



English Master Script For Translation

HIV Tests

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HIV Tests

1. Today we will talk about having an HIV test.
2. There is only one way that you can be certain that you have HIV. This is by having a test at a clinic or health centre. It is a good idea to have a test once a year. We will talk later about what to do if you think that you might have been at risk from HIV.
3. At the test a health worker will check some of your blood or saliva. Saliva is the liquid in your mouth. The blood and saliva of a person who has HIV is different from the blood and saliva of a person who does not have HIV. You cannot see this difference yourself. But a health worker who has the right training will be able to see this difference. They will see this from the results of the test.
4. Now you need to answer a question! Try to answer using the arrow buttons on the controller. You can hear any question again by pressing the centre button.
5. How can you know if you have HIV?
6. By looking at yourself in a mirror,
7. or by having an HIV test?
8. Press a button now.
9. Well done. You must have a test at a clinic or health centre to know if you have HIV.

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10. Are the blood and saliva of a person who has HIV different from the blood and saliva of a person who does not have HIV?
11. Yes?
12. or no?
13. Press a button now.
14. That's right. If you have HIV your blood and saliva will be different from the blood and saliva of a person who does not have HIV.
15. There are 4 ways of getting HIV from another person who has HIV. You can get HIV if you have sex with someone.
16. You can get HIV if you touch another person's blood.
17. You can get HIV if you use or play with a syringe, needle or razor blade that someone else has used.
18. A mother with HIV can also pass HIV to her baby during pregnancy, childbirth and breastfeeding. Now try to answer this question.
19. How many ways are there to get HIV?

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20. 3
21. or 4?
22. Press a button now.
23. That's right! There are 4 ways to get HIV.
24. If you get HIV, it is possible for you to infect other people very soon afterwards.
25. However, it can be several weeks or months before health workers can see that HIV is developing in your blood. If you think that you might have HIV, you should go to the health centre for advice straight away.
26. Your health worker can give you advice. They can also help to arrange a test that will help you know if you have HIV.
27. However, you must wait 3 months to be sure of the results of the test. Therefore during this time you should remember that you may have HIV and that you could pass the virus to other people. After 3 months, if the result is still negative, only then can you be certain that you do not have HIV,
28. What should you do if you think that you may have HIV?
29. Go to a health centre for advice,

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- 30. Or wait and see what happens?
- 31. Press a button now.
- 32. That's right. The health worker can advise you on the best time to have an HIV test.
- 33. Can you pass HIV to another person before having an HIV test?
- 34. Yes,
- 35. or no?
- 36. Press a button now.
- 37. Yes. Even if you haven't yet had an HIV test you can still pass HIV to another person.
- 38. There are two types of HIV test you could have. Both of these tests are simple and you can have them in a small health centre. One is a blood test, the other is a saliva test.

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39. You cannot get HIV from saliva, but saliva can show if you have HIV in your body.
40. Both of these tests need health workers who have had training to be able to do the test. The health centre also needs the right equipment to test the blood or saliva.
41. Which of these statements is true?
42. An HIV test is very difficult to do, and you can only trust the result if a doctor does the test in a big hospital.
43. An HIV test is easy to do. Workers in small health centres can do HIV tests if they have had the right training
44. Press a button now.

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45. That's right. Workers in your local health centre or a nearby hospital should be able to test for HIV.
46. What do you need to do to have an HIV test?
47. Allow a health worker at a health centre to remove a small amount of blood or saliva?
48. Or stay in hospital over night and give a lot of blood?
49. Press a button now.
50. Great! The test is not difficult. You only need to give a small sample of your blood or saliva. Then if your clinic has enough resources, you will know the result of your test quickly.
51. If you have HIV can you pass HIV to another person through your saliva?
52. Yes,

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53. or no?
54. Press a button now
55. That's right. If you have HIV you cannot pass it to another person through your saliva.
56. If you have an HIV test there are 3 things that are important: Is the test accurate, who will know the result, and will that person keep the result secret?
57. Health workers have training about keeping the results of tests secret. So you can be sure that they will not tell anyone else about your test. You can decide who you choose to tell about your test.
58. HIV tests are very accurate. But remember that it can be a long time before HIV shows in a result of a test. If your test is positive, then you have HIV virus in your blood. If your test is negative 3 months or more after you think you may have got HIV then you probably do not have HIV.
59. If you test positive for HIV, can you be sure that the HIV test is accurate?
60. Yes,
61. or no?
62. Press a button now.

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63. That's right. You can be confident in the HIV test result. However if you want to check again you can ask for another test when you are ready to do so. Remember that it can be 3 months for HIV to become visible in the result from a test.
64. After you have an HIV test who will know the result?
65. Only you and the health workers at the clinic.
66. or all your family and friends?
67. Press a button now.
68. Yes. Health workers have had training to keep results of a test secret. You can decide who else to tell.
69. If the results of your test shows that you have got HIV, these are some of the things that you will need to know: HIV can make people very ill but there are medicines called A.R.T that you can take to prevent this. If you have HIV, it means that you could pass it on to other people. But the medicines can reduce the risk of passing it other people. In some places some people

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behave differently and badly when they meet someone who has HIV. These are big things for you to think about.

70. Before you have a test, it is good to think about how it might affect you to know that you have HIV. Here are some things to think about: This time there are no right or wrong answers, only what is best for you and for those you love. This will be different for different people.
71. Who would you tell? Is it better for your regular partner to know, or not to know? Do you need to keep the result secret? How would your friends and family cope if you tell them?
72. It will help you to cope with the knowledge that you have HIV if you can tell this to at least one good friend. This friend will be there to listen. And to help you to think about how you should live. It may be a good idea to tell your good friend that you are going to have the test before you actually have it.
73. Do you need to prepare yourself and those dear to you for the future? Do you need to make plans for the welfare of your family if you get ill? Do you need to change the way that you live so that you do not pass HIV to anyone else?

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74. If the result of your test is positive, that means that you have HIV. Ask your health worker about A.R.T. A.R.T is special medicine, which can help you to live a long and healthy life. They are normally available free.
75. A.R.T can also help reduce the risk of passing the virus on to others. So you can live a normal life.
76. Are there any medicines that you can take to help you if you have HIV?
77. Yes,
78. or no?
79. Press a button now
80. That's right. Special medicines called A.R.T can help you to feel better and to live longer. And can also stop you passing HIV to others. But they cannot cure HIV.
81. HIV is a virus which will lead to a very serious illness called AIDS. Nothing can cure AIDS. So if you get HIV you may worry about how long you will live. This is something that is very difficult to predict. Taking A.R.T will stop you developing AIDS.

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82. Every person is different. But for people who do not take ART, it is usually several years before HIV develops into the serious illness called AIDS. People with AIDS easily get other infections, such as tuberculosis (TB), a serious disease which is infectious and can harm many parts of a person's body, especially the lungs.
83. Although nothing can cure AIDS, health workers may be able to give you medicines for other infections which develop as a result of AIDS. If you get ill, you need to tell your health worker that you have HIV or AIDS as you will need special care.
84. If you have HIV and get ill should you go to a health centre for treatment?
85. Yes,
86. or no?
87. Press a button now
88. Yes! Although nothing can cure HIV or AIDS, there are medicines that can cure other illnesses you may get. So you should always go to a health centre if you are ill.

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89. If you think that you may have HIV, it is very important to go to a health centre to have an HIV test. When you know if you have HIV or not you can make important decisions about the future.
90. Remember: If you have HIV and get treatment quickly it is possible to live a normal, long and healthy life. People who have HIV are normal people.
91. That was the wrong answer. Let's go back and listen again.
92. Sorry! Wrong answer.
93. Hello. The title of this lesson is "HIV Tests". 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.
94. 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!
95. Correct!

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96. "HIV Tests"
97. Welcome to the quiz! You will now be asked 10 questions. To win a gold star you will need to get all 10 questions correct. Let's get started - good luck!
98. Sorry, you haven't got enough points for a gold star. Have another go at the lesson and try to get every question correct.
99. Congratulations, you got every question correct and you have a gold star. Choose another lesson, to learn more!