

STD

(Cudurrada Galmada Laysku Qaadsiiyo)

WARBIXIN MUHIIM AH

Ka Socota Waaxda Caafimaadka Minnesota (Minnesota Department of Health)

Macluumaad ku saabsan:

Calaamadaha iyo Xanuunnada Bukaanka
Isqaadsiinta
Cilladaha
Ka hortagista
Baaritaanka iyo Daawaynta



Macluumaad ku saabsan:

- Bacterial Vaginosis (BV) – Cudurka Bacterial Vaginosis (BV)
- Chancroid – Cudurka Chancroid
- Chlamydia – Cudurka Xabada (Chlamydia)
- Genital Warts/HPV – Nabarada Saxaaxa Ka Soo Baxa/HPV
- Gonorrhea – Cudurka Jabtada
- Hepatitis A – Cudurka Cagaarshowga A
- Hepatitis B – Cudurka Cagaarshowga B
- Herpes – Cudurka Herpes
- HIV Infection and AIDS – Caabuqa HIV iyo AIDS
- Lymphogranuloma Venereum (LGV) – Cudurka Lymphogranuloma Venereum (LGV)
- Molluscum – Cudurka Molluscum
- Nongonococcal Urethritis (NGU) – Cudurka Nongonoccal Urethritis
- Pelvic Inflammatory Disease (PID) – Cudurka caalirka gumaarka (PID)
- Pubic Lice (crabs) and Scabies – Injirta Bisqinta iyo Is nadaamis
- Syphilis – Cudurka waraabowga
- Trichomoniasis – Cudurka Trichomoniasis

Ogow: Warbixintaan muhiimka ah waa in macluumaad ahaan kaliya loo isticmaalo iyo in aan loogu talagalay in lagu isticmaalo is baaris ama wax galaya booska talada daryeelaha caafimaadka.



STD and HIV Section (Qaybta STD iyo HIV), Minnesota Department of Health
(Waaxda Caafimaadka Minnesota), P.O. Box 64975, St. Paul, MN 55164-0975
(651) 201-5414; www.health.state.mn.us/std

STD Warbixin Kooban

XOOGTA STD

CALAAMADAHA IYO SAANSAANTA XANUUNKA

Dhakhtarka ama bukaaneegtada u tag haddii aad saansaano xanuun leh isku aragto:

Dumarka quseysa:

- Dheecaan aan caadii ahayn iyo ur aad u xun oo saxaaxa ka imaanaya
- Agagaarka saxaaxa ay ku gubanayso ama ku cuncunayso
- Dhiigbax aan caadada la xariirin oo saxaaxa ka imaanaya
- Xauun gumaarka ah xiliga galmada
- Xanuun joogta ah oo aan la garanayn ee gumaarka ah

Ragga quseysa:

- Malax iyo dheecaan kale ee guska ka imaada

Ragga iyo dumarka quseysa:

- Nabro yar yar, finan, biyo galaan oo ku samaysma agagaarka saxaaxa, afka ama dabada
- Ay ku gubayso ama ku xanuunayso marka aad kaadinayso ama saxaroonayso
- Gumaarka oo barara (qaybta u dhow cawrada)

Xasuuso:

- Badanaa cudurrada galmada laysku Qaadsiiyo (STDs) malaha calaamado ama saansaan xanuun ee lagu aqoonsado. Mararka qaarkood calaamaadaha iskood ayay u baaba'aa laakiin STD wali jirka ayuu ku harayaa.
- Dadka qaarkood waxa ay rumaysan yihiin haddii dhiig laga qaado inta ay joogaan xafiiska dhakhtarka in ay la mid tahay in STDs laga baarayo. Tan waxaa dhici karta in aysan run ahayn.
- Dadka waa in ay dhakhtarkooda kala hadlaan baaritaanka cudurada STDs haddii ay halis u yihiin iney qaadaan cuduradaas.
- Baaritaanka STD ga waxa dhici karta inaan la samayn xiliyada baaritaanada joogtada ah ee cudurada haweenka.

ISQAADSIINTA

Cudurrada STD badankood waxaa laysku qaadsiiyaa:

- Galmada siilka
- Galmada afka
- Galmada dabada
- Hooyada caabuqsan oo cudurka ilmaha dhashay qaadiisa

CILLADAHA

Haddii aan la daawayn, cudurrada STDs qaarkood waxa dhici karto:

- In la qaadsiiyo saaxiibbada lala galmoodo ama kuwa cirbadaha laysku duro lala wadaago
- Inay kuwo halis iyo xanuun leh noqdaan
- Inay sababi karaan dhaawac waara oo xibnaha taranka wax u dhimaan
- Laga yaabo inay ragga iyo dumarkuba noqdaan madhalaysyo
- Ilmaha dhashay ay ku caabuqaan, iyo ay dhici karto inay ilmaha u keento dhibaatooyin halis ah iyo xitaa dhimasho

- Keeni karto wadna xanuun, indho la'aan, tuf, dhaawac maskaxda ama dhimasho

KA HORTAGISTA

- Laga fogaado galmada siilka, aftka ama dabada, waa sida ugu fiican ee looga hortagayo cudurrada (STDs).
- La yareeyo tirada dadka lala galmoodo.
- Komdomka caaga, marka si joogto ah iyo si sax loo isticmaalo, waa kuwo si weyn wax uga qaban kara isqaadsiinta HIV iyo STDs badankood.
- Komdomka caaga markasta la isticmaalo marka galmada siilka ama dabada la samaynayo.
- Kondomka cagga guska lagu xirto u isticmaal galmada afka.
- Caag ku difaacayo (wax ilkaha difaaca ama komdom dhaxda laga goo'yay) galmada afka, siilka ama dabada loo isticmaalo.
- Sida ugu dhaqada badan ugu sheeg dadka aad la galmoonaysid haddii STD qabtid.
- Dadka lala galmoodo ee caabuqsan waa in baaritaan laga qaado lana daaweeyo.

BAARITAANKA IYO DAAWAYNTA

- Shaqaalaha caafimaadku ha ku baaraan haddii caabuq laga shakiyo.
- STD qaarkood waxaa lagu daawayn karaa ayadoo daawo uu shaqaalaha caafimaadku soo qoray la qaato.
- Ha isticmaalin daawo dhaqameedka.

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 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

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, www.cdc.gov/hiv



Cudurka Bacterial Vaginosis (BV)

ASSALKA

BV waa xaalad dumarka ku dhaca kaaso wax ka badasha isu dheellitirka jeermiska ama baaktiiriyada ku nool gudaha xubanaha taranka ee dumarka. Waxa sababaya isu dheelitirka'aanta aad looma fahmin. BV maaha cudur galmada laysugu qaadsiiyo sida caadadu ay tahay – waa wax dumar kasta ku dhici kara, xita kuwa aan waligood galmoon. Laakiin waxaa xaqiiqa ah in dumarka galmooda ay ka halis sarreeyan in uu ku dhaco BV sababtuna ma ay cadda.

CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Dumarka qaarkood ma dareemaan calaamadaha iyo saansaanta xanuunkaan lagu garto
- Ur “mallay qurmay” ah ayaa xubanaha taranka ka imaanaya siiba galmada ka dib
- Dheecaan aan caadi ahayn ee siilka ka imaanaya – mid u eg caddaan ama dambas, biyo biyo ah ama xumbo
- Xanuun marka la kaadinayo
- Cuncun agagaarka siilka

ISQAADSIINTA

Lama garanayo waxa isu dheellitirka'aanta sababaya kaaso BV laga qaadayo. Laakiin, dhaqamada qaarkood waxay kordhin kartaa halista ay dumarka u yihiin qaadista BV da sida:

- Lala galmoodo qof cusub
- Lala galmoodo dhowr qof
- Dhaqid gudaha ah iyadoo la isticmaalayo qalab

CILLADAHA

- Dumarka uurka leh, BV marka uu ku dhaco waxa kordhaya ilmaha inay wakhtigooda ka hordhashaan ama culays yar ku dhashaan.
- Qabitaanka BV ga waxay sahashaa in la guddbiyo ama la qaado cudurka HIV ga xiliga galmada.

KA HORTAGISTA

- Iska dhaafida galmada waxaa suurto gal ah iney yarayso khatarta ay dumarku u yihiin inuu ku dhaco BV.
- La yareeyo tirada dadka lala galmoodo.
- Si loo helo baktieeriyo “caafimaad qabta” ee saxaaxa, ha isticmaalin qalabka lagu dhaqo dumarka cawradooda.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan ha kaa qaadaan shaqaalaha caafimaadku haddii qaaditaan caabuq laga shakiyo.
- BV waxaa lagu daawayn karaa ayadoo daawo uu shaqaaalaha caafimaadu soo qoray la qaato.
- Ragga isu galmoodo uma baahna in isla markaa laga daaweyo.

OGOW: Marka BV lagaa daaweeyo in ay dhici karto in uu dib kuugu dhici karo.

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Cudurka Chancroid

(waxaa laga qaada *Haemophilus ducreyi*, baktiiriyo)

OGOW: Chancroid aad buu ugu yar yahay Maraykanka. Haddii aad isku aragto calaamadaha cudur kasta ee galmada laysku qaadsiiyo waxa kugu habboon in aad daryeelaha caafimaadka (dhakhtar) baaritaan iyo daawayn u doonatiid.

CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Xanuun badan iyo dheecaan ka yimaada nabarrada ku yaalla saxaaxa agtooda
- Xanuun badan, iyo barar qanjirada iyo agagaarka gumaarka ah
- Bilaw 4-10 cisho ka dib marka cudurka la qaado

ISQAADSIINTA

Chancoid waxaa laysku qaadsiiyaa:

- Galmada siilka
- Galmada afka
- Galmada dabada
- Is gaarida laba maqaar oo mid nabaro caabuqsan lee yahay

CILLADAHA

Haddii aan la daaway, chancroid:

- Dadka lala galmoodo ayaa la qaadsiin karaa
- Waxaa uu fududaynayaa fididnta ama qaadsiinta HIV marka la galmoonayo
- Waxa uu sababi karaa maqaarka sare ee guska in uu baaba'oo
- Nabarrada waxa caabuq u keeni kara jeermiyo kale

KA HORTAGISTA

- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee cudurrada STD looga hortagayo.
- Komdhomka caagga ah, marka sidii loogu talagalay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista in chancroid la qaado marka meelaha jirran la daboolo ama komdomka la isticmaalo.
- 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 goo'yay) galmada afka, siilka ama dabada loo isticmaalo.
- La yareeyo dadka lala galmoodo.
- Sida u dhaqsa badan loogu sheego dadka lala galmoodo haddii aad caabuqdo.
- Dadka lala galmoodo ee caabuqan waa in baaritaan laga qaado lana daaweeyo.

BAARITAANKA IYO DAAWAYNTA

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

OGOW: Qof cudurkan laga daaweeyey, markale ayuu qaadi karaa.

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Cudurka Xabada (Chlamydia)

(waxaa sababa *Chlamydia trachomatis* baakteeriya)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Dadka badankood xanuun ma dareemayaan
- Marka la qaado waxay soo baxaayaan muddo 7-21 cisho gudahood, amaba ma soo baxaayo

Dumarka:

- Dhiig ama dheecaan aan caadi ahayn oo cawrada dumarka ka yimaada
- Ay gubayso iyo xanuunayso marka la kaadinayo
- Xanuun caloosha hoose ah
- Dabada oo xanuunta

Ragga:

- Wax biya biya ah ama dheecaan cad ee guska ka yimaada
- Ay gubayso iyo xanuunayso marka la kaadinayo
- Dabada xanuunayso

ISQAADSIINTA

Xabada (Chlamydia) waxaa laysku qaadsiiya:

- Galmada siilka
- Galmada afka
- Galmada dabada
- Hooyada iyada oo xanuunkan qabta ilmaha dhalanaya qaadsiiisa

CILLADAHA

Haddii aan la daawayn, chlamydia waxay sababi kartaa:

- In dadka lala galmoodo la qaadsiiyo
- Keeni karta in uur ku abuurmo markaanka banaankiisa (Tuubooyinka)
- Keeni karta caalir ku dhaca lafta misigta ka hoosyasa ee ilma galeenka iyo kaadi hastaba (PID)
- Keeni karta dhalma la'aan raga iyo dumarka
- Sahli karta inaad qaadid ama gudbisid HIV xilliga galmada

Xiliga uurka, caabuqa Xabada:

- La qaaadsiin kara ilmaha dhashay xiliga dhalida, sababani karta caabuq culus oo isha iyo sanbabka (pneumonia) ah
- Waxay keeni kartaa dhalashada waqtiga ka hormarta ama ku dhalashada culays yar

KA HORTAGISTA

- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee STDs looga hortagayo.
- Komdomka caaga ah, marka sidii loogu tala galay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista in Xabada la qaado marka meelaha jirran la daboolo ama komdomka la isticmaalo.
- 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 goo'yay) galmada afka, siilka ama dabada loo isticmaalo.
- La yareeyo dadka lala galmoodo.
- Sida u dhaqsa badan loogu sheego dadka lala galmoodo haddii aad caabuqdo.
- Dadka lala galmoodo ee caabuqan waa in isku mar baaritaan laga qaado lana daaweeyo si dib ugu caabuqida looga hortago.

BAARITAANKA IYO DAAWAYNTA

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

OGOW: Qofka laga daaweeyay markale ayuu caabuqa qaadi karaa.

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www.cdc.gov/std

Nabarada Saxaaxa Ka Soo Baxa/HPV

(laga qaado human papillomavirus - HPV)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Dadka badankood calaamado ama saansaanta cudurkan ma dareemayaan
- Soo shaacbaxa muddo toddobaadyo ama bilo gudahood ka bacdi marka la qaado, ama maba ma soo shaacbaxo
- Buro jilicsan oo ku taala agagaarka saxaaxa ama dabada
- Cuncun aama kuleeyl ka yimaada agaarka cawrada
- Ay dhici karto inay jiraan nabro qarsoon oo ku dhaxyaalka cawrada ama dabada
- Honqorrada waxa ay ku baaba'ayaan ayada oo daawo la qaato, balse fayraska HPV uu sii jiri doono
- 90% ee kaysaska, HPV isksiisa ayuu isaga baa'baa 2 sano gudahood, marka laga joogo markii caabuqa la qaaday

ISQAADSIINTA

Honqorrada cawrada (nabro midabka dhiigga leh) waxaa laysku qaadsiiya:

- Galmada siilka
- Galmada afka (dhif)
- Galmada dabada
- La taabto qofka caabuqan nabrihiisa
- Hooyada caabuqan ilmaha dhalanaya qaadsiiisa (aad u dhif ah)
- Nabraha/HPV waxaa laysku qaadsiiya xitaa ayada oo nabrahaasu aysan muqan sababto ah fayrus ayaa meelaha aan komdomka loo isticmalayn ku jiri kara

CILLADAHA

Haddii aan layska daawayn, honqorrada cawrada waxay saamayn karaan:

- In ay isaqaadsiiyan dadka wada galmooda
- Hooyada caabuqan ilmaha dhalanaya qaadsiiisa; waxay sababi karaan nabraha guduudan oo ilmaha dhashay cunuhiisa ka soo baxa (dhacdo aad u yar)

Fayrusyada qaarkood waxay sababi karaan baaritaan aan caadi ahayn ee Pap iyo halista ah in korodho kaansarka makaanka, laakiin noocani ma sababaya honqorrada la arki karo. Dumarka galmooda waa in ay yeeshaan baaritaanka sanadlaha ah ee Pap laga bilaabo 3 sano kaddib markii ugu horraysay ay galmoodeen. HPV waxa uu door ka qaadanaaya kaansarkaka dabada, afka/cunaha, guska iyo siilka.

Dhakhtar ka laga yaabee inuu sameeyo baaritaan khaas ah oo ku ogaanayo xanuunka kaansarka la xariira.

KA HORTAGISTA

- Waxaa jira laba tallaaf ee loogu talagalay dumarka da'da 9-26 jira ee ka ilaalinaya ka hortagista noocyada HPV ee kiisaska honqorrada cawrada hoose iyo kaansarka makaanka.

- Waxaa jira hal tallaaf ee loogu talagalay ragga da'da 9-26 jira ee ka ilaalinaya ka hortagista honqorrada cawrada hoose.
- Laga fogaado galmada siilka, afka, dabada waa sida ugu wanaagsan ee STD looga hortagayo.
- Komdomka caaga ah, marka sidii loogu tala galay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista in HPV lagu qaado marka meelaha jirran lagu daboolo komdomka. Isticmaalka komdomka waxaa kale ee uu kaa dhawraya cudurrada HPV la xariira sida kaansarkaka makaanka (cervical).
- Isticmaalo mar kasta caaga komdomka marka galmada siilka/dabada la samaynayo.
- Komdomka caaga markasta la isticmaalo marka galmada siilka/dabada la samaynayo.
- Komdomka 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 tirada dadka lala galmoodo.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaalaha caafimaad ha qaado haddii caabuqan la tuhmo.
- Honqorrada waa la daawayn karaa, laakiin HPV daawa ma laha.
- HPV waa in uu dhakhtar kaa daaweeyo.
- Daawooyinka farmashiiyaasha laga soo gato ee lagu daaweeyo noocyada kale ee honqorrada waxay halis u yihiin nabraha xibanaha cawrada haddii la isticmaalo.

“Halis sare” noocyada HPV ee sababa kaansarka ma laha nabro gududaan ee la arki karo. Laakiin noocyada halista sare leh waa suurto gal inay ku ag yaalaan noocyada la arki karo.

Ugu dambayntii jirka ayaa iska saaraya fayruska haddii la daaweeyo iyo haddii kaleba.

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Jabtada (Gonorrhea)

(waxaa sababa *Neisseria gonorrhoea*, ilma qabato)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Ay dhici karto inuu mid fudud yahay, siiba dumarka
- Inta badan waxaa laysku arka 2-7 cisho kaddib marka la qaaday

Dumarka quseeya:

- Siilka oo dhiig bax aan caadi ahayn, dheecaan ama cuncun yeesha
- Ay ku gubayso marka la kaadinayo ama la saxaroonayo
- Xanuun dheeraada muddada caadada
- Xanuun hoose iyo xanuun caloosha
- Buktada, cuncunka iyo dheecaan dabada ka yimaada

Ragga qusaysa:

- Dheecaan ishaysta, cad ama jaalla ah (malax) ee guska ka yimaada
- Ay ku gubayso marka la kaadinayo ama la saxaroonayo
- Danqashada, cuncunka ama dheecaan dabada ka yimaada

ISQAADSIINTA

Gonorrhea (Jabtada) waxaa laysku qaadsiiyaa:

- Galmada siilka
- Galmada afka
- Galmada dabada
- Hooyada caabuqan ilmaha dhashay

CILLADAHA

Haddii aan layska daawayn, jabtada waxay sababi kartaa:

- La qaadsiiyo dadka lala galmoodo
- La qaadayo jirrada xanuunka inta miskaha u dhaxysa
- Keeni karta ilmo ku abuurma makaanka banaankiisa (tuubooyinka)
- U keeni karta madhalaysnimo ragga iyo dumarka
- Sababaya caabuqa kalagoosyada
- Waxa uu fududaynayaa qaadsiiinta ama la qaado HIV marka la galmoonayo

Xiliga uurka, caabuqa jabtada:

- Waxaa la qaadsiiin karaa ilamaha dhashay waqtiga dhalashada
- Waxay sababi kartaa ilmaha dhashay in caabuqa indhaha uu ku dhaco
- Waxaa dhici karta inay cabuuqa gaaro xubno kale

KA HORTAGISTA

- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee STDs looga hortagayo.
- Komdomka caagga ah, marka sidii loogu talagalay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista in gonorrhea la qaado.
- 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 yareeyo dadka lala galmoodo.
- Sida u dhaqsa badan loogu sheego dadka lala galmoodo haddii aad caabuqdo.
- Dadka lala galmoodo ee caabuqan waa in isku mar baaritaan laga qaado lana daaweeyo si dib ugu caabuqidda looga hortago.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaalaha caafimaad ku haa qaado haddii caabuq la tuhmo.
- Gonorrhea (jabtada) waxaa lagu daawayn karaa ayadoo daawada uu shaqaalaha caafimaad soo qoray la qaato.
- Dadka lala galmoodana waa in isla mar 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



Cudurka Cagaarshowga: Nooca A

(waxaa sababa cagaarshowga fayruska A)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Qandho (xummad)
- Raashinka oo la go' o
- Caloosha oo danqata
- Midabka indhaha iyo jirka oo jaala noqda
- Kaadi madow ama saxaro midab qaafifa leh
- Lallabbo ama mantag
- Daal
- Waxuu bilowdaa 15-50 cisho kaddib marka la qaaday

ISQAADSIINTA

Cagaarshowga A waxaa laysku qaadsiiyaa:

- Wax saxaro leh ee afka la galiyo (isqaadsiinta cudurka cuntada)
- Galmada afka
- Farayska/galmada dabada

CILLADAHA

- Cagaarshowga A waxaa la qaadsiiya dadka lala galmoodo.
- Cudurka cagaarshowga ee A uma keeno khasaaro ramsi beerka caadiyana looma dhinto.
- Mudo dheerrna kuma haynayo.
- Marka uu cudurka qofka hal mar ku dhaco cudurka inta la noolanayo waa ka difaacan tahay in uu dib kuugu dhaco.

KA HORTAGISTA

- Marka la saxaroodo kabacdi gacmaha si fiican saabuun ha lagu dhaqo.
- Laga fogaado galmada afka iyo dabada ama faraha/dabada.
- Tallaalka Cagaarshowga A waxaa lagula taliyaa caruurta 12 sano ka weyn, dhallinyarada iyo ragga galmooda inay qaataan.
- Waxa laga yaaba in ay suurto gal tahay in cirbad lagu difaaco jirka oo loo yaqaan (Immune globulin injection) la siiyo 14 malmood gudahood marka laga joogo xiligii uu cudurkan xirka soo gaaray.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaalaha caafimaadka haa qaado haddii caabuq la tuhmo.
- Ma jirto daawayn gaabinaysa jiritaanka caabuq daran.

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

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 (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
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 1-800-CDC-INFO; 1-888-232-6348 TTY
www.cdc.gov/std



Cudurka Cagaarshowga: Nooca B

(waxaa sababa cagaarshowga fayruska B)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Cuntada oo laga go'o
- Danqashada caloosha
- Midabka indhaha iyo jirka oo jaale noqda
- Kaadi madow ama saxaro midab qafiifa leh
- Lallabo ama mantag
- Daal
- Murqaha iyo isgoosyada oo xanuuna
- Bilawda 45-180 cisho ka dib marka la qaado

ISQAADSIINTA

Cagaarshowga B waxa laysku qaadsiiya:

- Galmada siilka
- Galmada dabada
- Galmada afka
- Wadaagista cirbaha daroogada laysugu duro, daloolinta ama rinjiyaynta jirka
- Hooyada caabuqan ilmaha dhashay
- Wadaagista waxyaabaha gaar loo isticmaalo ee dhiigga leh ama dheecaanka jirka (waxa garka xiira, buraashka ilkaha, cidiya jaraha, dhego dhegaha)

CILLADAHA

- La qaadsin karo dadka lala galmoodo.
- Keeni karta cudurkda raaga ee beerka, beer xanuun, kaansarka beerka iyo geeri.
- Hooyada caabuqan fayruska ilmaha dhashay u gubbisa.
- Ilmaha caabuqan waxay noqon karaan kuwa caabuuqa uu ku waarayo.
- Dad kale ayaa la qaadsiin karaa inta uu heerka halista ama waaritaanka yahay.
- Wax ka yar 1% ee dadka ayaa u dhinta inta lagu jiro heerka caabuqa.

KA HORTAGISTA

- Tallaalka Cagaarshowga B waxa lagu la talinayaa dhammaan ilmaha, dhallinyarada iyo dadka waaweyn galmooda.

- Ha la wadaagin cirbadaha loo isticmaalo daroogada, rinjiyaynta uh iyo daloolinta jirka cidna.
- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee STD looga hortagayo.
- Komdomka caaga ah, marka sidii loogu talagalay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista in Cagaarshowga B lagu qaadayo.
- 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 yareeyo dadka lala galmoodo.
- Waxyaabaha gaarka loo isticmaalo sida makiinadda garka xiira cidna ha la wadaagin.
- Ilmaha u dhasha hooyo caabuqan, waa in ilmaha markay dhashaan horay laga tallaalo.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaalaha caafimaad haa qaado haddii caabuuq la tuhmo.
- Cagaarshowga B cirbadda difaaca "globulin" ee lagu qaato muddo 7 cisho ka ddib marka dhiigga cudurka wata uu soo garay ama 14 cisho ka dib marka la galooday; waxaa kale ee lagu talinaya tallaal.

MACLUUMAAD DHEERAADA, LA XARIIR:

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(Qaybta STD iyo HIV)
(651) 201-5414
www.health.state.mn.us/std

Minnesota Family Planning and STD Hotline
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www.sexualhealthmn.org

American Social Health Association (ASHA)
(Iskaashtada Caafimaadka Bulshada American ka - ASHA)
www.ashastd.org

CDC National STD and AIDS Hotlines
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www.cdc.gov/std

Cudurka Herpes

(waxaa sababa herpes simplex fayruusyada nooca 1 iyo 2 – HSV)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Dadka badankood saansaanta xanuunka kama muqanayso weligood ama waxay noqonayaan kuwo aad u fudud oo aan soo shaac bixin.
- Soo baxa muddo 2-30 cisho gudahood, ama ka badan, amaba maba soo baxayaan.
- Finan aad u yar yar oo dillacaya, dheecan leh oo xibanaha hoose, afka ama dabada ka soo baxa.
- Nabraha ay biyaha galaan way dillacayaan oo nabro noqonaya biskoonaya 1-2 todobaad gudahood.
- Nabraha ay biyaha galaan waxaa dhici karta inay gudaha saxaaxa ku “qarsoon” yihiin.
- Jirrada ugu horraysa ayaa ugu ba’an, kuwa xiga way ka sii fududaanayaan.
- Cuncunka iyo gubashada jirka ee meelaha nabraha ka soo bixi doonaan.
- Mar ka hore caabuqa waxaa la socda qandho, madax xanuun iyo qanjirro barar.
- Nabraha ay biyaha galaan way iska baaba’ayaan, laakiin caabuqa jirka ayuu ka harayaa.
- Naraha ay biyaha galaan xilliyo ayay dib u soo laaban karaan, laakiin caadi ahaan muddadooda waa gaaban tahay xanuunkuna sida hore uma darna.

ISQAADSIINTA

Xanuunka herpes see xubnaha taranka waxaa laysku qaadsiin karaa:

- Galmada siilka
- Galmada afka
- Galmada dabada
- Taabasho la taabto qofka caabuqan nabrihiisa
- Hooyada caabuqan ee ilmaha dhashay qaadsiisa

Herpes waxuu ku faafi karaa markaad meel bukta taabatid oo aad u gudbisid meel fayow.

Fayriska jirku waa siidayn karaa, in kastoo nabro aysan jirin (Viral shedding), sidaa daraadeed waa suurto gal. Isqaadsiinta inteeda badani waxay dhacaan markii aysan xitaa nabro bukaa aysan jirin.

CILLADAHA

Caabuqa herpes waxuu noqon karaa:

- Mid dadka lala galmoodo la qaadsiyo
- Fududeeya qaadista jeermis kale sida HIV, sii fududeeya, bacadama nabraha dillaaca waxay fududeeyaan gelitaanaka fudud ee jeermiska STD
- Keeni karo xanuun daran oo soo noqmoqda.

Saxaaxa ‘herpes’ iyo uurka:

- Dumarka uurka leh badankood ee u herpes soo noq noqdaa uu ka galo saxaaxa ilmo caafimaad qaba ayay dhalaan.
- Ilmaha dhashay waxaa dhici karta inay caabuqa hooyada ka qaadan waqtiga dhalashada.
- Cabuuqa ilmaha dhashay waa u dhiman karaan, waxay ka qaadi karaan cillado aad u ba’an ee maskaxda, sambabaha iyo beerka.

- Halista ugu wayn waxa ku jira ilmaha ay dhalaan hooyooyin uu ku dhaco caabuqa “herpes” ee saxaaxa marxaladiisa koowaad inta ay uurka lee yihiin.

KA HORTAGISTA

- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee STD looga hortagayo.
- Komdomka caagga ah, marka sidii loogu tala galay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista in herpes la qaado marka meelaha jirran la daboolo ama komdomka la isticmaalo.
- 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 yareeyo dadka lala galmoodo.
- Sida u dhaqsa badan loogu sheego dadka lala galmoodo haddii aad caabuqdo.
- Marka aad uur lee dahay, dhakhtarkaaga u sheeg haddii aad horay “herpes” u qaaday.
- Marna ha la galmoon qof qaba herpes ka marka ay saxaaxa nabro ka jiraan.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaalaha caafimaad ku ha kaa qaado haddii caabuq la tuhmo.
- Lama daawayn karo; caabuqa inta qofka uu noolyahay ayuu jirayaa.
- Soo noq noqoshada nabraha dillaaca waxaa lagu yarayn karaa ayadoo maalin kasta daawo fayruska la qaato.
- Daawaynta marxaladaha soo noq noqda waxa ay guud ahaan gaabisaan mudada cudurka socon lahaa.
- Waxaa jira taallaaboyin marxaladaha soo noq noqoshada wax looga qaban karo.

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)
(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/std

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 rinjiyeeyo 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

Cudurka Lymphogranuloma Venereum (LGV)

(waxaa sababa 3 noocyo hoose ee *Chlamydia trachomatis*, ilmaqabato)

OGOW: LGV waa mid aad ugu yar Maraykanka. Haddii aad isku aragto calaamada iyo saansaan cudurrada galmada laga qaado, waxaa kugu haboon in aad la xiriirtd daryeelka caafimaadka si baartaan laguugu sameeyo laguuna daaweeyo.

CALAAMADAHA IYO SAANSAANTA XANUUNKA

Heerka bilowga saansaan xanuuna qofka LGV qaba:

- Bilowga 3–12 cisho ama ka badan marka cudurka la qaado
- Calaamaha hore inta badan lama dareemayo amaba ma dhacaan
- Nabarro ama is baddal kasta ee ka soo baxaya agagaar ka saxaaxa ama dabada
- Nabarradu waxay kaloo ka soo bixi karaan cunaha marka galmada afka la sameeyo
- Nabaraddu maalmo yar gudahood ayay ku biskoonayaan

Marxalada dambe ee calaamadaha bukaanka ee LGV qaba:

- Bilowda 2–6 toddobaad ama ka badan halka cudurka ka bilowday
- Qanjirada gumaarka oo ka barara hal dhinac ama labada dhinacba
- Xanuun uu jiro marka la kaadinayo ama la saxaroonayo
- Caloosha oo fariisato
- Malawadka oo dhiig ka yimaado
- Xanuun ka jira caloosha hoose ama dhabarka
- Shuban ay malax iyo dhiig ka buuxdo
- Qandhada, qarqaryo, xanuunka kalagoosyada, cuntada oo laga go'o iyo daal

ISQAADSIINTA

LGV waxaa laysku qaadsiiya:

- Galmada siilka
- Galmada afka
- Galmada dabada

CILLADAHA

Haddii aan la daawayn, LGV waxa uu noqon karaa:

- In la qaadsiiyo dadka lala galmoodo.
- Sababa dhaawac iyo foolxumo ba'an ku rida xubanaha taranka.
- Sababa dhaawac ba'an malawada kaaso isusoo xirmaa.
- Dumarku, waxa uu isku furayaa sillka iyo dababada (fistula).
- Unogyada maskaxda oo caalir (marar dhifa).

KA HORTAGISTA

- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee STDs looga hortagayo.
- Komdomka caagga ah, marka sidii loogu tala galay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista in LGV la qaado marka meelaha jirran la daboolo ama komdomka la isticmaalo.
- 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 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 daaweyay.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaalaha caafimaad haa qaado haddii caabuq la tuhmo.
- LGV waxaa lagu daawayn karaa ayadoo daawada uu dhakhtar 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
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Cudurka Molluscum

(waxaa sababa fayruska *molluscum contagiosum virus*, MCV)

ASSALKA

Molluscum guud ahaan waa cabuuq aan dhibaato lahayn calaamaduhuna daawo la'aan ayey iskood ugu biskoodooda. Molluscum waxaa uu ahaan jiray cudur gaar ahaan caruurta ku dhici jiray, laakiin intuu koray ayuu isu baddalay cudur dadka waaweyn galmada isku qaad siiyaan.

CALAAMADAHA IYO SAANSAANTA XANUUNKA

Waxa uu soo baxayaa 1 toddobaad ilaa 6 bilood marka caabuqa la qaado, oo dhexdhexaadku yahay 2 ilaa 3 bilood:

- Xanuun ma laha, nabro midab midabka jirka giirgiir – cadaan, dambas-caddaan, jaala ama gaduud barxan, oo jiritaankooda uu u dhaxeeyo 2 toddobaad ilaa 4 sano dhexdhexaadkuna yahay 2 sano.
- Nabaradu waxay ka soo baxaan xibanaha taranka, caloosha, bowdaha dhexdooda iyo dabada.
- Nabaradu waxay ku bilaaban karaan nabro yar yar oo kuus kuusan kuwaaso nabro waa weyn oo kuus kuusan isu baddala.
- Dadka AIDS qaba ama kuwa kale ee xaaladooda iska difaaca cudurada uu liito waxa ka soo baxaya nabaro badan.

ISQAADSIINTA

- Xariir galmada (kan ugu badan)
- Wax yaabo aan nafta lahayn: shukumaanka iyo dharka
- Ku dabaalashda warta iyo waaskada lagu qubaysto la wadaago
- Jirka oo la is taab siiyo
- Qayb unug inta jirka laga saaray dawo lagu farsameeyay haddana jirka lagu celiyay (autoinoculation)

CILLADAHA

- Waxaa la qaadsiin kara dadka lala galmoodo
- Haddii la qaado HIV, caabuqa molluscum waxuu noqonayaa mid aad u ba'an
- Molluscum waxaa uu sii kordhinaya qaadista cabuuqyada maqaarka

KA HORTAGISTA

- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee STD looga hortagayo.
- La iska ilaalayo is taabashada jirka qof caabuqan.
- La yareeyo dadka lala galmoodo.
- Komdomka caaga ah, marka sidii loogu tala galay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista in molluscum la qaado marka meelaha jirran la daboolo ama komdomka la isticmaalo.
- Haddii caabuqa molluscum la qaado, iska ilaali nabarka inta taabato inaad haddana meelo kale ee jirka taabato.
- Dadka lala galmoodo ee caabuqan waa in isku mar baaritaan laga qaado lana daaweeyo.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaalaha caafimaad haa qaado haddii caabuq la tuhmo.
- Saaridda nabarka caabuqsan waxay dhimayaan in jirku uu dib u caabuqo iyo in aad dadk kale qaadsiiso.

Saarida nabarka caabuqsan waxa lagu gaari gaaraa marka la isticmaalo:

- Qalitaanka ama qalitaanka korontada
- Isticmaalka daawo kiimiko ah
- Isticmaalka daawo marka jirka la qaboojiyo

Ogow: Nabarda way soo noqon karaan daawda ka dib.

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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.

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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.

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Injirta Bisqinta iyo Is Nadaamis

(Injirta Bisqinta ee laga qaado *Phthirus pubis*, gooryaan dhiigmiirato, nabaraha laga qaado *Sarcoptes scabiei*, shilin)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Cuncun siyaada ah ama xad dhaaf ah
- Mararka qaarkood injirta waaxaa lagu arki karaa qaybaha kale ee timaha jirka

ISQAADSIINTA

Injirta bisqinta iyo nabaraha oogada waxaa laysku qaadsiiya:

- Wada galmoodka
- Jirka oo si fiican jir kale u taabta
- Shukumaanada, mar hayaha iyo dharka jeermiska leh

In laga qaado meesha fadhga musqusha lagama yaabo lagama yaabo.

CILLADAHA

Haddii aan la daawayn:

- Waxaa la qaadsii kara dadka lala galmoodo
- Injirta bisqinta waxay ka faafi kartaa timaha bisqinta oo meelaha kale ee timo leh ayay aaddaa
- In nidaamiska wuxuu ku faafi karaa dhamaan qoyska oo dhan

KA HORTAGISTA

- Laga fogaado galmada saxaaxa, afka, dabada waa si uga wanaagsan ee STDs looga hortagayo.
- La yareeyo dadka lala galmoodo.
- Dadka lala galmoodo lala socodsiiyo sida ugu dhaqso badan haddii aad caabuqdo.

- Dadka lala galmoodo ee injirtu ay gashay waa in laga daaweeyaa.
- Iska ilaali in isku saariir ama shukumaan ama dhar la wadaagto qof caabuqan.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaalaha caafimaad haa qaado hadii caabuq la tuhmo.
- Waxaa lagu dili karaa ayadoo la isticmaalo daawada uu shaqaale caafimaad soo qoray la qaato, ama marka xaalada injirta bisqinta waxaa kasoo gadaa daawo farmashiyaha.
- Dadka lala galmoodana waa in isla markaa ayagana la daaweeyo.
- Dharka oo idil iyo go'yaasha iyo kubeertoyinka biyo kulul ku dhaq.
- Alaabta nadiifi.

Ogow: Qofka injirta bisqinta ama in nadaamis laga daaweeyay mar kale ayuu qaadi karaa.

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Waraabowga

(waxaa sababa *Treponema pallidum*, ilmaqabato)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

Heerka 1aad (waraabowga heerka hore)

- Xanuunnada bukaanka waxay bilawdaan toddobaadyada 1-12 ee xiga marka la qaado
- **Xanuun lahayn**, nabar(nabro) afka, guska, siilka ama dabada ka soo baxa
- Nabarka(nabraha) waxay ku “dhuuman” karaan saxaaxa ama malawadka
- Nabarka(nabraha) waxay sii jiri doonaan 1-5 toddobaad
- Xanuunka(xanuunada) way is ka tagi karaa, laakiin waraabowga dhiiga ayuu ku jirayaa

Heerka 2aad(waraabowga heerka labaad)

- Saansaanta xanuunka waxay soo baxayaan 6 toddobaad illaa 6 bilood kaddib marka ay nabraha muuqdaan
- Nabaro jirka oo dhan ka soo baxa
- Xanuunnada bukaanka oo durayga oo kale la mida
- Cad cad-dambas oo afka/bishimaha ka soo baxa, agagaarka saxaaxa xonqoro nabro u eg ka soo baxa, iyo/ama timaha oo bida waa ay dhici karaan laakin waa ku yar yihiin

Heer Dambe

- Meel xanuunaya ama cuncunaya ma laha, waraabowga waxuu weli ku jira jirka waxuuna wax u dhimi karaa wadanaha, maskaxda iyo xibnaha kale muddo ka bacdi (isfililatada heerka saddeexaad)

ISQAADSIINTA

Waraabowga waxaa laysku qaadsiiyaa:

- Galmada siilka
- Galmada afka
- Galmada dabada
- Hooyada caabuqan ee ilmaha dhashay qaadsiiisa

CILLADAHA

Haddii aan la daawayn, waraabowga waxay noqon kartaa:

- Mid dadka lala galmoodo la qaadsiiyo
- Wadna xanuun la qaado
- Indha beel laga qaado
- Maskaxda sababta iney wax u dhinto
- Fududaysa is qaadsiiinta ama gudbinta HIV marka la galmoonayo

Xiliga uurka waraabowgu wuxuu keeni kartaa:

- Ilmuhu inay uurka hooyada ku dilmaan
- Cillad ilmuhu ku dhasho
- Dhibaatooyin xun ay lafaha, maskaxda, sambabada, beerka gaaraan iyo xubno kale ee ilmaha caabuqan ku dhacaan

KA HORTAGISTA

- Laga fogaado galmada saxaax, afka, dabada waa si uga wanaagsan ee STDs looga hortagayo.
- Komdomka caagga ah, marka sidii loogu talagalay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista isfiilitada keliya marka meesha caabuqan komdom lagu daboolo ama lagu difaaco.
- Komdomka caaga markasta la isticmaalo marka galmada siilka ama dabada la samaynayo.
- Komdomka 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 waan in la daaweeyo.

BAARITAANKA IYO DAAWAYNTA

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

Ogow: Qofka laga daaweeyay markale ayuu cudurka qaadi karaa.

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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:

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