



INSTITUTO FAMILIAR DE LA RAZA, INC.

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Zarinah Shakir
Multi-Cultural Prevention Center
1540 Market Street, #320
San Francisco, CA 94102

RE: ABRAXAS PROJECT - FOCUS GROUP

Dear Zarinah:

Herein included are the reports of the focus groups
of September 24, 1987 and October 21, 1987.

Con respeto,

Concha J. Saucedo
Director, Instituto Familiar de la Raza

Encl: Abraxas Project - Focus Group #1 Feedback
on Latino Audience Video and Broucher
dated 9/24/87;

Abraxas Focus Group on the Anti-Body Test
Spanish Brochures - dated October 21, 1987

CJS/op

cc: A. Mata

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**ABRAXAS FOCUS GROUP ON THE ANTI-BODY TEST SPANISH BROCHURES
OCTOBER 21, 1987 SESSION**

Prepared by Roberto Vargas, Facilitator
New World Associates

Seventeen persons participated in this second ABRAXIS community focus session. The groups' purpose was to provide feedback on the two educational brochures, one to be used before and the other after testing for the HIV virus.

After a process of conocimiento, in which all participants introduced themselves and their expectations for the session, there was a brief overview about AIDS and how it is affecting the Latino community. This presentation was provided given the involvement of several persons very unaware of the issue of AIDS, particularly three teenage women.

After the first brochure was read aloud, the group decided to dispense with the written questionnaire so as to devote as much time as possible for discussion and sharing verbal feedback. Feedback for the second brochure was solicited in a similar manner. As the group felt positive about each brochure, the focus of the dialogue was upon detail improvement of each. The session last two and a half hours. The following report outlines the specific feedback provided on each brochure.

FEEDBACK ON THE PRE-ANTIBODY TEST BROCHURE

o Include the concept that the blood test has no risk of infection. Include: "Deteccion de infeccion para detectar la infeccion. La prueba es analisis de sangre." Note the simplicity of the exam itself: "Sencillo examen ...". Decir que no hay peligro.

o P. 1: "relaciones sexuales intimas" can be confusing since it is not sure if a distinction is being made between casual and intimate sex. Delete "intimas"

o P. 1: No medical test is perfect. With a negative result you can still have virus. Real issue is that "negative" seems to mean "bad". Resolution highlight "NO SE ENCONTRO NINGUN ANTICUERPO EN TU SANGRE" under "RESULTADO NEGATIVO".

o Suggested order for presentation of material:

1. En que consiste la prueba?
2. Quienes deben pasar esta prueba hacerse este examen?
Alternative ways for saying this might include:
 - o Quienes necesitaria ...
 - o Quienes tenemos que tomar la prueba
 - o A quienes les convienen ...
 - o Quienes tendríamos que ...
 - o Se podrian hacer ...
3. Procedimiento para practicarse a la prueba
4. Resultado: Positive and Negative.
5. Medidas preventivas en ambos casos.
6. Advertencias ... consejos.

- o P. 1: change "raras" to "graves y muchas veces fatales"
- o P. 1: to anticuerpo add in parathesis (defensas naturales).
- o P. 2: Move "- Si necesitas hacer algunos cambios en tus habitos." under ME CONVIENE TOMAR LA PRUEBA? to the section above as #6.
- o P. 1: Under RESULTADO NEGATIVO, change to "Significa que aun puede contraer el virus si no tomas las precauciones debidas."
- o Use a different word for "bregar" such as controlar, mantener, "enfrentarte emocionalmente", afrontar.
- o P. 2: Under ME CONVIENE TOMAR LA PRUEBA? add "... uso de condones de latex y de preferencia con ...
- o P. 3. "sin protegerse con lubricados"
- o P. 2: add ("errr") to compliment jeringas
- o P. 3: If you have the virus, how do you get reinfected? Expand #1 under RESULTADO POSITIVO to include, "mas te expones al virus; mayour es el riesgo"
- o P. 4: change DONDE TOMO LA PRUEBA? TO DONDE PASAR ... Add the hotline and test sight telephone numbers to this section. Also add in english (alternative test sites) to this section. The references to phone numbers should state: La Cruz Roja and the San Francisco Foundation's number. Someone has to follow-up to ensure there will be Spanish speaking receptionists available.
- o The point should be added somewhere that the virus does not discriminate between age, sex or color.
- o Add at the appropriate place that it spreads through semen, blood, urine or "intercambio de semen o sangre".
- o Dialogue on whether to use homosexual or bisexual on brochure. The concern is to so as not to label.
- o P. 1: what to say about transfussions? Add to this sentence, "se desconoce estos datos en otros paices". Also add "algunas" before "transfusiones de sangre".

FEEDBACK ON POST- ANTIBODY TEST BROCHURE

- o List telephone resource numbers.
- o P. 5: Add to "repetir la misa prueba.." the need to "asegurate ...)

o P. 2: Under DEBES SABER QUE, change to "Ha ves los analisis medicos no son definitivos, en pocas ocasiones pueden ser falsos" or to another form that underscores the rarity of error in these tests.

o P. 4: Something should be said about the availability of benefits and services (counseling, etc.) that are available to assist a person if they become ill.

o P. 4: delete recommendation #1.

o Discussion on whether to say something about amnesty. The decision was not to.

o P. 4: Add health tips for not getting sick to recommendations.

o P. 4: Underscore the rarity of "falso positivos" - en raras veces or add the probability number.

o P. 3: Under LO MAS SEGURO, rewrite the idea of "No tragas ..." for that isn't the risk but to take it into one's mouth when one has an open sore or cut that would allow for the penetration into the blood system.

o P. 3: Precaver or prevenir?

o P. 2: expand meaning of "immune"

o P. 3: to last sentence under RECUERDA add "... y atravez de madre a feto."

o P. 2: regarding title change "Hablamos de la prueba para detectar infeccion por el virus causante del SIDA.

o P. 2: Use something like: "Analisis de sangre con una tecnica especial con la cual se detectan anticuerpos (defensas) que el organismo ha desarrollado contra el virus.

OVERALL FEEDBACK AND RECOMMENDATIONS

o There is need for a Latino specific brochure in English. Many Latinos don't read Spanish, yet would be more attracted to reading a brochure that appeared to be directed to Latinos.

o Neither focus group provided enough time to thoroughly review the material as much as the group desired. There should have been two sessions to review the brochure.

o The work being done in these sessions is historical and significant to the community. There should be newspaper articles written about the fact that this is being done. Such news would validate the work of participants and demonstrate to the community that people are concerned about AIDS.

o Doing a brochure in Spanish for the Mission is a complex task given the various countries of origin that are involved. Each country has its own unique words, terms, etc. Our process has been good for it has sought words that represent the various Latino cultures, yet usually understood by most.

PARTICIPANTS

Hilda Ferrada
Janie Pena
Victoria Miranda
Victor M. Hinojas
Roban San Miguel
Jennie E. Rodriguez
Tania Orellana
Anna Marie Torres
Micaela San Miguel
Herbert Siguenza
Miguel Ramirez
Yolanda Ronquillo
Adolfo Mata
Estela R. Garcia
Margarita Olimpio
Roberto Vargas

BROCHURE: THE TEST, WHAT I SHOULD KNOW

After reviewing the brochure, please respond to the following questions by circling either TRUE or FALSE.

1. It was easy to learn about AIDS and the ANTIBODY TEST through the brochure.

TRUE OR FALSE

2. I would feel comfortable reading this brochure anywhere?

TRUE OR FALSE

3. If someone asked me about being tested for AIDS, I would suggest they read this brochure.

TRUE OR FALSE

4. I would not be reluctant to share this brochure with friends.

TRUE OR FALSE

5. I would not want to be seen reading this brochure.

TRUE OR FALSE

6. After reading the brochure, I feel I know how to prevent becoming infected with the AIDS virus.

TRUE OR FALSE

7. After reading the brochure, I feel more informed about making a decision whether to take the AIDS ANTIBODY TEST.

TRUE OR FALSE

8. I would prefer receiving this information through a form other than the brochure.

TRUE OR FALSE

How?

9. Despite reading the brochure, I still have the following questions or concerns?

0

0

0

0

FOLLETO: LA PRUEBA, LO QUE DEBE SABER

Por favor, despues de leer el folleto, responda a las siquientes preguntas encerrando la repuesta (estoy de acuerdo) o (no estoy acuerdo) en un circulo.

1. Es facil educar sobre la SIDA con el folleto.

(estoy de acuerdo) o (no estoy acuerdo)

2. Me sientería comfortable manteniendo este folleto sobre La Prueba donde yo vivo.

(estoy de acuerdo) o (no estoy acuerdo)

3. Estoy dispuesto a compartir este folleto con mis compañeros o amigos cercanos.

(estoy de acuerdo) o (no estoy acuerdo)

4. No me daría pena darle a mis familiares este folleto.

(estoy de acuerdo) o (no estoy acuerdo)

5. No me gustaría que alguien me viera leyendo este folleto.

(estoy de acuerdo) o (no estoy acuerdo)

6. Después de haber leído este folleto, se como evitar infección con el virus que causa SIDA.

(estoy de acuerdo) o (no estoy acuerdo)

7. Después de haber leído este folleto me siento mas informado con mi decision de tomar la prueba.

(estoy de acuerdo) o (no estoy acuerdo)

8. En vez del folleto, yo preferiría informarme acerca de la prueba en alguna otra forma.

(estoy de acuerdo) o (no estoy acuerdo)

Como?

9. Aunque he leído el folleto, todavía tengo las siguientes preguntas o preocupaciones:

o

o

o

o

ABRAXAS PROJECT - FOCUS GROUP #1
FEEDBACK ON LATINO AUDIENCE VIDEO AND BROUCHER
September 24, 1987

AGENDA

- o Introduction: Welcome, background, purpose
- o Conocimiento: Self introduction of participants
- o Presentation of Video Scripts
 - Group discussion and feedback
- o Presentation of Broucher
 - Group discussion and feedback
- o Closing remarks
- o Shared comida

CONOCIMIENTO

Participants shared: Name
Where am I from?
Why am I here?
My greatest concern regarding AIDS or testing.

The following are the expressed reasons for why am I here and my greatest concerns regarding AIDS or testing:

- o Preocupado por familia/concerned about family
- o Interes en ayudar/interest in helping
- o Hay que hacer algo como comunidad/have to do something as a community
- o Oportunidad de educar/opportunity to educate
- o Interes que el producto sea de calidad/interest in having a quality product
- o Interes en information acerca de sitios alternativos para tratmientos/
concern with info. about alternative sites available for treatment
- o Poder asistir y aprender a educar/be able to help others and learn to teach
- o Preocupada con problema de discriminacion/concerned about the problems of discrimination
- o Deseo tener materiales en espanol verdadero, no ingles traducido/wants materials to be in true Spanish, not translated English
- o Preocupada de que sea claro lo de la confidencialidad y lo anonimo de la prueba/concerned about the confidentiality and anonymity of testing being clear
- o Para saber de la manera en que se hace la prueba/to find out how testing is done
- o Ver que se trate con el miedo/to see that the issue of fear is dealt with
- o Juntando a la gente de color para entenderse el impacto que hay con SIDA en la comunidad/bringing people of color together to understand the impact of AIDS on the community
- o Hay que tener planes para combatir los imagenes negativos/need to develop strategies to combat negative images
- o Deseo entender mas sobre los tramites de la prueba/want more insight on the testing procedures

- o Para observar y ayudar/to observe and help
- o Para compartir de lo que se/provide input
- o Compartir lo que se de la realidad suramericana/share what I have experienced and seen in South America in relation to AIDS
- o Tengo experiencia que compartir dado que ya he salido positivo en la prueba have experience to share of already having tested positive
- o Estoy preocupado sobre amigos y amantes que estan muriendose/concerned about friends and lovers who are dying
- o Deseo que haiga informacion clara para ayudar tratar con el miedo/want clear information to help deal with the issue of fear

FEEDBACK ON THE VIDEO

The video was presented in its four parts that make a whole: scene #1, panel #1, scene #2, panel #2. The following discussion and feedback concerns these various pieces.

- o Da mucha emphasis a la realidad.
- o Las estadisticas pueden asustar, seria mejor usar terminos generales. e.g., one of four women with AIDS is a Latina, nine of every ten children with AIDS is either Black or Latino, etc.
- o Quit reference to groups - focus on conduct instead, e.g. "not homosexuals, but men to men sex," or "not IV users, but the use of unclean IV needles, etc."
- o Need interjection of some humor to ease person and keep attention. "I'd be feeling fear if I were waiting to test. The humor would ease me."
- o Concern that comic affect will detract from taking in the information. No, the scene puts one at ease and the facts from the panel stays in your mind.
- o Saca el miedo, hacer sentire a la persona relajada. It will make me more ready to deal with the examination.
- o I'd prefer greater seriousness and more facts. Yet, I understand others would feel more comfortable.
- o In the scene, you might mention that one might not want to have sex after finding out your results.
- o In hospitals everything is so sterile that the comedy is a good release.
- o We have to be very clear as to how the infection spreads. It doesn't spread casually. You can also be exposed but doesn't mean you'll be infected. (Miguel and Yolanda have some clear ideas about how this can be stated.)
- o Panel should address issue of sharing the results of the test with significant others.
- o Video that draws one out to ask questions is important. Maybe actors should model the asking of questions regarding AIDS or the test.
- o Video should provide some basic explanation of AIDS.
- o El punto politico - solo una clinica privada dara los resultados a otros.
- o La preba is anonimo. They will not provide results in writing.
- o Makes people aware of legal requirements regarding the Amnesty Program and testing:
 - o Educates people about the requirement to test for INS.
 - o Educates people about the INS requirement.
 - o Gives the person a confidential test before deciding to test for INS purposes.

- o The requirements regarding testing and the Amnesty Program is so unclear that I feel we should provide some clarity of information. We are not urging people to do one thing or another.
- o Rodrigo provides resolution to concern regarding testing for Amnesty Program: insert "Por eso venimos aqui, para saber antes de hacer la preba ..."
- o Important to provide ideas of how to adjust in a healthy way to a positive test result. The video should provide semias of positive and healthy ways of living in face of being HIV positive. Maybe have character speak to improved relations with family or that he is volunteering at a program.
- o Posiblemente poner algo de lo que esta reacionado Gustavo a la comunidad.
- o Mas enfasis en como es posible ayudarle a otros en la comunidad.
- o Optimismo del papel de Gustavo es realistico.
- o Gustavo es representante a la mayor parte de gente en vida que tiene SIDA
- o Resultado positivo puede ser muy traumatico - el panel puede tratarlos mas.
- o El enfoque debe ser (1) el riesgo, (2) el significado de la prueba, y (3) transcendencia de vida personal y los cambios que son necesarios.
- o Need to include high risk behavior to cover those with multiple relations. Include this in panel discussion.
- o Should emphasize that the test is needed for INS and that to get the results for INS, one must go to a private clinic.

FOLLETO/BROCHURE

The ABRAXAS concept of a pretest and post-test broucher was presented with an example of a broucher which addresses issues of concern to both pre- and post-test readers.

- o Separating brochure - pros & cons
 - o Person needs to know all the facts at once
 - o Only person needing help would want follow-up info. re. services
- o Proporcionalmente, las minorias corren mas riesgo dado los porcentajes
- o Hay que ver el contexto de la persona que la leera.
- o Hay que darle direccion a la persona.
- o Material should be written at 6 grade reading level.
- o Hay que saber como cuidar a otros para no infectarlos y tambien saber cuidarse para seguir lo mas saludable posible.
- o The leaflet should include some of the basic information that is in the video. It should reinforce some of the video's information.
- o Debe empezar con un frase interesante que coja la atencion desde un principio.
- o Debe ser de buenos colores con buenos dibujos
- o Debe decir que cada persona debe tomarla
- o Un folleto debe tener balance y no empujar, solo dar informacion
- o No contiene nada acerca de la transmision de madre a un bebe
- o Emphasize the importance of knowing in order to do econimc, LIFE planning. When someone does get ill with AIDS they typically lose their job, then insurance. One can begin preparation of this reality earlier.

- o Maybe there should be two brochures: 1) the pretest which provides a review of the entire issues and 2) the post-test that gives specific information of what one should be considering given HIV positive results.

PRAXIS

- o A feeling of accomplishment.
- o People doing the broucher feel clearer about their task. Greater sense of direction.
- o To insure that such participants as youth, immigrants and IV users attend it would probably be best to drive them to meeting. Several such invitees did not attend.
- o A greater sense that we are all in this together.

February 8, 1988

TO: Asian AIDS Project
FROM: Mila Apilado, Moderator/Consultant
Tagalog Brochure Focus Group
RE: Compensation for services-rendered

As per our conversation with Peng Ngin on January 22, 1988, the fees for services was agreed upon were as follows:

Consultant: \$200
Identify and select Focus Group members.

Moderator: \$200
Facilitate feedback for Tagalog brochure. Contact Focus Group members. Coordinate logistics for meeting. Submit written report on Focus Group proceedings.

TOTAL FEES DUE: \$400

Please send payment to: Milagros E. Apilado [REDACTED]
[REDACTED]

Enclosed is the written report and audio cassette of the Tagalog Brochure Focus Group proceedings. Should you have any questions, please feel free to contact me at [REDACTED]

Enclosures

Asian AIDS Project -- Tagalog Brochure Focus Group

Moderator/Consultant: Mila Apilado

Location: Canon Kip Community House, 705 Natoma St., SF 94103

Date of Meeting: February 3, 1988 **Duration:** 6:30pm- 8:00pm

Composition of Participants:

There was a total of six participants: 3 male, 3 female. Participants were between the ages of 16-25. All were Tagalog-speaking and bilingual. Three (1 male, 2 female) were recent immigrants (immigrated to the US in the last five years). The other three have lived in the US for more than five years.

Though older individuals and gay men were available to participate, they were never confirmed. There was difficulty in assembling a representative group due to the last minute nature of arrangements for the Focus Group. The site was not approved and confirmed with the Asian AIDS Project until two days before the Focus Group meeting date. This did not allow adequate time to notify a representative composition of individuals for the Focus Group.

Preparation:

Time allowed for preparation and organization of the Focus Group was only one and one-half weeks (Jan 22 - Feb 3). Training and orientation of the Moderator was conducted January 30, three days before the Focus Group meeting date. Materials were not received by the Moderator/Consultant until February 1. As noted above, the site was not confirmed until February 1, two days before the meeting date. Lack of adequate preparation time and poor communication with the Moderator reduced the effectiveness of the Focus Group significantly.

Method -- Description of Focus Group Meeting:

The session began at 6:30pm. The Moderator introduced herself and had members of the Focus Group introduce themselves.

The members gave only their names and did not offer other information about themselves.

The meeting opened with a brief explanation that the topic of the health informational brochure was AIDS. The purpose of the session, it was explained, was to collect feedback and gather comments on the brochure. The Focus Group's comments would be used to find the best, simplest language for the brochure. The session would test the usefulness, readability (Is the translated brochure easy to read and understand?), and presentation of the material (length, grammar, wording).

An explanation was given of how the session would proceed. Instructions for reading and reviewing the brochure were given. The members were instructed to mark the words that were too difficult or did not make sense. The purpose, it was reiterated, was to find the best, simplest language. They were told to make note of questions as they read the brochure.

In regards to the actual text or subject of AIDS, they were told someone would be available at the end of the session to answer questions. The Moderator was not an expert or qualified to speak on the subject.

They were informed that the session would be taped for future reference. After instructions were given, the reading commenced.

While the participants were reading, the room was very quiet. They seemed to need focused, close attention in reading the brochure. They did not seem to be able to skim over the text. They marked words they did not understand as they went along. Occasionally, they referred to each other quietly about a word or phrase, pointing out a word or phrase they had a question about to the person sitting next to them and then proceeded to continue reading.

At one point the recorder was turned off because the Moderator did not know how long the reading would take and there was no conversation to be taped.

When all participants completed reading the brochure, the Moderator proceeded to go through the list of questions provided by AAP. The participants were reminded of the format of the remainder

of the session and that they were free to move around and refresh themselves (eat or drink) as they pleased.

The Moderator then followed the script and proceeded to ask the first series of questions. The participants seemed to have difficulty in answering the questions, so the Moderator reminded them that they were allowed to refer to the brochure as needed.

Throughout the questioning, the participants referred to the brochure frequently. They pointed out language and phrases in the brochure that they did not understand or they thought was used incorrectly. The responses to the questions were largely in the tone of a question. They were unsure of the correct answers.

At one point, they began discussing a part of the brochure among themselves. The Moderator facilitated their comments, allowed them to speak, and then moved the session along.

As the session wore on, it became apparent that the participants were becoming weary of the questions. (Too many questions -- perhaps a short written "quiz" on the material before getting into the discussion would have tested retention of information more systematically and discussion could have been used for additional feedback.) The Moderator had to encourage them and assure them that the session would be over soon.

Feedback from Questions:

Following are some notes of the comments during questioning. Difficult words or phrases are noted. A more complete account of words and phrases which were difficult for the group are indicated on the master copy of the brochure, see attached.

pakikipagtalik	"romantic relationship, as in boyfriend/girlfriend" Implied meaning in the context used is that individuals in the relationship are sexually involved. The group felt that sexual involvement is not implied in the meaning of this word.
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Phrase regarding "pregnant women" -- missing.

condom term, should provide more description.

di-ilag

dili

Subalit ikaw ay may mataas na pagkakataong mahahawa sa birus ng AIDS.

Test Positive: The group had difficulty finding the answer in the text.

nanaising

babala

hingil

nabunyang

General Comments:

Separate Sections? Yes, Altogether there is alot of information for one brochure. Perhaps two printed-brochures: one, general information, the second, testing results.

Language? Used "too much" Tagalog. Level too deep, too literal. Some translations were as if a dictionary was used to translate. Could use both Tagalog and English, side by side, or "Tag-glish". It was noted that Pilipinos all speak a little English, even the older generations.

Long? It was acknowledged that "all" the information was needed to get the information across, in that sense it was not "too long". However, it was alot of material for one brochure. It was suggested to separate the brochure into two sections: one, general information and two, effects and testing.

Offensive? No

Help Decide To Take The Test? Group reacted with slight alarm: "Who me?" It made them aware of the opportunity to be tested. It told where they could get tested at Alternative Test Sites. It was informative for them to know a place existed.

-- The Group found the advice about "who not to tell" interesting. There was no explanation why they should not be told or an inadequate explanation. It gave a strong messages of "Dont' Tell!".

-- The Group felt they learned something. They found the brochure in general informative and interesting. It answered lots of questions.

-- They liked that it even told where to go if you're scared and offered resources whom they could talk to.

-- They thought the language should be simplified. For example, "pagkikipagtalik" was used in the wrong context. Other words could be said on more common, conversational level.

Physical Layout of the Brochure:

-- They preferred the "shattering glass or marble" graphics. The other one looked like bones or bamboo.

-- Grey was "okay" as a choice of color. However, they thought brighter colors should be used because AIDS is depressing. Maybe highlights in yellow or light blue.

Protektihin ang Inyong Pamilya, Kaibigan, at Sarili

Ang AIDS ay nakakaaapekto sa lahat, pati mga Asyano. Mga Asyanong kalalakihan, kababaihan at kabataan, kapwa mga pinanganak dito sa Amerika at mga bagong dating, ay nahawahan ng birus na siyang sanhi ng AIDS. Mga iba pa ay nagkakaroon ng sakit dahil sa AIDS o ARC (AIDS Related Complex). Mayroon nang na-dokumentohan na kaso ng AIDS sa mga Pilipino. Sa pagbasa nitong pulyeto, mapag-aralan ninyo ang pagprotekto ng inyong sarili, pamilya at kaibigan laban sa pagkakahawa sa AIDS.

ANO ANG AIDS?

Ang AIDS (Acquired Immune Deficiency Syndrome) ay isang sakit na ang sanhi ay birus. Ang birus na ito ay nakakagawa ng impeksiyon na nakakahina ng katawan, at dahil dito, hindi nakakalaban ang katawan sa mga karaniwang sakit.

ANG BIRUS NG AIDS AY NAKAKAPASOK SA SISTEMA SA PAMAMAGITAN NG:

- * pakikipagtalik sa isang tao na naimpektahan na ng birus (HIV)
- * pakikisalo ng karayom na pang-iniksiyon ng durog

MAKAKUHA BA AKO NG AIDS SA PAG-UUPO SA KUBETA?

Hindi kayo mahawahan ng AIDS sa pamamagitan ng paghawak o paghipo, o iba pang pangkaraniwang kontakto. Ang AIDS ay hindi naipasa ng pagkakamayan, pagyayakap, pag-uubo, pag-hahatsing, sa pag-iinom galing sa baso ng ibang tao, o sa pagkakain ng pagkaing inihanda ng isang taong may AIDS. Hindi kayo makakuha ng AIDS galing sa upuan ng kubeta, swimming pool, hot tub, spa, sa pagsuot ng damit ng ibang tao, o sa kagat ng insekto.

PAANO MAPROTEKTAHAN ANG AKING SARILI AT IBANG TAO?

Ang AIDS ay napapasa sa pamamagitan ng naimpektahan na dugo, semilya,

X term
at likido na nagmumula sa puwerta ng babae, na nakapasok sa katawan ninyo. Kapag nagtatalik, ang lalaki ay dapat gumamit ng condom at dapat ipilit ng babae na ang kaniyang kasama ay dapat gumamit ng condom. Ang mga gumagamit ng durog ay hindi dapat makikisalo ng karayom. Kung ang karayom ay pinagsaluhan, dapat hugasan muna ito ng dalawang beses ng pinakamalakas na bleach, at dalawang beses ng tubig sa pagitan ng paggagamit.

Hindi masasabi kung sino ang may AIDS sa itsura lamang ng isang tao. Kaya dapat parating gamitin ang condom kapag nakikipagtalik. Linisin ang inyong karayom sa pagitan ng bleach method kapag gumagamit ng karayom na pang-iniksiyon ng durog.

KAHIT SINUMAN AY MAKAKUHA NG AIDS, PATI MGA ASYANO

Ano ang AIDS antibody testing? Ito ay isang pagsubok sa dugo na makakasabi kung ikaw ay nahawahan ng birus ng AIDS. Ang pagsubok na ito ay hindi makakasabi kung ikaw ay may sakit ng AIDS o ARC.

DAPAT ISAISIP NG MGA SUMUSUNOD NA TAO ANG PAGSUBOK PARA SA AIDS:

X Ang mga Asyano ay di-ilag sa pagkakahawa sa AIDS. Sinuman ay
X maaaring (maimpektahan ng birus ng AIDS o dili kaya'y) makakabigay nito
X sa ibang tao. (Subalit ikaw ay may mataas na pagkakataong mahahawa sa birus ng AIDS) kung ikaw ay: ?

- * lalaking nakipag- o nakikipagtalik sa ibang lalaki;
- * nakipag- o nakikipagsalo ng karayom na ginagamit sa durog;
- * nakipag- o nakikipagtalik sa isang taong galing sa alinman sa dalawang grupo sa itaas;
- * pumupunta sa puta.

SAAN AKO MAKAKUHA NG LIBRENG AIDS ANTIBODY TEST?

Ang mga serbisyo ay libre sa Alternative Test Site na pinatatakbo

ng San Francisco Department of Public Health. Walang makakaalam tungkol sa inyong pagsubok o sa resulta ng pagsubok dahil hindi ninyo ibibigay ang inyong pangalan, tirahan, o ibang impormasyong pang-identipika ng sarili.

Sa Alternative Test Site, makakausap ninyo ang isang kaunselor na nakakasalita sa inyong lenguahe o isang tagasalin na maaaring makuha. Ang mga Test Site ay naroroon sa lugar na malapit sa inyo. Doon, mayroong mga taong makakasagot sa mga tanong ninyo, kapwa bago kunin ang pagsusubok, at sa pagbalik ninyo para kunin ang resulta, dalawang linggo pagkatapos ng pagsubok. Kung kinakailangan ninyong makakausap kaninuman pagkatapos ng pagsubok ngunit bago kunin ang resulta, maaari ninyong tawagan ang numerong ito: (415) 621-4858.

ANO ANG IBIG SABIHIN NG RESULTANG POSITIBO?

- * Nakontaktohan ninyo ang birus ng AIDS (HIV).
- * Ang katawan mo ninyo nagdadala na ng birus ng AIDS.
- * Makakabigay kayo ng birus ng AIDS sa ibang tao kung hindi kayo gumagamit ng condom o kung kayo ay nakikisalo ng karayom.
- * Hindi ibig sabihin na kayo ay may sakit ng AIDS o makakuha ng sakit ng AIDS sa darating na panahon. Hindi lahat ng taong nagdadala ng birus ng AIDS ay magkakaroon ng sakit.

ANO ANG IBIG SABIHIN NG RESULTANG NEGATIBO?

- * Hindi ninyo nakontaktokan ang birus ng AIDS.
- * Ang katawan ninyo ay hindi pa nakakaranas ng sapat na panahon para lumabas ang ebidensiya ng birus. Minsan, kailangan ang anim na buwan bago lumabas ang ebidensiya na dinadala ninyo ang birus.
- * Siguro'y nanaisin ninyong kunin ang pagsubok uli pagkatapos ng anim na buwan.

NATATAKOT AKONG MALAMAN ANG RESULTA!

Kung kayo ay natatakot na malaman ang resulta ay positibo (na kayo ay

? "legend"

nagdadala ng birus ng AIDS), maaaring umayaw kayo sa pagkuha ng pagsubok.
X Maaari pa ninyong sundin ang mga babala hinggil sa AIDS tulad ng
paggamit ng condom at hindi nakikisalo ng karayom. Tungkol

IMPORMASYON PARA SA MGA BAGONG DATING AT REFUGEES:

Ilan sa mga bagong dating at mga refugee ay nag-aalalang baka hindi
nila makuha ang U.S. citizenship o baka ibalik sila sa bansang kanilang
pinagmulan, kung ang resulta ng pagsubok nila sa AIDS ay nabunyag.
Sa Alternative Test Site, isang numero ay gagamitin sa pag-identipika
ninyo, at walang magtatanong sa inyong pangalan. Huwag ninyong kunin
ang pagsubok kung sinabihan kayo ng opisyal ng U.S. Department of
Immigration o ng citizenship office na dapat ninyong kunin ang
pagsubok. Kung may tanong kayo hinggil sa pagsubok at immigration
o citizenship, maaaring tawagin ang Asian AIDS Project sa:
(415) 929-1304. Kung nakakasalita kayo ng Ingles, tawagan ninyo ang
San Francisco AIDS Foundation Hotline sa: (415) 863-AIDS.

Nais naming kayo ang makagawa ng pinakamabuting disisyon hinggil sa
AIDS antibody test. Dapat itanong sa sarili ang mga sumusunod na
tanong:

- * Naiintindihan ko ba kung ano ang AIDS?
- * Ano ang pagsubok para sa birus ng AIDS?
- * Ano ang masabi ng pagsubok na ito?
- * Kaya ko bang harapin ang resulta ng pagsubok?

Kung nais ninyong kunin ang pagsubok, tumawag kayo sa (415) 521-4858
para malaman kung saan ang Alternative Test Site na malapit sa inyo.

NAIS NAMING PROTEKTOHIN ANG INYONG PAMILYA, KAIBIGAN AT SARILI!!

(PULYETO PARA SA RESULTA NA: POSITIBO)

PROTEKTOHIN ANG INYONG PAMILYA, KAIBIGAN AT SARILI

POSITIBONG RESULTA NG PAGSUBOK

KUNG ANG PAGSUBOK NINYO AY POSITIBO, IBIG SABIHIN:

- * Nahawahan kayo ng birus ng AIDS (HIV).
- * Makakabigay kayo ng birus ng AIDS sa ibang tao kung hindi kayo gumagamit ng condom o kung kayo ay nakikisalo ng karayom.

KUNG ANG PAGSUBOK NINYO AY POSITIBO, HINDI IBIG SABIHIN:

- * Na kayo ay magkakasakit ng AIDS o AIDS Related Condition (ARC).
- * Na kayo ay mahawahan ng AIDS o ARC. Sa pag-iingat ng inyong kalusugan at pag-iwas sa gawaing nakakapaglanta muli sa birus ng AIDS, kayo ay makakaprotekto sa inyong sarili laban sa pagkamit ng sakit ng AIDS o ARC.

KAYA, KUNG ANG RESULTA NG PAGSUBOK AY POSITIBO:

- 1) Protektohin ang iba sa pamamagitan ng paggamit ng condom habang nagtatalik.
- 2) Protektohin ang iba sa pamamagitan ng pag-iwas sa pagsasalo ng karayom.
- 3) Protektohin ang iba sa pamamagitan ng pag-iwas sa pagbibigay ng dugo, semilya, at ibang mga parte ng inyong katawan.
- 4) Kausapin ang isang manggagamot hinggil sa pagkuha ng kumpletong check-up at payo hinggil sa pag-iingat ng inyong kalusugan.
- 5) Pag-ingatan ang inyong kalusugan, iwasan ang paggamit ng durog at pag-inom ng alak, kumain ng wasto, magpahinga ng sapat, at iwasan ang pagpapagod.

Dapat ninyong pag-ingatan ang pagbigay ng impormasyon hinggil sa pagsubok. Maaaring hindi ninyo nanaising ibigay ang impormasyon sa mga sumusunod:

- * Ang taong inyong pinagtatrabahuhan o pinamamasukan.
- * Ang inyong insurance company.
- * Mga pangkaraniwang kaibigan.

* Ang Immigration and Naturalization Services.

Kung ninana ninyo, maaari ninyong kunin uli ang pagsubok upang patunayan ang resulta. Natural lamang na maaari kayong mabalisa, kabahan o maging matamlay pagkatapos makuha ang resulta. Mahalagang makipag-usap kayo sa isang kaunselor sa panahing ito. Upang makahanap ng kaunselor, tawagin ang numerong ito: _____.

NAIS NAMING PROTEKTOHIN ANG INYONG PAMILYA, KAIBIGAN AT SARILI!!

(PULYETO PARA SA RESULT NA: NEGATIBO)

PROTEKTOHIN ANG INYONG PAMILYA, KAIBIGAN AT SARILI

NEGATIBONG RESULTA NG PAGSUBOK

Kung ang resulta ng inyong pagsubok ay negatibo, ang ibig sabihin nito ay walang ebidensiya ng birus ng AIDS ang nahanap sa inyong katawan sa kasalukuyan. May tatlong posibleng paliwanag para dito:

- * Hindi kayo nahawahan ng birus ng AIDS.
- * Kayo ay nahawahan ng birus ngunit hindi pa ito nakakamit ng sapat na panahon para makita. Pinapakita ng research na kadalasan, halos lahat ay nagpapakita ng ebidensiya ng birus sa loob ng 2-12 linggo pagkatapos nakontaktohan ito. Minsan, maaaring makaraan ang anim na buwan bago magpakita ang birus sa katawan.

KUNG KAYO AY MALUSOG SA KASALUKUYAN AT ANG PAGSUBOK NINYO AY NEGATIBO:

- * Kayo ay hindi naprotektohan laban sa impeksiyon o sakit sa kinabukasan.
- * Hindi ninyo nahawahan sa birus ng AIDS (HIV). Ngunit walang pagsubok na siguradong 100%. Kung sa tingin ninyo, kayo ay nahawahan sa birus ng AIDS dahil kayo ay lumahok sa gawaing mataas ang pagkakataon ninyong mahawahan sa birus, maghintay muna ng anim na buwan bago kunin uli ang pagsubok.

KUNG ANG PAGSUBOK NINYO AY NEGATIBO, DAPAT:

Protektihin ang inyong sarili laban sa pagkakahawa sa impeksiyon sa pamamagitan ng:

- 1) Paggamit ng condom habang nakikipagtalik.
- 2) Hindi nakikisalo ng karayom.
- 3) Pag-ingatan ang inyong kalusugan sa pamamagitan ng pag-iwas sa durog, at mabigat na pag-inom ng alak.
- 4) Kumain ng wasto, magpahinga ng sapat, at iwasan ang pagpapagod.

NAIS NAMING PROTEKTOHIN ANG INYONG PAMILYA, KAIBIGAN AT SARILI!!

(PULYETO PARA SA RESULTA NA: DI-TIYAK)

KUNG ANG RESULTA NG PAGSUBOK NINYO AY HINDI NEGATIBO O POSITIBO:

- * Ang dugo mo ay pinasubok ng ilang beses at ang resulta ay hindi nagpapakita ng klarong ebidensiya ng birus.
- * Dapat bumalik kayo pagkatapos ng tatlong buwan at kunin uli ang pagsubok.

HABANG KAYO AY NAGHIHINTAY:

Protektihin ang inyong sarili laban sa impeksiyon sa kinabukasan sa pamamagitan ng:

- 1) Paggamit ng condom habang nakikipagtalik.
- 2) Hindi nakikisalo ng karayom.
- 3) Pag-ingatan ang inyong kalusugan sa pamamagitan ng pag-iwas sa durog, at mabigat na pag-inom ng alak.
- 4) Kumain ng wasto, magpahinga ng sapat, at iwasan ang pagpapagod.

Kung kayo ay mayroon sa mga sumusunod na katangian, dapat pumunta kayo sa inyong manggagamot at/o bumalik upang kunin uli ang pagsubok:

- * Bigla kayong napapagod ngunit walang mabuting dahilan para nito.
- * Kayo ay nilalagnat, nilalamigan, o pinapawisan sa gabi ngunit walang mabuting dahilan para sa mga ito.
- * Biglang pagkakawala ng bigat, higit na 10 libra sa loob ng dalawang buwan.
- * Nangungulani ang leeg, kilikili o singit ngunit walang mabuting dahilan para sa mga ito.
- * Patuloy na pagtatae.
- * Maputing marka o singaw sa bibig.
- * Matuyong ubo na hindi umaalis.

NAIS NAMING PROTEKTOHIN ANG INYONG PAMILYA, KAIBIGAN AT SARILI!!

Ang pulyetong ito ay sinulat sa Tagalog. Maaari din itong makuha sa Cambodian, Chinese, Japanese, Lao at Vietnamese.