

# Xaqiiqda Cudurada Galmada (STD)

HIV and AIDS-Som

## Lahankaca HIV iyo AIDS

(oo uu keeno fayraska loo yaqaan human immunodeficiency virus ama HIV)

### CALAAMADAHA LAGU GARTO

Calaamadaha HIV/AIDS-ka:

Wejigiisa hore (todobaadyo ilaa bilo ka dib marka fayrasku jirkaaga soo gaaro)

- Jirro u eg sida hargabka nooca flu-ga
- Qanjirada oo barara

Wejigiisa dambe (sannado ka dib marka fayrasku jirkaaga soo gaaro)

- Qandho joogta ah
- Habeenkii oo la dhidido
- Shuban waqtigiisu daba dheeraado
- Miisaanka oo hoos dhaca sababo aan la garanayn dartood
- Meelo ku barasan oo leh midabka purple-ka oo ku samaysma maqaarka dushiisa ama gudaha sanko iyo afka
- Daal joogta ah
- Qanjirada oo barara
- Infekshan soo noqnoqda oo ku dhaca habka neefsashada

Ogow: Calaamadahaani uma gaar aha HIV-ga, waxana keeni kara waxyaabo kale. Dadka qaba fayraska HIV-ga badankoodu ma yeeshaan wax calaamado ah ilaa dhawr sannadood.

### ISU GUDBINTA

HIV-ga waxaa Fidiya:

- Galmada caadiga ah
- Galmada aan caadiga ahayn
- Iyadoo la wadaago cirbadaha loo adeegsado daroogada la isku duro, kuwa loo adeegsado biraha jirka la suro (body piercing) ama kuwa loo isticmaalo taatuuga (tattooing)
- Waxyaabaha ka yimaadda dhiigg lahaa fayraskan (aad bay u yartahay in habkan uu u fido)
- Hooyo cudurka qabta oo u gubisa ilmaha dhalanaya

HIV-ga Laguma kala qaado:

- Gacan qaadka
- Meelaha lagu dabbaasho (swimming pools)
- Dhunkashada (shumiska)
- Fadhiga musqusha (toilet seat)
- Koobka wax lagu cabbo
- Cuntada
- Xayawaanka oo gudbiya
- Cayayaanka oo gudbiya
- Hab siinta (hugging)
- Qufaca

### DHIBAATOYINKA KA YIMAADA CUDURKAN

Dhibaatooyinka AIDS-ka:

- Waqtigan la joogo looma hayo wax daawo ah; dadka badankiisuna waxay ku dambeeyaan inay u dhintaan cudurkan (badankood waxay sii noolaadaan 10 sano oo kale ka dib markay cudurka AIDS-ka qaadaan)
- Wuxuu ku fidaa dadka galmoodku ka dhexeeyaan iyo kuwa wadaaga cirbadaha

### UURKA IYO HIV/AIDS:

- Hooyada uurka leh ee qabta HIV-ga waxay ilmaha u gudbin kartaa inta uu uurka ku jiro ama markuu dhalanayo
- Hooyada qabta cudurkan waxay ilmaha ugu gudbin kartaa naasnuujinta (aad bay u yartahay in habkan uu u fido)

### KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka HIV:

- Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay si aad ah wax uga tartaa ka hortagga faafitaanka HIV-ga oo ah fayraska keena AIDS-ka.
- 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)

HIV and AIDS-Som

- Yaree ama iska ilaali isticmaalka daroogada iyo khamriga
- Cidna ha la wadaagin cirbadaha daroogada, suufka iyo kookers
- Cidna ha la wadaagin cirbadaha loo silticmaalo taatuuga ama jirka lagu dalooliyo (piercing)
- Yaree tirada dadka ay galmadu idinka dhaxayso
- Baaritaanada lagu ogaado in jirkaaga uu ku jiro fayraska HIV waxaa sameeya dhakhaatiirta, xarumaha caafimaadka ee cudurada galmada (STD), iyo xarumaha baaritaanka iyo la talinta arrimaha HIV-ga
- Ogeysii dadka aad la wadaagto galmoodka iyo cirbadaha daroogada isla markiiba haddii aad qaaddo fayraska HIV-ga

## DAAWEYNTA

Daaweynta HIV/AIDS:

- Looma hayo wax daawo ah cudurka HIV/AIDS-ka loogo bogsado
- Marka la ogaado inta uu bilawga yahay daaweyntu waa dheerayn kartaa sannadaha nololshaada
- Daawooyinka loo hayo cudurkan waxa loo qaataa si habka difaaca jirkaagu u shaqeeyo
- Daawooyin ayaa jira lagu daaweeyo cudurrada la xiriira ama soo hoos gala AIDS-ka
- Daawooyin ayaa jira aad u yareeya suurtagalnimada in hooyadu ay HIV-ga u gudbiso ilmaha dhalanaya
- Tijaabooyin lagu eegayo daawooyin cusub 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](http://www.health.state.mn.us)

Mashruuca AIDS-ka ee Minnesota, Khadka AIDS-ka (Minnesota AIDS Project AIDSLINE)  
(612) 373-AIDS  
(Magaalada iyo nawaaxigeeda) (Metro)  
1-800-248-AIDS  
(Gobolka intiisa kale) (State)  
(612) 373-2465 TTY  
(Magaalada iyo nawaaxigeeda) (Metro)  
1-888-820-2437 TTY  
(Gobolka intiisa kale) (State)  
[www.mnaidsproject.org](http://www.mnaidsproject.org)

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