

# Cudurka Caalirka Gumaarka (PID)

(kuwa badanaa sababa: caabuqa chlamydia ama gonorrhea)

## ASSALKA

PID waa caabuq xibnaha tarmada ee dumarka gala (ilmagaleenka, tubooyinka , iyo ukumaha). Jeermisyoo badan ayaa sababa cudurka xanuunka qaarka hoose, laakiin chlamydia iyo jabtada ayaa ah kuwa ugu badan.

## CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Ay dhici karto inuusan jirin ama fududyahay
- Coloosha hoose oo laga xanuunsado
- Qandhada
- Dhiigbax iyo dheecan aan caadi ahayn oo siilka ka yimaada
- Ay gubayso ama xanuunayso marka la kaadinayo
- Ay xanuunayso marka la galmoonayo

## ISQAADSIINTA

Jeermiska PID sababa galmada saxaaxa ayaa laga qaada.

## CILLADAHA

Haddii aan la daawayn, PID waxa uu noqon karaa:

- Uurka oo ku abuurma makaanka dibaddisa sida tubada ku korta (tubal)
- Madhalnimo
- Xanuunka raaga oo ka jiraya qaarka hoose

## KA HORTAGISTA

- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee STD looga hortagayo.
- Komdomka caagga ah, marka sidii loogu talagalay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista jeermiska keena PID in la qaado.
- Komdomka caaga markasta la isticmaalo marka galmada siilka ama dabada la samaynayo.
- La yareeyo dadka lala galmoodo.
- Baaritaan dhakhtarka ama daryeelayaal kale laga qaato haddii caabuqa laga shakiyo.

## BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaale caafimaad ha kaa qaado haddii caabuq la tuhmo.
- PID waxaa lagu daawayn karaa ayadoo daawada uu dhakhtar soo qoray la qaato.

OGOW: Qofka laga daaweeyay markale ayuu caabuqa qaadi karaa.

### MACLUUMAAD DHEERAADA, LA XARIIR:

Minnesota Department of Health  
STD and HIV Section  
(Waaxda Caafimaadka Minnesota)  
(Qaybta STD iyo HIV)  
(651) 201-5414; (651) 201-5797 TTY  
[www.health.state.mn.us/std](http://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](http://www.sexualhealthmn.org)

American Social Health Association (ASHA)  
(Iskaashtada Caafimaadka Bulshada American ka - ASHA)  
[www.ashastd.org](http://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](http://www.cdc.gov/std)