

Cudurka Trichomoniasis

(waxaa sababa *Trichomonas vaginalis*, dhiigmiirato)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

Dumarka quseeya:

- Dumarka qaarkood calaamado haya ma laha
- Caadi ahaan waxuu bilawdaa 5-28 cisho ka bacdi marka la qaado
- Saxaaxa oo cuncun, bakbala kulul ama xanuun ku dhaca
- Dheecaan cad cad ah, jaala-cagaar ah ee uraya

Ragga qusaysa:

- Ragga badankood calaamdaha bukaanka ma laha
- Dheecaan yar ee guska ka imaanaya
- Xanuun jira marka la kaadiyo ama biyo baxo ka dhib

ISQAADSIINTA

Trichomoniasiscan waxaa laysku qaadsiiya:

- Ragga iyo durmarka oo galmooda
- Dumarka galmo ahaan siilka isku xoqa

CILLADAHA

Haddii aan trichomoniasis la daawayn:

- Cabuuqa waxaa la qaadsinayaa dadka lala galmoodo
- Xaaladaha la dhibsado way sii jirayaan
- Dumarka uurka leh, waxuu ku sababi karaa dhalnada waqtiga ka soo hormarta ama culayskooda oo hooseeya
- Waxay fududaynaysaa in la is qaadsiiyo ama la kala qaado HIV marka la galmoonayo

KA HORTAGISTA

- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee STDs looga hortagayo.
- Komdomka caaga ah, marka sidii loogu talagalay iyo sida saxda ah loo isticmaalo,

waxa uu yarayn karaa halista in trichomoniasis la qaado.

- Komdomka caaga markasta la isticmaalo marka galmada siilka la samaynayo.
- Caag ku difaacayo (wax ilkaha difaaca ama komdom dhaxda laga gooyay) galmada afka, siilka ama dabada loo isticmaalo.
- La yareeyo dadka lala galmoodo.
- Sida u dhaqsa badan loogu sheego dadka lala galmoodo haddii aad caabuqdo.
- La hubiyo in dadka lala galmoodo la baaray iyo in la daaweeyey.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaalaha caafimaad haa qaado haddii caabuq la tuhmo.
- Trichomoniasis waxaa lagu daawayn karaa ayadoo daawada uu shaqaalaha soo qoray la qaato.
- Dadka lala galmoodana waa in isla markaa ayagana la daaweeyo.

Ogow: Qofka laga daaweeyay mar kale 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

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