

Caabuqa HIV iyo AIDS

(waxaa sababa fayruska human immunodeficiency virus ama HIV)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

Bilowga (toddobaadyada iyo bilaha la qaaday ka bacdi):

- Jirro shabbahda durayga
- Qanjirrada jirka oo barara

Marka dambe (sanado ka dib qaadida cudurka):

- Qandho ba'an ee joogto ah
- Habeenka oo la dhidhido
- Shuban muddo dheer jiraya
- Hoos u dhac culayska qofka ee aan la garan Karin waxa keenay
- Buro kuusan ee maqaarka ama gudaha afka iyo sanko ka soo baxda
- Daal itaal darro badan
- Qanjirrada oo barara
- Cabuuqa xibanaha neefsashada oo soo noq noqonaya

Ogow: Calaamadahani khaas uma HIV ga keli ah waxaana dhici karta inay sabab kale keenayan. Dadka badankood ee HIV qaba laguma arkayo calaamadahaas gebi ahaanba muddo dhowr sano ah.

ISQAADSIINTA

HIV waxaa laysku qaadsiiyaa:

- Galmada saxaaxa
- Galmada afka
- Galmada dabada
- Wadaagista cirbadaha daroogada laysku duro, dalointa ama rinjiyaynta
- Dhiig wasakhoobay (dhif)
- Hooyada caabuqan oo qaadsiisa waqtiga ilmaha dhashaan ama inta caanaha naaska siinayso

Caabuqa HIV lays kuma qaadsiin karo:

- Salaanta gacamaha
- Shumiska dhabanka
- Bikeeriga
- Xoolaha
- Bab siinta
- Dabalashada warta
- Fadhiga suuliga
- Cuntada
- Xasharaadka
- Qufaca

CILLADAHA

- HIV wuxuu ku faafi karaa dadka lala galmoodo iyo wadaaga cirbadaha.
- HIV daawo cirib tirta ma laha haddii aan daawo loo qaadan dadka badankiisu aakhirka waa u dhintaan.

HIV/AIDS iyo uurka

- Ilamaha aan dhalan hooyada qabta HIV waa u gubin kartaa cudurka inta ay uurka ku jiraan ama xiliga ay dhalanayaan.
- Hoowayada caabuqan way qaadsiin kartaa cudurka ilmaha marka ay caanaha naaska sinayso.

KA HORTAGISTA

- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee STDs looga hor tagayo.
- La yareeyo dadka lala galmoodo.

- Komdomka caagga ah, marka sidii loogu talagalay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista in AIDS la qaado, fayruska AIDS sababa.
- 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 xadeeyo ama layska ilaaliyo isticmaalka daroogada iyo qamriga.
- Laga fogaado in la wadaago cirbadaha daroogada, suufka iyo waxa wax lagu karsado.
- Laga fogaado in la wadaago cirbadaha laysku rinjiyeyo ama laysku duro.
- Sida u dhaqsa badan loogu sheego dadka lala galmoodo iyo kuwa cirbadaha lala wadaago haddii caabuqa HIV aad qabtid.

BAARITAANKA IYO DAAWAYNTA

- Waxaa jiro baaritano lagu ogaanayo jiritaanka unugyada HIV ee dhakhaatiirta, bukaan eegtoyinka STD, iyo goobaha HIV ee la talinta ay samaeyn karaan.
- Lama ahayo daawo HIV/AIDS ciribtirta.
- Ogaanshaha iyo daawaynta hore ee cudurka waxay ku kordhin karaan noloshada sanado.
- Daawooyinka iyo daryaal kale ayaa jira si uu difaaca jirka u sii shaqeeyo.
- Daawo daawaysa jirroyinka AIDS la xariira ayaa la hayaa.
- Daawo loogu tala galay dumarka qaba HIV ee uurka leh ayaa la hayaa, si aad loogu yareeyo fursada ilmaha dhalanaya ay caabuqa ku qaadi karaan.
- Waxaa jira daawoyin tijaabo ah ee lagu eegayo daawayn cusub.

MACLUUMAAD DHEERAADA, LA XARIIR:

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

Minnesota AIDS Project AIDSLINE
(Minnesota AIDS Mashruuca AIDSLINE)
(612) 373-AIDS (Magaalada iyo Degaanada)
1-800-248-AIDS (Gobolka)
(612) 373-2465 TTY (Magaalada iyo Degaanada)
1-888-820-2437 TTY (Gobolka)
www.mnaidsproject.org

American Social Health Association (ASHA)
(Iskaashatada 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/hiv