



English Master Script For Translation

# Caring For Someone With AIDS

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## **Caring for Someone With AIDS**

1. In this lesson we will look at how you can help and care for someone who has AIDS. AIDS is caused by a virus called HIV. After someone has had HIV for a few years they will start to become much more ill and may only have a short time to live. This is when we call the illness AIDS.
2. When you learn that someone you know has HIV or AIDS you may feel shocked, sad or scared. This person may be a friend, your partner or a member of your family.
3. You may not know how you should feel. You may wonder how that person got HIV or AIDS. You may feel that that person is bad.
4. But the person with HIV or AIDS is the same person you knew before and loved. And now this person needs special attention, care, kindness and love.
5. Now try to answer this question using the buttons on the controller.
6. Is it normal to feel scared or sad when you find out that a friend, your partner or someone in your family has HIV or AIDS?

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7. Yes,
8. Or no?
  
9. Press a button now.
  
10. Yes, it is normal to feel shocked, sad or scared. But remember that this is the same person you cared for before and now this person needs you more than ever.
  
  
  
  
  
  
  
  
  
  
11. If you understand about the illness and how it is spread you will be able to help the person with AIDS and keep yourself safe. AIDS is caused by HIV. If you don't get HIV you won't get AIDS.
  
  
  
  
  
  
  
  
  
  
12. HIV can be passed on during sexual intercourse if you have sex with someone who has HIV and do not use a condom.
  
  
  
  
  
  
  
  
  
  
13. You can get HIV by contact with the blood of a person with HIV or by re-using a needle, syringe or razor blade that has been used by someone with HIV.
  
  
  
  
  
  
  
  
  
  
14. HIV can also be spread from a mother to her baby during childbirth.
  
  
  
  
  
  
  
  
  
  
15. Can you get HIV from sexual intercourse?
  
  
  
  
  
  
  
  
  
  
16. Yes,
17. Or no?

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18. Press a button now.
19. Correct. A person with HIV can pass it to another person during sex.
20. Can you get HIV from the blood of someone who has HIV?
21. Yes,
22. Or no?
23. Press a button now.
24. Right. You can get HIV from the blood of someone who has HIV, or from needles, syringes or razor blades that have been used by someone who has HIV.
25. Can HIV be passed from a mother to her baby during the birth?
26. Yes,
27. Or no?
28. Press a button now.
29. Yes! HIV can be passed from a mother to her baby during childbirth.
30. It is not possible to get HIV from being near to, or touching someone who has HIV.
31. You cannot get HIV from hugging or shaking hands.
32. You cannot get HIV from people coughing or sneezing.

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33. You cannot get HIV from toilets, or plates, or glasses, or spoons, or clothing. Now some questions for you!
34. Can you get HIV by hugging or touching someone who has HIV?
35. Yes,
36. Or no?
37. Press a button now.
38. Right. You cannot get HIV from hugging or touching.
39. Can you get HIV from sharing plates, spoons, glasses, or clothing, with a person who has HIV?
40. Yes,
41. Or no?
42. Press a button now.
43. Good. You cannot get HIV from sharing plates, spoons, glasses or clothing.
44. When a community thinks that someone has got AIDS, they can be very horrible to the ill person and to the family.
45. This might be because they think the person with AIDS has done something bad. This is because people believe that AIDS usually comes from having sex with a prostitute. However people can also get AIDS from having unprotected sex with someone who has HIV. Many people have HIV - not just prostitutes.

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46. There are other ways a person can get AIDS, and treating them as bad people will make them feel worse. They need friends who will love them and care for them.
47. It will help the person who has AIDS if you take time to visit them and talk to them.
48. Has everyone with AIDS had sex with a prostitute?
49. Yes,
50. Or no?
51. Press a button now.
52. That's right! Not everyone with AIDS has had sex with a prostitute. There are other ways that someone can get AIDS, so we should not treat people with AIDS as if they are bad people.
53. Is it right to be cruel to people with AIDS?
54. Yes,
55. Or no?
56. You are right. We must not be cruel to people with AIDS, they have enough problems. We should try to help them and show them love.
57. What can you do to help someone who has AIDS?

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58. Visit them and talk to them,
59. Or ignore them and forget about them?
  
60. Correct! It will help the person who has AIDS if you take time to visit and talk to them.
  
61. Sometimes a community chases away people who have AIDS because they are afraid that they might get AIDS too.
  
62. They think that if they have a neighbour who has AIDS they might get it too. But AIDS is not spread through the air.
  
63. People with AIDS need to be accepted and treated kindly. If you are ready to accept people around you who have AIDS, it will help that person and their family a lot.
  
64. You will not catch AIDS from caring for people who are ill.
  
65. Can AIDS be spread through the air we breathe?
  
66. Yes,
67. Or no?
  
68. You are right . AIDS is not spread through the air, so you do not need to be afraid if your neighbour has AIDS.
  
69. Will you get AIDS by caring for someone who has AIDS?

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70. Yes,
71. or no?
72. That's right. You will not get AIDS by caring for someone with AIDS, so you do not need to be afraid of helping people with AIDS.
73. A person with AIDS might also be afraid to talk about having AIDS because of what other people will say. They need a friend who will accept them and not tell them they are bad people.
74. They need a friend who they can talk to. They need a friend who will support them and their family.
75. Do people with AIDS need friends?
76. Yes, People with AIDS need friends,
77. or no, people with AIDS have been very bad and don't deserve friends?
78. Yes, it is good to try to be a friend to people with AIDS. Do not be afraid of what other people will say. You are doing what is right if you help people who are in need.



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79. One of the first signs of having AIDS is loss of weight, so people get thin, more tired and less able to work .
80. This can be because they have pain or difficulty swallowing food, so are eating very little. They may have diarrhoea more often. Also, having AIDS stops the body using food properly.
81. A first sign of having AIDS is:
82. Getting thinner and thinner,
83. Or getting fatter?
84. That's right, people who have AIDS often get thinner and thinner. Then they have less energy and are not able to help at home or earn money.
85. You can still help someone who has AIDS and is getting thinner. Just like everyone else, a person with AIDS needs to eat healthy, nutritious food and drink clean water.
86. If they cannot eat because of pain in the mouth or throat, then ask at a health clinic for medicine, as this may be due to an infection.

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87. If they do not want to eat because the food hurts their mouths or throats, then make soft food that can be swallowed easily.
  
88. If they have a lot of diarrhoea, make sure they drink a lot of clean water and oral rehydration solutions. Regularly encourage them to eat a little to try to help them to gain weight.
  
  
  
  
  
  
  
  
  
  
89. If someone does not want to eat because of pain in their mouth or throat, what can you do?
  
90. Nothing,
91. Or get medicine and prepare food that is easy to swallow?
  
92. Great! If someone has pain in their mouth or throat there is medicine to help heal the infection. Soft food that does not need chewing will also help them to eat more.
  
  
  
  
  
  
  
  
  
  
93. If someone often has diarrhoea, what can you do to help them?
  
94. Help them to drink plenty of clean water,
  
95. Or there is nothing that can help them?
  
  
  
  
  
  
  
  
  
  
96. Good. Someone with diarrhoea must drink plenty of clean water and oral rehydration solutions.
  
  
  
  
  
  
  
  
  
  
97. If someone is not eating well, how often should you offer them food?

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98. Offer a little bit of food, several times a day,
99. Or give them food just once a day?
100. That's right. Regularly offering small amounts of food will help someone who is feeling ill to eat more food.
101. If someone has AIDS their body becomes weaker and they get a lot more illnesses than someone who is healthy.
102. Although there is no cure for AIDS, many of the illnesses they get can be made better with medicines.
103. If the other illnesses are made better then the person with AIDS will feel much better and may be able to work again. Their family will be happier too.
104. You may be able to help them get their medicines or you can go with them to the clinic.
105. Is there any benefit in giving medicines to someone with AIDS who develops other illnesses?
106. Yes, the medicines can make the person with AIDS feel much better,
107. Or no, it is a waste of money?

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108. You are right! Although there is no cure for AIDS, there are medicines that can treat some of the illnesses that people with AIDS can get. If these illnesses are treated then the person with AIDS can feel a lot better.
  
109. Because a person with AIDS gets ill more easily as their body gets weaker it is important that you wash your hands before caring for them or cooking for them.
  
110. If you are sick with a cold, a cough or influenza it is best to avoid spending time with someone with AIDS until you are better. The person with AIDS can get your cold or cough very easily.
  
111. If you do spend time with them, always cover your mouth when you need to cough or sneeze and wash your hands afterwards.
  
112. Is a person who has AIDS...
  
113. More likely to get other illnesses,
  
114. Or less likely to get other illnesses?
  
115. Yes! When a person has AIDS their body gets weaker and they get ill more easily.
  
116. What should you do before you care for or cook for someone who has AIDS?

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117. Do some magic,
118. Or wash your hands?
119. Correct! Always wash your hands before caring for someone with AIDS.
120. What should you do if you have a cold, cough or influenza?
121. Carry on as normal,
122. Or avoid spending time with the person who has AIDS until you are better?
123. You are right! If you are sick it is best to avoid spending time with someone who has AIDS until you are better.
124. In many communities people are afraid to talk about death. People think that if they talk of dying, then they will die more quickly. This is not true.
125. You must not pretend that people with AIDS are going to get better. People with AIDS will die, and often they die quickly.
126. It is better to be ready and to help them make plans for their family.
127. Do you think it is good to talk about death?
128. Yes, sometimes,

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129. Or no, never?
130. Yes, sometimes it is good to talk about death. It is better to understand that people with AIDS die.
131. Why is it good to talk about dying with people who have AIDS?
132. So that they can plan for their family,
133. or it is not good to talk about death?
134. True, it is better for someone with AIDS to make plans for their family before they die.
135. People with AIDS who are parents are often very worried about their children.
136. It is good to make plans for where the children will live and how the family money and possessions can be used for the children. It is good to talk about this with the wider family or community.
137. When the best plan has been agreed then it can help to write down what should happen, so that the plans can be remembered. It is a good idea to find out what makes a legal paper in your community.

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138. How can someone who is dying make plans for their children?
139. Discuss it with people they trust and write it down,
140. Or dying people cannot make plans?
141. That's right. A parent can help their children by making good plans for them. If the plans are written down then they can be remembered after the parent has died.
142. Can plans like this be useful?
143. Yes,
144. Or no?
145. Yes, when good plans are agreed and written down, everyone has a duty to follow them.
146. There are two more ways to make dying peaceful. The first way is to give painkillers so that the last weeks can be made easier.
147. The second way is for the person with AIDS to talk about how they are feeling . To be able to do this they need love and support. When death is near, help the dying person to say goodbye to everyone.

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148. Can death be made peaceful?
149. No, this is not possible,
150. Or yes, this is possible?
151. Yes, death can be made peaceful by using painkillers and by helping the person with AIDS to talk about personal things.
152. Remember: A person with AIDS is just like you. There are many practical ways you can help someone who has AIDS, but the most important thing you can do is to give them your love and support.
153. That was the wrong answer. Let's go back and listen again.
154. Sorry! Wrong answer.
155. Hello. The title of this lesson is "Caring for Someone with AIDS". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.



### **Caring for Someone With AIDS**

156. You've now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
  
157. Correct!
  
158. "Caring for someone with AIDS"