



ᐱᐱᑦᑕᑦᑕᑦ  
**PAUKTUUTIT**  
INUIT WOMEN OF CANADA  
ᐱᐱᑦᑕᑦᑕᑦ ᐱᐱᑦᑕᑦᑕᑦ

**AIPPAGETSIANIMMUT**

**ATUAGAK**

**SEXUAL HEALTH PASSPORT**

NUNAKATIGET  
PIGIASINNINGIT  
PIULITSISOK  
INONINGINNIK

COMMUNITY ACTION  
SAVES LIVES

SULIAKATIGENIK  
SUNGUTITSISOK  
NUNAKATIGET  
PIGIASIMMATA

PARTNERSHIPS  
STRENGTHEN  
COMMUNITY ACTION

## AIPPAGETSIANIMMUT ATUAGAK

SakKititaujuk ukununga Pauktuutit  
Inuit AnnauKatigengit Canada-mi.

Taimaittuk pitâtitsigumanimmut  
ilinnik pimmagiuttunik  
Kaujisautinnik mitsânut HIV, AIDS,  
Kanimmasinginnut ammalu  
Tingullusinimmut C amma  
asinginnut STD-kut  
Kanimmasinginnik.

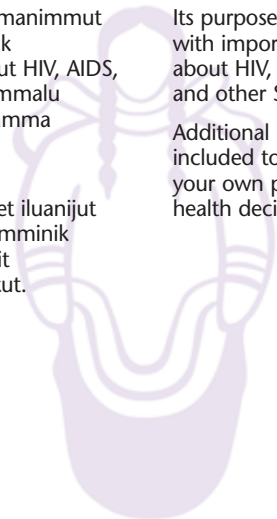
Ilagiallangit Kaujisautet iluanijut  
ikajuniammata sollar imminik  
kajusiutiKagumaliguvit  
aippageKatiKatsianikkut.

## SEXUAL HEALTH PASSPORT

Produced by Pauktuutit Inuit  
Women of Canada.

Its purpose is to provide you  
with important information  
about HIV, AIDS, Hepatitis C  
and other STDs.

Additional information is  
included to help as you make  
your own personal sexual  
health decisions.



## PIMMAGIK KAUISAUTIK

HIV/AIDS Kanimmasingit amma Tingullusini C Kanimmaset akKitaugunnangit ejanut attuissimalittut nunakKatigenik ilonnâgut silatsuaq. AullâkataKattatut tikiajadlutik aullaKattadlutilionet Inuit nunakKatinginnit tukisijutsaujut tamakkua sollu Inuit nunakKatigengit mikijogaladlutik Kanittumelugatillu, tamakkua Kanimmaset tamânegajammijut.

AullâKattatut amma tukisimagiaKammijut tamakkua ejanut akKitaugunnangitut kivKatujut anajanattunik inosiKatsianittinut ammalu Inunnut amma Inuit nunalituKauvinginnut. Ilonnatik tujummiat ammalu nunakKatiget apigjajujut kamagiangit atugiallagialel siammatitsinianganamik tamakkuninga Kanimmasinginnik amma asinginnik aippaKallutik aittunattunik piungilisonik akungani Inuit.

## IMPORTANT NOTICE

HIV/AIDS and Hepatitis C are viruses that have affected communities throughout the world. Travelers into and out of Inuit communities must understand that although Inuit communities are generally small and isolated, these viruses might be present.

Travelers also need to understand that these viruses represent a serious threat to the health and well being of Inuit and Inuit communities. All visitors and community members are asked to take the necessary steps to prevent the spread of these viruses and other sexually transmitted infections among Inuit.

## HIV/AIDS KANIMMASET/ TINGULLUSILLU C

HIV akKitaugunnangituk ejanut pinnesok timitta ilupsinganik ammalu sakKiniadluni AIDS Kanimmasinga. Anniasiuutimmik kapittaugutimmilu pitaKangilak HIV/AIDS Kanimmasinginnut.

Tingullusik C (Hep C) akKitaugunnangituk ejanut piungilititsisok tingummik. PitaKagaluattilugu ilanginnik anniasiuutinginnik, akKisisomik kipiutimillu pitaKangilak Hep C-mut.

HIV amma Hep C tamâgonitsak siammatitauKattatok attuiganik aummut ugvalu timippit imanginnut aittutausimaguvit tamakkuninga Kanimmasinginnik akKitaugunnangitunik ejanut. Unuttumaget inuit inojut Kanimmasinginnik HIV ugvalu Hep C tingullusimik takutsauKattatut inosiKatsiajojadlutik amma Kaujimanganamillu tamainnik pitaKagaluammangâmmik.

Pitâttailigasuaguvit imminik HIV Kanimmasingannit Tingullusik C millu tamanna igvit kamagigialel.

**UTTUTAULAUGIT  
PITAKAMMANGAPPIT HIV  
KANIMMASINGANIK AMMA  
TINGULLUSINIK C-mik**

## HIV/AIDS/HEPATITIS C

HIV is a virus that attacks the immune system and results in AIDS. No cure or vaccine exists for HIV/AIDS.

Hepatitis C (Hep C) is a virus that damages the liver. Although some treatments are available, there is no cure or vaccine for Hep C.

HIV and Hep C are most often spread through contact with the blood or body fluids of people who have been infected with these viruses. Many people who are living with HIV or Hep C look healthy and may not know that they have either virus.

Protecting yourself against HIV or Hep C is your responsibility.

**GET TESTED FOR HIV & HEP C**

## KAUJILLUGIT NALAGUTTUT

Taimaittotillugit HIV Kanimmasik amma Tingullusik C aittunattok unuttukut piusitigut, piusiunippak pitsatailingikuvit aippaKaliguvit (aippaKallutit atungikuvit pommik) amma/ugvalulonnet kapitsiutimik tapsumingatsainak atuguvit amma asinginnilu atuttausonik ejalukannut.

### TAKUTSAULUTIT IKASUJUTIT

HIV, AIDS Kanimmasingit amma Tingullusik C kappianattut akKitaugunnangitut ejanut, tavatuallili siammatitaugunnangitut ukutigona:

- oKâlannikut
- tigumittotininikut
- kuninnikut
- iKitsinikkut
- Kuigiattuvimmik atuKatigellutik taipsuminga aittunattulimmut tamakkuninga akKitaugunnangitunik ejanut.

### KAMATSIALUTIT IMMINIK ASINNILU

## GET THE FACTS

While HIV and Hep C can be transmitted in a number of ways, the most common ways are through unprotected sex (sex without a condom) and/or sharing needles and other equipment for drug use.

### SHOW YOU CARE

HIV, AIDS and Hep C are dangerous viruses, but they cannot be spread by:

- talking
- shaking hands
- kissing
- hugging
- sharing bathrooms with someone who is infected with these viruses.

### RESPECT YOURSELF AND OTHERS

## SULIAGIJAUP STAMPINGA

## EVENT STAMP

## SULIAGIJAUP STAMPINGA

## EVENT STAMP



## IMMINIK PITSATAILINIMMUT ISUMAKANNIK

Pitsâtailillutit imminik tamakkunangat Kanimmasinit HIV amma Tingullusik C tamanna kisivit igvit piusigumagunni pisot. Sutagga HIV Kanimmasik amma Tingullusik C aunni amma timippit imanginnejuk, attutailigiaKavutit timingita imanginnik asippit inob.

Sollu igvit amet attuipat asippit aunganut, pimmagiuvuk ubvasiallugu attuvinga, atullutit ugvautimik amma nigumittumik imammik tagvainammagik.

## A SELF PROTECTION ISSUE

Protecting yourself against HIV and Hep C infection is something only you can choose to do. Because HIV and Hep C live in blood and body fluids, you should avoid contact with the body fluids of another person.

If your skin comes in contact with some else's blood, it is very important to wash that area very well, using soap and warm water as soon as possible.

## ATTUITTAILILLUTIT PIUNGILISIMAJUMIK

Nalliatuinnak pigalattait attutitsiKattatuk asippit timingata imanginnik, piluattumik aunganik anajanattuk unuttumagigalannut piungilisimajunut.

Siutunnik kapitsinik, aminnik allanguiliguvit amma sollu putiputitut ugvalu singuiligâttisinik inunnik anajanattisisok tamakkununga HIV Kanimmasinginnut amma Tingullunimmut C.

- AtukatauKattanak kapotinik sunamullonet
- Pitsâtailitsiallutit atuliguvit savinnik asinginnilu ipittunik sunagalannik
- Umgijautinnik atuttisiKattanak asinnut, kigutinnut salummasautinnik, imikuluuit pullaujanganik ugvalu asinginnik pitâgajattunik aummut.

## PIJAUTTAILILLUTIT IMMINIK TAMAKKUNANGAT AKITAUGUNNANGITUNIT EJANUT

## AVOIDING INFECTION

Any activity that puts you in contact with someone's body fluids, especially their blood is a risk for a number of infections.

Piercing, tattooing and games like chicken or torture put people at risk of infection for HIV and Hep C.

- Do not share needles for any purpose
- Be careful when using knives or other sharp objects
- Do not share razors, tooth brushes, pop bottles or anything else that could possibly have blood on it.

## PROTECT YOURSELF AGAINST THESE VIRUSES

## SOLLU AIPPAKAGUMATOGUVIT

Sollu aippaKagumatoguvit, allât sollu atausimik tapsumingatsainak aippaKatsainaguvit, atullutit pommik piunippauvuk aittutauttailiniagavit piungiliudjaugiamut HIV Kanimmasinganik, Tingullusik C amma asinginnik aippagedlutik aittunattunik Kanimmasinnik.

### Isumagillugit ukua:

- Kisimik tasisot pot aittunattutâttailigutet.
- Pot atuttaugianginnut nâjiKattatut Kaujimaniagavit piuninginnik, atuakit piusigialinnik ammalu Kaujimatsialutit atulimmangâppit taimâtsiak.
- Pot atuKattangiluattut sutagga angutet atisialuKattangimata atugumaligamik.
- Atullutit kisiani imalinnik mingugutinnik taipsumani atuliguvit ponnik. KY piujuk atugianga tagvainak nagvatausok.

## IF YOU ARE SEXUALLY ACTIVE

If you are sexually active, even if you have one regular partner, using condoms is your best protection against infection with HIV, Hep C and other sexually transmitted diseases.

### Keep in mind that:

- Only latex condoms provide protection.
- Condoms expire so remember to check the date to make sure that they are good.
- Read the instructions and make sure that you are using the condom correctly. Condoms fail most often because men do not put them on correctly.
- Use only water based lubricants when you use a condom. KY is a good choice and it is easily available.

## SULIAGIJAUP STAMPINGA

## EVENT STAMP

## SULIAGIJAUP STAMPINGA

## EVENT STAMP



## ASINGIT AIPPAGEDLUNI AITTUNATTUT KANIMMASET (STD- GALAIT)

Kanimmasik tajak Chlamydia amma gonorrhea sakKisainaluattok STD-ni Inuit nunalituKauvinginnut. Sollu tamakkua Kanimmaset anniasiuuttaungipata, ajunnasimmagigajattut allât nukKasittisillutik (nutagattâtitsigunnagunnailutik).

HTLV-1 ( Human T-cell Lymphotropic Virus, Type 1) Tamna taimâk tajak Kallunâtut ejanut Kanimmasik akKitaugunnangituk aittunattodluni Kaujijausimajuk ilanginni nunakKatigeni Nunavut-mi. HTLV -1 Kanimmasialummagik allât kanserittâtitsisok aummut amma/ugvalu Kanimmasiugiasisok ippiniagutiganik timitta. Sollu HIV, HTLV-1 siamatitsisok pitâttaillijuKangippat aippagennimut amma/ugvalu atuguvit tapsumingatsainak kapotimmik ammalu asinginnik kapotennik atuguvit atuttaugetainnatunik.

**SOLLU AIPPAKATSAINAGUVIT,  
ATUGIT POMMIK!**

## OTHER SEXUALLY TRANSMITTED DISEASES (STDs)

Chlamydia and gonorrhea are the most common STDs in Inuit communities. If these diseases are not treated, serious problems can develop that can result in sterility (not being able to have children).

HTLV-1 (Human T-cell Lymphotropic Virus, Type 1) is a sexually transmitted virus that has been detected in some communities in Nunavut. HTLV-1 is a serious disease that can cause cancer of the blood and/or a disease of the nervous system. Like HIV, HTLV-1 is spread through unprotected sex and/or sharing needles and other injecting equipment.

**IF YOU ARE SEXUALLY  
ACTIVE, USE CONDOMS!**

## IMIALUIT EJALUKAILLU

Tamângunitsak ajunnaluaKattatuk inunnut atuKattatunut imialummik ejalukannilu piungilititsisok isumaKatsiagamut ammalu tukiKagasuannimut. Imigannik ejalukailu anajanaluaattuk aittunattutâttailigasuannimut angutik annalonnet tamakkunangat HIV, Tingullusik C amma asinginnit STD Kanimmasinginnit.

Imialuk amma pitsanginnititsisongummijuk piusinganik timitta amma pitâsonguluanialittilugu akKitaugunnangitunik ejanut (Kanimmasinnik) sollu HIV amma Tingullusik C itâjanninginnut igvit timinnut.

Imialuk amma piungilititsisongummijuk igvit tingunnik piungitummagimmik sakKititsidluni piluattukut sollu igvit pitaKaguvit Tingullusik C-mik. Ammalugiak, imigannik imialummik nutagatsaKallutit kajusititsisok Piungilititsinimmik nutagatsagijannik Kalunâtut tajak Fetal Alcohol Spectrum Disorder (FASD).

**ILAILI ISUMAJAKATTAGIT  
SIVUNGANI  
IMIALUTTOMAKANAK**

## ALCOHOL AND DRUGS

It is often more difficult for people who use alcohol and drugs to think clearly and rationally. Drinking and drug use make it less likely that a person will protect him or herself from HIV, Hep C and other STDs.

Alcohol also weakens your immune system and makes it easier for viruses (germs) like HIV and Hep C to enter your body.

Alcohol also causes damage to your liver that can cause serious problems especially if you have Hep C. Also, drinking alcohol while pregnant is the direct cause of Fetal Alcohol Spectrum Disorder (FASD).

**PLEASE THINK BEFORE YOU  
DRINK**

## **UIVISALUKANNIK PIUSIK PILUKALUKANNIMIK**

Kinalonnet pivitsaKajutsaungilak sugunnagunnaititsigiamut aippaKagiamut pigumatinnagu. Taimâk anajanattumik sakKititsisok HIV Kanimmasinganik aittuigiamut uivisâguni pigumatinnagu sollu tàmna uivisâjuk HIV amma aungit ugvalu pitâgutik itippat timinnut.

Angutet kinakkut pigumatinnagu uivisâjut atunginitsauKattatut pommik uivisâgamik ammalu pakiligamik pilualuaKattagamik.

Sollu uivisâtauguvit pigumatinnak, oKaudjigiattugit tagvainak polisinut amma aillutit ânniasiuuffimut ugvalu inosiKatsianimmut kamajinut.

## **UIVISATTAUNIK PIGUMATINNAK MALIGATSANIK SIKUMITSIUṬIK**

## **SEXUAL ASSAULT IS AN ACT OF VIOLENCE**

No one has the right to force you to have sex against your will. The risk of HIV infection increases in situations of sexual assault if the attacker has HIV and their blood or sperm enters your body.

Men who sexually assault are less likely to use a condom when they rape and intercourse is usually more violent.

If you have been sexually assaulted, report it immediately to the police and go to the local hospital or health center.

## **RAPE IS A CRIME**

## **IMAGALANGA KAGITANNI KANIMMASIKALIMMAT**

Imagalanga Kagitanni Kanimmasik piungilisimammat imagalanga kaivalaisimajuk Kagitannik. Piungilisimannipâk ilupsitâsok imagalanga Kanimmasilik Kagitaup pimmagittumik, akKitaugunnangititsisok isogunnaititsidluni ugvalu tuKutsisok.

Kuninnianik, Kuittuning amma atuKataunnik sollu sikarenik ugvalu kigutinnut salummasaigutinnik pitaKappata Kanimmasinnik ilagjangit aittutaugiamut imagalanginnik Kagitait Kanimmasinik siammatiangit kinamit kinamut.

Aittunattutâttailligit imminik! Atukataunnak sunamullonet pitaKajunit Kaninginnit Kanimmasinnik ammalu matuKattalugu Kanet Kuittuliguvit hatsikeguvillonet.

Sollu attutausimaguvit kinamukkiak Imagalangit Kanimmasilimmut Kagitangit ugvalu Kagitallusisimajunit, aigit ânniasiuutinut, paitsijimut ugvalu inositsiagettunik kamajinut tagvainak.

## **MENINGOCOCCAL DISEASE**

Meningococcal disease is an infection of the fluid around the brain. The most serious form of meningococcal disease can result in serious, permanent disabilities or death.

Kissing, coughing and sharing objects such as cigarettes or toothbrushes that may have mouth germs on them are some of the ways that Meningococcal disease is spread from one person to another.

Protect yourself! Don't share anything that may have someone else's mouth germs on it and cover your mouth when you cough or sneeze.

If you have been in contact with someone who has Meningococcal disease or meningitis, go to your doctor, nurse or health centre right away.



## PUVALLUTONNIK (TB)

TB piungilititsinik pasidlugit Kanimmaset sakKiluaKattadlutik puvattigut. SiammaKattatuk Kanga kina TB-lik Kuittumat ugvalu hatsikemmat annigjattinut.

Tamanna anajanaluaKattatuk aittutaugiamut TB-mik taipsumani inuit inoKatigelimmata unuluadlutik ugvalu inoKatigeluadlalmata illumine, taipsumanilu nigingimata nigitsianikkut ammalu inolimmata HIV-Kadlutik sanginiKatsiagunnaimat pinniagusinga timingani.

### **Ikajulaugit aittuttauttailigiamut TB-mit ammalu asinginnik piungiliKattatunik imāk:**

- matullugu Kanet Kuittuliguvit hatsikeguvillonet
- ubvalugit aggatit tamanguluak ubvautimmut amma nigumittumut imammut

## TUBERCULOSIS (TB)

TB is an infection caused by bacteria that most often affects the lungs. It is spread when a person with TB coughs or sneezes into the air.

The risk of catching TB is greater when people live or stay in crowded conditions, when they do not eat a balanced diet and when they have conditions like HIV that weaken their immune system.

### **Do your part in preventing the spread of TB and other infections by:**

- covering your mouth when you cough or sneeze
- washing your hands often with lots of soap and warm water

## SULIAGIJAUP STAMPINGA

## SULIAGIJAUP STAMPINGA

## EVENT STAMP

## EVENT STAMP



## **KAUJJAUGIALLAGUMAJ UNUT**

Kaujitiillugu tamâni  
inosiKatsianimmut kamajik ugvalu  
Nunatsiavut InosiKatsianimmut  
amma InoKatiget Pivallianinginnut

Canadamiut NunaKakKâsimajut  
lkajuttigengit – www.caan.ca

Pauktuutit Inuit Women of  
Canada – www.pauktuutit.ca

AippagetsianimmutT Kaujisavinga  
NUNAVUT  
1-800-661-0795 sepamit –  
suvaifamut uvlu tamat jarimi

Labrador AIDS Project –  
1-709-896-5144 ugvalu  
1-800-806-9980

## **SIAMMATILLUGU KAUJISIUTIK KANIMMASIUNGITUK**

## **FOR MORE INFORMATION**

Contact your local health  
centre or Nunatsiavut Health  
and Social Development

Canadian Aboriginal AIDS  
Network – www.caan.ca

Pauktuutit Inuit Women of  
Canada – www.pauktuutit.ca

Sexual Health Information  
Line – NUNAVUT  
1-800-661-0795  
7pm - midnight every day of  
the year

Labrador AIDS Project –  
1-709-896-5144 or  
1-800-806-9980

## **SPREAD THE MESSAGE NOT DISEASE**

Allaliuttausimajut 2006  
Pauktuutit Inuit Women of  
Canada amma Canadamiut  
Inuit HIV/AIDS  
Kanimmasinginnut  
SuliaKatigekkkunut

Kenaujangit tamatsumunga  
atuagammut pitageausimajut  
Inosikatsianimmut Canadami  
kamajinginnit

Tamakkuva isumagidlugit  
oKasimajait uvani atuttausomi  
pijut allasimajumut amma  
atuttauningit  
adjigingikalauppait  
kenaujattagisimajumut

IliukKatausimajut Ilupsingalu:  
Earthlore  
Communicationsikunit

PikKujaugumaguvit adjinganik  
tamatsuminga  
allaliuttausimajumik  
nunakKatinni atugumallugit  
apigisot Pauktuutit Inuit  
Women of Canada-nik

Published in 2006 by  
Pauktuutit Inuit Women  
of Canada  
and Canadian Inuit HIV/AIDS  
Network

Funding for this passport has  
been provided by Health  
Canada

The opinions expressed  
in this resource are those of  
the author and do  
not necessarily reflect those of  
the funder

Layout and Design:  
Earthlore Communications

Permission to copy this  
publication for community  
use is granted by Pauktuutit  
Inuit Women  
of Canada