Nationwide Children's
When your child needs a hospital, everything matters.

Helping Hand™ Health Education for Patients and Families

Kahortagga HIV
HIV Prevention (Somali)

Fayraska jabka difaaca jirka (HIV) wuxuu ku noolaan karaa oo keliya gudaha jirka. Wuxuu weeraraa habka difaaca jirka oo uu daciifiyaa. Tani waxay ku adkeynaysaa jirkaaga inuu la dagaallamo caabuqyada waxaana laga yaabaa inay keento dhibaatooyin caafimaad oo badan haddii caabuqa HIV aan la daweyn.

Siduu ayuu ku faafaa Xanuunka HIV

HIV waxa uu ku faafaa dhiiga, shahwada, dheecaanka siilka, iyo caanaha dadka. Inta badan waxaa lagu faafiyaa:

- La galmoodka qof cudurka qaba.
- Isticmaalka daroogooyinka aad isku durto, oo ay ka midyihiin sheyda iyo cirbadaha.

Ka hortaga

Galmo la'aanta waa habka ugu wanaagsan ee looga fogaado HIV iyo cudurrada kale ee galmada lagu kala qaado (STIs). Haddii aad galmo samayso, waxaad ka hortagi kartaa faafitaanka HIV adigoo:

- Ogaanaya lamaanahaaga iyo taariikhdooda galmo.
- **Isticmaalaya kondhom** mar kasta oo aad galmo samayso, wakhtiga oo dhan oo aad galmo samayneyso.
- Aan la wadaageenin cirbadaha, saliingadaha, ama wax kasta oo loo isticmaalo in lagu diyaariyo daroogooyinka aad isku durto.
- Weydiinta dhakhtarkaaga ama bixiyaha xanaanada caafimaadkaaga wax ku saabsan kahortagga bayeelka (pre-exposure prophylaxis (PrEP)). PrEP waa kaniini aad qaadato hal

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Sii socda…

mar maalin kasta si aad uga hortagto HIV. Takhtarkaaga ama bixiyaha xanaanada caafimaadkaaga ayaa kuu qori kara dawadan si ay kaaga ilaaliyaan qaadista caabuqa HIV.

- Iska baar HIV haddii da'daadu u dhaxayso 13 iyo 64 oo aad galmo samayso. Waa in lagaa baaro HIV ugu yaraan hal mar. Takhtarkaaga ama bixiyaha xanaanada caafimaadkaaga ayaa laga yaabaa inay kugula taliyaan inaad is baarto marar badan.
- Isbaarista iyo daawaynta STI-yada kale ee aad qabto. Lahaanshaha STI(s)-da kale, waxay ku gelinaysaa khatar sare inaad qaado HIV.

La ogaan karin = La gudbin karin (Undetectable = Untransmittable (U=U))

- Haddii mid ka mid ah lammaanahaaga galmo uu qabo HIV, xasuusi inay qaataan daawadooda HIV. Marka ay daawadooda qaataan, oo fayraska aan la ogaan karin (caddaad yar oo ah HIV ee dhiigga ku jira) ma awoodaan in ay galmo kugu gudbiyaan fayraska (aan la kala qaadi karin).
- Haddii lagaa helay HIV, mar walba u qaado daawooyinkaaga HIV sida laguu qoray. Marka cadadka HIV ee jirkaagu ku yar yahay (aan la ogaan karin), ma awoodid inaad galmo ku gudbiso fayraska (aan la kala qaadi karin).
- Haddii aad uur leedahay oo aad qabto HIV, had iyo jeer u qaado dawadaada HIV sida laguu qoray oo marar badan u tag dhakhtarkaaga ama bixiyaha xanaanada caafimaadkaaga. Tani waxay ka ilaalin doontaa ilmahaaga inuu qaado HIV xilliga uurka.
- Haddii aad qabto HIV oo aad u baahan tahay guri caafimaad wac Cisbitaalka Qaranka ee Carruurta (Nationwide Children's) ee Barnaamijka Rugta AIDS-ka Qoyska iyo Barnaamijka Adeegyada Waxbarashada (FACES) (614) 722-6060.

Kala hadal dhakhtarkaaga ama bixiyaha xanaanada caafimaadka siyaabaha looga hortagi karo HIV, oo ay kamidka yihiin bilaabista PrEP iyo baaritaanka STIs.

Si aad ballan uga samaysato daryeelka aasaasiga ah ee carruurta ee Cisbitaalka Qaranka ee Carruurta (Nationwide Children's), wac (614) 722-6200.