

NAMÔY KA-KÎ-ÂSÔNAMÂKÂN

HIV nanâtawihowin nakinam HIV âsôskamakêwin

HIV namôy ta-kî-sâpôhtêmakan isi masiwêwin ispîhk ayisiyiniw ka-wîcâyâmât awiya asici HIV nanâtawihowin êkwa iyikhok HIV omihkomihk mitoni apsîs.

Ispîhk HIV nanâtawihowin âstamêyihtâw iyikhok âhkosiwin isi mihkowiin kiki âstamêyikhok 200 naspisîhcikêwin itahto milliliter mihko, iyisikhâtêw **miyiwiniw kitinikêwin**. Ispîhk awiyak ka-miyiwiniw kitinikêwin, namôy ta-kî-âsôskamakêw HIV isi kotakak sâpô masiwêwin.^{1,2,3,4,5,6}

**MIYIWIWIN
KITINIKÊWIN**



Âstamêyikhok

200

naspisîhcikêwin/ml

**Namôy kîhkânâkwan =
Namôy âsôskamatowin (U=U)**

Ôma U=U kiskêyihtamohiwêwin kîosihtâniwan ta-sîhkihikêmoik pamihcikêwin êwako ka-wâpahcikâtêk **tânisi isi HIV nanâtawihowin ta-kî-nakinak HIV êka ta-sâpôhtêmakahk sâpô masiwêwin.**

Namôy kîhkânâkwan miyiwiniw tahkonamowin itwêwin êwako tahtahkwâw ohci HIV ayisiyiniw omihkmoiik mitoni âstamêyikhok **namôy nôkwaniyow mâna owâh-wâpahcikâtêwina.**

Ayis ohci âhkami nîkânêyihtâmowin isi wâh-wâpahcikâtêwina, mitoni iyikhok ohci HIV êwako "namôy kîhkânâkwan" ta-kî-âhkami mêskocipayin, êwako ohci kistêyihtakwan ta-kiskisi êkwânima **piko tânima wâh-wâpahcikâtêwin kîsihcikatêwin ka-nôkwahk âkihtason âstamêyikhok 200 naspisîhcikêwin/ml itwêmakan HIV êka ta-sâpôhtêmakahk.**



Miyiwiniw tahkonamowin

Itwêwin êwako **iyikhok HIV ki-mihkomihk**. Tah-têpi miyiwiniw tahkonamowin wâh-wâpahcikâtêwina itahto 4 isko 6 pîsim Ôkosi isi piko ta-kiskêyihtakwahk mahti ayisiyiniw kî-nakiskam **miyiwiniw kitinikêwin**.

**Mitoni
ê-âpatêyihtakwahki
nanâtawihowina
ihtakonwa ta-paminamin HIV.
HIV nanâtawihowinnamôy piko
wîcihikow ayisiyiniw ka-ayâcik
HIV ta-miyw-âyât, mâka
nakinam mâna HIV êka
ta-sâpôhtêmakahk
âsôskamakêwin isi kotakak.**



Kiki ayiwâk kiskêyihtamohiwêwin, kiyokê **Canada.ca/HIV**.

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Tipâpêskocian kîhtason: H14-465/2023Crk-PDF I ISBN: 978-0-660-70629-0 (PDF)



Public Health
Agency of Canada

Agence de la santé
publique du Canada

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