



Kua tae mai, mai tawhiti
We have arrived from afar

Kua te mai, mai tata
We have arrived from very near

Toitū i te whenua i manaaki mai i ahau
We stand undisturbed on this land
that has embraced us

Haere mai from Te Taenga Mai

Te Taenga Mai welcomes people who have arrived on the North, South, East, and West winds to begin a new life in Aotearoa. In Māori language and culture, this is called Te Taenga Mai o nga hau e wha. In English this means arriving on the four winds.

This is a programme administered by Positive Women Inc. to provide HIV prevention information and services for migrants, refugees, and asylum seekers in Aotearoa. Services include providing free condoms, free HIV testing, training programmes and resources. We also offer support for people living with HIV.

The main source of information is the Te Taenga Mai website, www.tetaengamai.org.nz

Give us a call if you need any advice or would like to have a talk.

We would love to hear from you.

Contact Us

www.tetaengamai.org.nz
hello@tetaengamai.org.nz

@tetaengamai @f





Free Condoms

Condoms can stop HIV and other infections like syphilis and chlamydia. They can also stop pregnancy. Condoms do not cost much and are easy to get.

Each free pack contains 12 condoms and 12 packets of lubricant. The package is sent by mail in a plain courier bag to any address in Aotearoa.

Pre-exposure Prophylaxis (PrEP)

There are some medicines you can take when you do not have HIV which can stop you from getting HIV. This is called pre-exposure prophylaxis or PrEP.

For more information about PrEP, visit the Te Taenga Mai website or email us at hello@tetaengamai.org.nz



You can get free male and female condoms from the Te Taenga Mai website. www.tetaengamai.org.nz/stay-safe/condoms/



Free HIV Tests

The best way to know if you have HIV is to get tested. If you know you have HIV you can start medication to stay healthy and live a good life. Taking medication also means you can't pass on HIV to anyone else.

Tests in Aotearoa can be free at some places with results in 60 seconds.

You can also order a self-test kit and do the test yourself.



Visit to www.tetaengamai.org.nz/hiv/the-importance-of-testing-for-hiv/ or use the QR code for more information or to book a test.



Can't pass it on (U=U)

A person living with HIV in Aotearoa can access free medication. The medication lowers the HIV virus in the body to a level so low, it is called undetectable. When the virus is undetectable, it means a person cannot pass on HIV to anyone else. For this to work, the person must take the medication every day for the rest of their life.

When the HIV virus is Undetectable, it means the HIV virus is Untransmissible. This is called U=U.

Being on HIV medication means a person can live a full and active life, have sexual relationships, have children, and live as long as someone who does not have HIV.



Having HIV is nothing to be ashamed about. Scan the QR code to find out more information.