

Cudurka Nongonoccal Urethritis (NGU)

(ay sabababaan ilmaqabato kale ee aan jabtada ahayn)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Dumarka badankood iyo ragga qaarkood malaha calaamada bukaanka
- Ku bilawdo 1-3 toddobaad kabacdi marka la qaado
- Malax aan midab lahayn, jaala ama caddaan ee guska ka soo baxda
- Dheecaan ama saxaaxa oo kuleyl ka yimaada
- Kulul iyo xanuun marka la kaadinayo

ISQAADSIINTA

NGU waxaa laysku qaadsiiya:

- Galmada siilka
- Galmada afka
- Galmada dabada
- Hooyada caabuqan ilmaha u gudbisa

CILLADAHA

Haddii aan la daawayn, NGU waxuu noqon karaa:

- Dadka isla galmooda ay isqaadsiiyaan
- Keeni kara cabuuq halis ba'an
- Xubnaha tarmada waxyeela
- Keeni kara inay raagga iyo dunmarka madhaaleesin noqdaan

Inta uurka u jiro, jeermika NGU waxaa u keeni kara:

- Mid ay hooyada u gudbiso ilamaha waqtiga dhalashada.
- Carurta caabuqa indhaha ama qaqow ku rida.

KA HORTAGISTA

- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee STD looga hortagayo.
- Komdomka caagga ah markasta isticmaal, sid loogu talagalay iyo sida saxda ah, 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 yareeyo dadka lala galmoodo.
- Dadka lala galmoodo lala socodsiiyo sida ugu dhaqso badan haddii aad caabuqdo.
- Dadka lala galmoodo ee caabuqan waa in isku mar baaritaan laga qaado lana daaweeyo.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan caafimaad shaqaale caafimaad ha qaado haddii caabuq la tuhmo.
- NGU waxaa lagu daawayn karaa ayadooda daawada uu shaqaale caafimaad soo qoray la qaato.
- Dadka lala galmoodana waa in isla markaa ayagana la daaweeyo.

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
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