

**HIV TESTING HAIBASI KARINO?**

HIV testing asigi matengna Human Immunodeficiency Virus (HIV) haina khangnaba AIDS thokhanba mahik asi nangonda lounarakla bra haibadu khangdokpa ngamhalli. Changyeng asina HIV ngakthoknaba "antibody" sing adu nangonda yaobra yengngi. Antibody asi hakchanggi immune system na akhannaba mahik mayoknabagidamag puthokpa protein sing ni.

Atoppa "HIV" test singdi meeyoi aduda HIV leira khanglaba matungda pangthok-e. Masina virus adu kayam thuna-yangna sandokraklibage (masi viral load test ni, fact sheet 125 yengngu) natraga nahakki immune system adugi mapangalgi phibam adu yengngi (masi CD4 count ni, fact sheet 124 yengngu).

KARAMNA TEST TOUTHOKKANI?

HIV lounaraklaba meeyoi asi chahi phana yamna ana ayek yaodaba masa mawu phaba oina uba yai. Adubu mangondagi atoppa meeyoi amada virus adu adummak sandokkani. Supnagi yengbada meeyoi ama HIV na nare haiba khangba ngamde. Masi tasengna khangge hairabadi blood test amagi matungda khanggani. Karigumba HIV leire haina test adudagi khanglabadi, result adu "HIV positive" haigani. Natragadi, "HIV negative" haigani.

HIV gi damak blood test makhal kaya lei, makhoi sing asigi masagi oiba chatnalon amasung mamal leigani. Makhoising adudi -- (a) **Enzyme Linked Immuno Sorbent Assay (ELISA) test**; (b) **Western Blot test**; (c) **Spot test**; (d) **Polymerase Chain Reaction (PCR) test**.

Nahakna HIV test asi akhannaba government hospital, private laboratory amadi hospital kharada leiriba Integrated Counseling and Testing Centres (ICTCs) amada hekta touthokpa yai. Test ki result asi numit ani dagi mari phaobada phangngani. ICTC sing asida test sing asi meepum khudingda lemna toubagi khudongchaba asi lei.

Khwaidagi toina touganba HIV test makhal asi blood test asini. "**Rapid**" HIV test ki result asi sample louraba matung mathanggi numitta phangngi. Test sing asigi manungda amadi false positive pirakpangi chang asi yamna wangngi. **HIV test amada phangba positive result adu atoppa anisuba test amaga touduna confirm toudagabani.**

KARAMBA MATAMDA TEST TOUGANI?

Karigumba nangonda HIV mahik changlabadi, hapta ahumdagi tha ani phaobagi manungda madu ngakthoknaba nahakki immune system na antibody sing puthokpa hourak-e. Nahak asi HIV da expose toukhre haina khallabadi, test toudringeida tha ani phaoba ngaikho. Amaromda nahakna khudakta test touthokpa yai, aduga tha ani natraga ahum matungda test adu amuk hanna toubaga yai. Masi "window period" asigi manungda antibody test adu negative oiba yai, adubu nangonda mahik adu leirabadi nangondagi atoppa meeyoi amada amuk sandokkhiba yai.

Chada 5% meeyoi sing da antibody puthokpada tha anidagi henna changba yaowe. Document

touhouba case amada meeyoi ama matam amatada HIV amadi hepatitis C animak expose toukhi, aduga HIV gi antibody sing asi chahi amagi matungdata uba phangkhi. Oiba yaba exposure gi matung tha ahum amasung tarukta test toubana HIV infection ayamba khangdokpa ngammi. Adum oinamak, meeyoi amagi hakchangda HIV test amana uba ngamba changda antibody sing karamba matamda puthokkani haibagi **guarantee leite. Karigumba nangonda maram khangdaba laiwong sing laklabadi, nahakki hakshelgi matangda mateng piriba meeyoi aduga wari shannabiyu amasung HIV test nouna tounaba khannabiyu.**

INFECTION MATUNGDA KHARA THUNA THABAK TOUBA TEST LEIBRA?

Viral load test asina HIV genetic material (p24 antigen testing) machet sing detect touwe. Makhoi asi hakchanggi immune system na antibody sing shungba houdringeida thoklak-e. Aduga, eng 2002 gi angangba matamda, FDA na "nucleic acid testing" asi ayaba pikhi. Masi viral load test ka mannei. Viral load natraga nucleic acid test asi meeyoi amada HIV lounaraklaba haibadu yengbada shijinnagande maramdi masi antibody test tagi yamna henna mamal yammi. Soiganbagi changsu changchatta khara wangngi.

POSITIVE OIRE HAIBASINA KARINO?

Test result ta positive oi hairagadi nangonda HIV antibody sing leire amasung nahak asi HIV mahik changle haibasi takli. Nahakki test result asi counselor amadagi phangngani aduga mahakna nangonda kari oiba yai haibadu haigani, amasung karamba maphamda hakshelgi mateng amasung emotional support phangngani haibadusu takkani.

Test toubada positive oibana nangonda AIDS leire haiba natte. (Fact Sheet 101, What is AIDS? yengngu). Test ta positive oiraba meeyoi kaya ama, khudakta hidak chaba houdrabasu, chahi kaya masa mawu phana lei.

Karigumba nahakki test adu negative oiraklaba aduga nahak asi HIV da yamdrabada tha ahum expose touraktraba, adu oirabadi nangonda HIV mahik changdri. Adum oinamak, HIV-dagi nahak nasa ngakthoknaba upai leptana shijinnagadabani. (Fact Sheet 103, Stopping the Spread of HIV, yengngu).

TEST RESULT ADU MEE ATOPPA KHANGHANDANA THAMBA YAGADRA?

Mapham khudingda nahakki **nasak naaming khanghandana** HIV test toubaga yai. ICTC natraga VCTC da test toubada, natraga nahakki test result loubada nahakna nahakki naaming pidrabasu yai. Private laboratory natraga NGO na challaiba test centre singdasu nahak asi kanano haidoktrabasu yai. Nahakna pamlibamakhei nasak naaming khanghandana HIV test asi masing thingamdana toubasu yai.

Karigumba nahakki test adu positive laklabadi madu anonymous oiroy, natraga nahakna HIV infection gi matangda ana-layenggi mateng khara phanglabadi nahakki naaming adu Health Department da ming challamba yai. Adubu, HIV ga lounana hingminnariba meeyoi amagi

confidentiality ngakna chatpa haibasi Health Department gi mathoudangni. Adum oinamak, HIV ga lounana hingminnariba meeyoi amana hairiba sarkargi hakshelgi mateng sing asi loubada masagi nattaba fictitious oiba maming piba yai.

TEST SING ASI KAYAM CHUMBAGE?

HIV gi damak antibody test asi chada 99.5% dagi henna chummi. Nahakna result phangdringeigi mamangda test adu ani natraga masidagi henna touramlani. Ahanba test asi "EIA" natraga "ELISA" test kouwe. Positive oiba ELISA test result asina achumbani haina loudringeigi mamangda "Western Blot" kouba atoppa test amana amuk result adu confirm touwe.

Akhannaba special case anida aranba result pi:-

HIV-positive oiba mama singda pokpa angang sing asigi test toubada tha kayadi result aduda false positive oina phangba yai. Masi maramdi mama sing aduda leiba antibody sing makhoigi nouna pokchaba macha sing aduda pirakpa yai. Karigumba angangsing adu infected oidrabasu, makhoida HIV antibodies leigani amasung test ta positive oina lakkani. Viral load test na chingba atei atoppa test sing shijinnagadabani.

Mathakta haibagumna, **ekui kuidana HIV infect tourakpa meeyoi sing** asina HIV mahik changlaba matung yamna kannadana test tourabadi negative oi haina lakpa yai. HIV antibodies sing asina mahik changlaba matung hapta ahum dagi tha tarukki matungdata thokpa houbanina, infected oiraba meeyoi kharadi test ta negative oina lakkani maramdi makhoigi hakchangna antibodies shungba houdri. Masi gi matam asi "window period" haina khangnei.

AROIBADA

HIV gi test asina hakchanggi ee da HIV gi antibody yaobra yengngi. Hakchanggi immune system na HIV mayoknaba antibody sing asi shungngi. Makhoising asi shaphonglakpada tha ani dagi ahum phaoba changngi. Yamna tangna thokpa case singda masi tha ahum dagi henna changngi. Hairiba "window period" asida nahak asi HIV infected oirabasu test toubadadi positive oidaba yai. Mayam chatnariba HIV test sing asi HIV-infected oiraba mama singgi macha singgi damakti thabak toude. HIV-infected oiraba mama amagi machasing asi chahi ama-makhai (18 months) da test toudagabani, maramdi karigumba angang aduna mama dagi HIV lounaraklabadi matam asida mahakki immune system aduna HIV antibody shungba houwe.

Mapham kayada nasak naaming takthoktana HIV test touthokpa yai, Test ta positive oiraklaba amadi hakshelgi mateng lourabadi nahakki naaming asi Health Department ta ming changngi. Masi gi record asi confidential oina thammi.

HIV test ta positive oidunasau nahak asi AIDS lei haibadi natte. Karigumba nahak positive oiramlaba, HIV gi maramda henna khangdokkadabani amasung karamna hakchang nungai yaiphana leigani haibadu thidokkadabani.

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