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Binndudo
Gary Engelberg

SIDA

Cadeele renndo men !



Ndakaaru
1997

AFRICA
CONSULTANTS
INTERNATIONAL

• BP 5270 •
Dakar - Fann

• • •

Initiatives in Research & Education for Development, Inc.



Source: Wolayekkoiba 'Dumbe Ngundijo, GSE

"Ina nata, natataa, wod'd'in junngo!"

SIDA

Caddele renndo men!

Binndud'o:

Gary Engelberg

Wad'i nate d'ee ko:

Sidy Lamine Dramé

Ndakaaru, 1997



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Konngol saaktuɓe e firɓe deftere ndee e demngal pulaar

E nder iwdi *Cellal Banndu*, ARED e Goomu Winndanjoobe Demde Ngenndiije na njogii weltaare e addande haalpulaar'en janngube demngal mabbe humpitooji jowitiidi e rafi SIDA. Caggal nde min pulani on kabaruuji teegtudi jowitiidi e jibingol, min kuccii e addande on hannde humpitooji goddi jowitiidi e ñawu paaynangu renndo men jooni, duum woni SIDA. Kala janngudo, a tarii ; kala mbo janngaani, a nanii e rajo walla e hunuko neddo goddo walla nii nji'raa yitere maa e taariindi maa walla e telewisiyon. SIDA ko ñawu kuubtidinngu aduna oo fof etee kulbinagol mum di'vtii hakke. Ko duum saabii, e nder paandale ARED, min caakti dii doo ngoy'aaji gondi haaju men burɗo teegtude.

Wonii hikka duubi ko min puɗɗii gollodaade e won e pelle badatde golle paayodinde to bannge hirjino, janɗe, pindingol yimbe dowri walla teeru. E miiɗo ARED/GOOMU, dee golle ina poti yaajtineede haa gooto kala heɓa heen humpito ngo ina dum nafta e nguurndam mum.

Rafi bi'eteedo SIDA aannii biɓɓe Aadee'en hannde, gooto kala na faayi sabu nde hoore mum, sabu nde besngu mum. Doktoreeɓe nani ngaandi e naamne de ngalaa jaabawuuji. Rafi oo nani saroo caragol burtungol hakke. Hol feere ? Hol no gooto kala wadata haa o dafa, o dadnda besngu makko ?

Dee naamne e sadtude dañande jaabawol to batte safaara, ina wa'i no jabbal burngal feewnitaade hannde woni wadde feere haa gooto kala daña heen humpito, yeewtida e hakkille mum, etoo waylude jikku mum, walla kadi renndo ngoo e baylugol baɗe e jikku. To bannge dadgol e rafi SIDA, Alla uddataa, jooka. Hay sinno safaara oo yi'aaka tawo, ina wadi wasiyaaji di nganndu-ɗaa, so tawii en dooftiima di no haanirta nii, eden mbaawi dadde. So duum bennii, SIDA wonaa rafi gondudo e boomacre tan. Ko dum rafi gondudo e caɗeele renndo e faggudu ; kala galle mbo naati, ko yurminii tan accata doon.

ARED/GOOMU, e nder golle mabbe pindingol, kirjingol, janngingol e cargol kabaruuji, ina mbeltii e wallude janngube pulaar fof e faamde ko rafi SIDA soomi koo to bte boneeji e neddo haa e renndo. Kelmeendi kuutoraandi e ndee doo deftere wonaa kelmeendi ndi ngoow-den huutoraade sahaa do tolni-den kala sabu haalpulaar'en na keewi gacce. Haala hakkunde biɗɗo e jidnaado won do haadi; yeewtere hakkunde gorko e debbo ina woodi keerol. Ndeke, so tawii nde kala nde njid-den haade ko feewti e SIDA ko maa nginnen won e terɗe jibinirde walla jotondiral hakkunde debbo e gorko, ina wa'i no gollal ngal weebataa. Kono alaa e sago haalee hade boneta.

Yettude Alla ! Pulaar ko demngal galdungal sabu goowaadi renndo men e pincɓ men no taartaarnirta e soowirta won e kelmeendi jowitiindi e terɗe jibinirde, e jotondiral hakkunde debbo e gorko, wadi haa min cuusi naatande ngal doo gollal.

Njettoor

Ko *Africa Consultants International Inc.* (ACI) adii fulde ñii ñoo kabaruuji e defte jeegom (6). Dee defte mbinndaa ko e ñemngal farayse. Ko fedde wi'eteende *Réseau d'Information des Terres Arides* (RITA) walli ñe e muulgol e cargol ñee defte. Caggal ñuum, ARED firi ñe, renndini ñe e ñeftere wootere, yubbini jabbal ngal mbele gooto e men kala na waawa naftoraade ñum.

Amin njetta Gary Engelberg gardiido to ACI e miijo moyyo ngo o jogii e wallitde kala aadee (farayse, pulaar, wolof e leyyi goddi) e faamde oo rafi jando e winndere hannde te mbo alanaaka tawo safaara.

Njettoor mawdo fa'de e yimbe ARED fof, sabu mañbe jogaade karallaagal waawde ñamtude ñii miijoji jubbinaadi e ñemngal farayse, ciggi ñi, mbañti ñi e pulaar laaño, beebño faamde. Yubbini ñeftere ndee e ndii ñoo mba'di lobbiri, rewindii loowdi ndii, saatii ndi ko yimbe ARED hono Awa Kah, Aliw Ibraahiima Kebe, Umar Abbaas Soh, Mammadu Aamadu Lih, Aamadu Kah, Aamadu Jool e Awa Jallo. Ko Awa Kah wadi winndannde holliroonde hol no wuro Seenó Bowde darorani renndo mum. Golle ñee fof mbañaa ko e dow huufó e wasiyaaji mawdo ARED, Sonja Fagerberg-Diallo.

Wadi ñee nate joodde gonde e ñeftere hee, ballitooje faamaamuya, bañde haa ñeftere ndee wuuri, weli ndaarde ko Sidy Lamine Dramé, gollotoodo to CETAD/SODEVA-Pout. Amin njetta mbo kaadi njettoor.

Njettoor keeriido feewde e fedde ameriknaare wi'eteende *Lutheran World Relief* (LWR), sabu ndee ñeftere muulaa ko e ballal mañbe.

ARED
Ndakaaru, e hitaande 1997

Konngol binndufo oo deftere ndee

E hitaande 1993, pelle dīdī ngollodiima e ebbore ngam wallude e dartingol caragol SIDA e nder Afrik. Heen fedde ko Réseau d'Information des Terres Arides (RITA) wi'etee, tee ko kayre muulata jaaynde inniraande *Baobab*. Ndeen jaaynde ina neldee liggantooɓe ngam ɓamtaare to nokkuuji yooro e nder ko ɓuri leyɗeele noogaas kaalooje Engele e Farayse e nder Afrik. Jaaynde ndee haalata ko ko fa'ti e ndema, ngaynaaka e caɗeele taariindi ɗe yimbe nokkuuji nguuri. Ende rokka yimbe ɓee kabaruuji ɗi mbeebanaani ɗumen e kala sahaa. Ko nde jaaynde newnoore gostondiral miiɗooji e kabaruuji hakkunde yimbe ɓee.

Nde yahi haa SIDA laatii sadteende tigi rigi wonande Afrik e yimbe tarooɓe jaaynde ndee, RITA felliti gollondirde e fedde wodnde wi'eteende Africa Consultants International (ACI) heɓnoonde gollaade ko fa'ti e palagol SIDA. Pelle dīdī ɗee ebbidii ɗaɓɓude e neldude kumpital jowitiingal e rafi SIDA fa'de e liggantooɓe ngam ɓamtaare e nder leyɗeele keewɗe keɓooje jaaynde *Baobab*, tawa ko baawɗe haɓaade musibbaaji SIDA e nder renndooji mu'en. ACI e RITA ina cikki wonde so ɓeen yimbe keɓii kabaruuji jowitiidii e SIDA e batte mum, maa ɓe nji'tu laabi ɗi ɓe ndeeniri renndooji maɓɓe e ɗi ɓe ndeeyniri hakkillaaɗi ɓeen yimbe wondube e SIDA.

Kono ɗum wonaani huunde weefnde. Defte ɗee kaalatnoo ko gede ɗe yimbe ngoowaano yeewtidde, ko wa'i no jotondire debbo e gorko, rafiiɗi e maayde. Deen gede fof noon ko potɗe yeewtinde tawa hay gooto toofaaka heen. Ngam yubbinde ɗeen jeewte, foti huutoreede ko kelmeendi newiindi, nanniindi. Defte ɗee poti wonde kadi ko paayodinde, jirwude mbele maa yimbe ɓee coftu e tarde ɗe.

Deftere *SIDA, caɗeele renndo men!* muulaa (e ɗemɗe Farayse e Engele) ko hakkunde 1993 e 1994. Waɗi binndande ɗee ko Gary Engelberg mo ACI, waɗi ɗe e defte ko Ced Hesse mo RITA. Waɗi nate ɗee ko natiyanke Senegaalnaajo, Sidy Lamine Dramé. Elisabeth Reid mo UNDP to New York addii ballal mum maantiniingal e golle hee. RITA waɗi lelngo golle ɗee e muulngo ngoo.

Defte jeegom ɗee mbinndaa ko e Engele e Farayse e nder hitaande e feccere, deftere heen fof e sahaa gooto. E ko sakkittii ɗoo koo, yimbe e nder leyɗeele sappo e dīdī keɓii ɗowirde wonande goomuuji ceertudi ɗi ɓe mbaawi gollodaade ko feewti e SIDA. Ndeen ɗowirde ne kadi ko gollal ACI e RITA wondude e ballal OXFAM-UK e nder leyɗeele keewɗe.

RITA fuddiima heɓɗe ɗaɓɓaade keewɗe ko fa'ti e defte SIDA ɗee ummoraade e yimbe leyɗeele keewɗe. Sikke alaa, ɓeen yimbe ina ngoyaa ɗum. ɓe mbi'i defte ɗee ina mbeebi huutoraade sabu no ɗe mbinndiraa nii ina newii, tee ina faamnii. ɓe mbi'i wonde defte ɗee ndokkii ɓe kumpital garwaniwal ko fa'ti e rafi SIDA, tee ndokkii ɓe kadi peeje no ɓe kaɓortoo SIDA e nder renndooji maɓɓe. Eɓe katojini e nate ɗee e tinndi ɗii. Yimbe leyɗeele godɗe ñaagiima yamiroore mbele maa ɓe pir defte ɗee e ɗemɗe ngenndiije godɗe.

Pelle ba'de no Plan International e Lutheran World Relief, kala mballitii e muultugol e cargol defte dee. Ebbore Kanajegnaare habotoonde SIDA to Senegaal wi'eteende Canadian Support Project to the Fight Against AIDS, ko kañum rokkiri kaalis ngam firde e muulde defte tati gadane dee e Wolof. Ko booyaani, LWR rokkirii kaalis ngam firde e sarde defte nayabere, joyabere e jeegobere. ACI huutoriima defte binndaade e Farayse e Wolof e nder kala heblo SIDA ngo wadanatnoo pelle de ngonaa laamuyankooje e yimbe ardinaabe, hay nii boom subaabe Suudu Sardiiji.

Ko booyaani, fedde wodnde yantii e gollondiral ngal. Kayre woni ARED. Fedde ARED gollii gede paayodinde ko fa'ti e muulgol defte e heblooji Pulaar, wonii hannde duubi. Nde tawaa wondube e mboros SIDA ina keewi e renndo Haalpulaar'en, AREDnaabe pelliti ko yaawi winndude ko fa'ti e rafi SIDA. Ko LWR rokkiri kaalis muuliraado ndee doo deftere pulaar jubbaande e nder defte jeegom *Sida, cadeele renndo men!*, yubbitinaande haa waawi yahdude e neesu Haalpulaar'en. Sonja Fagerberg-Diallo, Awa KAH, Aliyu Ibraahiima KEBE e Mammadu Aamadu LIH kala tampii no feewi e firo e jubbitingol deftere ndee. Ndeen noon, ARED yubbinii ndee deftere e ndii doo mba'di, tawa ina walla yimbe bee e yubbinde golle ngam habaade caragol mboros SIDA e nder renndooji mu'en.

Emin fiaagoo onon kala nde taraton, njeewtidon e ndee deftere wondude e teeyre. SIDA ko rafi baawdo battinde e cellal e nguurndam renndooji men di booy-den tampande. Nguurndam men, dam sukaabe men e janngo renndooji men fof fawii ko e himme men e waylude ngonka men ngam dadndude yimbe bee e raabeede e rafi SIDA.

Onon ne kadi, ofon mbaawi wallude e dartinde caragol mboros SIDA!

Gary Engelberg
Ndakaaru, 1997

NAATIRDE

Hol ko saabii dee golle ?

Wonii hikka ko furi duubi sappo, laamu Senegaal na darii e habtaade rafi bi'eteedo SIDA. E sahaa mbo ngon-den hannde oo, heewaani kumpaado joljol oo rafi e aduna hee. Laamu Senegaal, e kitaale bennude dee, sosii fedde daraniinde kabtagol SIDA. Nde yahi haa booyi, won e pelle de ngonaa laamuyankooje pudfii addude heen ballal mabbe sabu teskaade de laamu nguu tan waawaa gasnude golle dee. E dow duum, won e pelle hono ACI (e dow ballal fedde wi'eteende AIDSCAP) yubbinii won e pottitte, heblooji toddiidi gollotoobe e won e sarwisaaji tawa ina njokkondiri e yimbe dowri e teeru fof. Caggal heblooji dui, been gollotoobe na poti yahde e yimbe bee, na pammina be, na mballa be e lelnude njubbudi golle.

Rafi SIDA ina woodi tigi !

Won e men na mbi'a SIDA woodaani ! Wonde ko ko fentaa (ko yimbe kewni) mbele yimbe bee na ngusta fijirde burtunde ! Kala bi'atdo noon, a juumii ! Yah to lopitaaluuji too haa nji'aa leliibe toon bee na ndaara do maayi ! Janngu jaayndeeji walla njeebaa telewisiyon! Wi'atbe bee SIDA woodaani na kulbinii wondude e renndo hannde ngoo sabu kala ko neddo goongafinaani, o reentotaako dum.

Miiito-den no moyyi e dee limande de Ebboore halfinaande SIDA to Dental Ngenndiije ONU wi'etee e farayse) qiimii wonde raabaabe bee ina tolnoo e miliyonaaji noogas e jeedidi pawdi ujunnaaje teemedde jeenayi (27,9 miliyon) e hitaande 1996. Kadi, e nder ñalawma kala, ina woodi e nder aduna hee ujunnaaji jeetati e teemedde joyi (8.500) raabaabe hesbe. E nder Afrik, ko furi miliyonaaji sappo e jeenayi (19.000.000) neddo ina ngondi heen. E ko hakindii, neddo gooto Afriknaajo e nder capande nayo (40) kala (debbo walla gorko) ina wondi e mboros SIDA. Doo e hitaande 2000, miliyonaaji sappo (10.000.000) sukaaabe maa ngon waaybe e nder Afrik sabaabu rafi SIDA.

Dii doo qiimaaji Fedde halfinaande Cellal Balli e nder Aduna (OMS e farayse) njonii e wallitde en haa ngudditen gite men, peerten, ngannden SIDA na soomii e nder men !

Nju66udi loowdi deftere ndee

ACI adii fulde kabaruuji loowiidi dii e ndee doo deftere e demngal farayse. O wadnoo dum nii ko no annama jaaynde nii, fecci dum e defte jeegom. Caggal nde min njuurnitii loowdi ndii, min tawi fof na waawi wondude e deftere wootere, etee pecce dee ina mbaawi artude e tati.

Tayre 1 : Janngoowo oo ina hollitee heen kala ko feewti e kabaruuji ballitooji e goongdinde goodgol SIDA. Dii humpitooji ina kollita kulbinagol gonngol e rafi hee. Kadi, batte rafi oo diwtii lelnude neddo dumunna, wara dum. Cadeele burde teegtude dee ina tinee to bannge faggudu e renndo.

Tayre 2 : Caggal nde janngoowo oo yi'i boneeji gondi e rafi hee, ndee tayre na wallita mbo e anndude hol no o wadata haa rafi oo waasa yottaade mbo. Won sifaaji baylugol jikku teegtudi ballitooji haa gooto kala nehtoo hoore mum.

Tayre 3 : E sakket, caggal nde neddo faami hol ko woni SIDA, o anndi kadi hol batte mum e hol no wadata haa o dada heen, ndee tayre ina hirjina mbo e wallude nokku mbo o hodi oo. So tawii a dadii te besngu maa walla banndiraado maa walla koddido maa na wondi heen, ina wa'i no ko e tampere ngonataa. So renndo deeyaani, neddo e galle mum ndeeyataa. So tawii a faamii, te banndiraado maa faamaani, pot-daa ko wallude mbo haa o heba nanallaaji di keb-daa dii. SIDA diwtii hare nde neddo gooto defotoo sabu dum heyaani e hoore gooto. Ndeke, ko maa renndo ngoo fof wada heen junngo mbele yimbe bee na mbaawa foolde.

Faandaare deftere ndee

Ko adii fof, kala jidde humpitaade ko feewti e SIDA ina foti waawde huutoraade nde haa o hocca heen ko o sokli koo. Rewti heen, ende foti waawde huutoreede e dudal, e heblo, e jeewte walla pottitte, ekn. Ende foti waawde wonde kadi njoobaari kala kirjinoowo e batte SIDA. E miijo amen, so tawii nde janngaama te dee tobbe limteteede peeñaani e njeñtudi ndii, ina wa'i no paandale dee njottaaka. Deen tobbe ngoni :

- go'o : jabde e yananeede wonde rafi SIDA ina woodi
- didi : fellitde waylude no wonimoo nii, tuugnaade e wasiyaaaji tottiraadi dii e nder mayre
- tati : etaade tabilinde huunde e nder renndo ngoo.

Haawnaaki tawa odon njogii peeje godde ballitooje e addude yimbe bee haa mbada kirjingol haaju mabbe. Odon mbaawi winndude amen, kumpiton min hol jabbal ndew-don haa keb-don njeñtudi.

Kelme kese keeraniide rafi SIDA e nder ndee deftere

Rafi SIDA feeñdi ko e kelmeendi kesiri. Ko duum saabii min tafi won e kelmeendi ndi nganndu-daa ina haani janngooɓe defte dee pamminee ndi mbele kebindagol loowdi ndii ina bura newaade. E dee kelle, min kollat on helmere hesere ndee e pulaar, min pirana on ko waawi wonde facciro mayre walla firo mayre e demngal pulaar. E sakket, min mbinndana on nde e demngal farayse, sabu ko e ngal demngal dee kelme ngiwi.

kelme dee e firo majje e pulaar

kelme e farayse dee

Mboros ko kullel tokosel ngel waawaa yi'eede e yitere mehre, kono engel waawi tottude neddo oo rafi so ngel naatii e banndu mum.

virus

Gede kabtorde ko ngedon ndeenowon en e ñabbuuji. Ko deen gede ngoni soldeteeɓe banndu. Mboros SIDA ko mborosel tokosel janowel e dee gede kabtorde. So dee gede njanaama, doon e duubi, de nattat waawde haɓtaade hay ñawu ngodngu ngootu. E oon sahaa noon, maale rafi oo puɗɗoo yi'eede.

cellules protectrices

Mboros SIDA ko mborosel tokosel janowel e gede kabtorde banndu neddo dee. So dee gede njanaama, de nattat waawde haɓtaade (reende) hay ñawu ngodngu ngootu. Ko mboros SIDA naatata e banndu neddo haa mbi'en ko o daaɓaado. So booyii, maa o rafe (wonta dafaado).

VIH (*Virus de l'Immuno Déficience*)

Neddo ina wondi e **rafi SIDA** so tawii mboros SIDA oo naatii e banndu mum. Kono maale rafi oo nji'otaako e oon sahaa tawo. Doon e duubi, mboros SIDA oo yanat e kala gede kabtorde banndu nduu, bonna de.

SIDA (*Syndrome Immuno Déficitaire Acquis*)

Neddo **daaɓaado** ko gondudo e mboros SIDA oo kono rafi oo libaani mo tawo, maale rafi dee peññaani tawo. So wadii ombo waawi raafde kala goddo mbo o jotondiri etee, rafi oo na waawi libde mbo tuggude duubi diidi fa'de duubi sappo.

séropositif, porteur sain

So maale rafi SIDA puɗɗiima yi'eede, ko ndeen neddo oo wontata **dafaado**. Kono tawata ko o wondiinoo e mboros SIDA gila duubi. Maale rafi SIDA ko maale ñabbuuji goddi. So neddo ko dafaado, o nattii waawde haɓtaade ñabbuuji goddi, sabu mboros SIDA oo bonnii gede kabtorde banndu nduu.

quelqu'un qui montre les symptômes du SIDA

Woni **laabi daaɓgol** ko laabi di neddo waawi raabreede.

voies de transmission

E ndee deftere, min mbi'ata **leldagol** ko jotondiral yi nbe to bannge mbalndi. Ina waawi wonde hakkunde debbo e gorko walla gorko e gorko, ekn. Paamen wonde sifaaji leldagol haa neddo oo daña heen mbelemma ina keewi sanne.

rapports sexuels

Leldiido woni kala neddo mbo njotondirtaa to bannge leldagol, so ko e dewgal walla alaa.

partenaire (sexuel)

Ñabuuji keɓortoofi e leldagol ko denndaangal ñabuuji gummoriidi e gorko fa'de e debbo walla gummoriidi e debbo fa'de e gorko saanga nde be leldii.

MST (*maladies sexuellement transmissibles*)

E leldagol, mboros SIDA rewata ko e **ndiyam gorko** walla **ndiyam debbo**. No leldagol woodiri fof, so ndiyam gorko daabaado walla ndiyam debbo daabaado hebii naatde e yiyam neddo mo raabaaka tawo, yo o yanane o raabete.

le liquide produit par l'homme ou la femme lors des rapports sexuels

So min mbi'ii **terde jibinirde**, ko terde fof to bannge debbo walla gorko, nder walla boowal, badooje haa neddo oo waawa jibinde.

organes sexuels reproducteurs

So a janngii **kaadgol e mbalndi mum**, duum woni neddo kala yo o yondino e leldiido walla leldiibe mum, so ko e dewgal walla alaa.

fidélité

Deentorgel ko dum batayel kawsu (dalli) coomirteengel njogoram saanga nde gorko ari e leldaade e debbo. Deentorde dee ina moyyi sanne ngam falaade rafi SIDA oo. Deentorde dee mbaata haa terde jibinirde dee mbaasa memotirde e diyye debbo walla gorko coomde mboros oo.

préservatif, capote

Yeewndo wafeteengo opitaal ngoo ko kañum hollita goodgol mboros SIDA e nder yiyam neddo. Ko kanno waawi hollude neddo so ko o daabaado walla alaa. Hakkunde nde neddo raabaa e nde yeewndo ngoo waawi yi'tude mboros SIDA oo ko lebbi jeegom e hakindo.

test (pour trouver les traces du VIH dans le sang)

Tayre 1:

Hol ko woni SIDA?

Faandaare Ndee tayre ko wallude on e anndude kumpite burde teentude e rafi SIDA. Winndaa gaa ko anndinoore SIDA, dum e faamde ko tagi SIDA ina foti faaynude.

Laawol kuutoragol Wonata gaa ko taro tan. Buri ko mbaɗon taro mon, toɓɓere toɓɓere, e nder goomu. So gasii, mberlotiron naamne haa yeewon so gooto kala faami walla faamaani.

Loowdi ndee tayre

☐ Hol no Wuro Seenno Bowde tiniri goodgol rafi SIDA?

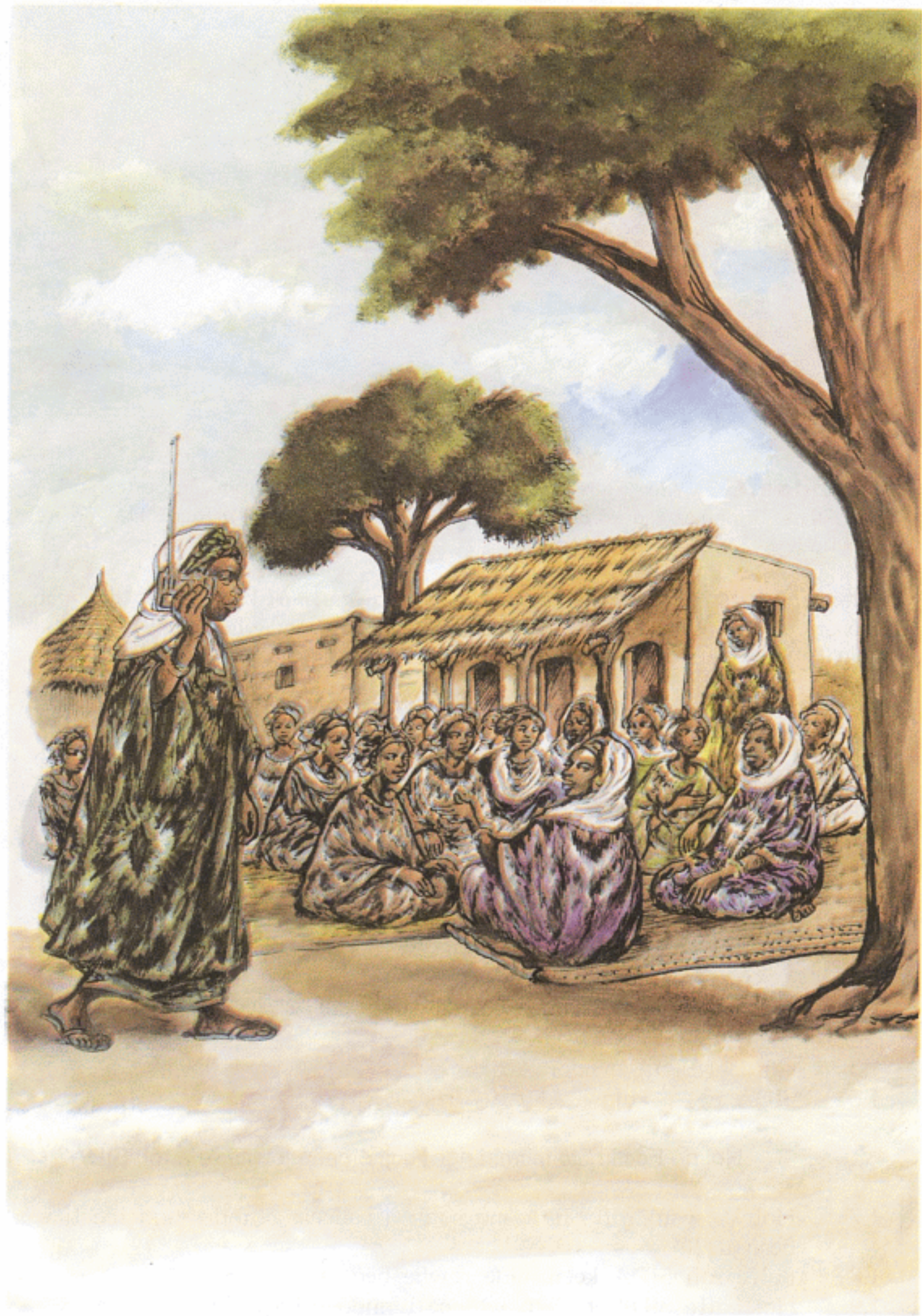
- 1.1 Rafi SIDA ina foti faaynude
- 1.2 Mba'di e batte rafi SIDA e maale mum
- 1.3 Laabi daaɓgol
- 1.4 Hol mo mboros SIDA oo raabata ?

☐ Hol ko waɗi bernde Faatimata deeyaani ?

- 1.5 Caragol SIDA e nder Afrik
- 1.6 SIDA ina e kala nokku e Afrik

☐ Hol no Faatimata faamiri ngoyaaji e batte jowitiid'e e rafi SIDA?

- 1.7 Hol ko waɗi rafi SIDA ina saaboo caɗeele renndo, haa teengi e besngu ?
- 1.8 Batte rafi SIDA keeraniid'e rewɓe bee
- 1.9 Hol batte SIDA jogii to bannge renndo e faggudu ?



1. Hol no rewbe Wuro Seeno Bowde tiniri goodgol rafi SIDA

Faatimata ko debbo pindo nde wonndoo o booyii jeyeede walla ardaade pelle rewbe. Kadi, ko neddo maandiido, newiido, keewdo sutura. O janngani kono ombo fini no feewi. Joom galle makko noon ko daniyanke; o yahat leydeele Afrik gonde bannge fudnaange, o wona toon fotde duubi, o arta. So o artii, furi heewde ko lebbi tan o wonata to wuro mabbe too, o ruttoo. Faatimata, jeewo Sammba, na tolnoo e duubi capande nayi; lemmel ngel, Buudi, na yahra e duubi capande tati.

Nde tawnoo Faatimata ko jidde humpitaade ko kewi nder, kam e caggal leydi makko, rajo ummotaako e sera makko. Do nji'-daa mbo kala ombo jogii rajo oo. Ko duum saabii kala ko ina kewa e nder aduna hee, ko kanke adotoo tinde dum.

Hannde ko nalaande batu fedde rewbe. Heewbe e rewbe wuro hee puddiima fottitde les caali, na njoodii, na njeewta. Nii tan Faatimata, hooreejo fedde ndee yettii na addi kabaaru.

Faatimata wi'i : "On nallii e jam? On keddiima rajo hannde ? Miin dey mi nanii heen ko hulbinii no feewi. Won nawu mbonngu peefingu to leydeele godde. Nawu nguu wi'etee ko SIDA. Wadi ngu bonde ko ngu sellataa etee ngu warat tan, alaa ko waawaa heen."

Oo doo nanalla na haawi fof'en sabu rafi mbo alanaaka safaara heewaani tawo e aduna hee. Kala no rafi waawiri wa'de, so tawii tan ina woodi safaara, alaa ko hulbinii heen, sabu so Alla newnii tan sellat. Kono dey alaa ko furi yurminaade neddo nawa, tawa ombo yananaa ko o maayatdo.

Aysata wi'i : "Miin dey ellee mi nanii yimbe na nuumboo hono nguu doo nawu to njahnoo-mi yannge nannde. Heewbe na mbi'a ko duum wari Alfaa Teppel e rewbe mum dido. Ko gooto tan dadi heen tawo. Nayabel ngel na nawi haa na yeewa do maayi. Mi nanii koreeji dii ko ko mba'dani ngel suudu bannge, alaa ko o renndi e yimbe galle bee - wonaa naamdu, wonaa comci. No be mba'di mbo nii ina boni no feewi kono feere alaa sabu so daabondiral ngal jokkirii nii, galle oo gasat. Heen tigguyel gootel maayii e balde bennude dee."

Jeynaba hebbitii, wi'i : "Oon galle, mi nanii yimbe na mbi'a ko sukuñaabe njani e mabbe, wodbe na mbi'a ko demde. Won kadi wi'be ko liggeey. Jooni, hay so yimbe njahii toon janayse, be njarataa toon ndiyam saka naamde toon. Kala heen dafaado mbo nji'-daa, njidataa ko dogde sabu no o hulbinori."

Faatimata hebbitii wi'i : "Kono e miijo am, duum waawaa wonde liggeey walla sukuñaabe sabu duum waawaa huustidinde leydeele aduna dee fof. Nganndu-mi rajo oo hollitii wonde leydi mbi'eteendi Uganndaa furi hannde tampude. Sagataabe worbe e rewbe fof nana lelii. Kono noon kadi dey, wonande galle Alfaa Teppel, neddo fotaani naawde ko anndaa; majjudo naamnoto!"

1.1 Rafi SIDA ina foti faaynude !

E nder aduna hee, rafi SIDA ina sarii hannde no feewi. Caragol mum ina yaawi sanne, etee rewirta ko e dii laabi tati: (1) leldagol, (2) yiiyam ndaabadam, (3) e ko adii walla saanga jibingol. Kono doo e Afrik, e ko buri heewde, ko e laawol leldagol rafi oo furata saroraade. Oo doo rafi ina wara e oo sahaa yimbe heewbe, teengi noon sagataabe rewbe e worbe. Daafgol mboros SIDA ina hulbinii tigi sabu dee doo gede:

1.1.1. Eden nganndi denndaangal ñabbuuji kefortoodi e leldagol. E diin ñabbuuji, ina woodi heen ngootu njeyaangu e burdi bonde, inniraangu SIDA. E ko buri yaajde, ñabbuuji kefortoodi e leldagol ina mboni. Edi mbaawi jogaade battane bonde, kono keewdi heen ina cafroo. Rafi SIDA noon safrotaako : ina wara.

SIDA safrotaako,
ina wara.

SIDA nanngata ko
kaaddi nguurndam.

1.1.2. Kala fof nde mboros SIDA nanngi neddo, oon neddo wondat heen kaaddi nguurndam mum. Alaa fof tawo lekki nji'tanaaki oo doo mboros. Alaa fof kadi fesoode (geesoode) waawnde falaade oo doo rafi. Alaa fof kadi safaara baawdo ñawndude dum. Buri heen yurminaade fof noon ko, heewbe e been yimbe be mboros SIDA oo nanngi, maa be keboy rafi SIDA e nder duubi sappo. Hannde won e safaruuji nji'taama kono anndaaka so tawii moyyugol majji na duumoo. Kadi, Alla e tiidgol coggu deen lefde, wadi haa Afriknaabe mbaawataa de soodde.

1.1.3. Wonande ñabbuuji keewdi, neddo ina waawi tinde sellaani. Kono mboros SIDA noon, neddo tinataa ina wondi heen. Heewbe e yimbe wondube heen ina njahda heen fotde duubi keewdi, be nganndaa ko be raabaabe. So tawii yeewndo ngoo hollitii goodgol mboros SIDA e nder yiiyam mabbe, be innirtee ko raabaabe. (Daabaado woni gondudo e mboros SIDA kono tawa rafi oo suwaa libde mo.)

On nganndataa nde
mboros SIDA oo naatii e
mon. Neddo gondudo
heen ina waawi raabde
banndum, tawa o tinaani.

Tuugnaade e
ndaarki, en
mbaawaa heen
anndude daabaado.

1.1.4. Been wi'oobe *Mido reentii no feewi e cubagol be leldtoo-mi, mi wondataa e SIDA* be potaani yejjitde wonde no hay gooto waawaa anndude e **ndaarki daabaado** mboros SIDA walla mo raabaaka. Mboros SIDA oo ina waawi naatde e galo **walla** miskiino, mawdo walla suka, **debbo** walla **gorke**, paydo walla pooydo. Hay gooto waawaa hebtinde daabaado oo. Ko maa rafi oo liba joomum tan nde **annda**. Dum **doon noon** ina waawi feeñoyde duufi **keewdi** caggal daabegol mboros SIDA oo.

1.2. Mba'di e batte rafi SIDA e maale mum

E nder balli men ina wadi **gede kabtorde** e ñabbuuji. Ko deen **gede ngon**i soldeteebe banndu. Mboros SIDA ko mborosel tokosel janowel e deen **gede kabtorde**. So deen **gede njanaama**, de nattat waawde habtaade hay ñawu ngodngu ngootu.

Neddo ko daabaado so tawii mboros SIDA oo naatii e banndu mum. Doon e duufi, mboros SIDA oo yanat e kala **gede kabtorde** banndu nduu, bonna de. E oon sahaa noon, maale rafi oo puddoo yi'eede. Deen maale ina mbaawi wonde:

- paawle jontinooje
- maale hunuko futtooko
- ndogu reedu
- kerkeyye
- banndu neddo oo ustoo
- banndu futtooru
- e ko nanndi heen

Ñabbuuji bondi ba'di no ñawu jofe, dooyru walla goddi ina mbaawi feeñorde heen. Nde kala deen doo maale puddii feeñde, eden mbaawi wi'de neddo oo ko dafaado SIDA oo. Haykadi, o nattii wonde **daabaado** tan kono o wontii **dafaado** tigi. Doktoreebe fee ina mbaawi safrude diin ñabbuuji janooji e banndu ndu mboros SIDA naati, kono be mbaawaa hadde mboros oo bonnude **gede kabtorde** banndu nduu. So tawii banndu nduu ronkii habtaade fes, neddo oo maayat so ñawu ngodngu naati e banndu mum.

Ndeento-d'en ! En potaani joodtoraade tan nde kala deen doo maale ngoodi neddo oo, wondi ko e rafi SIDA. Maale ñabbuuji goddi keewdi ina nanndi e maale SIDA. So neddo wondii heen, omo foti jokkondirde e cafroowo'en.

1.3. Laabi daabgol

1.3.1. Laabi tati dii ngonni daabirdi

LELDAGOL : Mboros SIDA ina waawi raabireede caggal leldagol, so tawii gooto e leldiibe bee ina wondi e mboros SIDA. To Afrik, yimbe raabaabe njeetato (8) e nder sappo (10), ndaabetee ko e leldagol. Mboros SIDA oo wonata ko e nder ndiyam gorko daabaado walla ndiyam debbo daabaado; mboros SIDA oo naata e banndu leldiido oo saanga leldagol ngol. So mboros SIDA oo yettiima yiiyam leldiido oo, o raabee.

YIIYAM : Daabondiral ngal ina waawi rewrude yiiyam ndaabadam e sifaaji garooji dii. Yeru, so meselal memii yiiyam neddo daabaado oo, engal waawi raabirde neddo goddo pinngiraado ngal. Daabgol ngol ina waawi ummoraade e laborde denndaade e daabaado oo. Looweede yiiyam ndaabadam ina waawi kadi raabde neddo.

KO ADII WALLA SAANGA JIBINGOL : Yummiraado gondudo e mboros SIDA ina waawi raabde biyum ko adii walla saanga jibingol. Wi'aaka noon wonde kala bidde mo yummiraado daabaado jibini ina raabaa, kono ina hasii o raabee. E saanga muyningol, yumma na waawi raabde biyum haa teenti e sahaa nde o fuddi raabeede walla nde o fuddii feññinde maale rafi oo. Sahaa nde neddo oo fuddi raabeede ina sadti annude.

1.3.2. Laabi di ngonaa daabirdi

On mbaawaa raabeede mboros SIDA oo tawa:

- odon toppitoo neddo dafaado.
- odon nguurdi e galle gooto e neddo daabaado.
- odon njahda lekkon (dudal) e neddo daabaado.
- odon ñaamda, odon njarda walla odon ngostondira comci e neddo daabaado.
- odon calmondira e neddo daabaado.
- odon pidaa bowdi walla koowooje, ekn.

Hay gooto hebataa SIDA e toppitagol neddo dafaado.

1.4. Hol mo mboros SIDA oo raabata?

Dii doo yeruuji garooji kollirta ko rafi SIDA ko saqqa neddo kala. Ina waawi yande e debbo walla gorko, galo walla miskino, dowyiyanke walla teeruyanke. SIDA yanaani tan e fijoobe. Ko duum saqqa men, enen kala.

1.4.1. Yeru bataake gummiido leydi Mali (lewru Awiril 1993, wonii hannde duubi nayi !)

....Yimbe wondube e SIDA beydiima heewde e duumaade e nder leegal amen. E oo doo sahaa, yimbe bee mba'i ko no be kaajaaka nguu doo fiawu nii e boomaare renndo nde ngu waawi jibinde so tawii peeje keñoraade lelnaaka.

E nder wuro wooto ngoo, gorko gooto jahroowo e duubi 25, baaba mum nawiino dum Koddawaar e nder kitaale 80'en, o hebi toon mboros SIDA. Nde yahi haa juuti, o lelii o sellaani, o hootii wuro mabbe. O wonii toon ko ina abboo e duubi tati hade makko sanjkaade e hitaande 1991. Sehilaabe makko e koreeji makko ndarinooma no feewi e rafi makko hee, kono kaalanaani mo hol ko o wondunoo. Jeewte de o waddanoo ko adii nde o maayata kollirii wonde omo humpanoo ko e SIDA o wondi. O resiino haa o dañi binngel. Joom suudu makko restaa e nder wuro wodngo.

Mi hebii kabaaru ummoraade e do laabi wonde gorko gooto ina wondi e SIDA. Omo anndi tigi omo wondi heen, tee omo yiiloo raabde heddiibe. Doon e doon tawi yimbe wuro bee paamii yidde makko raabde wodbe bee ngam o waasaa maayde kanjo tan gooto. O wonti neddo deenteteedo.

E nder wuro tatabo, ko gorko gooto sanjkii e naatirde hitaande ndee sabaabu nde SIDA. To woddi e bannge rewo hee, gorko e joom suudu mum umminoobe Koddawaar cankiima. Debbo oo hebrunoo fiawu nguu ko gorko mum. Koreeji mabbe ngartiri be wuro ngam be maaya toon. Neddo goddo mo rafi oo hebnoo to Gabon sanjkiiima. Joom suudu makko e sukaabe makko nguurdi jooni ko e jidnaabe makko. E nder wuro wodngo, gorko gartunoodo dannagal sanjkiiima sabu SIDA. Rewbe makko dido bee nganndaano sabaabu sanjkaare ndee, resti dumen jooni ko koreeji gorko oo.

1.4.2. Yeru jiggaado e jaaynde

Oo doo yeru jigga ko e jaaynde leydi Senegaal wi'eteende Walfajiri yaltunde fiande 30 Settammburu 1996.

Wonande Jeegan Saar (kalfinaado catal bidtowal rafiiji to Opitaal Wuro Soogi) rafi SIDA oo ina jaalii hannde e nder Wuro Soogi, sabu so qiimaama e hakindo, ebe mbinnditoo hakke yimbe tato (3) araabe SIDA e nder lewru kala.

Ko duum wadi, e nder hitaande 1996 ndee, ñande 25 settammburu, limaama e nder Wuro Soogi fotde yimbe 48 wondube e rafi SIDA tawi heen 42 ko yahbe haa rafi oo libi dumen; njeegomo heddiibe ko tawaabe ina coomi mboros SIDA tuma nde be njidhoo rokkirde yiyam mum'en.

Haa jooni wonande kanke Jeegaan Saar, hono no gede dee njahrata e oo sahaa jooni nii, ndee doo limannde maa buroy nde hitaande yawtunde ndee tolninoonde e 59 dafaado, tawi e nder been heen 10 ko rokkirtunoo be yiyam.

Dii doo qiimaaji, e sikke makko, ina njona kañum'en tan ngam hollitde no rafi SIDA oo hulbinoorii hannde oo to Wuro Soogi, doon do nganndu-daa musiiba ina reba sabu worbe nokku oo ko danniyankoo be no feewi. Caggal danle mabbe juutde e nder Afrik Santaraal, Orop walla Amerik, be ngarta e nokku oo tawa heen sahaaji ebe ngaddori rafi oo.

Kanke Jeegaan, o hollitii wonde edum hulbinii, etee e yi'annde makko, ko worbe bee ngoni burbe waawde sarde oo rafi toon e Wuro Soogi. Ngam dallinde ko o haali koo, o limtii qiimaaji badaadi e hitaande hikka ndee. Diin qiimaaji kolliti ko e nder 48 ñawbe winnditaabe bee, heen tatabe didi (2/3) ko worbe, ko heddi koo ko rewbe e sukaabe.

Nguu doo "dowteemedaagu" (pursantaas) ina goongdini tigi e nder yeruujii di o yi'ata ñande kala dii to Wuro Soogi sabu catal bidtowal rafiiiji e nder opitaal oo ina sadaa hannde dañde yiyam ngam safirde ñawbe wodbe soklube dum, tawa dam raabaaka rafi SIDA oo.

Sabu ñakkere yiyam mooftadam e opitaal oo, wonnoo miiijo makko (kanke kalfinaado catal ngal) ko yettude yiyam e yimbe doftoo be ñawbe bee. Ko ndeen o hebi haqiiqa wonde ko heewi e been yimbe ina ngondi e rafi oo. Ko duum saabii yimbe heewbe sikkatnoobe walla sikketenoo be ko sellube, yidnoobe kadi wallude barndiraabe mumen be cellaani; tawaa ko ñawbe caggal nde yiyam mumen yettaa, widtoyaa to Opitaal Ndar.

Ngam dallinde haa jooni, kanke Saar o haalii kadi ko fa'ti e debbo tampunoodo e jibinirgol mum haa be ndaani miiijo ittude yiyam e gorko makko, be loowa e makko. Kono noon, nde be njuurnitii yiyam dam, be tawi ko gorko oo ina soomi rafi SIDA tawi hay dara anndaa heen.

Debbo oo noon habraaka oo kabaaru jurminoodo, kono ebe nganniyii e ko leelaani hiinde yiyam makko, kanke e bidfo oo, ngam yeewde so tawii be ndaabaaka, kambe ne. Ndaw ko yurminii, baaba mum cukalel ngel yahii, alaa fof to yi'aa. Ko adii jahgol makko noon, o teentinii wonde alaa fof nde o meedi yaltude wuro makko haa o adda rafi oo bannge godfo.

E miiijo wondube e SIDA to Wuro Soogi bee, ko majjude fes waasa yi'eede, surana hoore mum gacce, woni ko buri koo feewnitaade. Haalpulaar'en ko ngoon miiijo

njogitanii rafi SIDA. Ko noon ne kadi hay gooto jabataa 'antirde' Opitaal caggal nde rafi oo yi'taa e yiyam mum.

Denndaangal ñawbe hebnoobe teskeede to Opitaal doo maayoyi ko galleeji mum'en so wonaa won sukaaŋbe worbe dīdo (be duubi 17 e 19) jiidube yumma e baaba, wondube e ñawu nguu, ina ngara yeewtaade ko'e mum'en lebbi tati kala. Nde rafi oo tawaa e mabbe ndee, be ngardunoo e wodbe tato be be njiidi yiyam, kono hay gooto e been tato artaani Opitaal.

Wonande kanke Saar, nde tawnoo rewbe bee kañum'en dannaaki, ko joodiibe ina padi e worbe mum'en, ko kambe furi jeertaade rafi SIDA oo. O haalii haala suka debbo gooto mo nganndu-daa nde yi'noo tan no rafi gorko mum oo beydortoo nii ñande kala, salii jotondirde e mum. O wi'i so wonaa banndiraabe njanti heen nde debbo oo jabi ruttaade galle makko kono salii jotondirde e makko haa o maayi lebbi dīdī caggal duum.

E dow woyeede no feewi ngal doo gonaangal, kanke Jeegaan Saar, o hollitii wonde ina arana mo rokkirde yiyam makko heen sahaaji sabu ñakkeede be yiyam e Opitaal hee. Ko duum saabii kadi o seeraani e beydude hirjinooji e jeertinaali.



2. Hol ko wadi bernde Faatimata deeyani

Nii, rewbe Wuro Seeno Bowde bee puddii sikkitaade won e maaydeele badde e dogre hee. Be ngoni e yerondirde maale cifaade e rajo hee, kam e sifaaji rafiiji bardii yimbe e nokku mabbe hee e dii dumunnaaji. Be ndonki fof annude hol no oo doo rafi fotoo wa'de sabu Aadama, banndu mum fof wadnoo ko puye, yimbe fof na mbi'a ko gaaye njogori artude e leydi hee. Goggo Pennda, Dikel, Dem Malaado, ko reedu dogooru wari be. Won heen ko dooyru bonndu. Buri heen haawnaade fof, ko dii doo nabbuuji, alaa ko dii nderndi, tee ko doo tan ngonnoo gila dawaa-dawi. Kono noon, no mbardata yimbe bee hannde, dum meedaa nii wa'de.

Ramata wi'i : "Nde njahnnoo-mi Ndakaaru nduya lewru fennundu, mi yi'ii e telewisiyon, yimbe na kolliree, na lelii na tampi haa hono mum alaa, te wi'aa ko SIDA be ngondi. Ko nji'-mi koo noon e ko woni koo gaay, e miijo am, ina seerti. Miin dey, mbi'at-mi ko nguun fiawu suwaa tawo yottaade en. Ada anndi ngonka yimbe bee e naamdeele mabbe ina yowitii e nokkuuji dii be kodi dii. Ina waawi ne kadi tawa ko be naamata koo addi nguun doon fiawu."

Kummba hebbitii wi'i : "Enen dey, fiago-den yo Alla dadndu cukalon men e worbe men wonbe to diin nokkuuji. Paawle janatde e yimbe hitaande kala furtii nii, saka fiawu ngodngu na fawoo heen ! Miin Kummba, so mi ummiima doo, pa'-mi ko to Ceerno Galel, o winndana sukaabe am talki, be kabboo. Tawde rafi oo alanaaka safaara, maa taw kam be kaalii hol no neddo wadata haa dada heen. Mbele a humpitaaki so tawii so dum fidii neddo, ko doon e doon o maayata?"

Bernde Faatimata arti e Sammba, o wi'i : "Yaa taw nguu fiawu heboyaani to Sammba woni too. Tawde Sammba ko garatde e dii dumunnaaji, hay sinno fiawu nguu yettoyaaki toon, ina hasii o heba heen humpito, o beyda humpitde en. Miin Faatimata noon, kumpa warataa kam. Tawde Doktoor Njaay na doo, maa mi yah toon, mi naamnoyoo mbo mbele kagko o tinii oo musiiba, kam e hol miijo makko heen."

Balde seeda pawii heen, Sammba arti, ombo addi jawdi keewndi. Hade makko ruttaade, o resi Mayram, biy Kaaw Tijjaani, dafdo duubi noogaas. Buudi, debbo makko dimmo oo hefii yettude reedu hade Sammba ruttaade.

E dumunna mbo Sammba woni doon oo, sahaa e sahaa kala Faatimata adda yeewtere ko feewti e SIDA. Kono, hay gooto e mabbe sikkitaaki wonde ombo waawi raabeede mboros oo sabu gooto e mabbe kala ombo selli ker; alaa ko waylii e banndu mum.

Faatimata noon na wondi e kulol e bernde nde deeyaani, sabu hay sinno fiawu nguu yottaaki tawo e wuro hee, booyi juuti ngu arat sabu naatnaattondiral e yah-ngartaq yimbe bee na hulbinii.

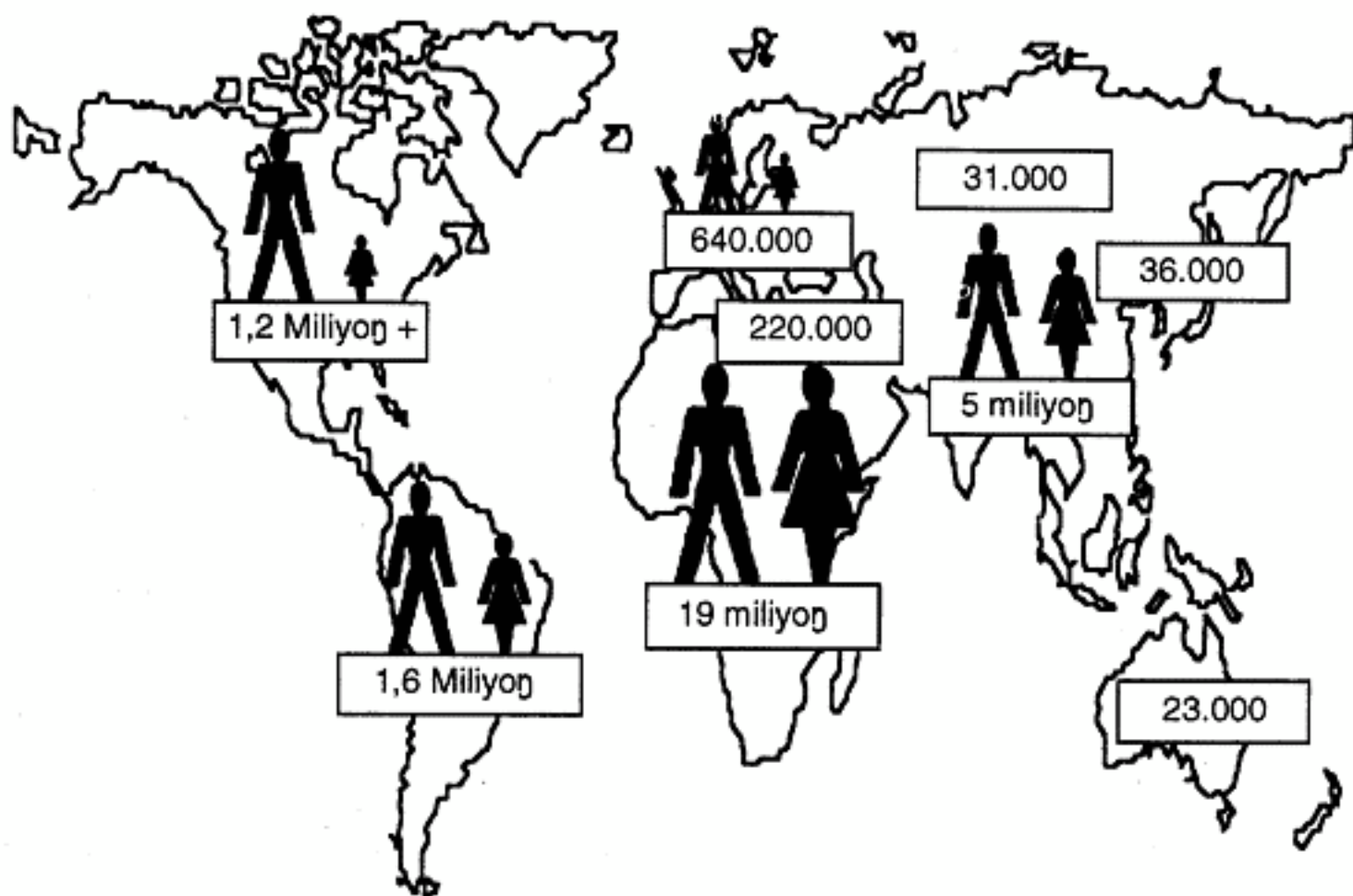
1.5. Caragol SIDA e nder aduna hee

SIDA ko saqqa winndere ndee kala. E hitaande 1996, Ebbore halfinaande SIDA to Dental Ngenndiije qiimiima wonde raabaabe bee ko be miliyonaaji noogaas e jeedifi e ujunnaaji teemedde jeenayi (27,9 miliyog). Nalawma kala, ina woodi e nder aduna hee ujunnaaje jeetati e teemedde joyi (8.500) raabaabe hesbe.

E nder Afrik, ko furi miliyonaaji sappo e jeenayi (19.000.000) neddo ina ngondi heen. Heen miliyonaaji joyi (5.000.000) maayii ; miliyonaaji sappo e nayi (14.000.000) keddiifi dii ina nguurdi e mboros oo. E ko hakindii, neddo gooto Afriknaajo e nder capande nayo (40) kala (debbo walla gorko) ina ngondi e mboros SIDA.

Doo e hitaande 2000, miliyonaaji sappo haa sappo e joyi (10.000.000 haa 15.000.000) sukaabe bee maa ngon waaybe e nder Afrik sabaabu rafi SIDA.

Qiima raabaabe mboros SIDA e nder aduna hee (tuggude nde rafi oo fudfii feeñde e kitaale 1970 haa 1996)



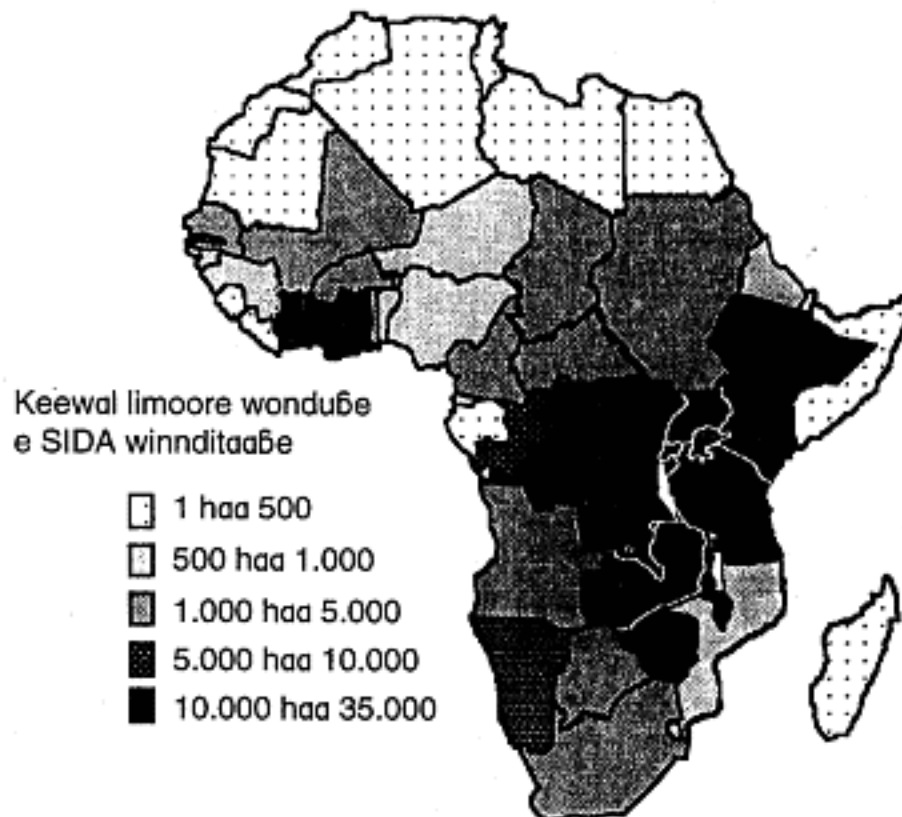
Ngal doo natal hollirta ko hol no daabegol ngol siforii e duunde kala ; maanaa hakkunde worbe bee e rewbe bee, hol heen burbe heewde ko raabaa. So en yettii duunde Afrik, ina wa'i no worbe raabaabe bee e rewbe raabaabe bee fof poti e hakindo. Kono duunde Amerik nee holliri ko worbe bee furi heewde raabaabe.

E ko hakindii, neddo gooto Afriknaajo e nder capande nayo (40) kala (debbo walla gorko) ina ngondi e mboros SIDA.

1.6. SIDA ina e kala nokku e Afrik

Rafi oo ina duumii no feewi e nder Afrik bannge fudnaange (to leydeele Uganndaa, Keeñaa, Tansaani, Ruwanndaa e Burunndi). Rafi oo ina yaafana bannge worgo fa'de Sammbi, Malawii, Simmbaabuwee haa Afrik di Sid. Rafi oo ina takkii kadi senngo e Konngo. To Afrik bannge hirnaange ko wa'i no Ganaa, Burkinaa Fasoo, Mali haa teegti e Koddiwaar, rafi oo na ni saroo toon carogol kulbiningol. Raabaabe e rafaabe SIDA heewbe ina teskaa gila e nokkuuji dowri haa e nokkuuji teeru.

Ngal doo natal duunde Afrik hollirta tan ko yimbe rafaabe anndaabe. Kono woto njejjiten, yimbe raabaabe e rafaabe heewbe be nganndaaka.



Nde kala yimbe peri nokkuuji mu'en, ummoraade e do raabaabe keewi feewde e nokkuuji nguu fiawu suwaa heewde tawo, ebe mbaawi naworde e sarde mboros SIDA oo toon. Mboros oo ina saroo tuugnaade e yah-ngartaa yimbe (danle) ummoriibe walla tiindiibe nokkuuji burdi tuumeede wondude heen.

So tawii en nji'aani raabaabe walla rafaabe heewbe e diiwaan men, woto cikken wonde en ndadii. Kala fof nde mboros SIDA naati e nokku laawol mum gadanol, o suudoto. Duum ina duumoo duubi keewdi ko adii nde rafaabe bee puddotoo yi'de maale SIDA dee. E sahaa mo yimbe bee puddotoo maayde sabaabu rafi SIDA, tawata ko mboros SIDA oo sariima. E nder yoga e leydeele Afrik, yimbe heewbe maayii sabaabu SIDA. E nder leydeele godde, dum fuddiima tan.



3. Hol no Faatimata faamiri ngoyaaaji e batte jowitiide e rafi SIDA

E ngol doo laawol, reedu Buudi nduu na haawnii sanne sabu ko dum wadtata mbo deedi tati kono ngol doo kam o roŋkii sellude. Sahaa e sahaa kala, o ñawa haa yimbe cikka ko o maayatdo, seeda kadi o sebor.

Alla resi besngu Sammba, reeni ngu haa ñande Buudi ari e jibinde. Ngol doo laawol, Buudi tampii sanne nde o heftotoo. Doktoreebe bee mbi'i ko maa wooda dokkudo mbo yiyam. Nde tawnoo Faatimata huufi besngu nguu fof, o yarlitii e okkirde so tawii alaa miijo bonngo wonngo heen. Kanke o jaggiraani Buudi hono no nawliraado. O yeewata mbo ko do o yeewata miniraabe makko bee.

E dow duum, doktoreebe bee yetti yiyam dam be nawi yeewoyde mbele edam yahdi e dam Buudi dam. Hade mabbe gasnude yeewndaade yiyam dam, Buudi maayi, woppi tigguyel ngel na ñawi. Ngel wuuri lebbi seeda, ngel maayi.

Balde seeda pawii heen, Sammba arti sabu maayde debbo makko ndee. Ngol doo laawol noon, ina wa'i no Sammba ko gartudo sabu gila o hooti, o buraani tiidde, golle mum fof ko ko ndartino. O fooyi haa hono mum alaa. Ndeen noon joodnde alaa, yo Faatimata naw Sammba to safrirdu. Yahaa-ngartaa, Sammba maayi !

Nde Faatimata e Mayram ngasni kesnagol mabbe, doktoreebe bee nelani be yo be ngar be njeewtida e mu'en. Nde be ngari, doktor mawdo oo nawi be nder biro makko, o uddodii e mabbe toon. Doktor oo naamnii be : "Faatimata, Mayram, mbele oŋon ngoongŋini Alla ? So wonaa duum tan kabaaru mo njogor-mi yottinde on wontanat on lor mawdo, te oŋon heen mbaawi lororde renndo ngoo fof."

Faatimata hebbifii wi'i : "Kala ko wonaa Alla ko mehre. Kala ko muusi e aduna mi yi'ii, sabu jidnaabe am dido bee fof maayii, etee ko mi juuldo. Kala ko kewi e aduna, ko ko Alla welaa. So o welaaka, dum wadataa. Mayram noon ko cukalel, ombo waawi muunde walla o waasa muunde ko muusi."

E dow duum, doktor oo wi'i be : "Faatimata, aan ko a daabaado mboros SIDA, etee ko oon mboros wari Buudi e Sammba. Min nganndi dum ko nde njidno-daa okkude Buudi yiyam maa nde o jibinta. Ko fa'ti e Mayram, min nganndaa tawo. So o haaldii e jinnaabe mum, o ara, o wadane yeewndo."

1.7. Hol ko wadi rafi SIDA ina saaboo cadeele renndo, haa teenti e besngu ?

Ina woodi gedefe keewde de pot-den annude e mba'di no SIDA sarortoo e nder Afrik ngam paamen hol ko saabi SIDA diwtii tan rafi cellal, noddi cadeele to bannge renndo e faggudu.

1.7.1. Haa doo do njahraten, ko nokkuuji dowri di leydeele Ugandaa e Tansaani burdi tinde rafi oo e nder Afrik, nde tawnoo e nder won e diin nokkuuji, e nder yimbe tato fof, gooto ina raabaa. Mboros SIDA oo ina yaawi ko naatata e dowri Afrik fof. Yanti heen kadi, naatgol mboros oo e nder Afrik bannge hirnaange e bannge worgo ina maantinii.

Rafi SIDA e kala ko yowitii e mboros mum oo ina njeyaa e sabaabu mawdo e maaydeele sagataabe e nder Afrik. Hay so tawii rafi SIDA wonaa sabaabu gadano maaydeele sagataabe e nder gure teeru Afrik, edum jeyaa e sabaabu burdo teentude.

Rafi oo ina wa'i no yi'otaako do adan doo. Kala nde puddi-den yi'de yimbe rafaabe, duum firti ko yimbe wodbe heewbe ndaabaama !

SIDA ina tawee e nokkuuji teeru e dowri, e nder Afrik e winndere ndee kala.

1.7.2. Mboros SIDA oo naatat e nder leydi, renndo walla galle, tawa hay gooto tinaani. Ko adii kala, alaa fof maande hollitoore mboros oo nde tawnoo rafi oo yi'otaako do adan doo. Hade raabaabe tinde muusu nguu, ko maa wona lebbi walla nii duubi keewdi yeeso.

E kala sahaa nde yimbe bee tini be ngondii e rafi hee, tawata ko mboros SIDA oo raabii wodbe e nder renndo ngoo. Duubi keewdi ina benna nde yimbe puddoo muuseede e maayde. Kala nde puddi-den yi'de yimbe rafaabe e nder renndo men, duum firti ko yimbe wodbe heewbe ndaabaama!

1.7.3. Sagataabe dañbe duubi 15 haa 45, ko kam'en ngoni yaakaare e doole renndo. Ko kambe ngoni liggotoobe renndo bee. Kala ko waawi wonde golle mabbe, ko kambe ngoni daraniibe besnguui mabbe wondude e yowitiibe heewbe - sukaabe tokosbe, nayeebe, e be liggaaki fotbe ñammineede, hodneede e janngineede. Rewbe heewbe be mboros SIDA nanngata be haa be maayora heen, ko joom'en duubi hakkunde 15 e 35; worbe bee ko hakkunde 25 e 45.

Yimbe rafaabe heewbe, duubi mu'en ko hakkunde 15 e 45.

1.7.4. Tawde mboros SIDA oo hefortoo ko e leldagol, walla ummoraade yumma fa'de e bid'do, rafi oo ina waawi nanngude nder besngu yimbe heewbe haa be maaya. E ko huufidini, rafi SIDA ina saroo hakkunde yimbe jotondirbe e dii sifaaji kaalaadi.

E ko furi heewde, rafi
SIDA ina feeñira jokkaa-
jokki.

Yimbe dannotoobe tawa
njahdaani e joom suudu
walla joom galle mu'en ina
kasii raabeede.

1.7.5. Yimbe woddube joom suudu walla joom galle mu'en (ko wa'i no yeeyoobe, dannotoobe, soldetebe, dognoobe otooji, uuyoobe, ekn.) ko been furi yaawde leldaade e goddo mo wonaa leldiido mum'en. Sikke alaa ne kay, ebe nawora mboros oo do kala.

1.7.6. Cellal balli yimbe rafaabe bee ina waawi seertude. Bee ina mbaawi nanndude e sellube, bee ina mbaawi ñawsude e roŋkude liggaade. Nde tawnoo mboros SIDA ina usta doole gede kaftorde banndu, rafaabe bee ina keewa koyde e nokkuuji cafrirdi dii. Ina waawi wonde nii be kebbina yah-ngartaa muusdo walla ina waawi wonde kadi be mbaada balde walla jonte walla lebbi nde kala be njahi to cafrirdi too.

Yimbe rafaabe bee ina cokli
yahde e nokkuuji cafrirdi dii
sahaa e sahaa kala.

To galleeji kadi, toppitagol rafaabe bee wontanta besngu nguu kadi ko golle godde. So wadii, rafaabe bee, kam'en e toppitaabe bee fof, ndonka liggaade. Golle maɓbe lofoo, kadi ebe njaltina kaalis keewdo ngam soodde ledde dee, e ko nanndi heen.

Rafi SIDA alanaaka hay
safaara gooto, tee alaa fof
fesoode (ɲeesoode) no dum
falortee.

1.7.7. Safrroobe bee ina mbaawi safrude won e ñabbuuji jotondirdi e mboros SIDA oo, kono be mbaawaa tawo safrude rafi SIDA tigi, tee be mbaawaa falaade dum.

1.8. Batte rafi SIDA keeraniide rewbe bee

E nder winndere ndee fof, worbe raabaabe bee buri heewde e rewbe bee. Kono to Afrik, keewal rewbe raabaabe e worbe bee poti.

Yoga e sababuuji dum ko baasgol fotde konngol hakkunde debbo e gorko, ko wa'i no:

- Ina sadfira debbo gondo e dewgal salaade leldaade e joom galle mum, hay so omo anndi oon ina wondi e rewbe wodbe.
- Ina tiidira debbo desaado kadi famminde tigi rigi joom galle mum yo o reentoo so omo leldoo e rewbe wodbe.
- Ina bura sadfirde debbo woppude joom galle mum sabu bade (jikka) mum, hay so omo hasii raabeede.
- Ina woodi nabbuuji kebortoodi e leldagol duumotoodi tawa fi mbaawi safreede. Duum fof e goongfude wonande debbo e gorko kala, ko jorko buri waawde anndude omo wondi e diin nabbuuji. Gorko kadi buri weebarade naatde cafrugol. Debbo ina hersa sahaaji safroyaade diin nabbuuji. Diin nabbuuji noon, so tawii cafraaka, ina mbeestina daabegol mboros SIDA oo.
- Gorko oo, ko kañum aynata ngalu besngu, etee omo waawi huutoraade nguun ngalu haa o heba rewbe wodbe.
- Sahaa, rewbe ina katojini e leldaade e worbe ngam dabbe kaalis mo be nguurniri besngu mabbe.
- E won e renndooji, sukaabe rewbe ina ndesee law sabu ko noon aada mabbe addiri walla sabu nde cadeele ngalu sukaabe rewbe bee ina leldee gila law. Kono widto ngoo ina holliri so debbo fudfiima leldaade e gorko gila omo famdi, haa teenji so tawii gorko oo ko mawdo, ko oon suka debbo buri weebde raabde e debbo mawdo.
- Ngam cadeele ngalu, sukaabe rewbe ina mbaawi leldeede law.
- E nder renndooji keewdi to Afrik, rewbe bee ko kambe ngoni jaale faggudu ndema-e-ngaynaaka. Ko kambe ndemata, toppitto jawdi, boggata, mbaadata kala galle galle, nehata sukaabe, e ko nanndi heen.

Duum fof e wa'de noon, rewbe bee mbaasa softude e peeje nguurndam sabu baasgol mabbe jogaade konngol. Duum wadi haa be mbaawaa tulde rafi SIDA. Buri, rewbe bee ina nguuri nguurndam bittidam sabu gila ganni, rewbe ina kadetenoo ronde worbe mu'en (leydi, jawdi, kaalis, galleeji, ekn.); walla ndonu nguu ustee. Duum doon fof beydanta be ko baasal.

To Afrik, keewal rewbe raabaabe e worbe raabaabe bee poti!

1.9. Hol batte rafi SIDA oo jogii to bannge renndo e faggudu?

1.9.1. Batte SIDA e besngu

SIDA ko sadfteende teegtunde wonande besngu nde tawnoo dum sarortoo ko jokkaa-jokki, tee dum warata ko burbe semmbolinde. Haa jooni ko rewbe bee burata tinde batte rafi oo sabu ko maa be ngoppa golle maŕbe ngam toppitaade rafaabe bee. Gaa gaa nii ko besngu nguu toppitto rafaabe bee koo, ngu waasat heen kadi ngaluuji. Fawti heen kadi besngu nguu woyete kala ko feewti e cellal haa e janayseeji dii. Duum fof noon ina waawi jibinande besngu nguu cadeele ngalu haa wada ko feewaani. Besngu nguu ina waawi nii yahde haa wadta ŕamlaade.

So sagataabe maayii e SIDA, be daccat caggal maŕbe cukalon keewkon e nayeebe. Been daccaabe, tawata ko be ngalaa ngalu won e sahaaji. Ballal feewde e besngu ko huunde himmunde to Afrik. Kono noon, so yimbe heewbe maaydii e sahaa gooto e nokku gooto, duum ina battina e nder ballal besngu ngal walla ballal renndo ngal. Yimbe bee ko daccaabe, tawa be ngalaa safaara, be ngalaa ballal. Heewbe e dadbe bee e maayde ko daccaabe ebe ngoya maaybe mu'en; tawa kadi ebe ngoyaa nguurndam mu'en.

Daarol Lenina

...Lenina, jahrowel e duubi 9, ko baaba mum maayi e SIDA woni lebbi 4. Yumma makko e hoore mum sanjii ko jonte 3 caggal duum. Kanngel e banndiiko gorko Wema jahrowel e duubi 5 e miŕiraagel makko dewel jahrowel e duubi 3, be nguurdi jooni ko e banndiraabe baaba maŕbe. Mulungi, jahroowo jooni e duubi 72, ko kaŕum jogitii besngu nguu. Kato, joom galle makko, nattitii waawde liggaade e ngesa. Lenina janngata haa jooni ko e dufe leslese, kono booyataa o woppa, sabu maamiraabe makko ngalaa ko coodani mo comci, ko njobani mo jarde makko, tee kadi be ngalaa ko be cafriri cadeele godde dee.

Jubbannde e deftere Waayeebe SIDA

Widto wadanoongo ko booyaani to leydi Uganndaa hollitii wonde e nder diiwaan gooto, sukaaŕbe 10 e nder 100 be cuwaa tawa daŕde duubi sappo e joyi fof maayraama jidnaado walla jidnaabe mu'en sabaabu nde SIDA. Hannde e oo sahaa, e Uganndaa tan, ina woodi hakkunde 400.000 e 1.000.000 waayeebe.

Jogagal sarwisaaji heewaani saka ko yonata miliyongaaji rafaabe e yowitiibe bee. Duum fof e wa'de noon, diin sarwisaaji ina poti yi'tude peeje ngam wallitde be.

Fedde halfinaande Cellal Balli e nder Aduna hee (*Organisation Mondiale de la Santé* walla *OMS*) ina joortii fotde miliyongaaji sappo (10.000.000) sukaaŕbe yahroobe ko ŕakki duubi sappo, maa be ngonoy waayeebe e nder kitaale 1990. E nder been sukaaŕbe, miliyongaajijeenayi (9.000.000), famdi famdi, ngonata ko to Afrik.

1.9.2. Batte SIDA e nokkuuji cafrirdi dii

Sokla mawdo ina woodi e nokkuuji cafrirdi dii. Safroobe bee ceeraani e wafde gollal mu'en, kono yimbe bee ndonkaama yo be cellu. Safroobe bee damtindiima, tee be nattii wondude e hakillaaji mabbe. Opitaaluuji dii ina poti safrude keewal rafaabe SIDA, tee edi poti kadi jokkude safaara ñabbuuji goddi dii.

Hollitanooma wonde e nder teemedere (100) leeso to opitaal Kampalaa (leydi Keeña) fof, heen capande joyi (50) leeso ko rafaabe SIDA ngoni heen. Hannde, to opitaal Tereeswiil to Kodduwaar, ko rafaabe SIDA ngonnoo e leece capande jeetati (80) e nder teemedere (100) leece keerorinoodfe wondufe e ñabbuuji daabooji.

So soklaaji dii beydorii e nokkuuji cafrirdi dii, ko noon moyyugol cafrugol ngol ustortoo, ko wa'i no :

- Rafiiji daabooji ko nanndi e doyru bonndu ina nduumii e rafaabe SIDA, tee edi caroo e yimbe wodfe be ndaabaaka SIDA.
- Kaalisaji keewdi jofananoodi safaara ngustiima sabaabu nde peeje jubbitinirde faggudu.
- Safroobe bee ina kaljinaa sabaabu nde rafaabe SIDA bee ina keewi artude e cafrirdi dii.
- Yimbe wondufe walla maayooobe sabu SIDA ina beydoo heewde, ina jeyaa e mabbe safroobe bee. Been, lomtinde be ina sadti no feewi.
- Kaalis badeteedo e cafrugol wondufe e rafiiji daabooji dii buri heewde e kaalis jahoowo e cafrugol yimbe wodfe.
- Yimbe safrotoobe bee ina kaani yofde kala fere gondo heen.

1.9.3. Batte SIDA to bannge sukaabe

Rafi SIDA ina jibina e nder renndo yowitiife heewbe. E nder leydeele do rafaabe bee buri heewde, ina tawee heen sukaabe heewbe sanjoraabe jidnaado gooto walla dido fof. Sahaa, ko koreeji mabbe wodfe njogtotoo be. Sahaa kadi, ko nayeefe nii njogtotoo taaniraakon mu'en caggal nde jidnaabe makkon maayi e SIDA. Won e sahaaji sukaabe bee ceerndete, be nawee e galleeji di ngonaa gooti. Sahaa nii boom, be daccidte e ko'e mabbe.

Alaa e sago waayeebe bee kabanoo nguurndam mu'en, jande mu'en, gidli mu'en e kala boneeji baawooji yande e mabbe. No rafi oo duumorii kala, ko noon sukaabe welsindaabe keewirta. Been sukaabe nganndataa mbelemma nguurndam renndo no haanirta nii. Be njanngata ko kala peeje ngam be mbaawa wuurde.

1.9.4. Batte SIDA e faggudu dowri

Ina anndaa wonde rafi SIDA ina beyda cadeele faggudu dowri yowitiindu e ndema, ngaynaaka e awo. Maaydeele sagataabe ina addana besnguuji dii waylude mba'di dañal mu'en. Duum ina jibina gustagol e dañal ngal, duum ne kadi ina waawi battinde e ñaamdu e cellal yimbe bee.

Tuugnaade e caragol rafi oo, remooɓe heewɓe njogori ko wadtude remde ko naamnaaki juude keewde, kono tawa alaa ñamri no feewi. So been remooɓe maayii, besnguuji maɓɓe maa kawru e cadeele tuugnaade e dañal ustringal.

E yoga e fagguduui, gustagol dañal ngol firti ko gustagol ngaluui jaltooji leydi dii, maanaam gustagol ngartam dam.

Aynaabe bee e ko'e mu'en maa tinor cadeele dee, sabu ebe cokli yeeyde jawdi maɓɓe ngam jiggade nguura e remooɓe bee. Duum doon noon maa sadtu no feewi, tawde wonii remooɓe ngalaa kaalis no feewi sabaabu nde dañal ustringal. Jeeygol jawdi aynaabe bee newotaako, tee maa dum battin e faggudu maɓɓe. Duum jibina keewal jawdi ndii e gakteende nguura mayri.

1.9.5. Batte SIDA e liggotoobe bee

SIDA ina wara ko heewi e liggotoobe joom'en tolno e nder golle mu'en. Heewɓe e maɓɓe ko joom'en humpito, ɓe mbeɓaani lomtaade. Heblo safroobe, jannginooɓe, hisnoobe walla aasiñoor'en ina tiidɗi coggu. SIDA ina waawi warde liggotoobe leydi ñeeñɗuɓe wonɓe e nokkuui kimmudi ba'di no mbaylaandi, ekn. Baasal liggotoobe wa'ɓe noon ina battina e cellal, jande, kam e sarwisaaji renndo di jogagol mu'en famɗi.

Yeru, gustagol liggotoobe ñeeñɗuɓe bee, batte muudum ina maantinii e nder diiwaan oogirɗo to leydi Sammbi. Tawde wonii ɗabbaande liggotoobe ñeeñɗuɓe ɗañootaako to leydi Sammbi, mbaylaandi ndii ko maa jiggoyoo liggotoobe to leydeele ɓurde woddude. Jiggoyaade liggotoobe to leydeele godde ko huunde tiidnde no feewi. Ndeke noon, duum ina battina e ngalu mbaylaandi ndii walla laamu nguu, been ɓe mbaawaa waasde gollinde liggotoobe bee. Ina usta kadi ngalu e ndaantaari fof.

Sanjaare liggotoobe e isinaaji bee ina battina no feewi e nder renndooji men kabantoodi ɓamtaare mu'en. Ndeen sanjaare ina sabobina gustagol dañal ngal e gustagol ngaluui jaltooji leydi dii, tee ina sabobina cadeele keewde ngam yobde (ruttude) ñamaale leydi dee.

1.9.6. Batte SIDA e mbaylaandi

Kala no rafi SIDA ustiri liggotoobe e nder mbaylaandi, ko noon ne kadi rafi oo beydirta njaru ko waddii ligginoobe (*asiraas* ñabbuuji, *teret* gondo tawi yontaani, ekn.). Kirjingol ngol to bannge jande e deentingol ko feewti e SIDA beydata tan kadi ko fere wonande ligginoobe. Tawde wonii caragol rafi ngol e nder mbaylaandi ndii ko ko beydii haa darii hakkunde 10 e 25 e nder teemedere liggotoobe, ligginoobe bee ina poti joodftoraade ko be waasoobe 10 haa 25 e nder teemedere liggotoobe mabbe e nder duubi sappo garooji. Waasde liggotoobe ñeeñdube bee, kam e kala ko wadanoo ngam heblo mabbe beydata tan ko fere. Ko noon ne kadi wonande fere beydiide ngam yebtugol e keblugol yimbe fotbe be lomtaade.

Denndaangal dii doo sababuuji ko gustooji ngartam (*benefis*) mbaylaandi ndii. E won e yeruuji nii, liggorde mbaylaandi dee ko maa ngusta liggotoobe mu'en walla boom de ngudda. Duum doon noon jibinta ko waasde liggaade e mette mawde e nder renndo.

1.9.7. Batte SIDA e faggudu leydeele gonde e bantaar

Doo e hitaande 2000, ina qiima wonde 90 e nder 100 raabaaba e nder aduna hee tawetee ko e leydeele gonde e bantaare (ko wa'i no leydeele Afrik). E deen leydeele, ko wi'etee "peeje jubbitinirde faggudu dee" (walla *asistemaa estiriktirel* e demngal farayse) ndooldintu rafi oo, rafi oo ne wona e ñifde (falaade) de.

Peeje jubbitinirde faggudu dee mbaɗiranoo ko :

- ustude njanu nguu,
- wellitde njeeygu nguu,
- beydude ko hebetee koo e ngaluuji jaltooji leydi dii ngam haa leydeele dee mbaawa ruttude ñamaale mu'en.

E nder leydeele keewde, peeje jubbitinirde faggudu dee caabiima lor miskineefbe tuugnaade e gustagol kaalisaaɗi ebbanaadi ngenndi e nattugol balle renndo.

Jooni noon, batte godde de SIDA beydata to bannge faggudu ko :

- Maa ngartam e kuutoragol fof usto tawa sabobini dum ko rafi oo e sangkaare liggotoobe yobeteebe.
- Kaalisaaɗi baɗeteedi e cafrugol dii haa e janayseeji dii, e ko nanndi heen, fof ko ko beydoytoo. So wadii, ñaamdu, koltu, e ko nanndi heen, njahrat caggal.
- Cadeele kuubtidinde, kam e ustagol dañal, caroto do kala.
- Dañe kakindiide dee ko ustotoode e sahaa mo Afrik wi'ata ina diifta (ummitoo).
- Maa woodoy daɓɓaade peewtude e cellal, jande e ballal renndo caabotoode beydagol fere laamu e sahaa nde jogagol ina famdi, dañal ngal ustii, cogguuji ngaluuji jaltooji leydi dii ngustii.
- Leydeele dee ceerataa e hawrude e cadeele ngam ruttude ñamaale mu'en.

Tonngol tayre ndee :

Naamne teegtude jowitiide e ko janngaa koo

1. Hol ko woni SIDA ?
2. Hol maale rafi SIDA ?
3. Hol laabi daabirdi mboroos SIDA ?
4. Mbele renndude e gondudo e SIDA leeso walla comci ina tottira rafi oo ?
5. Hol sabaabu rewbe e cukalon ina fura tinde cadeele batte rafi oo?
6. Hol ko seerndi daabaado e dafaado SIDA ?
7. Mbele rafi SIDA ina woodi safaara ?
8. Hol yimbe e renndo ngoo hasiibe raabeede ?
9. Hol batte SIDA to bannge renndo e faggudu ?
10. Mbele e ndaarki eden mbaawi anndude daabaado ?

Tayre 2:

Hol no ndeentorto-d'en, enen e ko'e men ?

Faandaare : Faandaare ndee tayre ko addude janngoowo kala naamnaade hoore mum mbele won ko o foti waylude e jikku mum haa o waasa raabeede. Kaa mbayla ina fawii e faamde gede d'idi: 1) Rafi SIDA oo ina waawi faleede, 2) Hol jikkuuji, bade e aadaaji men baawdi beydude kasegol men raabeede mboros SIDA.

Laawol Kuutoragol : E ndee tayre, maa en kaal ko fa'ti e jotondiral haa teengti e jotondiral hakkunde debbo e gorko, sabu gaa e Afrik ko ngol laawol furi teengtude e laabi daabirdi SIDA. E dow duum, ko adii fof, gooto kala ina foti tarde ndee tayre e bannge mum. So on tawii o'don mbaawi yeewtidde, onon fof e ko winndaa koo, ndeeton heen, tarlo-don dee binndande fof'en paama. So on tawii kaaldigal ngal furata newaade ko rewbe bannge, worbe bannge walla mawbe bannge, sukaabe bannge, mbaadiron noon. So tawii dum doo fof aabnotaako haaldeede hakkunde mon, yo gooto fof tar to bannge mum, walla tarda e sehil mum gooto. Peeje dee na keewi ; himmi heen tan ko yo on paam ko winndaa koo. So duum bennii, tayre tatabere ndee alaa haala kersiniika, onon fof o'don mbaawi artude e golle goomu walla dufal mon, caggal nde keɓ-don humpito laabngo ko fa'ti e SIDA.

Loowdi ndee tayre :

- ☐ **Pellitgol Faatimata e waylude jikku mum**
 - 2.1 SIDA ina waawi faleede.
 - 2.2 Ñabbuuji keɓortooɗi e leldagol
 - 2.3 Peeje tati teengtude no ndeentorto-d'en e no ndeentinirten besnguujii men e daabgol mboros SIDA
- ☐ **Peeje d'e Faatimata lelni ngam reende besngu mum**
 - 2.4 Hol no mboros SIDA heɓortoo tawa rewraani e leldagol debbo e gorko ?
 - 2.5 Laawol baylugol jikku, bade e aadaaji
- ☐ **Faatimata teskiima aadaaji renndo keɓaani waylaade**
 - 2.6 Hol waylowaylooji to bannge jikkuuji, bade e aadaaji ngam dartinde caragol rafi oo e nokku men ?
 - 2.7 Hol ko waawi dartinde neddo e baylugol jikku mum ?
 - 2.8 Hol ko semmbinta en e baylugol jikku e bade ?
 - 2.9 Ngam tabitinde baylugol jikku
 - 2.10 Bure faamde ko fa'ti e yeewndo mboros SIDA ngoo



4. Pellitgol Faatimata e baylude jikku mum

Nde tawnoo Faatimata na yaaji yi'annde, hakkille makko arti e galleeji di joomum'en dannii walla di sukaabe mum'en ngonni caggal leydi. Gila nde o tini oo musiiba e rajo, o anndinaa kadi ombo wondi heen, o seertaani e hedaade rajo e yahde sahaa e sahaa kala to cafroowo too ngam beydude humpito e rafi oo. Oon na findina mbo e no rafi oo raabirta, hol no neddo anndirta ombo wondi heen, hol no reentortee, batte rafi oo so yanii e galle, cadeele de mbo jogori jibinde e renndo ngoo, ekn.

Hakkunde dumunna mbo o woni e miijaade e nde o Ielnata feere, tawi galleeji goddi pudfiima yaneede. O faami hankadi ko maa yimbe ngummoo sabu wuro mabbe ngoo jogori ko dañde cadeele de hay gooto faamataa. Faatimata faamii bonannde rafi oo; heddiibe bee paamaani.

Ombo joodii ñalawma gooto, haa kaaw makko nelani mbo yo o ar o nootoo mbo. Nde o ari, ko dum kaawiraado oo wi'i mbo : "Faatimata am, kori ada jogori dabbude boggol juulirgol ? Gila Sammba maayi haa jooni, a haalaani. Hol ko woni ?"

Faatimata wi'i mbo : "Sardiiji di njogii-mi dii, hay gooto jabataa tawo resde mi e dow majji sabu renndo men anndaa di, te jabaani tawo goongfinde musiiba naatdo e men. Miin, ñawu ngu ngondu-mi nguu hannde na naamnii mi waasa leldeede; walla mi ndaara feere no mbaasirat-mi raabde goddo. Resata mi hannde tan ko jogiido rewbe wodbe. Ndeen, so min buraani reentaade, maa ñawu am yaaw foolde mi tee maa mi raab heddiibe bee."

Nii, kaaw mum Faatimata suumi hunuko. O wi'i : "Hol no debbo waawiri haalde oo musiiba ? Lislam dey wi'aani neddo yo o falo jibingol mum. Won e bade debata nanndude ko e yeddude Alla nii. Kadi, hol do nji'-daa e renndo men gorko jabatdo resde debbo tawa ombo yananaa oo doo jibintaa, te o yawtaani dañde sukaabe ?"

"Aan oo dey, ko a jogordo naworde renndo ngoo e won e haalaluuji di hay gooto faamataa. Alla ko moyyo nde a janngaani; so a janngiino tan a firtatno aduna oo fof, mi haalaani gurel men ngel. Ngel jabbal ngal naat-daa noon, waf feere haa mbaasaa heen naworde won e rewbe haa dewle mabbe na mbona. Mido sikki, so a wallaama, yimbe bee njogori ko wadtude dogondirde hono no kulle ladde nii !"

Faatimata hebbitii, wi'i : "Kaaw, mida horsin maa, mida hersu maa. Wonaa mehre addi mbi'-mi ko nii njubbiniirat-mi ko heddi koo e nguurndam am. Gorko am maayii, nawlu am e birngel mum fof maayii. Miin, ko mi ñawdo, te mi yidaa raabde goddo."

2.1. SIDA ina waawi faleede !

E nder tayre adannde ndee doo deffere, en kiñiino laabi daafgol mboros SIDA, kam e batte rafi oo e renndo men. E nder ndee doo tayre dimmere, kaalaten ko hol no ndeentorto-den enen e ko'e men, e hol no ndeentinirten besngu men e sehilaabe men e rafi oo. Yimbe heewbe ina mberloo jooni naamne ba'de nii :

Mbele maa mi wundu
e mboros SIDA?



Debbo am noon?



Gorko am noon?



Sukaabe am noon?



Ina waddii neddo kala
fellitde yeewde hol no o
reentortoo e mboros
SIDA, walla no o
wadata haa o waasa
raabde goddo.

Jaabowol dee naamne fawii ko e peeje no ndeentorto-den, enen e ko'e men, e no ndeentinirten besngu men e rafi oo. Yimbe heewbe ina ngondi e mboros SIDA hee, nde tawnoo be njabaano reentaade.

Ina waddii neddo kala fellitde yeewde hol no o reentortoo e mboros SIDA walla no o wadata haa o waasa raabde goddo. E nder ndee tayre, maa en kollir heen peeje keewde no ndeentorto-den e no ndeentinir-den besngu men e rafi oo.

Maa en kaalor kadi sifaaji no ndeentorto-den, kam e yoga e cadeele baawde wondude e sifaa kala. Ngannden, cadeele ko e nguurndam tawaa. Buri, ko pelliten reentaade e habaade deen cadeele, mbaasen daccude haa keben mboros SIDA oo, enen e besngu men. Wondude e mboros SIDA oo ina jibina cadeele teegtude, kulbiniide, jowitiide e nguurndam e maayde.

So eden tara ndee doo tayre, miiyto-den e ko mbadaten haa ndeento-den, ndeentinen besnguui men. Yeewen peeje dee haa mbaawen safrude cadeele jowitiide e heen feere reentorde nde cubi-den kala.

Ngam no ndeentorto-
den, e no ndeentinirten
besngu men, eden kaani
waawde yeewtude tigi
rigi ko fa'ti e
jotondiral hakkunde
rewbe e worbe.

2.2. Ñabbuuji kebortoodi e leldagol

Ciftoren ! To Afrik, e dow raabaabe jeetato (8) e nder sappo (10), ko leldagol woni sabaabu oo. So tawii gooto e leldiibe bee ina wondi e mboros SIDA oo, omo waawi raafde goddo. So goonga, ina sadfi walla nii boom hay gooto waawaa annude so tawii leldiido mum ina raabaa.

2.2.1. Hol ko woni ñabbuuji kebortoodi e leldagol ?

Efen nganndi denndaangal ñabbuuji gummoriidi e gorko fa'de e debbo, walla gummoriidi e debbo fa'de gorko saanga nde be leldii. Diin ñabbuuji inniraa ko ñabbuuji kebortoodi e leldagol. E ko furi yaajde, dii ñabbuuji ina mboni; edi mbaawi jogaade battane bonde.

Maale ñabbuuji kebortoodi e leldagol (ko wa'i no gaañande e putte terde jibinirde gorko walla debbo dee, kañum e ciimtam dam), alaa e sago de cafree ko yaawi ko yaaccii ! Caggal duum kadi, ina wasiyaa nde neddo waasata leldaade e ñawdo oo haa nde o selli kala. Duum ina hada mo raafde leldiido walla leldiibe mum. Dee doo tobbe garooje na kollira hol ko saabii dii ñabbuuji ina ngondi e cafeelee.



- Yimbe bee njaawataa faamde ebe ngondi e ñabbuuji kebortoodi e leldagol.
- Won e yimbe ina kersa haalde ko fa'ti e cafeelee leldeede.
- Won e yimbe ina kersa yahde e nokkuuji do ñabbuuji kebortoodi e leldagol cafretee.
- E nder diiwanuuji keewdi, ko seeda woodi do safretee ñabbuuji kebortoodi e leldagol; walla nii boom tawa woodaani.
- Won e yimbe, safaara oo ina tiidiri dumen no feewi.
- Rewbe heewbe njidaa doktor gorko toppitto dumen.

Rafi SIDA ko e ñabbuuji kebortoodi e leldagol jeyaa, kono o wonaa gootum e diya. Ko furi heewde e ñabbuuji kebortoodi e leldagol ina cafree.

Kono SIDA SAFROTA AKO !

2.2.2. SIDA, kam e ñabbuuji kebortoodi e leldagol

So tawii yimbe leldiima, so tawii kadi gooto e maŕbe ina wondi e mboros SIDA oo, omo waawi raafde keddiido oo. Kono kadi edum furi hulbinaade so tawii nguru terde jibinirde dee ina tayi, barmi hay so ko seeda, sabu duum ina wallita mboros SIDA oo naatde e banndu ko aldaa e cafeelee.

Nguru men wa'i ko no paddorgal ballawal en e reentaade rafi oo. So nguru nguu tayii walla seekiima, ngu nattat waawde reentaade no feewi e mboros caabotoodo rafi oo.

E ko aldaa e jeddi, so tawii gorko leldiima e debbo daafaado, ina hasii o raabee so tawii kanke gorko oo omo wondi e gaañande, lartande walla tayannde e dow walla nder terde mum jibinirde dee, hay sinno gaañande ndee na famdi haa yi'otaako walla tinotaako. So tawii debbo leldiima e gorko gondudo e mboros oo, ina hasii o raabee so tawii kanke debbo oo omo wondi e gaañande, lartande walla tayannde (so nde mawnu walla nde famdu) e dow walla nder terde mum jibinirde dee.

Hol ko waawi sabobinde gaañande, lartande, walla tayannde nguru ?

1. Gaañande e nguru terde jibinirde, nder walla boowal, e kala no waawi fotde, ina mbaawi ummoraade e ñabbuuji kebortoodi e leldagol. Diin ñabbuuji ina beyda no feewi kulhuli raabeede mboros SIDA.
2. Leldagol keñorangol walla muusngol ina waawi sabobinde gaañande e nder terde jibinirde debbo.
3. Kala sifaa leldagol muusngol baawngol sabobinde gaañande.
4. Daañagol walla ñabbuuji gummoriidi e ñakkeende laabal ina mbaawi wonde sabaabu putte terde jibinirde. Duum ina goongdi sanne wonande worbe be nduhaaki.
5. Gaañande e tayannde de jibingol saabii e terde jibinirde debbo ina mbaawi beydude kulhuli raabeede.
6. Aadaaji ganni (ko wa'i no kaddungal, gittugol soccet, ekn.) caabotoodi gaañande e cafeelee godde e terde jibinirde ina beyda kulhuli raabeede.
7. So cukalel dewel ngel mawnaani tawo leldaama, ina hasii terde jibinirde dee ceekoo. Wido ngoo ina hollira wonde mboros SIDA oo furi yaawde naatde fof ko e nder terde jibinirde sukaabe rewbe tokosbe, hay sinno de ngalaa gaañande. Duum noon, duubi di rewbe leldotoo e worbe ina njoji no feewi. No duum furi leeltirde fof, fura moyyude.

Gila jooni, eden kaani naamnaade mbele, tuugnaade e won e jikkuuji e bade to batte jotondiral e leldiibe men ina waawi jibinde kulhuli raabeede.

2.3. Peeje tati teengtude no ndeentorto-den, e no ndeentinirten besnguujj men e daabgol mboros SIDA

2.3.1. Feere adannde : Haafde e mbalndi mum

Feere moyyere ngam waasde raafeede ko yondinaade e leldiido walla leldiife be kebaani ñawu nguu, tawa kadi fof'en ebe kaadi e mbalndi mu'en. Cadeele gonde e ndee feere ko :

- Hay gooto waawaa anndude so gooto e yimbe diido leldtoobe bee raabaaka. Yeewndo mbele anndude so gooto oo raabaama wonaa huunde newiinde.

Yanti heen, hay so neddo yeewndiima hannde, o hollitaama o raabaaka, janngo hay gooto waawaa anndude so o raabaama.

- Ngol doo jabbal fawii tan ko e hoolaare moni kala, so gooto kala haadii e mbalndi mum (walla so gooto fof jabii huutoraade deentorde saanga leldago! tawa wonaa e leldiife mum tigi).

- Alaa e sago, eden kaani yeewtidde e leldiido walla leldiife men ko feewti e jotondire men bennude walla gonaade.

Duum wonaa ko weebi e nder renndo men kono ko ko himmi ngam ñiibnude hoolaare ngal doo jabbal.

- Tawde diine Lislamm ina rokki gorko resde rewbe heewbe, ina saftani mo haafde e mbalndi mum. Ndeke gorko na waawi dañde leldiife heewbe ; debbo noon waawaa wafde duum.

- So tawii debbo maayraama, e ko furi heewde banndiraabe gorko oo (yeru, miñiraado walla dendiraado, ekn.) ina resta mo. So tawii warnoo gorko oo ko SIDA, debbo oo ina waawi raafde oon destudo mo.



2.3.2. Feere dimmere : Woppude kala leldagol

Yoga e yimbe ina cikka wonde SIDA ina hulbinii haa be ngoppi kala ko feewti e leldagol. Won e sukaaŋe nii, njaawataa waɗtude leldeede. Cadeele ndee feere ko :

- Won e yimbe ina mbaawi waɗde dum, kono wofɓe njidi ko leldeede.
- Been subotoofe waasde leldeede njogaaki kumpital e leldagol walla e leldagol ngol aldaa e kulhuli. So tawii be ngarii e leldeede, ebe mbaawi waasde jogaade deentorde, walla be mbaasa anndude no de kuutorirtee.
- Neddo ina waasa jibinde e dow waasde leldeede.

2.3.3. Feere tataɓere : Huutoraade deentorde

Deentorgel ko dum batayel dalli (*kawsu*) coomirteengel njogoram saanga nde gorko ari e leldaade e debbo. Deentorde dee ina moyyi sanne ngam falaade mboros SIDA oo. Deentorde dee mbaɗata haa terde jibinirde gorko walla debbo fof mbaasa memotirde e diyye coomde mboros oo. Cadeele gonde heen dee ko :



- Yimbe heewɓe nganndaa deentorde dee.
- Yimbe heewɓe ngoowaani huutoraade deentorde dee.
- Yimbe heewɓe njidaa huutoraade deentorde sabaabu nde diine walla aadaaji.
- Yoga e yimbe njidaa huutoraade deentorde sabu be mbi'i ko deentorde ina ngusta wellamma dañeteeɗo e nder leldagol.
- Yimbe heewɓe kuutortaako deentorde no haanirta nii, tee be nganndaa no be ngittirta dum, so sokla maɓɓe gasii heen.

- So tawii deentorfe dee moftaaka moftugol moyyol, de ceekoto ko yaawi saanga kuutoragol majje. Yeru, so tawii ede ngona e naange, walla so de pawaama e njamndi ngulndi ko adii nde de njeeyetee walla kuutortee, dum bonnat deentorfe dee.
- Yoga e yimbe ina kuutoroo deentorfe dee, be mbadda heen nebam (*wasiliin* walla diwliin). Deen gede ina taga deentorfe seekaade ko yaawi saanga kuutoragol ngol.
- Yoga e yimbe njidaa yo sukaabe be ndesaani tawo kuutoro deentorfe. Be mbi'ata ko duum ina hirjina sukaabe bee e waftude leldeede law no feewi, walla e leldeede e heewbe.
- E nokkuuji keewdi, deentorfe ngoodaani. Walla hay so de ngoodii, tawata coggu nguu ina tiidi wonande yimbe be ngalaa kaalis.
- Ina sadtani rewbe bee jabnude worbe bee huutoraade deentorfe dee.
- So en njidii dañde sukaabe, ko maa mbaasen huutoraade deentorfe.

TESKO : So tawii neddo raabaama, moyyi ko o huutoroo deentorfe nde kala omo leldoo e goddo. Deentorfe dee ina mbaawi falaade mboros SIDA oo hay so gooto e leldiibe bee ina wondi e SIDA.



5. Peeje de Faatimata lelni ngam reende besngu mum

Faatimata faamii won ko foti waylude e nguurndam mum, teengi noon e aadaaji kestugol (yettitgol). Caggal duum, o fuddiima faamde kadi ko maa o lelnana besngu mum peeje mbele engu dada. Peeje lelnanteede sukaabe bee noon ngonataa beebde sabu neddo waawaa haalde gede SIDA te o haalaani ko feewti e leldagol walla ngoraagu e ndewaagu.

Sahaa e sahaa kala, o yida noddude sukaabe bee o haalda e mabbe, o haayta kadi sabu o ronkii annude to o rewrata walla nii to o fuddortoo. Faatimata miiijii haa juuti, o anndi alaa do o fawi kulol makko ngol sabu sukaabe Sammba fof na njanngi. Ina waawi tawa nii be puddiima haalaneede rafi oo to ekkol too walla be tara dum e won e defte e jaayndeeji. Hay so wonaano ko o teskii koo ne, muusat tan kono alaa e sago haalee. Kala ko neddo ombo reentina yimbe, yo o adoro e hoore mum e besngu mum.

Nii, o felliti haaldude e sukaabe bee. O noddii be, o wi'i be : "Cukalon am, anniya am burdo mawnude hannde ko yo on ndaf e oo rafi naatdo e wuro men. Duum noon, ko adii fof, kala e mon baawdo waasde leldeede, ko duum buri. So tawii on nganndii on mbaawaa muunde, kuutoro-dee deentorde mbele odon ndada. Ndeento-dee leldaade e yimbe be nganndu-don ebe leldoo e yimbe wodbe heewbe. So on njogorii wadde dum ne, yettee deentorde. Ko mbi'-mi koo toddii ko mawnitiibe bee hono Jaari, Aamadu e Astel."

"So duum bennii, fawaade e ko paam-mi koo e laabi daabirdi mboros SIDA dii, won laabi di njowitaaki e leldagol. Duum woni daabondiral to banngi yiiyam. Sabaabu duum, e ko fa'i arde koo, mi accataa hay heen suka gooto na rennda e goddo kabirde kaddinirde walla tupporde e cokorde, ko wa'i no lañset, lafi, meselle'en ekn."

"Wonande sukaabe worbe bee, hay gooto heen wontaa renndude e heddiibe bee saka goddo mbo be nganndaa lañset haa teengi noon e labatbe bee na njobee. Kala heen pinngoytoodo, maa mi soodan mbo pinngirde."

Faatimata wi'i : "Miin noon, caggal ko kewi koo e wuro men hee fof, mi faamii wonde yimbe bee na keddii e majjere haa jooni. Doktoor Njaay mbo yeewoyat-mi fiande kala mbele ombo rewindoo cellal banndu am na findina mi sanne."

"Oo rafi na hulbinii no feewi, te mi waawaa mbo woppirde nii haa mbo bonna renndo men. Maa mi waf heen kaadfi baawal am, gila e doole haa e ngalu. Midu daminii maa won arbe, yantude e golle de njogor-mi yubbinde dee."

2.4. Hol no mboros SIDA heɓortoo tawa rewraani e leldagol ?

Mboros SIDA ina heɓoo tawa nii rewraani e leldagol. Omo heɓoroo e meselle, pinngirde, laɓɓe walla laysetaaji ɗi nedɗo gondudo e rafi oo huutorinoo, tawa caggal mum ɗe laɓɓinaaka (*esterilise*) no haanirta nii, walla e loowgol yiyam ndaabadam, walla e jibingol.

2.4.1. Laawol gadanol : Kala kuutorɗe tayirteede walla julirteede nguru ina poti laɓɓineede e kala sahaa nde eden kuutoroo ɗe

Duum firti ko kala meselle, sisooje, laɓɓe, pemmborde kuutoraade e duhnugol, pesagol, pemmbol, tuppo e baɗe godɗe ceekooje nguru haa adda yiyam. So tawii ko ɓuri nedɗo gooto huutoriima deen kabirde, eɗe mbaawi sabobinde daabondiral hakkunde nedɗo daabaado, e mo raabaaka. Alaa e sago, ɗee kuutorɗe laɓɓinee sahaa e sahaa kala. Ko ɗee caɗeele teskaa e oo ɗoo fannu :

- Yimɓe ɓe nganndaa ɓee kulhuli gondi heen ina mbaawi huutoraade meselle, pinngirde e laɓɓe ɗe yimɓe wodɓe kuutornoo, tawa ɓe laɓɓinaani ɗe sahaa e sahaa kala.
- Ledɗe kuɓɓeteede ina mbaawi ɗakkude ngam laɓɓinde kuutorɗe ɗee e ndiyam pasnadam.
- Ko ɓuri heewde e yimɓe liggotooɓe to cafrirde too ina mbaɗti hakkille no feewi e laɓɓingol pinngirde. Kono won e sahaaji, eɓe kuutoroo pinngirde laabi keewɗi, tawo ɓe laɓɓinaani ɗe.
- Won e yimɓe safreteɓe e ɗiin nokkuuji nganndaa musiiba gondo e kuutoragol meselal gootal e yimɓe heewɓe tawa ngal laɓɓinaaka. Ko duum tagi ɓe kaalataa nii. Won e yimɓe ina nganndi musiiba gondo heen, kono eɓe kula naamnaade yo pinngirde ɗee laɓɓine.



Peeje ɗiɗi cennirde (laɓɓinirde) kuutorɗe :

1. Ndiyam pasnadam : Ngam sennude kuutorɗe ɗee, en ngulnat ndiyam e nokkuyel haa fasa, mbaɗen heen kuutorɗe ɗee, ɗaccen ɗe heen ko ina wona hojomaaji noogaas (20) ko famɗi fof. So en ngittii ɗe, mbaɗen ɗe e nokku laabɗo, coomen ɗe haa nde ɗe ngari e huutoreede kala.

2. Oodesawel : Lawyude kuutorɗe ɗee laabi ɗiɗi (2) e nder ndiyam laabɗam, caggal duum laabi ɗiɗi (2) kadi e nder oodesawel, caggal duum kadi lallitde ɗe laabi ɗiɗi (2) e nder ndiyam laabɗam. Kala ɗeɗugol oodesawel gootel waddetee ko e ɗeɗukon njeenayon ndiyam.

So tawii fiawdo waasii yiyam keewdam, safroobe bee fiibat e makko butelaaji yiyam goddo, ngam lomtinde yiyam dam o waasi dam. Safroobe bee ina poti yeewndaade yiyam dam be mooftata dam e nder cafirde hee ngam hoolkisaade goodgol mboros SIDA haa dam waawa huutoreede ko aldaa e kulhuli. Yimbe nokku bee ne ina poti hoolkisaade so tawii yiyam kuutorfeedam dam raabaaka. Hol ko waawi bonnude ndee feere ?

Mboros SIDA ina
heboo tawa nii
rewraani e leldagol.

- Weefanaani neddo mo liggaaki ko feewti e cellal fanndu anndude mbele daam yiyam yeewtindaama no moyyi.
- Neddo ina waawi sikkude wonde yiyam ngummoridam e gooto e banndiraabe makko raabaaka, tawa oon omo wondi heen.

So tawii neddo gondudo e rafi oo huutoriima pemmborde walla coccorgal (walla boros), omo waawi accude heen yiyam ndaabadam. So en kuutoriima deen pemmborde walla ngaal coccorgal, eden mbaawi raabeede. Kono :

- Sahaa ina sadti anndude so goddo huutoriima coccorgal walla pemmborde.
- Sahaa ina sadti salaade renndude kuutorde e wodbe.

So tawii debbo walla gorko yidii dañde binngel, kono gooto e mañbe raabaama, yo be miiyto heen no moyyi. Gorko gondudo e mboros SIDA oo ina waawi raabde joom suudu mum e biidde mo suwaa jibineede oo fof. Debbo gondudo e mboros oo ina hasii raabde biyum ko adii walla saanga jibingol. Teskaama wonde e dow jibingol rewbe tato raabaabe, maa wad heen famdi famdi fof gooto daabdo biyum.

Yanti heen, so debbo daabaado oo wonii cowiido, duum ina waawi yaawnude peeñgol maale rafi SIDA, haa teengti noon so tawii ombo famfunoo doole (ombo gakkunoo yiyam).

Yoga e yimbe ina katojini no feewi e dañde biñbe haa ko dum saabii ebe njoganoo dum pellital, tawa nii ebe nganndi ebe ngondi e mboros SIDA oo. Yoga e yimbe nganndata ebe ngondi e mboros SIDA oo tan ko nde yahi haa tigguyel mañbe fuddii feññinde maale rafi SIDA dee. Sahaaji be maaya ko adii nde suka oo mawnata. Ndeen, ko yimbe wodbe potata toppitaade ngonka cukayel ngel.

2.5. Laawol baylugol jikku, bade e aadaaji

Sikke alaa, enen fof en puɗɗiima hulbineede e rafi SIDA ; dum noon eɗen poti waɗɗe heen miiɗo e jikku men, gooto e men kala. En puɗɗiima yi'de won e jikku men ko pot-ɗen waylude, so en pellitii reentaade daabegol. Kono hol no nedɗo waawi waylirde



1. Ko adii fof, nedɗo oo faamataa nii sadteende ndee ina woodi. Yeru, yimbe heewbe ndaɗaani haa jooni humpito ko fa'ti e SIDA walla be njaggiraani dum sadteende.



3. Ko maa tan huunde kewa, dum toɗɗoo be tigi rigi, nde heewbe e yimbe pellita waylude no ngaadorinoo waɗirde.



5. So tawii be keblaniima dum, be tabitinta tan ko jikku keso oo, be etoo yeewde so ombo hawri walla alaa. Duum firti tan ko be beta haa be ngannda jikku oo hawranii be.

6. E oon tuma, ina waawi :

- be njokka e oon jikku keso,
- wooda ko be mbayli e oon jikku keso haa dum hawrana be,
- be ndutto e aadaaji booyɗi, maanaa ko be mbadatnoo adan koo.

jikku mum e leldagol? Baylugol jikku gasataa tan jooni jooni. Ko dum laawol juutngol. Neddo jidde oo waylude jikku mum ina sokli kumpital kam e ballal. Yeewen seeda daawe de yimbe bee ndewata haa be mbayla no be ngaadorii wafirde.

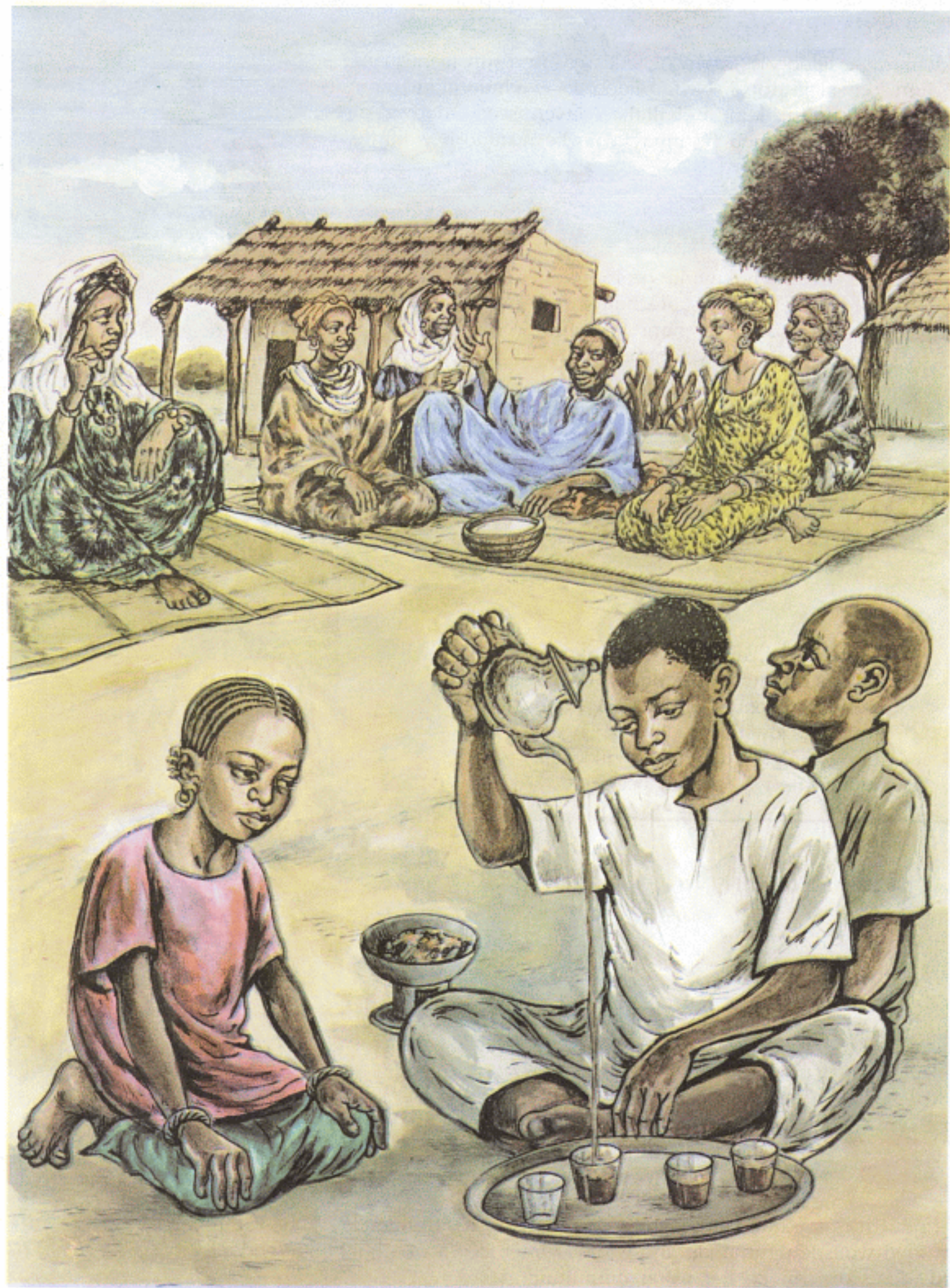
2. Wada ñalawma gooto tan, be nana ko ina taga be tinde sadteende ndee. Ina waawi be miiyto e ko be nani koo. Ina waawi nii kadi dum wona ngoya mabbe. Kono ko furi heewde, be mbaylataa jikkuuji mabbe tawde tan kumpital ngal toddaaki be kambe e ko'e mabbe.



4. E oon sahaa, ina hasii been yimbe pudfoo naamnaade kala ko fa'ti e ndeen sadteende e dabbitde kala kumpital jowitiingal heen. Caggal duum, be pellita waylude jikkuuji, mabbe, dum e lelnude peeje.



So be nduttitiima e aadaaji booydi, duum ina waawi duumaade ; kono duum ina waawi waasde duumaade. Ina waawi yimbe bee ngona hakkunde aadaaji booydi dii e kesi dii ko ina wona dumunna.



6. Faatimata teskiima aada renndo ngoo hebaani waylaade

Wadi ñalawma gooto, o nani Maamuudu, miñiraado Sammba oo na jogori yettitde Mayram, debbo Sammba tatabo oo. Faatimata anndi won ko o heddi foolde to bannge yimbe ñe renndi nokku oo. Kono won bannge kam o fuddiima weltaade heen sabu o yiitii feere no o haaldirani sukaabe mum.

Ndeen, Faatimata siforii konngol doktoor oo nde o tintini mo, kanke Faatimata, ko o gondudo e mboros SIDA. Doktoor oo wi'inoo : "Ko rafi SIDA wari gorko maa ne. Gila njidno-daa rokkude yiyyam maa Buudi, min mbadi yeewndo mboros SIDA, min tawi ada raabaa.

Jooni, Mayram ne kadi ombo foti wadde yeewndo. Onon fof odon kasii wondude heen sabu leldagol e gorko mon Sammba ina jeyaa e laawol daabgol ngol." Doktoor wi'iino Mayram yo o hoot, o haalda e jidnaabe mum. Nde kala nde o felliti, o ara ñe mbañana mbo yeewndo.

Gila ndeen, Faatimata hooti galle woni e miijaade hol no o jogori deforaade nguurndam mum janngo. Kono tawde ko o goongdindo Alla, dum fof wonaa baasi. Kanke o faamii ko doktoor oo wi'i mbo koo, te o fellitii waasde reseede ko heddii koo e nguurndam makko.

Kono nde Faatimata fuddii haalande jidnaabe Mayram ñee, seeda ñeen piya mbo. Baaba o wi'i mbo : "Ada sikki ko nii Mayram am maayrata ? Ombo woni cukalel keccel, o suwaa tawo dikkaade, o woppiree nii e dow haalaluuji ñee doktooree ñe nganndu-daa ko e faaynude yimbe ñee ñe kodi ! Miin, ko mi juuldo. Mi mooftataa e nder galle am debbo mbo resaaka. E balde garooje ñee, maa mi hum dewgal hakkunde Mayram e Maamuudu, miñiraado Sammba oo, tawde ko duum woni aada men."

Yumma mum Mayram hebbitii, wi'i : "Mi booyii nande a yidaa binngel amen ngel ! Ko hannde puddotoo-mi dum goongdinde ! No worbe wuro ngoo njidiri Mayram sabu yonteede e mba'di, ada sikki haala maa kaa na waawi haaytinde ñe resde mbo ?"

Tawde aadaaji ñii lelni ko so gorko maayii ko miñiiko hestata rewbe makko ñee, lebbi seeda pawii heen, Kaaw Tijjaani noddii Mayram e Maamuudu, o humi dewgal hakkunde mabbe. Ko kanke wonoyta nayabel Maamuudu sabu oon na joginoo rewbe tato.

Nii Faatimata faami galle Sammba ko jogordo firtaade sabu rafi SIDA. Maamuudu e rewbe mum tato ñee fof ina kasii raabeede so ñe ngummaaki e ko'e mabbe, so tawii Mayram ne ombo raabaa.

2.6. Hol waylowaylooji to bannge jikkuuji, baɗe e aadaaji ngam dartinde caragol rafi oo e nokku men ?

2.6.1. Baylugol jikku e baɗe gooto kala

E nder ndee ɗoo deɗtere, en nji'ii no mboros SIDA sarortoo. Yoga e jikkuuji (baɗe yimbe bee) ina mbeestina daaɓgol mboros SIDA oo. Tawde wonii to Afrik, e nder yimbe sappo (10) raabaabe, heen njeetato (8) keɓiri ɗum ko e leldagol, jikkuuji potɗi wayleede ngam dartinde caragol mboros oo njowitii ko e no yimbe bee poti wadinde jotondire mu'en to batte leldagol. Duum ne wonaa huunde weefnde.

Yimbe bee ina poti jogaade pellital, be yeewtoo jikkuuji ɗi nganndu-ɗaa ina taga be raabeede, kambe e hono maɓbe'en. Kono duum ɗoon wonaa noon tan neworii, sabu :

- Laawol baylugol jikku ina waawi juutde e saɗtude.
- Haalde e nder jeewte ko fa'ti e jotondiral to batte leldagol ko huunde gamotinnde, hersiniinde.
- Yimbe bee ina katojini e kumpital jowitiingal e peeje goodaade.
- Peeje ɗee ina poti yuɓɓude.
- Waylude jikku ina waawi kadi joopaade waylowaylooji godɗi jowitiidi e ji'ande e won e baɗe.

Deen caɗeele fof e wa'ɗe noon, ko maa yimbe bee e renndooji ɗii njuurnitoo jikkuuji mu'en tagooji be raabeede, so tawii ebe njidi ɗaɗɗe e SIDA.

Ngam dartinde caragol mboros SIDA oo, yimbe bee poti ko yeewde jotondire mu'en to batte leldagol.

2.6.2. Peeje baylugol jikku

Nedɗo kala, baylugol mum jikku fawii tan ko e kellifaagal mum. Saanga nde nedɗo oo fellitanta laawol kesol ngol o foti rewde, omo hatojini e kabaruuji jowitiidi e peeje goodaade ɗee. Yeru, yimbe bee ina mbaawi reentoraade rafi oo ɗee ɗoo peeje :

- Kaadgol e mbaldi mum wonande debbo e gorko kala.
- Waasde leldeede.
- Laabeede tigi rigi wonde hay dara hebaani terɗe jibinirɗe ɗee hade nedɗo leldeede.
- Waasde leldeede so tawii terɗe jibinirɗe ɗee ina ngaafiii.
- Kuutoragol deentorde ɗe mbonaani.

2.6.3. Hol sifaaji peeje ?

Kono fof dey, anndude peeje dee tan yonaani. Peeje dee poti wonde ko :

- **KO YIDAA :** Yeru, yimbe heewbe kollitii wonde waasde leldeede welaani dumen.
- **KO HEBOTOO :** Yeru, hay sinno gorko fellitii huutoraade deentorde, e nder nokkuuji keewdi coggu nguu ina tiidi.
- **KO WOODAA :** Yeru, e nder yoga e diiwanuuji, nokkuuji cafrirdi ñabbuuji kebortoodi e leldagol ngoodaani.
- **KO JABOTOO :** Yeru, ina woodi nokkuuji cafrirdi ñabbuuji kebortoodi e leldagol, kono sahaa diin nokkuuji ina ngona do rewbe bee kersata yottaade. Duum wadi so neddo wondii e hono diin ñabbuuji alaa do fa'i.

Ko duum saabii hay so tawii yimbe bee ina nganndi nafaore wonnde e falaade SIDA, dum newanaaki be. Waylude jikku booydo baawdo sabobinde rafi SIDA ina waawi kadi joopaade waylowaylooji e nder bade godde. Yeru:

- Debbo walla gorko faama musiiba gondo e mboros SIDA. Kono gooto e leldiibe bee anndaa so tawii goddo oo ina leldoo e wodbe walla alaa. Adan, kaadgol e mbalndi mum ko dum jom walla kiram wonnoo. Kono e oo doo sahaa noon, kaadgol e mbalndi mum wonti ko subaade nguurndam walla maayde. Hol fof no leldiibe hono nii mbaawirta faamotirde haa be kaada e mbalndi mabbe, dum newnana dumen reentaade SIDA.

Sikke alaa, ko maa been leldiibe mbayla jikkuuji mu'en to bannge leldagol. Ko maa be njeewtida no moyyi e gondigal mabbe. Ina hasii wonde leldiibe bee pellita gooto heen fof haada e mbalndi mum. (Ina waawi kadi be paamotira e leldaade e wodbe e dow noon huutoraade deentorde.)

- Yimbe heewbe (renndo ngoo) ina poti waylude jikkuuji mu'en, ko wa'i no haaldude e leldiibe mu'en, kañum'en e sukaabe mu'en ko fa'ti e jotondiral.
- So tawii debbo oo ina jogii kulhuli raabeede, omo foti ekkitaade yeewtidde e gorko oo haa oon huutoroo deentorde. Gorko oo e hoore mum ina foti wadtude jabde jeewte ba'de noon.
- Cafrugol jaawngol ñabbuuji kebortoodi e leldagol ina joggi no feewi, tawde wonii gaañande terde jibinirde, hay sinno ko ngaañankon tokoson, ina njaawna daabgol SIDA ngol saanga nde neddo gondudo heen leldaa. Yimbe bee ina poti waylude ji'ande mu'en e diin ñabbuuji; be potaani jaggirde di ñabbuuji kersiniidi. Be potaani deyyude rafiji mabbe gummoriidi e leldagol. Ebe poti woyeede, be toppitoo cafrugol jaawngol terde jibinirde dee, teenti noon e gaañande dee.

2.7. Hol ko waawi dartinde neddo e baylugol jikku mum ?

2.7.1. Wodaaji ganni

Sabaabu musiiiba gondo e SIDA, eden kaani yeewtidde e leldiibe men, kam e sukaabe men, ko fa'ti e jotondiral !

E nder renndooji aduna dii fof, yimbe hellifaabe ina poti yeewtidde ko feewti e jotondiral. Duum ina waawi wonde hakkunde mabbe e leldiibe mu'en, walla hakkunde mabbe e sukaabe mu'en. Deen jeewte ina poti wadeede mbele yimbe renndo ngoo ina paama hol ko woni rafi SIDA e hol ko woni musiiiba muudum.

Cadeele dee noon ko ina woodi wodaaji ganni ngam haalde ko yowitii e jotondiral. Sahaaji, yimbe fee njidaa anndude walla haalde kala ko todfii SIDA.

2.7.2. Baasal

Ngam dañde ko wuurdi, baasal ina addana yoga e yimbe leldeede. Sahaaji nii ko jidnaabe e ko'e mu'en nduñata sukaabe rewbe mu'en e fijde walla reseede law. Wonande yimbe waasbe ina sadtiri be yi'tude dame godde ngam hefde kaalis.

Kadi wonde baasdo noon ina sadtina safaruuji ñawu kala, ko wa'i no safaara ñabbuuji kebortoodi e leldagol, ekn. So neddo wondii e dii ñabbuuji, omo hasii raabeede mboros SIDA.

Baasal ina waawi weebnude caragol mboros SIDA oo.

Yarde sanngara walla yettude dorog ina waawi hadde en reentaade no feewi.

2.7.3. Sanngara e dorog

Yarde sanngara walla yettude dorog ina waawi hadde en reentaade no feewi e nder leldagol men, kam e yimbe be njogodi-deen deen jotondire.

2.8. Hol ko semmbinta en e baylugol jikku e bade ?

So tawii baylugol jikku haafaani tan e rokkirde kumpital e ko furi teentude koo, duum noon, hol ko foti wallitoreede ? Hol ko duñata yimbe bee e waylude jikkuuji caggal nde be paami musiiba gondo e rafi SIDA ? Enen kala, en kebii kumpital toddingal rafi oo. Hol no foti e meeden nganndi deen bade beeftinooji raabeede SIDA? Hol no foti e men ngetii yerondirde ko be njanngi koo e ko be mbaddatnoo koo adan. Hol no foti e meeden waylube jikkuuji ngam reentaade daabgol ngol ?

So en kebii anndude jikkuuji beeftinooji daabgol ngol, kono tawa en mbaylaani di, ngannden wonaa enen tan mba'i noon. Yimbe bee ina keba fiande fof kumpital toddingal mboros SIDA oo, laabi no raabirta e laabi no rafi oo falortee. Ebe mbaawi nii faamde tigi rigi wonde ebe poti waylude jikkuuji. Kono oon faamaamuya haadi tan ko e hoore; yottaaki e bade.

Ngam yimbe bee njogoo pellital e waylude tigi rigi bade mu'en, ko maa gedde jurminiide walla kaabniide njanta e oon faamaamuya. So tawii neddo yi'rii dum gite mum walla dum wonii e hakkille mum, ko ndeen o goongdinta goodgol mboros oo. Kadi, so tawii rafi oo laatiima e yeeso aadee, mboros oo suudotaako e gite yimbe.

2.8.1. Gedal burngal faayodinde badowal haa neddo wayla jikku e bade, ko anndude gooto daabaado walla anndude gooto mo SIDA wari. Deen joljole ina ndokka yimbe be cuwaa tawo rafeede bee hakkille no poti reentoraade. Doon e doon, ebe paama wonde duum ina waawi heftaade be. Anndondirde kadi e neddo dafaado ina waawi wallude e anndude no moyyi mboros SIDA oo e sifaaji mum. Ko ndeen be puddotoo yi'de batte de rafi oo waawi jibinande neddo, kañum e besngu mum.

Anndude gooto
daabaado walla
anndude gooto mo
SIDA wari ina wallita
e goongdinde goodgol
rafi oo.

Ciftoren : Fadde haa rafi oo yottoo nde fuddoo waylude jikku, firti ko waasde reentaade. Nde kala yimbe heewbe e nder nokku puddii anndude yimbe rafaabe bee, duum firti ko mboros oo sariima e nder nokku hee gila ko booyi. Yimbe ina mbaawi raabeede duubi keewdi sanne ko adii nde maale rafi SIDA dee ina peeña.

Ciimti raabaabe bee
ina waawi hirjinde
heddiibe bee e
waylude jikkuuji e
bade maabe.

2.8.2. Ciimti (haala) raabaabe walla ciimti jowitiidi e yimbe be rafi SIDA wari ina beyda faayre mawnde e nder kumpital ngal yimbe bee kebata.

Diin ciimti ina mbaawi wonde gollal rafaabe bee, walla wona binndande, walla loowaade e *mañetofono*, walla *wideyoo*, walla wadee *filma* yaltinee e *telewisiyon*. Yimbe be ndaabaaka ina mbaawi waylude jikkuuji maabe so tawii be nanii diin ciimti.

2.8.3. So neddo wadii yeewndo mboros SIDA, bagginaali mum ina mbaawi wallude e waylude jikku. Yimbe heewbe ngalaa baawal wadde yeewndo ngam annude so be ndaabaama walla alaa. Be njabrat Alla tan.

So tawii be mbaawaa wadde yeewndo, ebe mbaawi sikkude nii wonde ebe ngondi e rafi oo. So wa'ii noon, ebe mbaawi kadi wi'de jaraani ko ebe mbayla jikkuuji maabe.

Yeewndo mboros SIDA yahdude e bagginaali ina waawi wallude neddo e fellitde jokkoraade no nganndu-daa ina usta caragol mboros oo.

Kono noon, pellital yahde wadaya yeewndo weebaani. So tawii yahdaani e bagginaali moyyi, yeewndo ngoo ina waawi hulbinaade no feewi e faaynude.

So yeewndo ngoo
wadaama, bagginaali dii
ina mbaawi wallude e
waylude jikkuuji.

Hormaade yimbe wodbe
be ndaabaaka ina
wallita dartinde caragol
mboros SIDA.

2.8.4. Faamde tigi rigi ina wondi e rafi hee ina waawi du'nde e waylude jikku e bade. Yimbe rafaabe bee ina njogoo pellital sahaa wadde feere fof haa ndeena leldiibe mu'en e daabgol.

Ko ngaal pellital, saabantoo dum wadtorde e hormaade yimbe wodbe. Engal fawii kadi e wasiyaaji goodaadi e ballal kam e ndeenka yimbe rafaabe bee.

Neddo tindo omo raabaa ina sokli ballal e kumpital.
Bagginaali, ko adii e ko sakkitii, yeewndo ngoo
ina mbaawi wallude neddo e reentaade no moyyi
e reentinde wodbe e rafi hee.

2.8.5. Yimbe heewbe ndañata doole waylude ko e nder deerduugol mabbe nguurndam e daminaare janngo moy'yo. Gaa gaa kabaruuji e yimbe rafaabe bee, kam e peeje waylowaylo dee, ko heewi e yimbe tawii ina mbaawi waylude jikku e tabitde heen tuugnaade e dewal mabbe Alla e pinal e neddaagal mabbe. Yimbe bee ina ndaana semmbe e diineeje, pinal, kañji e aadaaji mu'en.

Diine e neddaagal ina
waawi rokkude yimbe
bee doole no mbayliri
jikkuuji mu'en.

Jeyeede e renndo ngo
aadaaji mum njahdi e
baylugol jikku
gooto kala.

2.8.6. Hay so wonii baylugol jikku fawii ko e tiidnaare joom mum, ballal renndo ngal ne ina teengi heen. Ko maa renndo ngoo jaba, waawana kadi waylowaylooji di neddo oo yidi wadde dii.

Yeru, so tawii renndo ngoo aadorii ko wi'de ko gorko tigi woni jogiido leldiibe heewbe, doon ina sadtana mbo fellitde haadde e mbalndi mum. Ko fasiraabe mum beydata naatnude mbo e musiiba.

Waylowaylooji aadaaji e ngonka ummoraade e renndo ngoo ina njibina waylowaylooji e gooto kala, tee edi mballita e tabitde heen. Yimbe bee ina mbayla sahaa jikkuuji mu'en, mbele maa be keddo e renndo ngoo. So tawii ngoon renndo subii ko jikkuuji gustooji daabgol SIDA, e oon sahaa, neddo oo semmbinaama e waylude jikku mum.

2.8.7. Gede pa'tude e jotondiral ko gamotinnde (kersiniide) haalde e nder jeewte, kono so tawii neddo oo waawii haaldude heen e sehilaabe, liggodiibe, koreeji, njaatigeebe, wagginoobe e yimbe hoolaabe bee, duum ina waawi weebtinde pellital mum e baylugol jikku.

So tawii neddo oo waawii
haaldude e sehilaabe,
duum ina waawi
weebtinde pellital mum.

2.9. Ngam tabitinde baylugol jikku

Laamuuji, goomuji, dente, kam'en e pelle de ngonaa laamuyankooje lelnat laabi ngam habaade caragol mboros SIDA, kam e addude ballal fa'de e yimbe rafaabe bee. Diin laabi lelnaadi ina poti diwde kumpital ngal tan. Edi poti waawde jibinde pellital ngam baylugol jikku ngol. Edi poti waawande, di moyyina, di tabitina pellital baylowal jikku ngal. Edi poti weestinde baylugol aadaaji e ngonka renndo ngoo.

2.9.1. Daabaado walla dafaado oo ko jaaktordo e nder renndo ngoo

Ina moyyi mbaaden feere haa yimbe bee mbayla no be nji'rata e no be nguurdirta e rafi oo. Eden poti wadtorde e nder laabi di lelnu-den dii ceedtagol yimbe rafaabe walla siimtude gede jurminiide, kaabniide ngam dunde yimbe bee e waylude jikkuuji mu'en. Kala do rafi oo saraaki tawo, yimbe heewbe cikkata ko rafi SIDA oo woodaani. Hedaade walla yi'de be neddo dafaado ina addana be goonginde SIDA ina woodi tigi e jaati.

Kono woto njejiten feññinande yimbe bee ina wadi ngoyaaji. Renndo ngoo ina waawi dogde rafaabe bee, kañum'en e sukaabe walla besnguui mu'en, so tawii be cuudtiima. Woto mbaawnee muk dafaado SIDA suudtaade yimbe. Ngaal doon pellital ko joom mum tan jogii ngal. Omo hatojini e toppitagol e ballal. Semmbinde njurum fa'de e yimbe rafaabe bee ko huunde himmunde. Laamuuji dii ina mbaawa addude heen ballal mu'en to bannge sariya deenoowo yimbe rafaabe bee.

So tawii en ndonkii addude rafaabe bee e seedtaade e yeeso yimbe, eden mbaawi siimtude ko woodi. Ciimti raabaabe bee e humpitooji mabbe ina mballita no feewi e dunde yimbe bee e waylude jikkuuji mu'en.

Daarol Siikuwera

Siikuwera liggantoo ko fedde wi'eteende FACT. Golle makko wonnoo ko hirjinde e famminde kala ko feewti e SIDA. Ko dum doo hebtii mbo :

Nde o tintinaa tigi tigi wonde omo raabaa mboros SIDA, tawi o faamaano hay dara e batte gonde heen. O wi'i : "Cafroowo oo haalanaano mi hol nafaore wonnde e wadde yeewndo. Kadi, mi faamaano wonde raabeede mboros SIDA ina waawi addande neddo rafi SIDA."

Nde o haalani ligginatnoodo mbo oo wonde ko o daabaado, oon fuddii bittinde mbo kam e wadde bade de kaanaani. Duum noon ina mettunoo mbo sanne. Kam fof e dañde humpito e rafi oo, dum haadaani mo wonde reedu. O wi'i : "Mi anndaano kulhuli gondi e saawde." Maale rafi makko puddii feeñde. O jibini wondude e cadeele keewde. Binngel makko sellaano nde ngel jibinaa ndee. Caggal duum seeda, ngel rafaa no feewi, ngel maayri lebbi jeedidi.

Hanjadi, Siikuwera roondii rafi oo, roondii mette maayde binngel makko, kam e kumpa no biibbe makko wodbe bee njogori wuurdude so o maayii. E dow ko hebtii mo koo fof, o fellitii suudtaade yimbe bee mette makko, kono o tawi edum sadli no feewi. O wi'i : "Mido jogoo mette sahaa so been yimbe be kaalantunoo-mi ina puroo mi walla ina njalkita mi."

2.9.2. Wadde feere haa sokla kumpital natta woodde

Goomuui njubbinii ñalawmaaji ngam hirjinde e ko fa'ti e SIDA - magooji, heblooji, jeewte, filmaaji, tottirgol ñatakuuji, e ko nanndi heen. Deen baɗe ko kimmude no feewi, tee eɗe potnoo woodde e nder renndooji ñii kala, kono ɗe njonaani. Hol ko yimbe bee mbaɗata so tawii ɓe keɓii kumpite teegtude peewtude e rafi oo?

2.9.3. Lelnude peeje ngam habaade SIDA

Peeje ngam habaade SIDA ina potnoo teegtinde kala ko ina reena gooto kala e daafgol SIDA, so ko neɗɗo gooto oo walla leldiibe bee. Ɗii laabi poti rokkude yimbe bee no ɓe kaaldiri e no ɓe keɓiri kabaruuji goɗɗi. Won e paandaale ɗee ko laabeede wonde yimbe bee ina mbaawi ɗaɗde humpito so ɓe njidii ballal.

Peeje ngam habaade SIDA ina poti wallude yimbe bee e subaade laawol - so ko resondirɓe, ɓesnguui, sehilaabe, liggodiibe, dente diine, hoohooɓe ganni, hoohooɓe politik, hoddiibe, giyiraabe, ekn. Laamuui ñii ina mbaawa addude heen ballal mu'en tawa ina ndarna nokkuuji ɗo bagginaali e yeewndo wondude e sirilu ina hebee.

Peeje ɗee kadi ina poti teegtinde pelle nokkuuji ɗee. Deen pelle ina poti jokkondirde. Pelle nokkuuji ɗee kala ina poti ɗaɓɓude anndude sababuui caragol mboros oo. Pelle ɗee ina poti lelnude peeje kadi no ndaɗniri yimbe majje.

2.9.4. Hol no jotondiral (walla leldagol) kam e maayde kaalirtee ?

Rafi SIDA ina inna geɗe ɗiɗi ɗe mbeestintaa kaaldigal : jotondiral (walla leldagol), kam e maayde. Laabi ngam habaade SIDA ñii ina poti wadde feere haa ndarna ko ina weestina jeewte pa'tude e ngoraagu e ndewaagu, kañum e maayde ndee. Duum doon noon naamnii ko nokkuuji bagginaali to yimbe mbaawi ɗaɗde humpito ko fa'ti e jotondiral. Ina waawi wonde e ekkolaaji walla e dente diine walla e nder galleeji, ekn.

2.9.5. Wadtorde peeje toppitorde e peeje palorde

En nji'ii wonde rafaabe bee ina mbaawi wallude renndooji ñii e leydeele ɗee e nder hare caragol mboros SIDA. Eɓe mballita e jogaade pellital waylude jikkui ñii.

Duum noon, ina himmi wadtorde peeje teegtinooje no mboros SIDA falortee kam e peeje no rafaabe toppitortee. Nde rafaabe bee ngari e cafirde ɗee kala, yimbe nokku bee, pelle ɗe ngonaa laamuyankooje ɗee kam e laamu nguu fof ina mbaawi yi'orde heen goomuui (yeru : galleeji, pelle rewɓe walla sukaabe) cokluɗi kumpital.

2.10. Bure faamde ko fa'ti e yeewndo mboros SIDA ngoo

Hay sinno safaara rafi SIDA woodaani tawo, yeewndo hollitoongo mbele neddo ina raaba ina woodi.

2.10.1. Bure yeewndo ngoo

- So tawii neddo oo wondii e maale rafi oo, yeewndo yiyam ina waawi tinndinde cafroowo on oo so tawii ko mboros SIDA saabii rafi mum, walla alaa.
- Yeewndo mboros SIDA ina waawi wallude daabaado oo e fellitde waylude jikkuuji mum haa o usta caragol mboros oo. So tawii yeewndo ngoo wadaa ko e dow welemma e yamiroore neddo oo, so tawii neddo oo wagginaama ko adii e ko sakkittii yeewndo ngoo, duum ina waawi wallude mo e waajtaade hoore makko ko fa'ti e deentagol makko e ngol wodbe kala.
- Yeewndo mboros SIDA gila e law ina waawi wallude neddo oo e jabde ngonka mum. Duum kadi, ina wallita mo e wuurde no haanirta nii ko furi juutde, walla mo kadi e sakkande sukaabe mum peeje e ko arata.
- Anndude o raabaaka ina walla neddo e jogaade hakkille deeydo, tee ina hirjina mo e waasde raabeede.

2.10.2. Cadeele yeewndo ngoo

- Yoga e safroobe yeewndoto yiyam fiawbe mu'en ngam dabbitde mboros oo, tawa be kebaani yamiroore been doon.
- Yoga e safroobe ina cuuda fiawbe bee wonde be ndaabaama caggal yeewndo ngoo.
- Yeewndo ngoo suwaa tawo newaade do kala, tee engo tiidi e nder yoga e nokkuuji.
- Sahaa kadi, sirilu alaa e yeewndo ngoo so ngo gasii.
- Wonaa e kala sahaa yimbe bee paamata hol ko firti raabeede mboros SIDA.
- Muñal weebanaani neddo bi'aado omo wondi e mboros SIDA. Won e yimbe ina cunoo no feewi e nande oon kabaaru. Been ina katojini ballal e wasiyaaji.
- Won e sahaaji, wasiyaaji ngoodaani.
- So tawii tan won e yimbe mbi'aama ngondaani e SIDA, be cikkata ko hankadi efe mbaawi waasde reentaade rafi oo.

TESKO : So tawii eden njogii naamne jowitiide e yeewndo mboros SIDA, njokkondiren e cafroowo gondo e nokku men. Oon ina waawi rokkude en kabaruuji kala di coklu-d'en ko fa'ti e yeewndo ngoo, wasiyaaji dii e kala ko woodi heen e nder diiwaan men, ekn. Njokkondiren kadi e kala gollotoobe ko fa'ti e palagol SIDA, walla safroobe bee.

Tonngol tayre ndee :

Naamne teentude e ko janngaa koo

1. Hol no rafi SIDA falortee ?
2. Mbele odon nganndi won e ñabbuuji goddi kebortoodi e leldagol ?
3. Hol ko seerndi diin ñabbuuji e rafi SIDA ?
4. Mbele odon nganndi peeje tati teentude de neddo waawi rewde haa dada ?
5. Hol laabi daabirdi mboroos SIDA ?
6. Hol sifaaji peeje lelneteede dee poti jogaade ?
7. Hol cadeele baawde dartinde baylugol jikku ?
8. Hol ko waawi semmbinde baylugol jikku ?
9. Hol no baylugol jikku waawirta tabitinireede ?
10. Hol bure e cadeele yeewndo ngoo ?

Tayre 3:

HOL NO PEWJIRANTEN NOKKU MEN?

Faandaare : Ndee tayre ina foti wallude on e yuɓɓinde golle ngam ndartinde caragol mboros SIDA e nokku mon. En nji'ii wonaa neddo gooto e pellital mum waawi waylude aadaaji renndo ngoo haa rafi SIDA waasa bonnude nokku oo. Ndeke, alaa e sago nokku kala tawtooree heen.

Laawol Kuutoragol : E tayre ndee fof, ko ndee tayre buri himmude to bannge batte e nokku mon. Njanngon nde, onon fof, haa nji'on no nokku mon waawiri yuɓɓinanireede.

Loowdi ndee tayre :

☐ **Hol no Wuro Seeno Bowde darorarii e haɓtaade rafi SIDA ?**

3.1 Faamde hol nafaore woni e ligganaade renndo (nokku) ngam dartinde caragol mboros SIDA

☐ **Hol no Faatimata'en njuɓɓiniri golle goomu maɓɓe ?**

3.2 Nafaore wonde e kaaldigal e renndo ngoo

3.3 Widto nokku haa ngannden caɗeele men kollitde rafi SIDA ina waawi naatde e nokku men

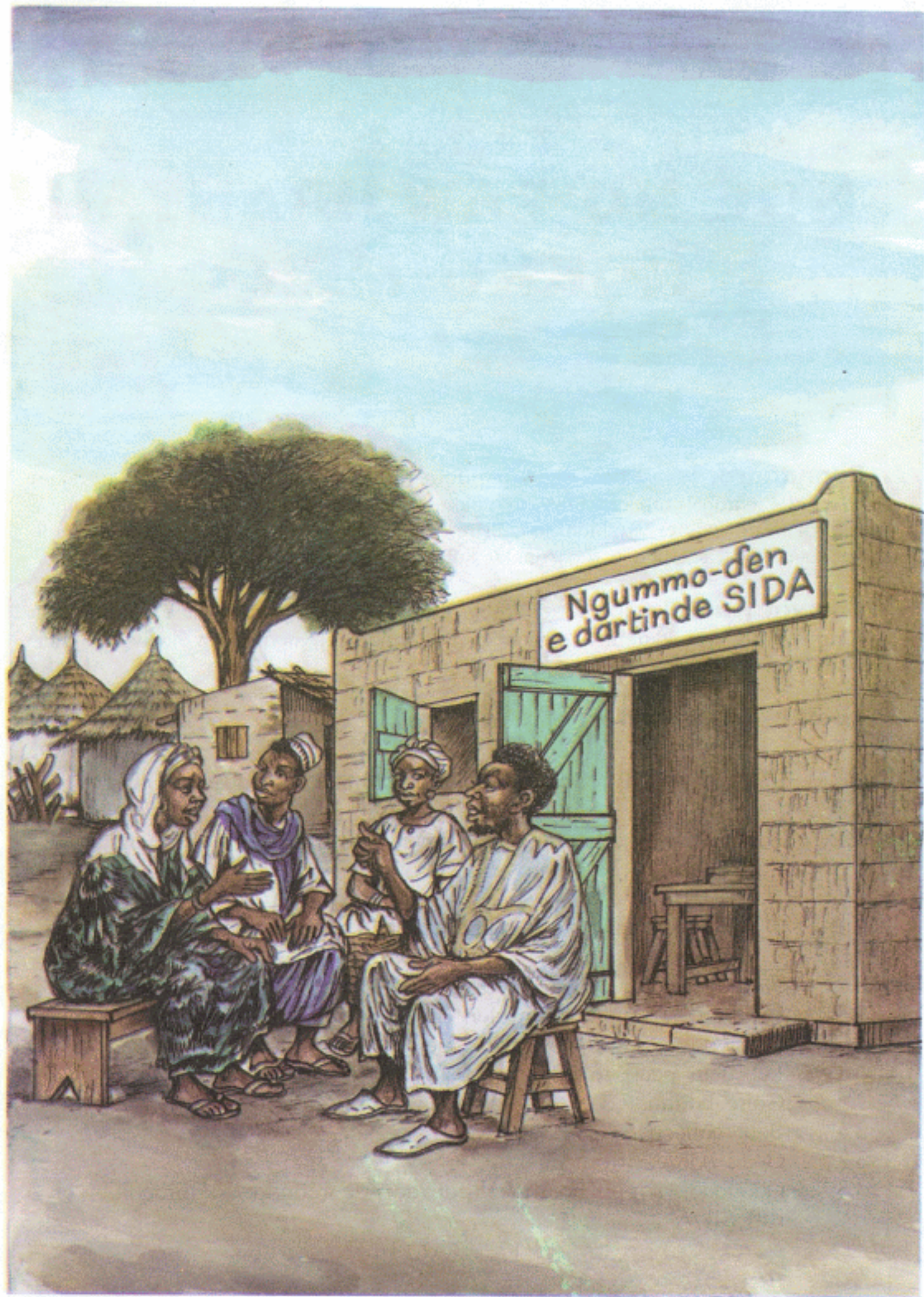
3.4 Lelnugol peeje tabitde

3.5 Golle badaade

3.6 Beto golle dee

3.7 Gede potde siftoreede !

3.8 Goongaaji sappo ngam hollitde darnde renndo e kaɓtagol rafi SIDA



7. Hol no Wuro Seeno Bowde darorani e haŋtaade rafi SIDA?

Hakkunde dumunna mbo Faatimata woni e miijaade e nde o lelnata feere, tawi galleeji godɗi puɗɗiima yaneede. O faami haŋkadi ko maa yimbe ngummoo sabu wuro maɓɓe ngoo jogori ko daɗɗe caɗeele de hay gooto faamataa. O wi'i noon hade makko haalde e noppi renndo ngoo fof, ko maa o yeewoya won e yimbe baɗtiibe mbele be nanngirana mbo e golle dee. Dum doo wonaa gollal neddo gooto. O felliti haalanoyde wanndiraabe mum worbe, Aliw e Demmba, e sehil mum Aminata, matoron gondo e nokku hee.

Caggal nde o humpiti be musiba jando oo e galle maɓɓe, o ŋaagii yo be njaggiran mbo e hirjino e kaaldugol e yimbe wuro ngoo. Demmba e Aliw kolliti mbo wonde ebe caggal makko. Kala do o darii, ebe ndarii caggal makko. Etee, so o yidii haaldude e won e yimbe tawa dum newantaako debbo, kambe ebe njarlitii lomtaade mbo.

Be kawri noon e haalande kala jogiido konngol e wuro hee hade maɓɓe fudɗaade golle. Sabu so tawii be kawrii e won e mawbe be paamaani ko be ngonni koo e dow mum, ina waawi leeltinde golle dee.

E dow duum noon, be pecci golle dee : Faatimata wi'i yo o yah, kam e Aminata, be kaalana fedde rewbe ndee, sabu ina wa'i no rewbe bee furi tinde batte rafi oo. Ebe mbaawi raabeede, be ndafee hono no fof'en ; ebe mbaawi kadi defaade caɗeele waayɗube, ekn. Demmba e Aliw njahi yi'de Elimaan wuro ngoo, Ibraahiima Bah, sabu so o jabii jabbal maɓɓe, maa o waaw haalande juuloobe jumaa bee so njuulu gasii. Caggal duum, be pa'i to Seeku Jallo, joom wuro, mbele ombo walla be e hellifaabe wuro ngoo.

Kadi, tawde be ngonaa haralleebe, be njogii tan ko yarlitaare wallude ko'e maɓɓe kam e wuro ngoo, be pelliti haalanoyde Njaay, gardiido safroobe wonbe e nokku hee mbele oon na adda ballal mum, walla na yamira yo gooto e gollodiibe bee ar yanta e maɓɓe. Be eɓɓi kadi haalande joodaniibe laamu nguu e nokku hee : Sih (Suupereftee oo), Kulibali (Seef de SEYEER oo), Muusaa (jannginoowo ekkol oo) e Soh, kirjinoowo fedde nde wonaa laamuyanjkoore "Bural Nokku" dilloore e nokku hee.

Faatimata wi'i : "Kono, so en ngollii gooto kala bannge mum, en nganndetaake, en ndaɗataa doole. Ndarnen fedde wi'eteende **Ngummo-den e dartinde SIDA**. Faandaare mayre wonata ko humpitde yimbe bee e batte rafi oo."

Aminata hebbitii, wi'i : "SIDA diwtii rafi bolo. Daranagol SIDA foti yahdude ko e etaade humpitaade, maanaa janngude jaayndeeji, hedaade rajo, yeewtidde e haralleebe wonbe e nokku men. Kala do gooto e men hocci kaayit walla natal ballitoowal yimbe bee e anndude tigi tigi hol no rafi oo ardata, hol boneeji makko, yo o addu, o fawa doo do galle Faatimata haa nde ndaŋ-den nokku hoore men kala. Kadi, hade goomu oo tiidata, kala e men daŋdo sahaa seeda mbo o gollaaki, yo o ar, o hawra doo e yidbe fammineede. Won pelle dillooje e oo fannu, eden poti wadde feere haa njokkondiren e majje walla ngeto-den anndude hol jabbal de ndewi haa de ngoodi doole."

Faatimata hebbitii wi'i : "Haawnaaki tawa burbe heewde e men ndaabaaka e mboros SIDA hannde. Kono paamen hakke ko ngon-den renndo, mboros oo ina soomii e men ! Duum noon, pot-den ko ummaade e ko'e men ngam dartinde oo rafi e wallude yimbe rafaabe bee. Jooni noon, ko heddii koo e yeewtere ndee, eden mbaawi werlaade naamne, kala baawdo o jaabtoo. Gooto kala yo yaltin ko

nibbidani dum heen. So wadii, ko ndeen mbaawaten fotde faamaamuya e gedde hee. So bee paamii no feewi, beya paami seeda, wadi heen be paamaani hay dara, duum ina leeltina golle dee."

Seeku Jallo naamnii : "Hol no paamir-
daa tigi rigi "renndo" ? Mbele njid-
daa wi'de ko wuro men, leŋol men,
walla ko renndo men diine ?"

Faatimata jaabii : "Ko dum naamnal
paayodinngal. So en nanii "renndo"
tan, hakkillaaaji heewbe e men njahata
ko e dental yimbe wuurdube do gootel,
walla renndube laamu walla fedde.
Yeru, yimbe wuurdube e wuro wooto,
tawa ka'en ndenndi joom wuro walla
ardinaabe teeru."

"Kono ina waawi wonde sifaaji godfi
renndo. Yeru, e nder wuro wooto, ina
waawi wadde yimbe jeyaafe e besngu
ngootu cariingu walla jiidube yiiyam
walla hinnde. Saha e saha kala ebe
kawrita, be njeewtida tawa kadi ko
kanbe njiidi subaabe yooltoobe hujjaaji

maŋbe."

"Ina woodi kadi goomuuji yimbe renndube sago, njiidi anniya : yimbe jiidube
gollal ko wa'i no safroobe walla jannginoobe, yimbe jiidube diine, walla wadoobe
coftal balli gootal. Been yimbe ne ko dente godde. Ina woodi yimbe renndube
huunde walla gollal, ko nanndi e pelle moftooje ngalu, been ne haa jooni ko
renndo. E miijo am, eden poti renndinde deen dente kala ngam dartinde SIDA."



Kulibali, seef de SEYEER famti konngol, naamnii : "Kono Faatimata, leydi amen ina jogii Ebboore Ngenndiire Habotoonde SIDA. Ende rewindoo, ende jokkondira e denndaangal goomuui liggotoofi ngam dartinde SIDA. Ebboore hesere ina woodi kadi. Nde toppitii ko tottirgol e njeeygu deentorde e nder leydi ndii. Emin njogii nii to Ndakaaru nokku gooto keso toppitiido bagginaali e ballal ko fa'ti e SIDA wonande rafaabe bee. Duum fof yonaani ngam dartinde caragol mboros ngol"

Faatimata wi'i : "Alaa, njaafoda Kulibali. Ko aan joodanii laamu ngu, tee enen fof, eden nganndi wonde deen ebbooje ina kimmi no feewi. Kono de njonaani !"

Ngoya SIDA e mboros
mum ina himmi haa
burti juude fedde
wootere tan. Pelle dee
ina poti jokkondirde
ngam dartinde caragol
rafi oo. Eden poti
renndinde dente kala,
ngam dartinde SIDA.

"Ngoya SIDA oo ina mawni no feewi, tee mboros oo nana saroo ko yaawi. En mbaawaa tan fadde ballal wodbe. Pot-den ko ummaade e jonnde. Dañde walla waasde wune Ebboore Ngenndiire Habotoonde SIDA fawii ko e ujunnaaje goomuui e pelle ba'de no nde men. Gooto e men kala ina foti dañande oo rafi kulbiniido peeje. Duum noon, laamu ngu e winndere ndee kala ina mbaawi wallitde en e golle men. Ngoya SIDA e mboros mum ina himmi haa burti juude fedde wootere tan. Pelle dee ina poti jokkondirde ngam dartinde caragol rafi oo."

Soh, kirjinoowo fedde "Bural Nokku", hebbitii, wi'i : "Cikku-mi fof fawii ko e baylugol jikku neddo. Kono ngol baylugol fawii ko e tiidnaare mo woni kala, wonaa renndo ngoo tan."

Aminata, matoron oo wi'i : "Ko goonga, tiidnaare mo woni kala ina teengi, kono no nganndir-den nii tan, neddo ina sokli ballal yimbe do o jeyaa doo. So tawii yimbe renndo ngoo kawrii e ko wa'i no haafde e mbalndi mabbe walla kuutoragol deentorde, duum ina waawi addande neddo gooto oo waylude jikku mum. Kadi ina waawi wallude neddo oo e tabitde e jikkuuji kesi dii tawa dum aldaa e kulhuli hay so tawii edum sadti sahaa. So neddo jogorii waasde haafde e mbalndi mum, yo o huutoro deentorde mbele ombo waasa artirande leldiibe mum mboros oo."

Soh jokki e miijo makko ngoo, wi'i : "Wadde hol to cadeele dee ngonni ? So tawii enen worbe, en mbaawii haafde e mbalndi men, walla mbaften huutoraade deentorde, enen fof maa en ndaaf. Ndeen jaraani ko eden tawtina heen yimbe renndo ngoo kala."

Kono Aminata jabaani ko o wi'i koo. O jaabtii : "Ko goonga, kono yo taw onon worbe, odon yetta ngaal pellital, tawi kadi odon kormoo ngal. So tawii noon ko minen rewbe, tee min koolaaki so gorko amen ina haada e mbalndi mum ; walla so tawii kadi noon joom galle amen ina jogii debbo goddo, tee min ngalaa hoolaare e oon - mbele emin mbaawi waawnude joom galle amen e reentaade, tawa o yidaa? Mido sikki tan doole renndo dee ina mbaawi wallitde rewbe bee kala e reentaade. Renndooji dii ina mbaawi wallitde e baylugol jikku gooto kala, haa jotondiral waasa wondude e kulhuli."

Elimaan yetti konngol, nani ko ɓe kaali koo, miiɗtii, naamnii : "E mba'di nguurndam men, mbele fof ina foti waylaade ?"

Aliw heɓɓitii wi'i : "En potaani hulde, sabu hay so Eɓɓoore Ngenndiire ndee waawii rokkude en kumpital e rafi hee ne, ko enen e ko'e men pellitta ko pot-den wadde ! Eden poti subaade feere yahdunde e mba'di nguurndam men, tawa ina hormii aadaaji e diineeji men."

"Yeru, yetten kuutoragol deentorde. Hol ko diine men wi'i heen ? Hol ko woni heen yi'annde worɓe e rewɓe renndo men ? Mbele en pellittu huutoraade deentorde, walla ina woodi peeje godde to men ?"

"Surgaaji e boomi men ne, jamanuuji mbayliima, tee eden nganndi yoga e maɓɓe puɗɗiima leldeede. Hol no ndeenirten ɓe e daaɓgol ngol ? So tawii e nder nokku men, en njabii kuutoragol deentorde, hol no njuɓɓinirten tottirgol majje ?"

Faatimata wi'i : "Duum doo fof ko naamne de pot-den daɗande jaabawuuji. Renndooji dii ɓuri waawde yi'tude e nder pinal mu'en peeje labaade ngam safrude caɗeele de rafi oo jibini."

Elimaan oo weltaaki e haala maɓɓe kaa, o wi'i : "Kono min mbi'aa ko yo min mbaylu aadaaji di min tawrunoo njaatiraabe amen !"



Kaaw mum Faatimata jaabtii : "Doo ne kadi ko daliilu godde haa renndo ngoo waawa dartinde rafi oo. Ina woodi aadaaji ɓooyɗi guurdaadi, tawa ko tagooji haa yimɓe ɓee ina ndaabee ! Yeru, no gorko ronirta debbo mo mawnum walla miɗum acci ko aada ɓooyɗo. Miin dey ko e yonta mawɓe njeyaa-mi kono mi yeewii taw-mi ko maa aada destugol yeewtee sabu nde musibaaji rafi oo. Kono so tawii maayɗo oo, wari dum ko SIDA, oon aada ina waawi wallitde e sarde mboros SIDA e nder ɓesnguui men tigi. Hol ko foti wadeede ? Walla sukaaɓe rewɓe tokosɓe reseteeɓe tawa tolnaaki e leldeede, dum fof ina wallita e caragol mboros SIDA oo."

"Duum kadi, hol ko foti wadeede ?"

"Diin aadaaji ko potɗi yeewteede, peeje ndaŋee tawa aldaa e kulhuli. Ndiga ko waawi wadeede tawa ko e teelal. Ko renndo tan, sabu wonde mum dental, jogii kattande e eɓbande waylowaylooji e nder ko ndon-den koo e njaatiraabe men. Renndo ngoo ina anndi kala toɓɓe gamotinde, tee ina waawi de haalde tawa ko no haanirta nii. Eden poti kadi yuurnitaade aadaaji ɓooydaadi ɗii :

- Miiɗo renndo ngoo e hol no worɓe e rewɓe potnoo jikkoraade,
- Ko njannginten (tinndinten) sukaaɓe men,
- Hol no njannginirten ko abbitii e jotondiral."

Aysata yetti konngol, wi'i : "Mi siftorii, nde ngon-mi suka ndee, eden njoginoo peeje no njannginir-den sukaaɓe. Ina woodnoo tinndi, cifti, joljole naatirde nguurndam e dufe nder ladde. Peeje keewde majjii, tee hay dara ɓuri ko yuɓɓude lomtaaki de. Jidnaabe tinndintaa sukaaɓe mu'en ko feewti e jotondiral. Ko heewi e dufe de kadi mbaɗataa ko wa'i noon. Duum noon, hol fof to ɓe njanngata nguurndam?"

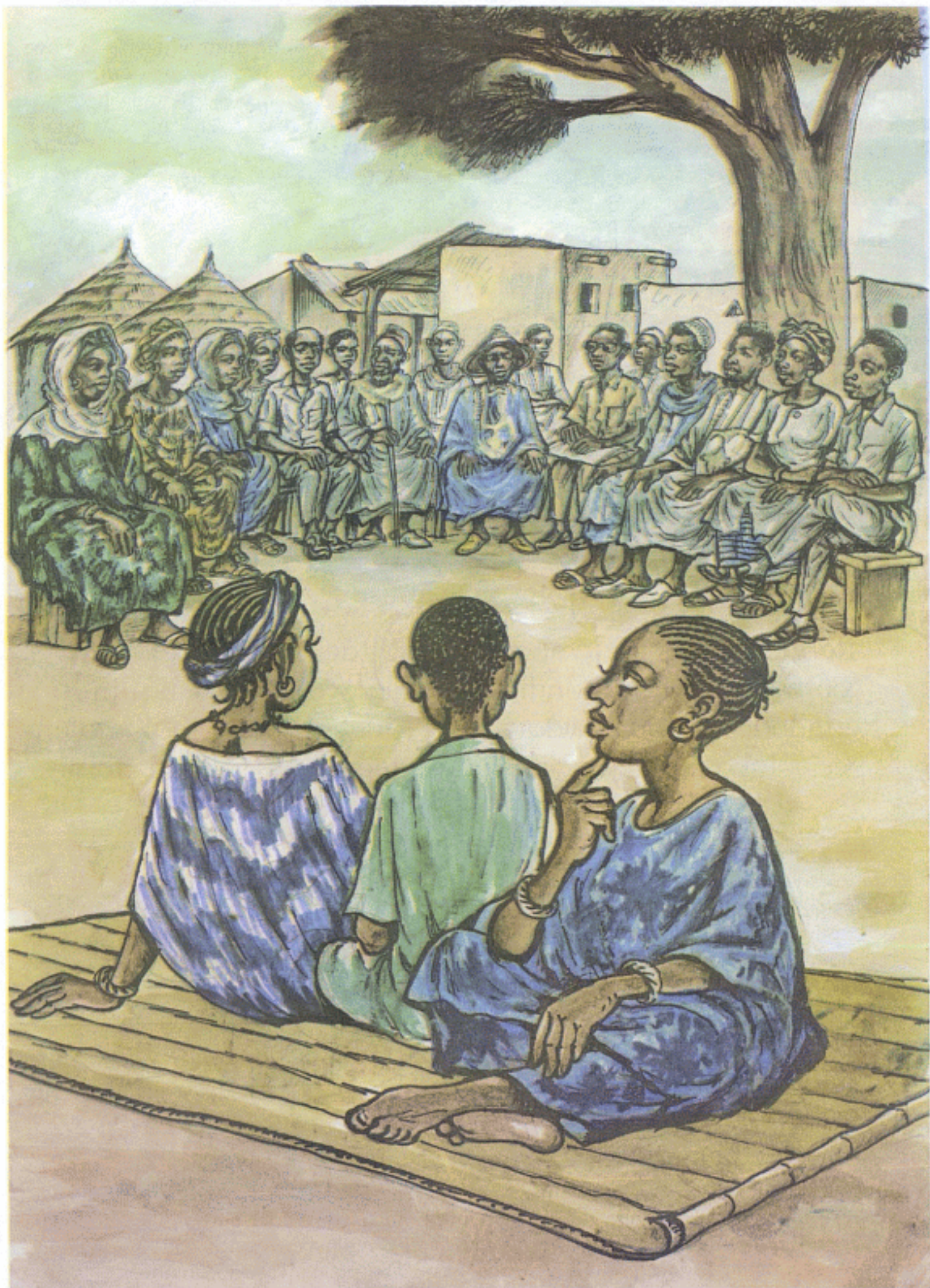
"Pot-den ko ruttade e yoga e aadaaji ndeen, eto-den yahinde ɗi e caɗeele hannde, walla noon ndaŋanen caɗeele de peeje kese. Kono fof dey, ko renndo ngoo tan, tuugnaade e yimɓe mum herseɗeeɓe, waawi waylude aadaaji ɓooyɗi ɗii, fellita lomtinde doon moyyi."

Renndooji ɗii ina mbaawi wallitde e baylugol jikku gooto kala haa jotondiral waasa wondude e kulhuli. Renndooji ɗii ɓuri waawde yi'tude e nder pinal mu'en peeje labaade ngam safrude caɗeele de rafi oo jibini.

Faatimata wi'i : "Alaa e sago, mbaɗen seese. Hay e leydi ngootiri, goomuui ceertuɗi ina njogii aadaaji, sardiiɗi e soklaaji ɗi njiidaa. Diineeji ɗii ina mbayloo do njah-ɗaa kala. Sifaaji caɗeele ɗii kadi ko noon mbaylortoo do njah-ɗaa kala. Mba'ɗi no yimɓe ɓee nguurɗi e wodɓe, no ɓe ndesirta e nde ɓe ndesata e hol no ɓe mballotirta ina waawi waylaade e kala renndo ngo njah-ɗaa."

"Worɓe e rewɓe njiidaa soklaaji, tee jikku yimɓe oo ko fa'ti e jotondiral ina seerti. Eden poti hedtaade mo woni kala haa mbaawen dadɗude peeje men. Peeje de goomu ngootu lelni ina mbaawi waasde moyyude e goomuui godɗi. Yoga e renndooji ɓuri heewde ngaluui e keddiidi ɗii. Yimɓe fof potaani kaalis, leydi e jawdi ndariindi. Dee gede fof ina mbattina e pellital yimɓe ngal."

Suuperefee Sih wi'i : "Won e ngonka ina newna naatgol mboros SIDA e nder renndo. Yeru, so tawiino worɓe walla rewɓe ndaŋaani no nguurɗi e nder gure mu'en, do rewaa fof ɓe ngoppat suddiibe walla worɓe maɓɓe, ɓe njiiloyoo liggeey. Duum doon ina waawi sabobinde leldagol rewɓe e worɓe wodɓe ɓe ngonaa leldiibe maɓɓe."



"Hol bagginaali di renndo kala waawi rokkude yimbe mum yahoobe wuro e wuro, walla yiiloytoobe liggeey ? Hol ko mbaaw-den be wi'de ? Mbele ko yo be mbaas leldeede so be dannaama ? Walla njamirten be ko kuutoragol deentorde ? Artoobe bee danngal, ngonda e rewbe mu'en ne, mbele pot-den wi'de be ko yo be kuutoro deentorde ? Mbele pot-den wasiyaade be ko yo be mbaad yeewndo ? So joom galle maayii e SIDA noon, mbele en ngaccat banndiiko walla gooto e renndo men ngoo resta debbo mum walla rewbe mum, tawo en nganndaa so kanke walla kambe ne kadi ebe ndaabaa ?"

Aminata wi'i : "Deentorde dee, kañum e toppitagol rafaabe bee, ko kaalis keewdo jarata. Rewbe aroobe to safrirdu am too ina njogii cadeele ko adii nde lewru maayata. Yoga e mabbe nii njananaaka hay dañde ngaluuji ngam ñamminde sukaabe mu'en. Been, hol fof no mbaawiri wallude rafaabe bee?"

Faatimata jaabtii : "Eey, Aminata. Ko goonga sahaaji ñii ina kaabnii. Kono rafi SIDA wonaa tan rafi goddo. Ko ñum yeru keeriido, keñoraado. Duum wa'i tan ko no musiiba gardo e aduna, yeru cumu cariingu. Nande fof, wooda ko nawi e pittaali."

"E ko benni, so en ndañoino cadeele mawde, eden nji'tantunoo ñum peeje haa ndaden heen, mballotiren kadi. Hannde ne, pot-den ko rentinde doole men e ngaluuji men pamari haa mbaawen wallude yimbe rafaabe bee. En ngalaa e kala sahaa kaalis jonoowo, kono eden ngondi e ngaluuji goddi: sahaa, doole, kam e ballotiral. Eden mbaawi defande, teenande, yooqande e toppitanaade rafaabe bee. Enen e ko'e men kadi, eden poti reentaade, ndeentinen besguuji men."

Aliw wi'i : "Wonaa enen tan. Laamuuji ñii, pelle ñe ngonaa laamuyangkooje dee e pelle hakkunde leydeele dee fof ina ngoyaa SIDA. So en puññiima wadde feere no ndartindir-den caragol SIDA e nder renndo men, ina hasii mbaawen dañde ballal e wodbe ngam cemmbeenen, njokken eñbooje men."

Muusaa, jannginoowo farayse oo wi'i : "Mi tarii e jaaynde wootere wonde, e nder yoga e leydeele Afrik do rafi SIDA jaalii, gure no ngoorunoo maayii. Ko buri heewde e sukaabe dañboobe nguura e kaalis maayii e nder dumunna dañbo. Jaaynde ndee hollitii wonde e nder won e nokkuuji, hedditorii darnde tan ko sukaabe tokosbe e nayebe bee. So tawii ko wa'i noon heñtiima nokkuuji keewdi e nder sahaa gooto, ndeen noon, renndo ngoo kala ina waawi boomaade. Hol ko mbaaw-den wadde ngam hañde ko wa'i noon ?"

Renndooji ñii ina mbaawi renndinde ngaluuji nokku ñii, ñi timmitina ballal wodbe.



E sahaaji kaabniidi, doole e jukkere endam dental kala ina mbaawi jukkondirde renndo no woorunoo.

Demmba wi'i : "Ko noon tigi, Muusaa. Ko kaal-daa koo ko goonga. Kono e sahaaji kaabniidi, doole e jukkere endam yimbe bee ko kaŋum jukkondirta renndooji dii. Kala dental ina foti ndaarde peeje no njukkondiri. Ko laamu nguu waawi wadde fof lomtintaa darnde neddo kala e haŋlaade oo doo rafi."

"Efen poti daŋande jaabawuuji dii naamne ba'de nii : Hol no ndeentorto-den rafi oo? Hol no toppitorto-den rafaabe bee e besnguui mu'en ? Hol no laabirte-den wonde sellube bee ndogataa rafaabe bee ? Hol no mbaɗaten haa njaggen be ko juuti e golle maŋbe? Hol no ndeenirten waaybe bee, kisnen be e bone mbedda, ndaŋen do ebe toppitee, do ebe nehee tawa ko tuugnaade e aadaaji men ? So tawii en kofat tan juude men e koyde men, so tawii en njeewtidtaa e hol no ndenndirten golle, njogor-den wa'de ko no renndooji boomiidi dii nii."

Aysata wi'i : "Kono Demmba, so wonaa Aminata, minen heddiibe bee kala min ngonaa safroobe. Hol no min mbaawi haalirande yimbe bee ko fa'ti e SIDA ?"

Demmba jaabtii : "A haalii goonga, Aysata, kono dum firtaani a waawaa humpitaade e addude ballal maa ko fa'ti e SIDA. Enen fof, efen poti humpitaade no moyyi kala ko fa'ti e SIDA. Yantude e rafi oo e hoore mum, efen poti yeewde caɗeele de SIDA waawi jibinde e nder renndo ngoo. Ina woodaa kabaruuji keewdi, tee eɗi mbaawi humpitde en e SIDA. Efen poti wonde ginol e nder kala dental men. Duum firtaani en ngontii haralleebe. Alaa !"

Faatimata : "Kono efen mbaawi wadde feere haa yimbe renndooji men njeewtida, miiɗto ko fa'ti e SIDA. Efen poti fuddaade yeewtidde e rafi SIDA. Leldiibe bee ina poti yeewtidde e hol no be ndeentortoo. Dente gure dee ina poti yeewtidde e deentorde; e rontude (hestude) rewbe haa teengi e be worbe maŋbe danninoo nder won nokkuuji di rafi oo heewi. Eɗe poti yeewtidde kadi e daŋal e baasal, senaare terde jibinirde, e geɗe godde battinooje e caragol mboros SIDA."

"Efen mbaawi jukkondirde e yimbe jaaktorbe, be kirjinana en nokkuuji men, be njaaboo naamne men. Njeewtiden e caɗeele dee, ngeto-den daŋande de peeje. Efen poti kadi jukkondirde e gollorde (sarwisaaji) godde - laamuuji, ebbooje, nokkuuji cafrirdi, pelle de ngonaa laamuyankooje e pelle toppitiide kaɗtagol SIDA. Efen mbaawi wadde fedde ngam wallude yimbe bee e wagginde dumen. Efen mbaawi kadi wallude nokku oo e daŋde peeje no tabitiniri dee golle."

Dum noon, ummo-den e joodnde !

1 - Sehilaabe dognoofe otooji jippotoofe to paasiyogaaji too cikkata e kala sahaa wonde SIDA ko dum haala meha tan. Mido ni ruttoo toon, mi haalana be goonga oo gila e law.

2 - Fedde rewbe ndee nde njeyaa-mi ina bata yontere kala. Emin mbaawi haalde kala ko yowitii e humpitooji amen e etaade wallitde besnguujji gondudi e rafi oo.

5 - Mido waawi dum haalde e nder yeewtere am fiande tiisubaar aljuma... Mido waawi kadi waddude batu e hoochoofe jumaa fee. Julaabe heewbe wadoofe yah-ngartaa ina njuula doon e jumaa hee...

3 - Dudal farayse ngal ko fuddorde moyya Mido waawi wallitde janngoofe fee e darni (sosde) goomu kabotoongu SIDA. Emin mbaa yubbinde heen kawgel jime walla na Haawnaaki mi tawa jannginoofe fee ina q kumpital e heblo ko fa'ti e patagol SID ALaa ko hadi nii be cokla nehdi fur moyyude ko fa'ti e debbo e gorko.

6 - Mido waawi dental hoochoofe n



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9 - Miin ne, maa mi jokkondir e mawbe am mbele ebe mballita e kaalis hqa jeewte, hirjinooji e gastondire miijooji mbaawa wadeede hakkunde pelle dee.

7 - Min pudfiima safrude rafaabe fee. Emin kadi mbaawi wadde jeewte e dakkude nate to safrirdu too saanga nde yimbe fee ngari e safraade.

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4 - Fedde amen toppitiinde ko fa'ti e ndema e ladde ina bata yontere aroore. Midfo sikki tan mido waawi fuddaade haalde ko feewti e rafi SIDA. Sikke alaa maa golle amen njiiboo, telba so tawii remooobe pudfiima rafeede e maayde

8 - Mido waawi haalde dum e batu fedde amen pinal e cofal balli. Haawnaaki tawa emin mbaawa dañde filma jowitiido e SIDA... walla min njubfina mago wondungo e njimri e ngamri.



3.1. Hol ko saabii liggaade e nder renndo hee?

Hay gooto yi'tanta en peeje no ndadĩr-dẽn e rafi oo. Wonaa safroobe, wonaa laamu, wonaa walloobe hakkunde leydeele.

3.1.1. Baylagol jikkuuji e baɗe

Caggal jikkondiral e yimbe bee, so ko gooto gooto walla e batu mawɗo, yimbe nokku oo keɓii ganndal e faamaamuya; jikkuuji e baɗe maɓɓe mbayliima. En paamii ko adii fof ndeke eɗen mbaawnoo wadde huunde ngam hebindaade rafi SIDA oo.

3.1.2. Beydugol tiidnaare e hoore mum

SIDA ko ngoya men, enen kala. Hay gooto yi'tanta en peeje no ndadĩr-dẽn e rafi oo - wonaa safroobe, wonaa laamu, wonaa walloobe hakkunde leydeele. Eɓe mbaawi wallude, kono ko enen tawo gooto gooto walla goomu, ko enen poti dartinde caragol SIDA ngol gila e jooni.

3.1.3. Beydugol jukkere endam

Rafi SIDA ko saɗeende himmunde, heɗoraande. Wa'i tan ko no cumu ladde nii. En njofnotaako ngam ɗiifde cumu. Enen fof, en ndentat, kaɓo-dẽn ɗum. Duum noon, mbaɗen hono noon ngam haɓaade oo ɗoo musiiba jeemotoodo renndo men. En ngalaa kaalis keewɗo, kono eɗen njogii doole men e yarlitaare men. Eɗen poti wallude rafaabe bee, sabu eɓe katojini heen.

Yimbe bee cakkitiima faamde wonde rafaabe bee ko ɓe ngalu renndo ngoo ngam dartinde caragol mboros oo. Kono fof dey, gede ɗee mbeefiraani noon e kala sahaa. Goomuujj keewɗi takkaama wonde ko kaɗum'en caabii rafi oo. Yoga heen mbi'i ko ɓurtugol fijirde woni sabaabu ɗum. Wodɓe mbi'i ko yillotoobe bee ngaddi SIDA e nder leydi hee. Wodɓe kadi mbi'i ko ɗannotoobe e leydeele godde bee ngartidta heen. Duum ɗoo fof jibinii dukooji e mettere.

Kono yimbe bee paamii law wonde wonaa takkotirde walla dukdude safrata saɗeende ndee. Do. yahanoo artanoo fof, yimbe wuro bee ndentii no haanirta nii, njikkondiri endam.

Rafaabe bee ko ɓe ngalu renndo ngoo ngam dartinde caragol mboros oo.

SIDA e mboros mum ko gede caɗtude haalde, sabu ɗum firti ko haalde ko fa'ti e jotondiral. Ina waddii yi'tude peeje ngam huccande ɗum.

3.2. Widto nokku haa ngannden cadeele men kollitde rafi SIDA ina waawi naatde e nokku men

Sow wi'i : "Caggal batu wuro ngoo, huunde e men pottitii ngam yeewtidde e hol ko foti wadeede. Ko adii fof, min paamii wonde hade amen waawde yi'tude peeje, min poti tawo ko faamde no mboros SIDA oo sarortoo e nder wuro men. Hol ko min tawi ? Hol ko widto amen holli min ?"

Deedi e bonnugol deedi wonande boomi

"E ballal cafroowo oo, min paamii wonde deedgol boomi dii woni ko e beydaade. Dum firti ko ebe leldotonoo e worbe. Won e mabbe leldotonoo ko e sukaabe wuro amen, won e mabbe wodbe leldotonoo ko e mawbe resbe be be nji'atnoo e kala sahaa e nder wuro laamorgo ngoo. Been sukaabe rewbe ina hasinoo keba e rafi hee, be ndaaba sukaabe mabbe be cuwaa tawo jibineede."

Nabbuuji kefortoodi e leldagol

"Cafroowo oo anndinii min wonde diin nabbuuji ina beydoo heewde gila e sukaabe haa e mawbe wuro ngoo. So tawii diin nabbuuji ngonii e saraade, ngannden mboros SIDA oo ne ko noon wa'i. Tee neddo furi yaawde raabeede mboros SIDA ko so tawii omo wondi e ngootu e diin nabbuuji."

Paasiyonaaji

"Yimbe wuro bee kala ina nganndunoo won e rewbe wuro ngoo ebe liggoo e *paasiyonaaji*. Saha e saha be leldoto e dognoobe otooji aroobe naamde doon; saha e saha e worbe resbe, jeyaabe e wuro men. So tawii dognoobe otooji bee ndaabii bee rewbe, been ina mbaawi raabde worbe wuro be leldotonoo bee. Been ne kadi ina mbaawi raabde rewbe mu'en."

Yah-ngartaa yimbe bee

"Yoga e worbe dannotono ceefu ngam dabboyde liggeey to teeru, be ngoppa rewbe mabbe caggal. Yoga e rewbe sagataabe, resaabe e boomi, ina dannoo ndaaroyde liggeey to teeru. Ina wadi nii wodbe dannotoobe caggal leydi, ina ndaaroya jawdi, be ngarta kadi, be nduttitoo. So won e mabbe njotondirii e bee ngonaa leldiibe mabbe, ebe mbaawi raabeede ; be ndaaba mboros oo resondirbe mabbe, so be kootii wuro."

Won rafaabe SIDA tigi e wuro men

"Hay so tawii haalaaka ne, yimbe heewbe e wuro hee ina nganndunoo wonde ko SIDA wari Ibraahiima. Caggal nde tigguyel makko sangkii, joom suudu makko lelinooma, sellaanii no feewi. Ciftoren so tawii rafaabe SIDA pudfiima feeñde e nokku, tawata ko raabaabe keewii."



3.3. Lelnugol peeje tabitde

Demmba wi'i "Caggal nde laabi di mboros SIDA oo sarortoo e nokku amen wiɗta, min noddi batu ngam daɓɓude peeje tabitde. Ko dum doo woni ko yimbe wuro bee miiiji."



- Ko adii kala, be pelliti ko hirjinde sukaaɓe bee haa mbaasa raabeede. Be pelliti hirjinde e ekkolaaji dii, kam e pelle pine e coftal balli haa e jidnaabe bee.
- Be pelliti jikkondirde e yimbe be be nganndi tawa ko liggotoobe to Ministeer Kalfinaado Cellal Balli, mbele be fura moyyinde safaara ñabbuuji keɓortooɗi e leldagol kam e yeewndo SIDA ngoo.
- Be pelliti etaade dartinde daaɓgol ummoringol e yimbe liggotoobe e paasiyongaaji dii, tawa ebe ñiibna doon kuutoragol deentorde, be mbasiyoo yimbe bee e huutoraade de.
- Be tawi ebe poti yeewtidde e dannotoobe (woppoobe resondirbe maɓɓe) hade mumen yahde e so ngartii.
- Be tawi wonde ina himmi toppitaade rafaabe bee, wallude dumen, ka'en e besnguui mu'en. Be njidnoo ko been rafaabe keddo e galleeji mu'en, njokka golle mu'en hono no be liggortonoo e nder renndo. Be potaani tan riiwteede sabu ebe poti addude ballal maɓɓe e renndo hee, kambe ne kadi be mballee.

Goomu Ngummo-den e dartinde SIDA yawaani ngaluuji renndo ngoo (yimbe, gollorde, kaalis e kabirde), etee huutoriima di. Goomu nguu yettiino gede tati ko adii nde ngu fuddotoo golle :

- 1) Goomu Ngummo-den e dartinde SIDA nguu fuddii tawo ko yeewde ko wadatee e nokkuuji goddi.
- 2) Caggal duum, goomu Ngummo-den e dartinde SIDA nguu ñaagiima yimbe heewbe e nder renndo ngoo jeyeede dumen e golle hee.
- 3) To sakket, goomu nguu toppitiima mbele yimbe rafaabe bee e besnguui mu'en ina njeyee e goomu nguu haa miijooji maɓɓe peññinee e golle dee fof.

3.4. Golle badaade

3.4.1. To ekkol

Gardinaado ekkol oo naamniima jannginoobe mum hol ko be nganndi ko fa'ti e SIDA, kono be mbettu mo sabu heewbe e mabbe cuwaano tawo hebde kumpite peewtude e oo rafi. Kambe fof be pelliti lelnidde feere tofdiinde jannginoobe mbele maa be ndaŋ heen humpito; be ndokkoree kadi peeje no be njannginiri dum sukaabe bee.

3.4.2. Wondude e goomuui rewbe

Faatimata ina softi no feewi e nder goomuui rewbe dii. E nder wuro ngoo kala, rewbe ina pottita, ngostotira miijoji e cafeelee mu'en. Seeda seeda, be puddii daŋde peeje no ebe njeewtidira e worbe mabbe ko fa'ti e SIDA. E nder deen jeewte, be nji'ti no be kaaliranta worbe be mbaawaa haafde do gootel bee, tawa been mettinaani.

3.4.3. To jehre

Ebboore Ngenndiire Habotoonde SIDA addii deentorde e nder *farmasiji* haa e bitikaaji teeru dii. Yimbe bee kadi njannginaama no mooftirta e no kuutorirtoo deen deentorde tawa ko no haanirta nii.

3.4.4. To safrirdu too

To safrirdu too, cafroowo oo yubbinii gese keewde. Jeewte peewtude e SIDA ina mbadetenoo so yimbe ngarii safraade ŋabbuui goddi. Wondude e laamu nguu, cafroowo oo lelnii ebboore ngam yeewndaade e safrude ŋabbuui keftortoodi e leldagol. O ŋaagiima kadi yimbe bee yo njah to nokku bagginaali e to yeewndo SIDA wadatee so tawii ebe ngondi e kulhuli raabeede e ko benni.

3.4.5. E nder nokkuuji diine

Hoohooŋe diine puddiima yeewtude heen e nder jamaaji. Ebe toppitii hirjino ngoo no feewi e diin nokkuuji. Ebe mbaajoo yimbe bee ko feewti e jotondiral rewbe e worbe nder dewgal, haa e jinaa. Ebe teegtina wonde yimbe bee yo mbaasat leldeede so dewgal alaa. Be pamminii yimbe bee kadi yo mballu sukaabe worbe bee no ndesiri, ngusta kadi ko naamnetee koo e dewgal. Duum ina wallita sukaabe bee e resondirde mbele fijirde ndee ina ustoo.

Be kollitii e dow yimbe wonde resondirbe ina mbaawi huutoraade deentorde so tawii gooto e mabbe ina jogii kulhuli raabeede. Be kebiino faamaamuya wonde be mbaawaano waawnude yimbe bee e ko be poti wafde. Almaami oo wi'i : "So on yeewii, emin mbi'a yimbe bee simme moyyaani, kono hadaani won jukkube e simmaade. Jooni noon, yeewee ko yimbe bee mbadata so min mbi'ii be fijirde (jinde) moyyaani !"

Ngam hadde saliiŋe doftaade jaale diine bee naatnude SIDA e nder nokku oo, hoohooŋe diine bee kaalaani hay dara e ebboore hesere ko fa'ti e njeeygu deentorde e nder wuro hee.

3.5. Beto golle dee

Faatimata wi'i : "Caggal lebbi seeda, goomu amen felliti betde golle dee. Min njidnoo ko yeewde so tawii golle amen mbattinii e caragol mboros SIDA hee, sabu min teskiima maale keewde e nder baylugol bade yimbe wuro amen."

3.5.1. Maale kollirooje jahrugol yeeso hare amen e caragol mboros SIDA

- Yimbe heewbe ngarii to biro *Ngummo-den e dartinde SIDA* ngam humpitaade. Duum hollii min ngoya mbo be njogii ko fa'ti e SIDA.
- E nder wuro ngoo, ina wa'i no yimbe bee fof ngarii tawtoreede batuuji badanoodi ngam mawninde ñalawma SIDA e nder winndere ndee kala.
- Dewle dee beydiima heewde e wuro hee.
- Ñaawooje pa'tude e waasde haafde e mbalndi mum ngustiima.
- Min puɗɗii teskaade gustagol keewc boomi debbo-deedi'en.
- To safrirdu too, yimbe heewbe ina naamnoo ko fa'ti e SIDA. Yoga e maɓbe ina njifatnoo anndude so tawii ina ngondi e rafi hee walla alaa.
- To safrirdu too, ñabbuuji kebortoodi e leinde ngustiima.
- Njeeygu deentorde nguu beydiima heewde e nder wuro hee.

3.5.2. Peeje ngam toppitaade rafaabe bee e besnguuji mu'en:

Peeje yettaade ngam toppitaade e wallitde been wondube e mboros oo walla be cellaani bee e besnguuji mu'en ndañii njeñtudi moyyiri, ko wa'i no:

- Yimbe wondube e mboros bee puɗɗiima tawtoreede batuuji dii e jeyeede e yettugol peeje ngol. Dum doon wallitii renndo ngoo faamde soklaaji raafaabe bee, soklaaji rafaabe bee, soklaaji besnguuji e sehilaabe maɓbe.
- Danniyanke gooto jeyaado e wuro hee wadiino yeewndo, te o anndinaama ombo wondi e mboros oo. Oon ñanniyanke felliti haalde e yeeso yimbe kala. Duum fof wadi ko caggal nde o hebi ballal cafroowo oo e goomu yarlitaniibe renndo ngoo. O hollitii goomu oo wonde omo wondi e rafi hee; o haalii kadi cadeele de rafi oo jibini. O wagginii yimbe bee no moyy'i yo ndeento, teenti noon e ñannotoobe bee. Yeewtere makko adii haawde fof ko sukaaɓe bee, sabu ko been burnoo anndude mo e yooɗeede mo. O bismaa nde o jeyete e goomu *Ngummo-den e dartinde SIDA* ngam wallude subaade laabi e lelnude peeje ko fa'ti e SIDA e nder wuro amen.
- Odon nganndi joom suudu Ibraahiima kesniido oo sellaano no feewi, tee omo joginoo cadeele toppitaade sukaaɓe makko. Kaŋko ne kadi o ñaaniino ballal. Ekkol gonɗo e nokku hee natti yobnaade jaɗde sukaaɓe makko nayo. Hodɗiibe bee teenanta mo, ngaddanta mo ñaamde, mballata mo ñeɗde e toppitaade sukaaɓe makko. Nde o saŋkii e lewru bennundu nduu, miñiiko debbo e joom galle mum njogtii sukaaɓe makko nayo bee. Haa jooni been ina njokki e heɗde balle yimbe heewbe e nder wuro ngoo. Biy Ibraahiima afo debbo, ko kaŋum hawi kawgel durngo miijo winndaango e SIDA ngel ekkol oo yuɓɓinnoo.

3.5.3. Golle goomu *Ngummo-den e dartinde SIDA*:

- Ko feewti e goomu *Ngummo-den e dartinde SIDA*, kañum e hoore mum, min ñaaginooma ballal ngalu to ebbooje keewde ballooje ko fa'ti e palagol SIDA. Emin njaakorii waawde yaajtinde kumpite e binndande amen gila e gure dee haa e teeruui dñi.
- Min neldii kadi nulaado amen to yeewtere ngenndiire renndinnoonde pelle renndooji e pelle de ngonaa laamuyankooje liggotoode ko fa'ti e SIDA. Wonnoo sabaabu batu nguu ko yeewde hol no deen pelle burata waawde jikkondirde e ebbooje laamuyankooje dee e pelle hakkunde leydeele dee.

Efen mbaawi wi'de wonde bure keewde ndañama e wuro amen, kono tan cadeele ina ngoodi haa jooni!

3.5.4. Doggol cadeele kawraade dee:

- Yoga e yimbe sosnoobe goomu bee njaltii tuugnaade e sababuui keewdi. Kono haa jooni ina heddii yimbe seeda hedditorii be pellital. Nguun goomu ina hirjina renndo ngoo e rafi oo, semmbina yimbe bee e daraade. Sahaa e sahaa won naatoowo e goomu hee ngam lomtaade yaltube bee.
- E nder wuro ngoo, emin nganndi won yimbe dannotoobe to teeru, ngartida e ñabbuui keftotoodi e leldagol. Ebe mbaawi kadi raabeede mboros SIDA.
- E nder wuro ngoo kadi, sahaa e sahaa fof ina nanee wonde gorko desdo leldiima e debbo goddo. So tawii gooto e mabbe ko daabaado, te be kuutoraaki deentorde, ebe mbaawi sarde mboros SIDA oo e besngu mo raabanooka oo.
- Yoga e rewbe wuro bee ina nganndiraa cagagol mu'en ngam dañde kaalis. Min nganndaa so tawii been rewbe ina kuutoroo deentorde.
- Huunde e boomi ina ndeeda ko adii ina ndesee. Dum kam hollirii be kuutoraako deentorde, tee ebe mbaawi raabeede mboros SIDA.
- Njeeygu deentorde nguu beydiima no feewi caggal nde coggu nguu ustaa. Kono sadteende beddagol deentorde dee caggal kuutoragol ina woodi, sabu ede tawee e nokkuui do sukaabe kawrata, ebe pijira dum.



No waawi wa'de fof, goomu *Ngummo-den e dartinde SIDA* wonnoo ko e yeewde njeñtudi golle mum, kam e yettude peeje potde daddeede ngam safrude dee cadeele kam e yeewde hol ko foti huccaneede janngo e jam.

Yeru Wuro Kayre: faandaare yettaande

E hitaande 1993, pelle tati (bi'eteede RITA, ACI e PNUD) njubbiniiino heblo to wuro Mbuur ko fa'ti e batte mboros SIDA e bantaare leydi ndii.

Caggal ngoo heblo, dido e nder tawtoranoobe bee pellitii naattinde fannu SIDA e nder golle mabbe de be ndenndi e goomuujii dowri to Kuluk. Been yimbe dido mbi'etee ko Abdu Saar (mo fedde OXFAM) e Ami Kolle Njaay (cafroowo, gardinaado safrirdu to wuro Njagañaaw). Goddo potdo teskeede ko Marem Kayre, debbo mo OXFAM yetti (ligganta) ngam gollondirde e goomuujii rewbe Kuluk.

Jeewte tawtoranoobe heblo Mbuur dee, caggal nde be kooti, mbattinii no feewi e Marem. Dum walli mo e faamde tigi hol no rafi oo wa'i hulbinaade. Garndal makko e oon rafi beydiima e garaangal Doktoor Abdel Kader Bacha (mo fedde ENDA) bismanoodo to Kuluk ngam wadde yeewtere e SIDA.

Yeruujii ciimtaadi dii kala mballitii Marem e faamde wonde yimbe dowri bee ina furi hatojinde e kumpital ko fa'ti e SIDA. O faami tigi wonde ebbooje dowri dee ina yakkiraa kumpital ngal o jogii ngal. Hay e nder nokku makko, ndeen yakkeende kumpital ina woodi. Kono fof dey kadi, rafi oo nani jokki e saraade ko furi yaawde.

Nde Marem hooti wuro mabbe, o fuddii yeewtidde ko fa'ti e SIDA e hoohooobe bee ko wa'i no hoohooobe diine bee. Booyaani wadi yimbe seeda fellitbe jikkondirde e makko. Duum addanii be sosde fedde wi'eteende ARLS (Pelle Dowri Kabotoode SIDA). Ndeen fedde ina renndini worbe e rewbe jeyaabe e gure sappo taariide Kayre. Ende wadi remoobe, almameebe, hoohooobe, e liggotoobe laamu ngam bantaare dowri. Marem Kayre subaa hooreejo ndeen fedde wondude e goomu yimbe njeegomo.

Faandaare ARLS ko hirjinde yimbe dowri bee e rafi SIDA oo. Fedde ndee yidi ko mbele yimbe bee ina paama no moyyi cadeele de rafi oo jibini. Ende walla yimbe dowri bee sakkude peeje ngam waylude jikkuuji tagooji neddo raabeede.

Feere fedde ndee ko tawtinde yimbe bee kala, ko wonaa gooto, wonaa dido. Hoohooobe joom'en konngi haa teegti e hoohooobe diine ina noddee sahaa e sahaa ngam addude ballal mu'en. Yimbe nokku bee kadi noddaama e batuuji, jeewte e filmaaji ko fa'ti e rafi oo, tawa ina wondi e hirjino. Bural deen gedde ko duunde yimbe bee e yi'tande caragol mboros oo feere.

Marem ina jikkondiri e fedde ACI, kam e fedde ENDA gaa gaa jikkondiraabe makko duumiibe bee, ko wa'i no Brahiima Faal mo fedde MFR (Galleeji Besngu Dowri) e liggodiibe makko to OXFAM. O dañii bagginaali e hol no ebboore darnirtee. O wadii feere haa o heba binndande teegtude dee e farayse ko fa'ti e rafi oo e batte mum.

Yimbe sappo sosbe fedde bee keblondirii e ko'e mabbe haa ngontii hirjinoobe ko fa'ti e SIDA. Be njubbinii pottitte hakkunde mabbe ngam humpitaade ko winndaa koo e SIDA. Be pirii nii e demngal Wolof yoga e deen birndande. Be njilliima gure catiide dee, be mbaaddi batuuji e sukaabe e sagataabe (rewbe e worbe fof noon) tawi ko e doole mabbe oole. Be njeewti ko fa'ti e caragol mboros oo, be njubbinii pijirlooji ngam hirjinde ko fa'ti e SIDA. Be njokki kadi e heblude yimbe bee ngam ngonta hirjinoobe bee. E nder lebbi jeegom, fedde ndee limtanaa capande e capande yimbe e nder ko furi gure noogaas taariide. Hannde oo, fedde ndee tolnii ko e jokkondirde e goomuujii goddi e nder leydi ndii.

Hol ko wadi haa Kayre woni yeru moyyo ?

Fedde ndee fof e wonde sukaare, nde gollii ko heewi e dumunna dabbo. Enen kala yeewen gede ballitde e yettaade paandaale miijo ngoo:

- *Wuro Kayre ngoo ina mawni innde, hoohooobe diine hormaabe ina doon njeyaa.*
- *Ina woodnoo dental gure jeyaade e MFR, Marem Kayre woni hooreejo oo.*
- *Hooreejo oo, Marem Kayre, ko tiidniido, tee ko ganndaado.*
- *Fedde ndee ina renndini yimbe joom'en konngi e yimbe laamu liggotoobe ngam bantaare.*
- *Fedde ndee ina badtii pelle godde e nder nokku hee.*
- *ARLS, kala ko ina wada gila e peeje haa e beto, fawata dum ko e tawtingol yimbe nokku oo.*
- *ARLS ina jokkondiri e yimbe joom'en konngi ngam naftoraade miijooji mu'en.*

Baylugol jikku fawii ko e tiidnaare gooto kala, kono duum tan yonaani. Ko maa ballal renndo yanta heen. Baylugol jikku fawii ko e denndaangal humpito gooto kala e ballal renndo ngoo.

3.6. Gede potde siftoreede !

3.6.1. Semmbinde yimbe renndo bee nde be njeewtata ko fa'ti e caragol mboros SIDA.

Duum doo ko gede baawde wadeede ngam wallude yimbe bee annude e faamde caragol rafi oo, kam e baylugol jikku e bade :

- Fudfaade yeewtidde e besngu nguu kam e sehilaabe bee.
- Jokkondirde e yimbe bee gooto gooto.
- Teskaade wallidiiɓe e nder renndo ngoo.
- Yeewde peeje no haaldiri gede gamotinde (cadtude).
- Suɓaade yimbe hedanaabe fotbe sarde kabaruuji dii.
- Hedtaade no moyyi ji'ande e ngoyaaji yimbe yeewtidteebe bee.
- Teskaade hol ko yimbe bee kumpaa e SIDA ngam addude heen humpito.
- Wafde batuuji e nder goomuuji dii walla dente dee.
- Bismaade goomuuji kumpital e SIDA gummotoofi caggal leydi, ngara, mbaɗa jeewte, be ngostotira e men miiɗooji.
- Tawtinde yimbe wondube e mboros oo e nder golle hee gila e adan.
- Dañde nokku do yimbe burata humpitaade.



3.6.2. Etaade faamde kala ko ina wadee e nder nokku men

Widude e nder renndo men kala gede baawde wallitde caragol mboros SIDA. Yeru:

- So tawii worbe walla rewbe danniima ko juuti, ebe mbaawi leldeede toon, be ndaabee mboros SIDA oo, be ngartira dum e wuro ngoo.
- So tawii boomi keewii ko ndeedata walla ko mbonnata deedi mu'en, been sukaaɓe rewbe ina mbaawi hulaneede hebde mboros oo.
- So tawii e nder wuro men ina wadi paasiyongaaji, ko dognoobe otooji walla dannotoobe wodbe mbaawi faamde e fiɗude e rewbe, diin nokkuuji ina mbaawi weebnude caragol mboros SIDA oo.
- So tawii worbe walla rewbe leldiima e yimbe wodbe, so be kootii galleeji maɓbe, ebe mbaawi nawtorde mboros SIDA oo, be ndaaboyaa daccabee caggal bee.
- So tawii ñabbuuji keɓortoodi e leldagol ina keewi e nokku mon, duum ina weebtina caragol mboros SIDA oo. Yanti heen, dum ko maale fijirde heewnde.
- So tawii waasbe bee mballitaaka, duum ina duña rewbe bee e cagaade ngam dañde kaalis ko be nguurdi.

3.6.3. Lelnen peeje ngam ndaden e musiiba ko yahata koo e nokku men

Kala fof nde pudfi-den faamde mba'di no mboros SIDA oo sarortoo e nder nokku men, ñaago-den yimbe woyaafe dum bee yo mballu en e peeje no daabgol ngol dartiniraa.

- Hol peeje ballitooje yimbe bee e fellitde reentaade?
- Hol no njaru mum fotata? Hol ngaluuji coklaadi?
- Hol ngaluuji goodaadi e nder nokku oo?
- Hol no mbaawirten reentinde yimbe bee e ngaluuji dii e habaade caragol rafi oo?
- Hol gollorde (*sarwisaaji*) laamu de mbaaw-den tawtinde e peeje men?
- Yetten hakkille e yeruuji golle badaade to nokkuuji godfi.

3.6.4. Ngollen tawa ko tuugnaade e peeje de yettu-den

- Wadde feere haa yimbe yarlitiiɓe bee njaltina peeje de mbaawi liggoraade.
- Wadde feere haa yimbe bee njeyee e miiɗo, kam e jubbingol golle todɗiide ɓe.
- Laaɓe-den wonde yimbe bee ina njogii doole e ballal e kabirde de cokli dee.
- Tawtinen e nder peeje men gollorde laamu, kam e pelle de ngonaa laamuyanjooje; njokkondiren e maɓɓe.
- Newnen kaaldigal duumingal hakkunde yimbe bee ngam ɓe ngostondira miiɗooji e ko wadata koo.

3.6.5. Beten batte peeje men e dartinde daabgol mboros SIDA ngol, tawa eden kuutorii maale ji'otoode e nder renndo men

Eto-den yeewde so tawii peeje men ina mbattini e yimbe bee. Yeewen maale kollitooje baylugol jikku e nder nokku men. Yeru :

- Beydagol keewal yimbe walla goomuuji yidɓe humpitaade e mboros SIDA oo. Duum ina holla ngoya yimbe e mboros oo.
- Gustagol keewal debbo-deedi'en to bannge boomi (ko duum maale joodaade leldaaka walla huutoraade deentorde dee ko moyyi).
- Gustagol ñaawooje hakkunde rewɓe e worɓe to bannge waasde haadde e mbalndi mum. Duum holliri wonde yimbe bee beydiima faamde eɓe poti haadde do gootel.
- Jeyegol yimbe wondube e mboros oo e golle ngam habaade SIDA.
- Gustagol fijirde.
- Beydagol njeeygu deentorde.
- Gustagol ñabbuuji kebortoodi e leldagol.

(Dee toɓɓe cakkitiide ko geɗe baawde hollitde gustagol leldagol rewɓe e worɓe ngol hoolnaaki e nder wuro men.)

Cemmbinen peeje jomtude dee, pirten peeje de njahraani yeeso dee, lelnen peeje kese, ngollen tawa ko tuugnaade e peeje de lelɓu-den !

3.7. Goongaaji sappo ngam hollitde darnde renndo e kaftagol rafi SIDA

1. Renndooji dñi ina nganndi tee ina paami ko nguurdi tigi rigi.
2. Yimbe renndo bee ina nganndaa, tee ebe koolaa. Ko kambe furi hooleede e jananbe wadoobe hono ngal doon gollal.
3. Yimbe renndo bee furi annude hol no cafrirta cadeele tiisde.
4. Ko renndooji dñi furi waawde yi'tude peeje moyye e nder pinal mu'en ngam safrude cadeele rafi oo.
5. Renndooji dñi ina njogii fotde yuu nitaade aadaaji booydi dñi e waylude dñi, so tawii ina haani.
6. Renndooji dñi ina mbaawi wallitde baylugol jikku gooto kala tawa edi mbayla gede de dñi nartinoos, korminoos.
7. Doole renndo ina mbaawi wallitde goomuujii dñi kala reentaade e reeneede.
8. Renndooji dñi ina mbaawi rentinde ngaluujii nokkuujii dñi, dñi mballitoroo kadi ballal wofbe.
9. Renndooji dñi ina mbaawi toppitaade rafaabe bee e sowbe bee, e wallude be no be cuurorii kamen e besnguujii mabbe.
10. Doole e jukkere endam dental kala ina mbaawi jukkondirde renndo e sahaaji burdi saftude.

Ciftoren, enen fof so en ndenndii, eden mbaawi dartinde SIDA !

Tonngol tayre ndee :

Naamne teetude e ko janngaa koo

1. Hol cadeele kollitooje no rafi SIDA ina waawi naatde e nokku?
2. Caggal peeje tabitde lelnaade dee, mbele won peeje godde nganndu-don ?
3. Hol nokkuuji di mbaawaten wadde hirjino haa mbaawen humpitde yimbe heewbe ?
4. Mbele won pelle de nganndu-don hono fedde Wuro Kayre ndee ?
5. So eey, hol ko tabiti ko ndeen fedde suwi gollaade ?
6. Hol jabbal pot-den yettude ngam anndinde yimbe bee fof boneeji rafi oo ?
7. Caggal nde tar-don goongaaji sappo ballitooji renndo e kabtagol rafi SIDA, mbele won goddi di mbaaw-don beydude heen ?
8. Hol darnde yimbe nokku bee, laamu nguu e pelle de ngonaa laamuyankooje e kabtagol rafi SIDA ?
9. Mbele e nder wuro mon, haalde ko feewti e deentorde ina newii ?
10. So alaa, hol to cadeele dee ngoni ?

SIDA, cadeele renndo men !

(AIDS, Our Common Problem)

Gary Engelberg, ACI

AIDS is a worldwide problem. UNAID estimates that between 1970 and 1996 there were 27.9 million adults and children with the HIV virus. Every day around the world, there are at least 8500 additional people infected. In Africa, more than 19 million adults are already infected, averaging one person in every forty who carries the virus, men and women combined. Given this situation, by the year 2000, 10 million children will be orphans because of AIDS.

The epidemic is widely spread throughout eastern Africa around Lake Victoria, in the countries of Uganda, Kenya, Tanzania, Rwanda and Burundi. It is moving south through Zambia, Malawi and Zimbabwe, and then westwardly through the Central African Republic, Zaire and the Congo. In West Africa, a growing number of cases are to be found in Ivory Coast, Ghana, Burkina Faso, Mali and Senegal.

When people move about looking for work, they can carry the virus with them, transmitting it to new sexual partners. It expands along with the movements of people coming from zones where the risk is already high.

Senegal is therefore a country at risk, and AIDS, a fatal disease, has appeared. Once a person is infected by the HIV virus, he or she remains infected for life. There are no easy medical solutions. On top of the health issues to address, there are a whole series of social and economic consequences. The major means of infection remains through unprotected sexual contact. In the African context, it is not easy to talk openly about these issues. However, the fact that there are neither medicines nor vaccinations force us to confront the question of prevention, and this largely through changing sexual behaviors.

This book in Pulaar addresses a very specific group of users - new literates in the Pulaar language. Chances are also high that these community members who have made the effort to become literate as adults are also amongst the people who are most active in their community associations and organizations. Therefore, this book tries to address the reader from two points of view. That is, how to give a newly independent reader the possibility of learning more about AIDS through private reading. And also, how to provide local associations with a tool to help them organize and work at a community level, sharing information with those who cannot read, and perhaps moving on toward concrete actions.

The book is divided into three parts, each part with its own pedagogical approach. The first section gives general information on AIDS itself, and on the socio-economic consequences of the disease. We recommend that this part be read aloud in a small group or classroom context, and the questions at the end of the section can be used in an open discussion. The second section focuses on how AIDS can be prevented, on how individuals can protect themselves. This means discussing the various means of transmission, including sexual behaviors which put people at risk. Although the language in this section is deliberately *not* shocking, the topic is, in and of itself, one that is rarely discussed in mixed groups - mixed either by sex or by age. Therefore, we recommend that each reader read this section alone. If a general discussion is not possible, we recommend that each one find one or two other readers with whom they can discuss the questions at the end, to verify comprehension. The final section focuses on actions which a community group can undertake in order address the problem of AIDS in their midst. Once again, all the group members can come back together to discuss ways in which they can address the issues in their communities.

SIDA, cadeele renndo men !

(Le SIDA, notre problème à tous)

Gary Engelberg, ACI

Le SIDA est un problème mondial. L'UNAIDS estime que de 1970 à 1996, le nombre de personnes infectées s'élève à 27,9 millions. Chaque jour, à travers le monde, il y a 8.500 nouveaux cas d'infection du VIH. En Afrique, plus de 19 millions d'adultes sont déjà infectés. En moyenne, 1 africain sur 40, 1 africaine sur 40 sont infectés. D'ici l'an 2000, 10 millions d'enfants non infectés par le virus seront orphelins en Afrique à cause du SIDA. L'épidémie est très concentrée en Afrique de l'Est, autour du Lac Victoria (Ouganda, Kenya, Tanzanie, Rwanda, Burundi). Elle progresse vers le Sud à travers la Zambie, le Malawi et le Zimbabwe. Elle suit aussi une ligne ouest à travers la République Centrafricaine en passant par le Zaïre et le Congo. En Afrique de l'Ouest, des pays comme le Ghana, le Burkina Faso, le Mali et particulièrement la Côte d'Ivoire ont noté un nombre croissant de cas de SIDA. C'est dire que le SIDA arrive à grandes foulées.

Quand les gens émigrent à la recherche du travail, ils peuvent porter le virus avec eux et le transmettre à travers des relations sexuelles. Le virus se propage avec les mouvements des personnes en provenance ou à destination des zones à risque dont le taux d'infection du VIH reste très élevé.

Donc, le Sénégal n'est pas en sécurité et le virus du SIDA est parmi nous, il est dangereux, il tue. Une fois qu'une personne est infectée par le VIH, elle l'est pour toute sa vie. Aucun médicament à ce jour ne peut éliminer cette infection. A ces problèmes viennent s'ajouter les conséquences socio-économiques de la pandémie.

Les principales causes de l'infection par le VIH demeurent les rapports sexuels non protégés. Dans le contexte africain, il n'est pas aisé de parler ouvertement de ces sujets. Cependant, le fait qu'il n'y ait ni médicaments ni vaccins nous oblige à faire face à la question de la prévention, et ceci notamment à travers le changement de comportements sexuels.

Ce livre en pulaar s'adresse à un groupe d'utilisateurs assez spécifique: les néo-alphabètes. Il s'agit des personnes qui, tant soit peu, savent lire en pulaar et qui sont très actives au sein de leur communauté. Par conséquent, elles seront amplement informées sur le SIDA, grâce à une lecture individuelle de ce livre. Au niveau de leur communauté, elles pourront jouer un rôle clé en partageant l'information avec les autres membres analphabètes ou en organisant des actions concrètes.

Ce livre est composé de 3 parties dont chacune avec sa propre approche pédagogique. La première partie traite des informations générales sur le SIDA et de ses conséquences socio-économiques. Nous recommandons les utilisateurs de lire cette partie en classe ou de le faire en petits groupes.

La deuxième partie parle des méthodes de prévention. Le lecteur est édifié auparavant sur les modes de transmission de la maladie, parmi lesquels les rapports sexuels à risque qui exposent les personnes aux dangers. Compte tenu de la délicatesse de ce sujet, il est demandé à chacun de lire d'abord individuellement cette partie. S'il n'est pas possible d'instaurer une discussion en grand groupe, chacun peut identifier un ou deux partenaires avec lesquels il pourra exploiter les informations, vérifier la compréhension.

La troisième partie parle des actions que la communauté peut entreprendre à un niveau local pour lutter contre la propagation du SIDA.