

Cudurka Cagaarshowga: Nooca B (waxaa sababa cagaarshowga fayruska B)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Cuntada oo laga go'o
- Danqashada caloosha
- Midabka indhaha iyo jirka oo jaale noqda
- Kaadi madow ama saxaro midab qafiifa leh
- Lallabo ama mantag
- Daal
- Murqaha iyo isgoosyada oo xanuuna
- Bilawda 45-180 cisho ka dib marka la qaado

ISQAADSIINTA

Cagaarshowga B waxa laysku qaadsiiya:

- Galmada siilka
- Galmada dabada
- Galmada afka
- Wadaagista cirbaha daroogada laysugu duro, daloolinta ama rinjiyaynta jirka
- Hooyada caabuqan ilmaha dhashay
- Wadaagista waxyaabaha gaar loo isticmaalo ee dhiigga leh ama dheecaanka jirka (waxa garka xiira, buraashka ilkaha, cidiya jaraha, dhego dhegaha)

CILLADAHA

- La qaadsin karo dadka lala galmoodo.
- Keeni karta cudurkda raaga ee beerka, beer xanuun, kaansarka beerka iyo geeri.
- Hooyada caabuqan fayruska ilmaha dhashay u gubbisa.
- Ilmaha caabuqan waxay noqon karaan kuwa caabuuqa uu ku waarayo.
- Dad kale ayaa la qaadsiin karaa inta uu heerka halista ama waaritaanka yahay.
- Wax ka yar 1% ee dadka ayaa u dhinta inta lagu jiro heerka caabuqa.

KA HORTAGISTA

- Tallaalka Cagaarshowga B waxa lagu la talinayaa dhammaan ilmaha, dhallinyarada iyo dadka waaweyn galmooda.

- Ha la wadaagin cirbadaha loo isticmaalo daroogada, rinjiyaynta uh iyo daloolinta jirka cidna.
- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee STD looga hortagayo.
- Komdomka caaga ah, marka sidii loogu talagalay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista in Cagaarshowga B lagu qaadayo.
- Komdomka caaga markasta la isticmaalo marka galmada siilka ama dabada la samaynayo.
- Kondomka caagga guska lagu xirto u isticmaal galmada afka.
- Caag ku difaacayo (wax ilkaha difaaca ama komdom dhaxda laga gooyay) galmada afka, siilka ama dabada loo isticmaalo.
- La yareeyo dadka lala galmoodo.
- Waxyaabaha gaarka loo isticmaalo sida makiinadda garka xiira cidna ha la wadaagin.
- Ilmaha u dhasha hooyo caabuqan, waa in ilmaha markay dhashaan horay laga tallaalo.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaalaha caafimaad haa qaado haddii caabuuq la tuhmo.
- Cagaarshowga B cirbadda difaaca "globulin" ee lagu qaato muddo 7 cisho ka ddib marka dhiigga cudurka wata uu soo garay ama 14 cisho ka dib marka la galooday; waxaa kale ee lagu talinaya tallaalka.

MACLUUMAAD DHEERAADA, LA XARIIR:

Minnesota Department of Health
STD and HIV Section
(Waxda Caafimaadka Minnesota)
(Qaybta STD iyo HIV)
(651) 201-5414
www.health.state.mn.us/std

Minnesota Family Planning and STD Hotline
(Qorshaynta Qoyska Minnesota iyo Khadka STD)
1-800-783-2287 Codka/TTY;
(651) 645-9360 (Magaalada iyo Degaanada)
www.sexualhealthmn.org

American Social Health Association (ASHA)
(Iskaashtada Caafimaadka Bulshada American ka - ASHA)
www.ashastd.org

CDC National STD and AIDS Hotlines
(CDC National STD iyo Khadka AIDS ka)
1-800-CDC-INFO; 1-888-232-6348 TTY
www.cdc.gov/std