

**Talo bixin iyo tijaabo ku saabsan HIV ayaa diyaar ku ah waaxaha caafimaadka degaankaaga. Wixii macluumaad ah waxaad wacdaa mid ka mid ah hay'adaha ama khadadka telefoonka taageerada ee ku qoran warqadan.**

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Benton	541-766-6835
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Clark (WA)	360-852-9070
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**Khadka furan ee Oregon HIV/STD**

1-800-777-AIDS (2437)

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503-223-AIDS (2437)

**AIDS-ka Gobolka Washington**

**Macluumaad** 1-800-272-AIDS (2437)

**Khadka furan ee National HIV/AIDS**

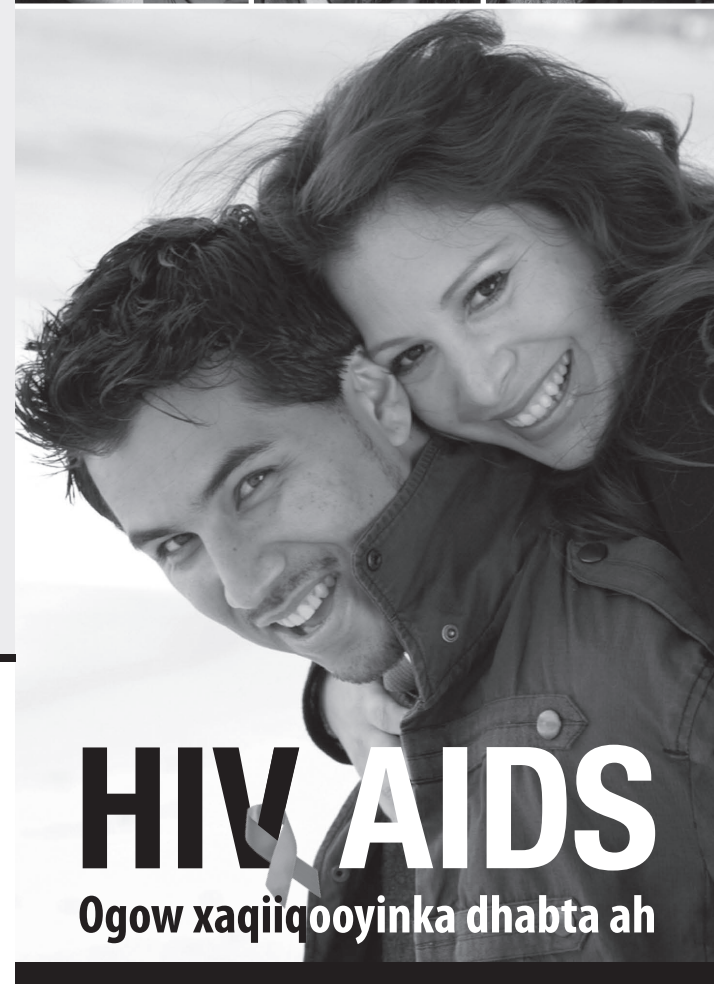
1-800-232-4636 (English)

1-800-344-SIDA (Español)

1-800-243-7889 (TTY)

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Diiwaankani waxaa kaliya la isku siin karaa si codsi ah iyadoo qaab kale oo daabacan ah oo loogu talo galay dadka naafada ah. Qaababka kale ayaa laga yaabaa inay ku jiraan (laakiin kuma koobna) daabacaada wayn, farta dadka indhaha aan qabin wax ku akhriyaan ee Braille, cajalada la duubo, isgaarsiinta la xiriirta Website-yada iyo qaababka kale elektaroonikada. Email u dir prevention. info@state.or.us, wac 971-673-0153 (cod ahaan) ama wac 971-673-0372 (TTY) si aad u qarshaysato qaabka kale ee adiga kuu fiican.

Somali OHA 9336 (Rev.06/11)



## Waa maxay HIV?

HIV (human immunodeficiency virus) waa fayras keena cudurka AIDS. HIV wuxuu dhaawac gaarsiiyaa jirka qofka isagoo tir-tiraaya unugyada dhiig gaar ah oo loo yaqaano CD4 iyo T-cells kuwaasi oo aad muhiim ugu ah ka caawinta jirka inuu cudurada iska difaaco. Dadka tijaabadooda HIV ay noqoto in laga helay (positive) waxaa loo tixgalinayaa inay leeyihiin infekshanka HIV.

## HIV markasta ma sobobaa AIDS?

Haddii aan la daawayn qofka leh HIV wuxuu cudurka AIDS uu qiyaastii yeelan doonaa 10 sanadood ka dib markuu qaado infekshanka. Qiyaasta wakhtigani qofkasta iskugu mid maaha waxayna ku xirnaan kartaa waxyaalo badan, taasi oo ay ka mid tahay xaalada caafimaadka qofka iyo dabeecadaha caafimaadka la xiriira. Daryeel daawo oo degdega, gaar ahaan daawooyinka ka hortaga fayraska, ayaa suurta gal inay baajiyaan bilowga AIDS kana hortagaan xaalado nolosha khatar galinaaya. Wakhtigan la joogo waxaa la fahamsan yahay in intooda badan, laakiin ayna ahayn dhamaantood, dadka leh infekshanka HIV ay yeelan doonaan AIDS.

## Sidee buu ku faafaa HIV?

Isku gudbinta HIV waxay dhici kartaa marka dhiiga, shahwada, dheecaanka makaanka ama caanaha naasaha qofka qaaday infekshanku uu galo jirka qof kale oo aan qabin infekshanka. Siyaabaha inta badan HIV loo faafiyaa waa:

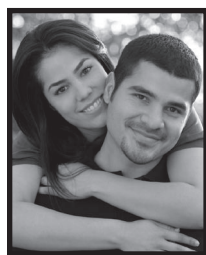
- Galmada (dabada, makaanka, ama galmada guud) ee lala sameeyo qof leh infekshanka HIV iyadoon la isticmaalayn cinjirka (latex) ama cinjirka kala bax baxa ee ka samaysan maadada loo yaqaan (polyurethane) iyo cinjirka dabada lagu xirto (dental dam);
- Iyadoo lala wadaago irbadaha ama waxyaalaha kale ee la isku duro ee qofka leh infekshanka HIV;
- Iyadoo hooyo leh infekshanka HIV ay u gudbiso cunugeeda dhalashada ka hor ama ka dib, ama wakhtiga naas nuujinta dhalashada ka dib.

## Waa maxay AIDS?

Macnaha AIDS wuxuu u taagan yahay lahaanshaha calaamadaha xanuunka ee wax iska caabinta jirka oo yaraata (acquired immune deficiency syndrome). Waa heerka ugu dambeeya infekshanka HIV, marka uu infekshanku horseedo xanuun aad u daran. Qofka leh HIV ee laga yaabo in aanu qabin xanuun aad u daran wuxuu sidoo kale heli karaa baarintaanka AIDS haddii habka iska difaacidooda cudurada uu aad u daciifiyay infekshanku.

Daawaynta HIV si buuxda uma cirib tirtiro khatarta faafida HIV. Marka isku gudbinta HIV dhacdo, HIV wuxuu daciifiyaa, gadaalna ka tirtiraa, habka difaaca jirka — gaar ahaan unugyada CD4. Unugyadan CD4 waxay hawshoodu tahay in jirku iska difaaco noolaha yar yar (micro-organisms), sida fayrasyada. Marka tirada unugyada CD4 ay yaraadaanba habka difaaca jirkuna wuu sii daciifaa, jirkuna wuxuu u nuglaadaa khatarta bakteeriyada ama infekshanada firaaqo raadiska ah kuwaasi oo qofka ka dhigi kara mid buka ama mararka qaarkoodna, u horseeda dhimasho. Is taabashada caadiga ma gudbiso HIV, kumana fido qaniinyada kaneecada iyo cayayaanka kale.

## Maxaa ka mid ah hababka lagu taageeri karo ka hortaga faafida HIV?



Ha samaynin galmada “khatarta ah”, sida galmada aan dhawrsanayn ee makaanka iyo dabada iyo galmada guud. Siigaysiga, jir duugista (massage), laabta isku qabashada iyo dhunkashadu waxaa caadiyan loo tixgaliyaa wax samayn aan khatar ahayn.

Samee galmo badbaado leh. Markasta oo aad lamaane galmo la samaynayso isticmaal cinjirka latex ama cinjirka kala bax baxa ee ka samaysan maadada loo yaqaan (polyurethane) iyo cinjirka dabada lagu xirto (dental dam). Xayrta qoyani waxay kordhin kartaa raaxada iyo aaminaada cinjirka, laakiin ha isticmaalin xayr saliidi ku jirto (sida Vaseline, ama inta badan saliidaha jirka lagu duugo, iwm.). Maadooyinka ka kooban (Nonoxynol 9) hada ka

dib lagu talin maayo in la isticmaalo iyadoo ay suurto gal tahay inay kordhiso firaaqada la iskugu gudbin karo HIV. Waa inaad xadidaa tirada galmo ee aad la samaynayso lamaanayaasha aad leedahay waana inaad doorataa lamaane aad si furan ugala hadli karto samaynta galmada badbaadada leh. Haddii aad isku durto daroogooyinka, daroogada (steroids) iyo dheecaanada (hormones) ama waxyaale kale, waxaa badbaado kuu leh inaad wakhti kasta isticmaasho irbad nadiifa. Ha wadaagin qalabka aad u isticmaasho wax isku durida sida waxyaalaha wax lagu kariyo, cudbiga iyo biyaha. Haddii aanad haysan irbad, waxaad nadiifin kartaa irbad. Irbada biyo ka buuxi ka dibna rux, irbada ka buuxi maadada loo yaqaan (bleach) ka dibna rux, ugu dambayntii markale biyo ku shub ka dibna rux.

## Ma jiraan daawayn loogu talo galay HIV ama AIDS?

Maanta waxaa jira daawayn caafimaad oo hoos u dhigi karta heerka uu HIV ku daciifiyo habka is difaaca jirka. Daawaynta wakhtiyada hore iyo talaabooyinka caafimaad waxay ka caawin karaan shakhsiyadka leh HIV inay caafimaad qabaan. Hooyada uurka leh ee qabta HIV waxay qaadan kartaa daawooyin wakhtiga ay uurka leedahay si ay u yarayso khatarta uu cunugeedu ku qaadi kari infekshanka. Sidoo kale waxaa jira daawayn ka hortagi kara ama daawayn kara qaar ka mid ah xanuunada la xiriira AIDS, iskastoo ayna daawayntu cirib tiraynin AIDS laftiisa. Sida xanuunada kale, ogaanshaha xanuunka ee wakhtiyada hore waxay keentaa firaaqooyin badan oo ku saabsan daawaynta iyo daryeelka ka hortagida. Intaasi waxaa dheer, jiritaanka cudurada galmada la iskugu gudbiyo ee (xabada ‘chlamydia’, jabtada ‘gonorrhoea’, jir ka soo baxa ‘viral herpes’, iyo isfiilitadu ‘syphilis’) waxay kordhiyaan firaaqada isku gudbinta HIV wakhtiga samaynta galmada. Tijaabo iska qaad iskana daawee STD si loo yareeyo qaadida HIV. Ugu dambayn, Maraykanka dhexdiisa 4-tii qofba 1 qof oo leh HIV ayaa sidoo kalena qaba cagaarshoow/joonis nooca C (HCV) (hepatitis C). Waydii la taliyahaaga HIV baaritaanka ku saabsan HCV.