

Xaqiiqda Cudurada Galmada (STD)

Herpes-Som

Herpes

(oo uu keeno fayraska loo yaqaan herpes simplex virus (HSV) noocyada 1 iyo 2)

CALAAMADAHA LAGU GARTO

Calaamadaha Herpes-ka ku dhaca Xubnaha Taranka:

- Waxay soo muuqdaan 2-30 maalmood kadib marka cudurka la qaado
- Finan yar yar oo xanuun badan ayna ka buuxaan dheecaan oo ka soo baxa xubnaha taranka, afka ama dabada
- Finanka ayaa isku bedela nabarro dillaaca ka dibna qolofaysta kuna bogsada 1 illaa labo toddobaad
- Finanku waxay ahaan karaan kuwo ku qarsoon xubinta taranka haweenka
- Wajiga hore ee cudurkan ayaa ugu daran , wejyadiisa dambe waa ka xanuun yar yihiin
- Cun cun iyo gubasho (bel-bel) oo laga dareemo meesha ay finanku ka soo baxayaan
- Wejiga hore ee cudurkan waxa inta badan la socda qandho, madax xanuun, iyo qanjirada oo barara
- Finanku way iska baaba' aan, laakiin lahankaca jirradu weli jirkaaga waa ku sii jiri kartaa
- Finanku waa soo laaban karaan marar dambe, laakiin inta badan waqtiga ay jiraan iyo xanuunkooduba waa ka yar yahay wajiga hore

ISU GUDBINTA

Herps-ka Xubnaha Taranka waxaa Fidiya:

- Galmada caadiga ah
- Galmada aan caadiga ahayn
- la taabto nabarka qof qaba cudurkan
- Hooyo cudurka qabta oo u gubisa ilmaha dhalanaya
- Waa dhici kartaa in fayraska jirka qofka jirran ka soo daato xataa marka fananku aysan jirin, sidaa darteed in waa la isku gudbin karaa marka finanku aysan jirin

DHIBAATOYINKA KA YIMAADA CUDURKAN

Herpes-ka xubnaha taranku waxay keeni karaan:

- In ay sahlanaato in la qaado cudurro kale side HIV, sababta oo ah nabraha ayaa noqonaya dariiq sahlana oo jeermiga cudurrada galmadu jirka ka soo galaan
- Waxyeellooyin xanuun badan oo soo noqnoqda

Herpes-ka Xubnaha Taranka iyo Uurka:

- Cudurkan wuxuu ilmaha uga iman karaa xagga hooyada waqtiga ilmuhu dhalanayo
- Infekshanka cudurkani wuxuu keeni karaa dhimasho ama waxyeello culus oo soo gaarta maskaxda, sambabada iyo beerka ilmaha
- Inta badan haweenka uurka leh ee qaba herps-ka xubnaha taranka ee soo noq noqda waxay dhalaan ilmo caadi
- Khatarta ugu weyn waxa ku sugan ilmaha ay dhalaan hooyooyinka qaba herps-ka xubnaha taranka wejigiisa koowaad marka ay uurka leeyihiin

KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka Herpes-ka Xubnaha Taranka:

- Nabarada ku dhaca xubnaha taranka waxay noqon karaan kuwo xubnahaasi kaga dhaca meelaha bacda galmadu (condom) ay dabooli karto. Waxay kaloo ku dhici karaan meelaha ayna bacda galmadu dabooli karin. Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay yarayn kartaa khatarta inaad qaaddo herps-ka xubnaha taranka kaliya marka bacdu ay ku daboolan tahay meesha cudurka qabta
- Isticmaal bac galmo oo ku habboon markasta oo aad samaynayso galmo caadi ah ama aan caadi ahayn

Xaqqiida Cudurada Galmada (STD)

(ayaa weli sii socota)

Herpes-Som

- Yaree tirada dadka ay galmadu idinka dhaxayso
- U tag dhakhtarkaaga si aad baaritaan herpes-ka xubnaha taranka ah u samaysid haddii aad ka shakido inaad cudurka qaadday
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurkan
- Markaad uur yeelato ogeysii dhakhtarkaaga haddii cudurkani horey kuugu dhacay
- Weligaa galmood ha la samayn qofka qaba herpes-ka xubnaha taranka marka uu leeyahay finanka

DAAWEYNTA

Daaweynta Herpes-ka Xubnaha Taranka:

- Looma hayo wax daawo ah; cudurkuna wuxu jirkaaga ku jirayaa noloshaada oo dhan
- Soo noqnoqoshada wejiyada finanka wata ee cudurkan waxaa lagaga hortegi karaa iyadoo la qaato maalin kasta daawooyinka loo yaqaan “antiviral”
- Guud ahaan daaweynta wejiyada soo noqnoqda ee cudurkan ma soo gaabiso muddadii ay jirradu socon lahayd, inta badanna dhakhtarku maba faro daaweyn
- Siyaabo lagu yarayn karo dhibaatooyinka soo noqnoqodka cudurka ayaa jira

WIXII WARAR DHEERAADA, LA XIRIIIR:

Infectious Disease Epidemiology, Prevention and Control Division
STD and HIV Section
Minnesota Department of Health
P.O. Box 64975
St. Paul, MN 55164-0975
(651) 201-5414; (651) 201-5797 TTY
www.health.state.mn.us

Khadka Teleefonka ee Qorshaynta Qoyska iyo Cudurada Galmada (STD) ee Minnesota (Minnesota Family Planning and STD Hotline)
1-800-783-2287 Teleefonka caadiga ah /TTY
(651) 645-9360 (Magaalada iyo nawaaxigeeda)(Metro)
www.stdhotline.state.mn.us

Khadka Taleefonada Hay'adda Qaranka CDC Qaybta Qaabilsan Cudurada STD iyo AIDS (CDC National STD and AIDS Hotlines)
1-800-232-4636; 1-888-232-6348 TTY
www.cdc.gov

Khadka Teleefonka Hay'adda ASHA Qaybta Qaabilsan Herpes-ka (ASHA National Herpes Hotline)
1-919-361-8488
www.ashastd.org/hotlines/herpho.html