

# NAMÔY KA-KÎ-ÂSÔNAMÂKÂN

## HIV nanâtawihowin nakinam HIV âsôskamakêwin

**HIV namôy ta-kî-sâpôhtêmakan isi masiwêwin ispîhk ayisiyiniw ka-wîcâyâmât awiya asici HIV nanâtawihowin êkwa iyikhok HIV omihkomihk mitoni apsîs.**

Ispîhk HIV nanâtawihowin âstamêyihtâw iyikhok âhkosiwin isi mihkowiin kiki âstamêyikhok 200 naspisîhcikêwin itahto milliliter mihko, iyisikhâtêw **miyiwiniw kitinikêwin**. Ispîhk awiyak ka-miyiwiniw kitinikêwin, namôy ta-kî-âsôskamakêw HIV isi kotakak sâpô masiwêwin.<sup>1,2,3,4,5,6</sup>

**MIYIWIN  
KITINIKÊWIN**



Âstamêyikhok

**200**

naspisîhcikêwin/ml



### Miyiwiniw tahkonamowin

Itwêwin êwako **iyikhok HIV ki-mihkomihk**. Tah-têpi miyiwiniw tahkonamowin wâh-wâpahcikâtêwina itahto 4 isko 6 pîsim Ôkosi isi piko ta-kiskêyihtakwahk mahti ayisiyiniw kî-nakiskam **miyiwiniw kitinikêwin**.

Kiki ayiwâk kiskêyihtamohiwêwin, kiyokê **Canada.ca/HIV**.

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Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

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**Namôy kîhkânâkwan =  
Namôy âsôskamatowin (U=U)**

Ôma U=U kiskêyihtamohiwêwin kîosihtâniwan ta-sîhkihikêmoik pamihcikêwin êwako ka-wâpahcikâtêk **tânisi isi HIV nanâtawihowin ta-kî-nakinak HIV êka ta-sâpôhtêmakahk sâpô masiwêwin.**

Namôy kîhkânâkwan miyiwiniw tahkonamowin itwêwin êwako tahtahkwâw ohci HIV ayisiyiniw omihkmoihk mitoni âstamêyikhok **namôy nôkwaniyow mâna owâh-wâpahcikâtêwina.**

Ayis ohci âhkami nîkânêyihtâmowin isi wâh-wâpahcikâtêwina, mitoni iyikhok ohci HIV êwako "namôy kîhkânâkwan" ta-kî-âhkami mêskocipayin, êwako ohci kistêyihtakwan ta-kiskisi êkwânima **piko tânima wâh-wâpahcikâtêwin kisihcikâtêwin ka-nôkwahk âkihtason âstamêyikhok 200 naspisîhcikêwin/ml itwêmakam HIV êka ta-sâpôhtêmakahk.**

**Mitoni  
ê-âpatêyihtakwahki  
nanâtawihowina  
ihtakonwa ta-paminamin HIV.  
HIV nanâtawihowinnamôy piko  
wîcihikow ayisiyiniw ka-ayâcik  
HIV ta-miyw-âyât, mâka  
nakinam mîna HIV êka  
ta-sâpôhtêmakahk  
âsôskamakêwin isi kotakak.**

