



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™

Health Education for Patients and Families

Caabuqyada Galmada ku Faafa (STIs) **Sexually Transmitted Infections (STIs) (Somali)**

Caabuqyada la isku qaadsiiyo galmada (STIs) waxay ku faafaan dheecaannada jidhka ama istaabashada maqaarka inta lagu jiro galmada afka, farjiga, ama dabada. Dheecaanada waxaa ku jira dhiiga, shahwada (kahor iyo kadib biyo baxa), dheecaanka farjiga dumarka, iyo dheecaanka futada. Qaar kamid ah STI-yada ayaa faafi kara inta lagu jiro naas nuujinta, uurka, ama dhalmada ilmo haddii waalidka ilmaha dhalaaya xanuunsan yahay.

- STI-yadu waa kuwo badanaa dhaca, gaar ahaana ku dhaca dhalinta iyo qaangaarka da'yarta ah.
- **Kama** qaadi kartid istaabasho caadi ah, sida gacan ku salaamid, isla xirashada dharka, ama taabasha fadhiga musqusha.
- Xanuunkada ugu badan ee STI-yadu waa HPV, jabtada, galaha, isfiilatada, trichomonas, isnadaamiska, iyo HIV.

Caabuqyada Waalidnimada

In aadan galmo samayn (iska dhawrista) waa qaabka ugu wanaagsan ee la iskaga ilaaliyo STI-yada iyo HIV-ga. Haddii aad galmo samayso, waxyaabahaan ayaa yareeya khatartaada qaadista STI:

- Yaree tirada lamaanayaasha ee aad la galmooneeyso. Waydii lamaanahaaga taariikhdiisa galmada.
- **Adeegso kondhom cusub** markasta oo aad galmo samayso dhammaan mudada aad galmada sameynayso.
- Hayso kondhom dheeri ah lacala hadii kan aad hada isticmaaleyso dilaaco.

- Talaallo ayay leeyihiin 2 kamid ah STI-yadu: Cagaarshoow B iyo HPV. Waa lagu talaali karaa haddii aad qabtay STI hadda kahor. Tan ayaa aad u yareyn karta khatarta qaadista midkood STI-yadaan.

Oggolaanshaha

Markasta waa dookha qof in uu sameeyo fal galmo iyo in kale. Isticmaalka khamrada ama daroogada ayaa kugu adkayn kara in aad gaarto go'aan caqliyaysan. Haddii aad isticmaalayso ama aadan isticmaalayn khamri ama daroogo, ma jiro qof cadaadis kugu saari kara ama kugu qasbi kara in aad galmo samayso ama in aad samayso fal galmo.

Sababaha Khatarta

Haddii aad khatar ugu jirto STI-yada, isbaar si joogto ah. Waxyaabaha kordhin kara khatartaada:

- Galmada afka, farjiga, ama dabada adiga oo aan adeegsan kondhomka guska ama farjiga haweeneeyda ama dental dam
- Galmo aad la samayso lamaane cusub ama lamaaneyaal badan
- Galmo aad la samayso qof qaba STI
- STI-yada cusub iyo kuwa duuga ah (hore) ee waagii hore
- Ka ganacsiga galmada si aad u hesho lacag, daroogo, ama wax kale

Calaamaddaha iyo Astaamaha

Inta badan STI-yada ayaan lahayn astaamo waxayna ku xiran yihiin nooca STI-ga aad qabto. **Waxaad faafin kartaa STI-yada adiga oo aan lahayn astaamo ama calaamado.** Qaar kamid ah astaamaha STI ee ugu badan waxaa kamid ah:

- | | |
|---|--|
| • Urka farjiga dumarka | • Dheecaan (qashin) ka imaanaaya guska, fariga dumarka, ama dabada |
| • Xanuunka ama gubashada marka aad kaadshayso | • Nabarada ama finanka kasoo baxa xubnaha daranka ama dabada |
| • Xanuunka ubucda (caloosha) | • Qanjiro bararka qanjirada gumaarka |

Baaritaanka

- Iska baar STI-yada ugu yaraan 1 mar sanad kasta oo aad galmo samaynayso. U sheeg dhakhtarkaaga ama bixiyahaaga daryeelka haddii:

- Aad khatar ugu jirto STI-yada.
- Aad aaminsan tahay in aad qabto STI.
- Aad galmo la samaysay qof aad isleedahay wuxuu qabaa STI.
- Ma jiro 1 baaritaan oo lagu baaro iskumar STI-yada. Waxaad u baahan kartaa wax ka badan 1 nooc oo baaritaan.
 - Qaar kamid ah STI-yada ayaa lagu baari karaa kaadida, dhiiga, dheecaanka xubinta taranka, nabarada furan, ama dheecaan suuf looga soo qaado dhuuntaada ama dabadaada.
 - Inta badan baaritaannada waxaa qaada dhakhtarkaaga ama bixiyaha daryeelka carruurta. Waxaad awoodi kartaa in aad qaado sanbalka adigu. Weydii dhakhtarkaaga ama bixiyahaaga daryeelka marka hore.
 - Waxaad u baahan kartaa baaritaan iyo tijaabo dheeraad ah qaar kamid ah STI-yada. Dhakhtarkaaga ama bixiyahaaga daryeelka caafimaadka ayaa u baahan kara inuu eego uuna baaro nabarada ama uu kaa qaado dheecaanka xubinta taranka.
 - Natiiyooyinka baaritaanka ayaa badanaa soo baxa 2 ilaa 3 maalmood gudahood ama kahor.

Daaweynta

- Qaar kamid ah STI-yada ayaa la dawayn karaa si buuxda ayayna u bogsoon karaan. Kuwo kale ayaan lahayn daawo, laakiin calaamadaha ayaa lagu maareyn karaa daawo.
 - **Anti-biyootiga** ayaa loo adeegsan karaa STI-yada ka dhasha bakteeriyada iyo injirta. Waa in aad qaadata dhammaan daawadasda ilaa aad ka dhamaysato, xataa haddii aad bogsooto.
 - **Daawooyinka ka hortaga fayraska** ayaa loo adeegsan karaa qaarkood STI-yada ka dhasha fayraska. Waxay daawayn karaan astaamaa waxayna yareyn karaan khatarta qaadsiinta STI-yada lamaanahaaga galmada.
- Qaarkood STI-yada ayaa fududeeya in qofku qaado HIV-ga. Iska baar HIV haddii lagaa helo wax kamid ah STI-yada kale.
- Adiga iyo lamaanahaaga **waa in** la daweeayaa ayna aadaan booqashada caafimaad ee dabagalka ah haddii astaamuhu aysan ka bi'in kadib daawaynta.
- U soo laabo **dhammaan** balamaha dabagalka ah. Waa in lagu baraa 3 bilood gudahood. Dadka uu horay ugu dhacay STI-yada ayay u badan tahay in caabuqu markale ku dhaco.

Daawaynta Lamaaneyaasha

- Lamaanahaaga waa in la daweeeyaa. Daawaynta ayaan keliya difaacayn lamaanahaaga galmada, laakiin sidoo kale waxay kaa difaacaysaa in caabuqu kugu dhaco markale.
- Haddii lamanaagu uusan lhayn dhakhtar joogto ah ama bixiyaha daryeelka caafimaadka, waxaa si bilaash ah loogu daaweyn karaa Columbus Public Health Sexual Health and Wellness Center, 240 Parsons Avenue, Columbus, Ohio 43215. Taleefan lambarku waa (614) 645-7772. Haddii uu dagan yahay meel ka baxsan Columbus, wuxuu wici karaa waaxda caafimaadka ee deegaankiisa.
- Haddii aadan aaminsanayn in lamaanahaagu isdaawayn doono si iskiis ah, u sheeg dhakhtarkaaga ama bixiyaha caafimaadka. Wuxuu awoodi karaa in uu daawo u qoro si loo daaweeyo lamaanahaaga. Waxaa la yiraahdaa daawaynta lamaanaha ee degdega ah (EPT).