ke saathe etna openly baat karpaya. Etna bada relief hai, aur phir hope aur empowerment ke feelings share kareke baare mein hai, jaise ki ek dusre ke blame aur shame karo. Sab time understand karo ki aapke peer aapke acha se samjhi.*

Asilika: *Jaise ki ham aapke saathe experience kara.*

Epeli: *Shayad jab tum ready raho, aap khud ek peer supporter ban sakti ho?*

Asilika: *Oh haan, ham definitely consider karega.*





Christopher 2013 mein HIV ke liye diagnosed bhe raha. Christopher ke 10 saal se HIV hai. Christopher, daaris nai aur kabhi bhi haar nai maanis, Christopher jurte apan treatment shuru kardis raha. Ab Christopher HIV, mental health aur LGBTQI+ rights aur issues ke sabse strong advocate hai. Ab Christopher ek swaast aur khushiyaali zindagi jiye hai aur HIV treatment ke benefits ke bareh mein acha se samjhe hai.

(The Fiji Sun 03 Dec 2017)

“Pahale HIV lagta raha ki sabse khatarnaak bimaari hai aur usse maut bhi sake hoye, lekin ab bahoot-bahoot dhanyvaad hai HIV pe sab medication aur research ke liye, jisse ab hum sabse swaast aur khushiyaali zindagi jeeta hai.

“Hum ek baat mangta hai bataye aapse, ki aap ee jhank mein akele nai hai. Aapke rakam aur bhi jann hai jon HIV se ladhe hai. Toh Kabhi haar nahi manna.”



REFERRAL SUPPORT SYSTEM

Peer Support

PLHIV Support Contact	Names	Contact
North	Temo Sasau	 836-9535  tsasau@gmail.com
West	Rebecca Kubunavanua	 926-6732  rebeccakubunavanua@gmail.com
Central	Tuberi Cati	 282-8299  catijokapeci@gmail.com
	Joeli Colati	 291-2214  joelicolati@gmail.com
	Chris Lutukivuya	 8703552  chrislutukivuya@gmail.com

Hub Center Service Provision

Health Care Support	Names	Contact
Western Sexual and Reproductive Health Clinic (Hub)	Dr. Lavenia Gaunavinaka Dr. Sheenal Sharma	 Naviti Street, Lautoka, Fiji.  664 0243
Northern Sexual and Reproductive Health Clinic (Hub)	Dr. Waisale Turuva	 Ratu Raobe Building... Ground floor of Revenue and Customs Building., Labasa, Fiji  881 2525
Central/ Eastern Sexual and Reproductive Health Clinic (Hub)	Dr. Dashika Balak Dr. Jenni Singh Dr. Pravineel Singh	 Corner of Rodwell Road, beside Bailey Clinic, Suva  331 0958  suvasrhc@gmail.com

Key Populations Organisation

Peer Support	Contact Details
Rainbow Pride Foundation – HIV peer education program chalata hai un men ke liye jon khali men ke saath sex karte hai. (MSM) aur transgender (TG) log – Condoms aur lubricants baate hai – Communities aur events mein HIV outreach program conduct kare hai – Point of Care (Rapid) aur community-led testing kare hai – Key pops se PLHIV logo ke liye talanoa spaces banaye hai – HIV/STI par training programs chalaye hai – Peer counselling offer kare hai – HIV prevention program chalaye hai	 Lot 203 Ratu Sukuna Road, Suva, Fiji Phone: 3317103  9187474  rainbowpridefiji@gmail.com

Survival Advocacy Network

- Sex workers ke liye HIV peer education chalaye hai (SWs)
- Condoms aur lubricants baate hai
- Sex workers ke liye HIV outreach conduct kare hai
- Sex workers ke liye ek space offer kare hai
- SW community se PLHIV logo ke liye talanoa spaces banaye hai
- HIV/STI par training programs chalaye hai jon khali Sws pe focussed rahe



Lot 4, Luke Street



930 7653



naitala.sesenieli@yahoo.com

Strumphet Alliance Network

- HIV peer education chalaye hai jon former female aur current naya sex workers pe focussed rahe hai.
- Streets pe peer to peer session conduct kare
- Suva Nausori corridor mein Condom baate hai



9911970 Email:



strumphet.alliance.network@gmail.com

Available Services

Service Provider	Contact
The Reproductive and Family Health Association of Fiji (RFHAF) The Reproductive and Family Health Association of Fiji (RFHAF) was inaugurated in June 1996. It has played a key role in shaping national family planning policy and in promoting sexual and reproductive health (SRH) education, particularly among young people and communities in which myths about the dangers of family planning prevail. The use of contraceptives is still believed by many to cause cancer and immature childbirth. RFHAF has also undertaken concerted national advocacy work (with a particular emphasis on HIV and AIDS) through its involvement with the National Advisory Committee on AIDS and the country co-ordinating mechanism. As such, it played a critical role in securing the HIV Prevention and Treatment Decree which outlaws discrimination, promotes counselling, testing and reporting, assures confidentiality, and legislates on the supply of blood products.	 Garden City 2nd floor-Carpenter St, Suva  773 6175

The organization's committed promotion of wider awareness of SRH issues is changing attitudes, and as attitudes change, uptake of services increase.

Medical Service Pacific (MSP)

- MSP aurato, jawaan aur baccho ke reproductive health aur family planning ke baare mein aur bataye hai, aur pacific mein dher jan ke madad kare hai.

MSP Suva

 Waimanu Rd, Suva
Suva Office  +679 3315295
Suva Clinic  +679 450 2907 / 4502908

MSP Labasa

 Lot 11 Naiyaca Sub Division,
Labasa Office  +679 881 1308
Labasa Clinic  +679 450 2909

MSP Lautoka - Fiji

 Lot 49 Yawini Street, Lautoka
Lautoka Office  +679 6660595
Lautoka Clinic  +679 2224595 / 7500595

Empower Pacific

- Individuals aur pura community ke acha professional, holistic health aur social development pradaan kare hai.

Lautoka Counselling Centre

 (Lautoka Hospital – Beside Ante Natal Clinic) Old Hospital Road, Lautoka
 +679 773 0010
 bm.lautoka@empowerpacific.com

Nadi Counselling Centre

 Old Hospital Road, Nadi.
 +679 776 0018

Suva Counselling Centre

 CWM Hospital (next to the Diabetic Clinic) Waimanu Road, Suva.

 +679 778 0015

 bm.suva@empowerpacific.com

Labasa Counselling Centre

(Soqosoqo Vakamarama Building)

 Hospital Road – Opposite Court House, Labasa.

P.O BOX 4055, Labasa.

 +679 776 0017

 bm.labasa@empowerpacific.com

Legal AID

- People log ke free legal aid services dewe hai, khaas karke uh people log ke jon afford nai karpaye.

Quality legal aid services se people log ke nyaay dewao:

- Jetna jan ih rakam assistance nai afford karpaye, jisme aurat, ladkan aur ulog hai jiske special needs ke zarurat hai.
- Legal rights pe awareness raise karo aur legal aid services ke constitutional rights dewao.
- Ek aisan work environment banao jisme Legal Aid Commission choice ke ek employer banjaye aur professional, efficient, quality servies dewe.

Suva (Headquarters)

 41 Loftus Street, Legal Aid Building

 (679) 331-1195 / 331-1954 / 331-3279

 (679) 992-3886 / 998-0902

Nasinu

 Valelevu Complex

 (679) 339-0390 / 339-0693

 (679) 992-4037 / 9928734

Nausori

 Level 1 YM Haniff Arcade

 (679) 347-0003 / 347-0004

 (679) 992-2158

Navua

 Romatanitobua Complex

 (679) 346-0012

 (679) 998-2384

- Legal aid mamlo mein government ke representative bane; aur
- Yeh dhyaan mein rakkho ki Legal Aid Commission best international practices apnaye.

Lautoka

-  Level 1, Magistrate's Court Complex
Tavewa Avenue
-  (679) 665-001 / 665-0084
-  (679) 992-2154

Nadi

-  1st Floor, Units 10-13 GT Plaza, Nadi
-  (679) 670-0030
-  (679) 992-2583

Sigatoka

-  Level 1, Magistrate's Court Complex,
Sigatoka
-  (679) 650-0172
-  (679) 992-6080

Ba

-  Magistrate's Court Complex Old
Bridge Road
-  (679) 667-8000
-  (679) 992-2386

Tavua

-  1st Floor, Dalpat Singh Building
Opposite Tavua Magistrate Court
Nasivi Street
-  (679) 668-0102
-  (679) 998-2369

Rakiraki

-  1st Floor, Naidu Investments Limited
Building Vaileka Sub Division Main
Street
-  (679) 669-4001
-  (679) 992-5838

Labasa

 Old Court House Building Jaduram

 (679) 881-5118

 (679) 992-1146

Savusavu

 Level 1, Vunilagi House Main Street

 (679) 885-3103

 (679) 998-2380

Dusra jan ke HIV-Positive hoaye se bachao



Agar aap ke HIV hai, agar आपके अचा नई लगे, आप सक्ता तबभी infection दुसरे के फ़ैललये. Sui बाते से या फिर protection के बिन intercourse/sex करो, अिसन दूी चिज है जोन सके HIV फ़ैललये. आप condom और sterile needles use करके सक्ता है और सब के बचाये. आप आपन आप के भी इ सब करके HIV से सक्ता है बचाये. ख़ून देवे से मना कर्दो.

Pregnancy, childbirth, breastfeeding के व़ाक़्त, अगर आप औरत है, आप सक्ता HIV आपन बच्चे के पास करदे. अगर आप आपन बच्चे के बचाये मंगता है, आपन doctor से पता लगओ के आप कौन्ची सक्ता है करे.

Babies लोग के infection effective treatment से सके ठीक होये. जोन partners affected नई है उलोग सके रोज़ PrEP (pre-exposure prophylaxis) tablets ख़ाये और आपन आप के HIV से बचाये. PrEP के बिweekly (Every other month) injection अब accessible है.

HIV treatment पे रहेके एक बहुत बड़ा advantage इ है की ज़ेत्ना जोन के पास undetectable virus loads है उलोग दुसरन के HIV नई transmit करी. (Sexually तोह नई) हालांकी, condom सब त़ीम मांगओ use करो, काहेकी therapy सके क़भी क़भी क़मती होय ज़ाये और दुसरा STIs लोग के transmission भी नई होी.

*** My Rights HIV Act 2011 ke dauraan PLHIV logo ko koi kaam, health services ya aur services ke access ke dauraan discriminate nai maango karo. Ulog ke free treatment pura zindagi bhar mili.**

PLHIV log responsible maango raho, apan sexual partners se apan status share karoo aur safe sex practice karo.



