



English Master Script For Translation

Help and Care for Someone with AIDS 2022

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Help and Care for Someone with AIDS

1. In this lesson we will look at how you can help and care for someone who has AIDS. A virus that is called HIV causes AIDS. If someone has HIV, and has not been able to have the right medicine, they could become very ill. They may only have a short time to live. This is when we call the illness AIDS.
2. The only way to know if someone has HIV is for them to have a test at the health clinic. If someone with HIV has the right medicine quickly, they can be healthy for many years.
3. When you learn that someone who you know has HIV or AIDS, you may not know how you should feel. You may feel that this news is a shock to you. You may feel sad or afraid. You may wonder how that person got HIV or AIDS. This person may be a friend, your partner or a member of your family.
4. But the person with HIV or AIDS is the same person that you knew before and loved. And now this person needs special attention, care, kindness and love.

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5. Now try to answer this question using the buttons on the controller.
6. Is it normal to feel afraid or sad when you discover that a friend, your partner or someone in your family, has HIV or AIDS?
7. Yes,
8. Or no?
9. Press a button now.
10. Yes, it is normal if you feel this news is a shock to you or if you feel sad or afraid. But remember that this is the same person that you cared for before. And now this person needs you more than before.

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11. If you understand about the illness and how people get HIV, you will be able to help the person who has AIDS. You will also keep yourself safe. HIV causes AIDS. If you don't get HIV, you won't get AIDS.
12. People can get HIV from other people if they have sex with someone who already has HIV and does not use a condom.
13. You can get HIV if you touch the blood of a person with HIV. If you touch a needle, syringe or razor blade that someone with HIV has used, you can get HIV.
14. A new baby can also get HIV from its mother during the birth.
15. Can you get HIV when you have sex with someone?

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- 16. Yes,
- 17. Or no?
- 18. Press a button now.
- 19. Correct. A person with HIV can pass HIV to another person when they have 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. So you can get HIV from needles, syringes or razor blades that someone who has HIV has used. This is because blood remains on the needles, syringes or razor blades.

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25. Can a mother pass HIV to her baby during the birth?
26. Yes,
27. Or no?
28. Press a button now.
29. Yes! A mother can pass HIV to her baby during the birth.

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- 30. It is not possible to get HIV if you are near to someone with HIV. It is not possible to get HIV if you touch someone who has HIV.
- 31. You cannot get HIV when you hug or shake hands with people.
- 32. You cannot get HIV when people cough or sneeze.
- 33. You cannot get HIV from toilets, or plates, or cups, or spoons, or clothing. Now some questions for you!
- 34. Can you get HIV if you hug or touch someone who has HIV?
- 35. Yes,

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36. Or no?
37. Press a button now.
38. Right. You cannot get HIV if you hug or touch someone who has HIV.
39. Can you get HIV from sharing plates, spoons, cups, or clothing, with a person who has HIV?
40. Yes,
41. Or no?
42. Press a button now.

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- 43. Good. You cannot get HIV from sharing plates, spoons, cups or clothing with a person who has HIV.

- 44. When a community thinks that someone has got AIDS, they might be very horrible to the ill person and to the family.

- 45. This might be because they think that the person with AIDS has done something bad. Some people believe that you get AIDS if you have sex with a prostitute. But a person can get AIDS if they have sex with someone who has HIV and they do not use a condom. Many people have HIV - not just prostitutes.

- 46. And there are many other ways that a person can get AIDS. So if we think that all people who have AIDS are bad people, that will make them feel worse. They need friends who will love them and care for them.

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47. It will help a person who has AIDS if you spend time visiting them and talking to them.

48. Do only bad people get AIDS?

49. Yes,

50. Or no?

51. Press a button now.

52. That's right! There are many ways that someone can get AIDS, so we should not think that all people with AIDS are bad people.

53. Is it right to be cruel to people with AIDS?

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- 54. Yes,
- 55. Or no?
- 56. Press a button now.
- 57. You are right. We must not be cruel to people with AIDS, they have enough problems. We should try to help them and be kind to them.
- 58. What can you do to help someone who has AIDS?
- 59. Visit them and talk to them,
- 60. Or ignore them and forget them?
- 61. Press a button now.

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- 62. Correct! It will help the person who has AIDS if you spend time with them and talk to them.

- 63. Sometimes the people in a community will force any people who have AIDS to leave the community. This is because the people in the community are afraid that they will get AIDS too.

- 64. They think that if they have a neighbour who has AIDS they might get it too. But a person does not get AIDS through the air that we breathe.

- 65. A person with AIDS needs to belong to the community. And the people in the community need to be kind to a neighbour who has AIDS. If you are ready to allow your neighbour who has AIDS to belong to the community, it will help that person and their family a lot.

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66. You will not catch AIDS by caring for people who are ill.

67. Can people get AIDS through the air we breathe?

68. Yes,

69. Or no?

70. Press a button now.

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71. You are right. You will not get AIDS through the air that we breathe. So you do not need to be afraid if your neighbour has AIDS.

72. Will you get AIDS by caring for someone who has AIDS?

73. Yes,

74. or no?

75. Press a button now.

76. That's right. You will not get AIDS from caring for someone with AIDS. So you do not need to be afraid when you help people with AIDS.

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77. A person with AIDS might also be afraid to say that they have AIDS. They are afraid of what other people will say. They need a friend who will include them in the community and not tell them that they are bad people.
78. They need a friend who they can talk to. They need a friend who will help them and their family.
79. Do people with AIDS need friends?
80. Yes, People with AIDS need friends,

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81. or no, people with AIDS have been very bad and don't deserve friends?
82. Press a button now.
83. 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 need help.
84. One of the first signs that someone has AIDS is that they lose weight. So people get thin, they become more tired, and they are less able to work.

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- 85. All this can be because they have pain or difficulty when they try to swallow food. So they eat very little. They may have diarrhoea more often. Also, when someone has AIDS their body does not use food properly.

- 86. A first sign that someone has AIDS is:

- 87. That they are getting thinner,

- 88. Or that they are getting fatter?

- 89. Press a button now.

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90. That's right, people who have AIDS often get thinner. Then they have less energy and are not able to help at home or to earn money.
91. You can still help someone who has AIDS and who is getting thinner. Just like everyone else, a person with AIDS needs to eat food that is healthy and food that is good for them. They also need to drink clean water.
92. If they cannot eat because of pain in the mouth or in the throat, then ask for medicine at a health clinic. The pain may be because of an infection.
93. Sometimes a person with AIDS does not want to eat because the food hurts their mouth or throat. If this is so, then make soft food that the person can swallow easily.

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94. If they have a lot of diarrhoea, be sure that they drink a lot of clean water and drink oral rehydration solutions. An oral rehydration solution is a mixture of clean water with small amounts of salt and sugar. Regularly encourage them to eat a little to try to help them to gain weight.
95. If someone with AIDS does not want to eat because of pain in their mouth or throat, what can you do?
96. Nothing,
97. Or get medicine and prepare food that is easy to swallow?
98. Press a button now.
99. Great! If someone has pain in their mouth or throat, there is medicine to help heal the infection. If you give them soft food that they do not need to chew, this will also help them to eat more food.

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100. If someone often has diarrhoea, what can you do to help them?
101. Help them to drink plenty of clean water,
102. Or there is nothing that can help them?
103. Press a button now.
104. Good. Someone with diarrhoea must drink plenty of clean water and oral rehydration solutions.

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105. If someone is not eating well, how often should you offer food to them?
106. Offer a little bit of food regularly during the day,
107. Or give them food just once a day?
108. Press a button now.
109. That's right. If you regularly offer small amounts of food, this will help someone who is feeling ill to eat more food.

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- 110. If someone has AIDS their body becomes weaker and they get a lot more illnesses than someone who is healthy.

- 111. Although nothing can cure AIDS, medicines can help them get better from many of the illnesses that they get.

- 112. If someone with AIDS gets better from other illnesses, then that person will feel much better. And that person may be able to work again. Their family will be happier too.

- 113. You may be able to help them to get their medicines. Or you can go with them to the health clinic.

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114. Is there any benefit if you give medicines to someone with AIDS when they get other illnesses?

115. Yes, the medicines can help the person with AIDS to feel much better,

116. Or no, it is a waste of money?

117. Press a button now.

118. You are right! Although nothing can cure AIDS, there are medicines that can help people with AIDS when they get other illnesses. If this happens, the person with AIDS can feel a lot better.

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- 119. A person with AIDS gets ill more easily as their body gets weaker. It is important that you wash your hands before you care for them or cook for them.
- 120. If you are ill with a cold, a cough or influenza, it is best that you do not spend time with someone with AIDS until you are better. The person with AIDS can get your cold or cough very easily.
- 121. If you do spend time with them, always cover your mouth when you need to cough or sneeze. And always wash your hands afterwards.
- 122. Is a person who has AIDS...
- 123. More likely to get other illnesses,

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124. Or less likely to get other illnesses?
125. Press a button now.
126. Yes! When a person has AIDS their body gets weaker and they get ill more easily.
127. What should you do before you care for or cook for someone who has AIDS?
128. Do some magic,

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129. Or wash your hands?

130. Press a button now.

131. Correct! Always wash your hands before you care for someone with AIDS.

132. What should you do if you have a cold, cough or influenza?

133. Continue as normal,

134. Or not spend time with the person who has AIDS until you are better?

135. Press a button now.

136. You are right! If you are ill, it is best not to spend time with someone who has AIDS until you are better.

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137. In many communities people are afraid to talk about death. People think that if they talk about death, then they will die more quickly. This is not true.
138. You must not pretend that people with AIDS will get better. People with AIDS will die, and often they die quickly.
139. It is better to be ready and to help them to plan for their family.
140. Is it good to talk about death?

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141. Yes, sometimes,

142. Or no, never?

143. Press a button now.

144. Yes, sometimes it is good to talk about death. It is better to understand that people with AIDS will die.

145. Why is it good to talk about death with people who have AIDS?

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146. So that they can plan for their family,
147. or it is not good to talk about death?
148. Press a button now.
149. True, it is better for someone with AIDS to make plans for their family before they die.
150. People with AIDS who are parents are often very worried about their children.
151. It is good to plan where the children will live. And it is good to plan so that the children will benefit from the family money and possessions. It is good to talk about this with other members of the family or community.

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152. When everyone agrees on the best plan, then it can help to write down what should happen. This is so that everyone will remember what the plan is. It is a good idea to ask how a document becomes legal in your community.
153. How can someone who is dying plan for their children?
154. Discuss the plan with the people who they trust and write the plan down,
155. Or someone who is dying cannot make plans?

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156. Press a button now.
157. That's right. A parent can help their children if they plan well for them. If someone writes down the plan, then people can remember what the plan is after the parent has died.
158. Can a plan like this be useful?
159. Yes,
160. Or no?
161. Press a button now.

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162. Yes, when everyone has agreed on a good plan, someone should write it down. Then everyone has a duty to make sure that the plan happens when the parent has died.
163. There are two more ways to help someone die peacefully. The first way is to give painkillers to that person so that the last weeks of life are more comfortable. Painkillers are medicines that help the person with AIDS to feel less physical pain.
164. The second way is for the person with AIDS to talk about how they are feeling. In order to be able to do this, the person with AIDS needs a lot of love and encouragement from the people who are caring for them. When the person with AIDS only has a short time to live, help them to say goodbye to everyone.
165. Can you help someone to die peacefully?

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166. No, this is not possible,
167. Or yes, this is possible?
168. Press a button now.
169. Yes, if someone has painkillers, they will feel more peaceful in the time before they die. If you can help the person with AIDS to talk about personal things, that will also help them to die peacefully.
170. 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 love and encourage them.

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171. That was the wrong answer. Let's go back and listen again.
172. Sorry! Wrong answer.
173. Hello. The title of this lesson is "Help and Care for Someone with AIDS". To begin, press the arrow that points to the right. After you have finished this lesson, press the arrow that points down so that you can play the quiz. To listen again, press the middle button.
174. You've now finished the lesson. Well done! Now press the arrow that points down to play the quiz and try to win a gold star!
175. Correct!

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176. "Help and Care for Someone with AIDS"
177. 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!
178. Sorry, you haven't got enough points for a gold star. Have another go at the lesson and try to get every question correct.

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179. Congratulations, you got every question correct and you have a gold star. Choose another lesson, to learn more!