

Xaqiiqda Cudurada Galmada (STD)

Chancroid-Som

Chancroid

(oo ay keento bakteeriyada loo yaqaan *Haemophilus ducreyi*)

CALAAMADAHA LAGU GARTO

Calaamadaha Cudurka Chancroid:

- Waxay bilawdaan 4-10 maalmood ka dib marka cudurka la qaado
- Nabarro xanuun badan lehna dheecaan oo ku dhaca xubnaha taranka
- Xanuun badan iyo barar ku yimaada qanjirada (lymph nodes) ku yaal gumaarka (groin)

ISU GUBBINTA

Chancroid-ka waxaa fidiya:

- Galmada caadigaah
- Galmada aan caadiga ahayn
- Maqaarka oo taabta nabar ku yaalla maqaarka qof qaba cudurka

DHIBAATOYINKA KA YIMAADA CUDURKAN

Haddii Aan la Daaweeyn Chancroid Waxay:

- Keeni kartaa inay baaba' aan nudaha (tissue) maqaarka xubinta taranka ragga madaxiisa ku daboolma (kobarta)
- Keeni kartaa in nabarada ay jeermisyo kale ku keenaan lahanak

KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka Cudurka Chancroid:

- Nabarada ku dhaca xubnaha taranka waxay noqon karaan kuwo xubnaasi kaga dhaca meelaha bacda galmadu (condom) ay dabooli karto. Waxay kaloo ku dhici karaan meelaha ayna bacda galmadu dabooli karin. Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay yarayn kartaa khatarta inaad qaaddo Chancroid kaliya marka bacdu ay ku daboolan tahay meesha nabarka leh

- Isticmaal bac galmo oo ku habboon markasta oo aad Samaynayso galmo caadi ah ama aan caadi ahayn
- Yaree dadka ay galmadu idinka dhaxayso
- U tag dhakhtarkaaga si aad baaritaan u samaysid haddii aad ka shakido inaad cudurka qaadday
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurka
- Dadka ay galmadu idinka dhaxayso ee qaada cudurka waa in la baaraa lana daaweeyaa

DAAWEYNTA

Daaweynta Cudurka Chancroid:

- Chancroid waa la daaweyn karaa
- Waxay u baahan tahay daawo uu dhakhtarku kuu qorayo
- Is daaweeya isku mar adiga iyo dadka ay galmadu idinka dhaxayso

OGOW: In daaweynta ka dib qofku dib cudurka u qaadi karo.

WIXII WARAR DHEERAADA, LA XIRIIIR:

Infectious Disease Epidemiology, Prevention and Control Division
STD and HIV Section
Minnesota Department of Health
P.O. Box 9441
Minneapolis, MN 55440-9441
(612) 676-5414; (612) 676-5653 TTY

Khadka Teleefonka ee Qorshaynta Qoyska iyo Cudurada Galmada (STD) ee Minnesota (Minnesota Family Planning and STD Hotline) 1-800-783-2287 Teleefonka caadiga ah /TTY

Khadka Taleefonada Hay'adda Qaranka CDC Qaybta Qaabilsan Cudurada STD iyo AIDS (CDC National STD and AIDS Hotlines) 1-800-227-8922; 1-800-243-7889 TTY

Xaqiiqda Cudurada Galmada (STD)

Chlamydia-Som

Chlamydia

(oo ay keento bakteeriyada loo yaqaan *Chlamydia trachomatis*)

CALAAMADAHA LAGU GARTO

Calaamadaha Cudurka Chlamydia:

- Waxay bilawdaan 7-21 maalmood ka dib marka cudurka la qaado
- Dad badani maba yeeshaan wax calaamado ah

Calaamahada Chlamydia ee Haweenka:

- Dheecan ama dhiig aan caadi ahayn oo ka yimaada xubinta taranka haweenka
- Dareemid gubasho ama xanuun marka la kaadinayo
- Xuddunta hoosteeda oo ku xanuunta
- Dabada oo laga dareemo xanuun yar

Calaamahada Chlamydia ee Ragga:

- Dheecan biyo-biyo ah ama qafiif ah oo ka yimaada xubinta taranka ragga
- Dareemid gubasho ama xanuun marka la kaadinayo
- Dabada oo laga dareemo xanuun yar

ISU GUDBINTA

Chlamydia-ha waxaa Fidiya:

- Galmada caadiga ah
- Galmada aan caadiga ahayn

DHIBAATOYINKA KA YIMAADA CUDURKAN

Haddii Aan la Daaweeyn Chlamydia Waxay:

- Keeni kartaa waxa loo yaqaan ectopic pregnancy (waa ilmaha oo ku abuurma meel aan ahayn ilma galeenka sida dhuunta u dhaxaysa ilma galeenka iyo ugxaan sidaha)
- Keeni kartaa cudurka loo yaqaan pelvic inflammatory disease (PID) oo ah lahankac ku dhaca qaybta sare ee xubinta taranka haweenka
- Keeni kartaa madhalaysnimo ku timaadda ragga iyo haweenkaba
- Ku fidi kartaa dadka kale eed la galmooto

Chlamydia iyo Uurka:

- Cudurkan wuxuu u gudbi karaa ilmaha marka uu dhalanayo wuxuuna u keeni karaa indha xanuun khatar ah ama lahankac sambabada ku dhaca (pneumonia)
- Wuxuu keeni karaa in ilmuhu dhicisoobo ama ku dhasho miisaan hooseeya

KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka Cudurka Chlamydia:

- Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay yarayn kartaa khatarta in chlamydia la isku gudbiyo
- Isticmaal bac galmo oo ku habboon markasta oo aad samaynayso galko caadi ah ama aan caadi ahayn
- Yaree tirada dadka ay galmadu idinka dhaxayso
- U tag dhakhtarkaaga si aad baaritaan u samaysid haddii aad ka shakido inaad cudurka qaadday
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurka
- Dadka ay galmadu idinka dhaxayso ee qaada cudurka waa in la baaraa lana daaweeyaa

DAAWEYNTA

Daaweynta Cudurka Chlamydia:

- Iyadoo la qaato daawada saxda ah loona qaato sida uu dhakhtarku faray (daawada doxycycline oo loo qaato si qaldan ma daawaynayso chlamydia)
- Isku dayga in cudurkan guriga wax lagaga qabto waxba ma taro
- Dadka ay galmadu ka dhaxayso waa in isku mar la daaweeyaa

OGOW: In daawada ka dib qofku marar dambe cudurka u dib qaadi karo.

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STD and HIV Section

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Khadka Teleefonka ee Qorshaynta Qoyska iyo

Cudurada Galmada (STD) ee Minnesota

(Minnesota Family Planning and STD Hotline)

1-800-783-2287 Teleefonka caadiga ah /TTY

Khadka Taleefonada Hay'adda Qaranka CDC Qaybta

Qaabilsan Cudurada STD iyo AIDS

(CDC National STD and AIDS Hotlines)

1-800-227-8922; 1-800-243-7889 TTY

Xaqiiqda Cudurada Galmada (STD)

Genital Warts/HPV-Som

Burqaha xubnaha taranka / HPV (oo uu keeno fayraska loo yaqaan human papillomavirus - HPV)

CALAAMADAHA LAGU GARTO

Calaamadaha Cudurka Burqaha xubnaha taranka:

- Waxay soo muuqdaan 1-6 bilood kadib marka cudurka la qaado
- Buruqyo jilicsan oo ka soo baxa dusha ama agagaarka xubnaha taranka ama dabada
- Agagaarka xubnaha taranka oo yeesha cun cun ama bel-belid (gubasho)
- Buruqyadu (warts) waxay ku qarsanaan karaan gudaha xubinta taranka haweenka ama dabada
- Buruqyadu ma baba'aaan iyadoo aan la daaweyn
- Daaweyntu way baabi'in kartaa buruqyada, laakiin lahankac uu fayraskani (HPV infection) keeno wuu sii jiri karaa

ISU GUDBINTA

Burqaha xubnaha taranka-ka waxaa Fidiya:

- Galmada caadiga
- Galmada aan caadiga ahayn
- In la taabto buruqyada (warts) qof qaba cudurkan
- Hooyo cudurka qabta oo u gudbisa ilmaha dhalanaya
- Warts/HPV waa la isku gudbin karaa xataa haddayna muuqan, sabatoo ah fayraska oo ku dul daata meelaha ayna daboolin bacda galmadu

DHIBAATOYINKA KA YIMAADA CUDURKAN

Haddii Aan la Daaweyn Genital Warts-ku Waxay:

- U gudbi karaan imaha waqtiga umusha, waxayna u keeni karaan buruqyo ku samaysma cunaha ilmaha
- Ku fidi karaan dadka kale eed la galmooto

Noocyo ka mid ah fayraskani waxay keeni karaan in natiijada baaritaanka loo yaqaan Pap test (baaritaan lagu sameeyo albaabka ilmagaleenka ama cervix) ay noqoto mid aan caadi ahayn, waxay kaloo kordhiyaan khatarta in qofka ay ku dhacaan kansarka cervix-ka ama guska, laakiin fayrasyadani ma keenaan buruqyo (warts) muuqda. Haweenka la qabo ama sameeya galmoodka waa inay baaitaankan sameeyaan sannadkiiba mar.

Dhakhtar waa inuu sameeyaa baaritaan khaas ah oo lagu baaro kansarka ay keenaan noocyada fayraskan.

KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka Genital Warts/HPV:

- Nabarada ku dhaca xubnaha taranka iyo infekshanka loo yaqaan HPV waxay noqon karaan kuwo xubnahaasi kaga dhaca meelaha bacda galmadu (condom) ay dabooli karto. Waxay kaloo ku dhici karaan meelaha ayna bacda galmadu dabooli karin.

Waxa diyaariyay Minnesota Department of Health, STD and HIV Section - Jannaayo 2002

Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay yarayn kartaa khatarta inaad qaaddo infekshanka HPV kaliya marka bacdu ay ku daboolan tahay meesha cudurka qabta. Waxaa kale oo isticmaalka bacda galmadu yareeyaa khatarta qaaditaanka cudurada kale ee uu keeno HPV infekshanku sida kansarka cervix-ka

- Isticmaal bac galmo oo ku habboon markasta oo aad samaynayso galmo caadi ah ama aan caadi ahayn
- Yaree tirada dadka ay galmadu idinka dhaxayso
- U tag dhakhtarkaaga si aad baaritaan genital warts ah u samaysid haddii aad ka shakido inaad cudurka qaadday

DAAWEYNTA

Daaweynta Cudurka Genital Warts/HPV:

- Buruqyada (warts) waa la daaweyn karaa laakiin HPV lama daaweyn karo
- Waxay u baahan tahay in dhakhtarkaagu kaa daaweeyo
- Daawooyinka loo isticmaalo noocyada kale ee warts-ka lagana helo farmashiyaha waxyeello ayay keeni karaan haddii loo isticmaalo warts-ka ku dhaca xubnaha taranka
- Noocyada fayraska HPV ee keena burqaha (warts) muuqda ma kordhiyaan khatarta kansarka

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Khadka Teleefonka ee Qorshaynta Qoyska iyo Cudurada Galmada (STD) ee Minnesota (Minnesota Family Planning and STD Hotline)
1-800-783-2287 Teleefonka caadiga ah /TTY

Khadka Taleefonada Hay'adda Qaranka CDC Qaybta Qaabilsan Cudurada STD iyo AIDS (CDC National STD and AIDS Hotlines)
1-800-227-8922; 1-800-243-7889 TTY

Xaqiiqda Cudurada Galmada (STD)

Gonorrhoea ("Clap")-Som

Jabtada

(oo ay keento bakteeriyada loo yaqaan *Neisseria gonorrhoea*)

CALAAMADAHA LAGU GARTO

Calaamadaha Cudurka Jabtada:

- Inta badan waxay bilawdaan 2-7 maalmood ka dib marka cudurka la qaado
- Waxay noqon karaan kuwo aan muuqan ama aan aad loo dareemin, gaar ahaan haweenka

Calaamadaha Jabtada ee Haweenka:

- Dhiig aan caadi ahayn oo ka yimaada xubinta taranka haweenka, dheecaan ama cuncun
- Dareemid gubasho ama xanuun marka la kaadinayo ama la saxaroonayo
- Xanuun ka badan sidii caadiga hayd waqtiga caadadu socoto
- Maroojis iyo xanuun ku yimaada caloosha hoosteeda (gumaarka)
- Dabada oo laga dareemo xanuun yar, yeelatana cun cun iyo dheecaan

Calaamadaha Jabtada ee Ragga:

- Dheecaan (malax) adag oo midabkiisu yahay caddaan ama jaalle oo ka yimaada xubinta taranka ragga
- Dareemid gubasho ama xanuun marka la kaadinayo ama la saxaroonayo
- Dabada (futada) oo laga dareemo xanuun yar, yeelatana cun cun iyo dheecaan

ISU GUDBINTA

Jabtada waxaa Fidiya:

- Galmada caadiga ah
- Galmada aan caadiga ahayn
- Hooyo cudurka qabta oo u gubisa ilmaha

DHIBAATOYINKA KA YIMAADA CUDURKAN

Haddii Aan la Daaweeyn Jabatadu Waxay:

- Keeni kartaa cudurka loo yaqaan pelvic inflammatory disease (infekshan ku dhaca qaybta sare ee xubinta taranka haweenka)
- Keeni kartaa waxa loo yaqaan ectopic pregnancy (ilmaha oo ku abuurma meel aan ahayn ilma galeenka)
- Keeni kartaa madhalaysnimo ku timaadda ragga iyo haweenkaba
- Keeni kartaa infekshan ku dhaca kala goysyada
- Ku fidi kartaa dadka kale eed la galmooto

Jabtada iyo Urka:

- Cudurkan wuxuu u gudbi karaa ilmaha marka uu dhalanayo
- Wuxuu ilmaha dhalanaya ku keeni karaa indha xanuun khatar ah

- Wuxu cudurku ku fidi karaa xubnaha kale

KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka Jabtada:

- Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay yarayn kartaa khatarta in jabtada la isku gudbiyo
- Istimaal bac galmo oo ku habboon markasta oo aad samaynayo galmo caadi ah ama aan caadi ahayn
- Yaree tirada dadka ay galmadu idinka dhaxayso
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurka
- Waa inaad hubisaa in adiga iyo dadka ay galmadu idinka dhaxayso la baaro lana daaweyo isku mar si cudurka aan dib loogu qaadin

DAAWEYNTA

Daaweynta Cudurka Jabtada:

- Jabtada waa la daaweyn karaa marka la qaato daawadeeda saxda ah ee dhakhtarku qoro
- Dadka ay galmadu ka dhaxayso waa in isku mar la daaweeyaa

OGOW: In daawada ka dib qofku dib cudurka u qaadi karo.

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1-800-783-2287 Teleefonka caadiga ah /TTY

Khadka Taleefonada Hay'adda Qaranka CDC Qaybta Qaabilsan Cudurada STD iyo AIDS (CDC National STD and AIDS Hotlines)
1-800-227-8922; 1-800-243-7889 TTY

Xaqqiida Cudurada Galmada (STD)

Hepatitis: Type A

Cagaarshow (Joonis): Nooca A (uu keeno fayraska loo yaqaan hepatitis A)

CALAAMADAHA LAGU GARTO

Calaamadaha Cagaarshow-ga Nooca A:

- Waxay bilawdaan 15-50 maalmood ka dib marka cudurka la qaado
- Qandho (xummad)
- Cuntada oo aad niyad u weydo
- Xanuun yar oo aad caloosha ka dareento
- Indhaha iyo maqaarka oo noqda jaalle
- Kaadida oo yeelata midab madow xigeen ah ama saxarada oo yeelata midab khafiif ah
- Lalabo ama matag
- Daal

ISU GUDBINTA

Cagaarshow-ga Nooca A waxaa Fidiya:

- Iyadoo saxaro cudurka qabtaa ay gaadho afka (fecal-oral transmission) ama iyadoo cunto uu ku jiro fayraskan la cuno (food-borne transmission)
- Galmada aan caadiga ahayn

DHIBAATOYINKA KA YIMAADA CUDURKAN

Cagaarshow-ga Nooca A:

- Ma keeno waxyeello raagta oo soo gaarta beerka, sida badanna ma keeno dhimasho
- Qofku ma noqon karo cudur-side joogto ah (chronic carrier)
- Cudurka oo mar kugu dhacaa waxay keentaa in aanu mar dambe kugu dhicin noloshaada

KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka Cagaarshowga Nooca A:

- Dhaq gacmahaaga markaad saxarootaba
- Ha samayn galmo aan caadi ahayn
- Is tallaal
- Daawada loo yaqaan immune globulin ayaa lagugu duri karaa 14 maalmood gudahood laga bilaabo marka cudurkani ku soo gaaro

DAAWEYNTA

Sida Wax looga Qabto Cagaarshowga Nooca A:

- Ma jirto daawo wax ka tari karta soo gaabinta muddada uu socdo lahankaca deg-degga ah ee uu keeno cudurkani

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Khadka Taleefonada Hay'adda Qaranka CDC Qaybta Qaabilsan Cudurada STD iyo AIDS (CDC National STD and AIDS Hotlines)

1-800-227-8922 ama 1-800-342-2437

1-800-243-7889 TTY

1-800-344-7432 (Isbaanish) (Spanish)

www.ashastd.org

Khadka Teleefonka Hay'adda CDC Qaybta Qaabilsan Cagaarshowga (CDC Hepatitis Hotline) (404) 332-4555

Xaqiiqda Cudurada Galmada (STD)

Hepatitis: Type B-Som

Cagaarshow (Joonis): Nooca B (oo uu keeno fayraska loo yaqaan hepatitis B)

CALAAMADAHA LAGU GARTO

Calaamadaha Cagaarshow-ga Nooca B:

- Waxay bilawdaan 45-180 maalmood ka dib marka cudurka la qaado
- Waxay la mid yihiin kuwa cagaarshow-ga A
- Murqaha iyo kala goysyada oo xanuuna

ISU GUDBINTA

Cagaarshow-ga Nooca B waxaa Fidiya:

- Galmada caadiga ah
- Galmada aan caadiga ahayn
- Iyadoo la wadaago cirbadaha loo adeegsado daroogada la isku duro, kuwa loo adeegsado biraha jirka la suro (body piercing) ama kuwa loo isticmaalo taatuuga (tattooing)
- Hooyo cudurka qabta oo u gubisa ilmaha dhalanaya
- Iyadoo la wadaago waxyaabaha qofka u gaarka ah (makiinadaha garka lagu xiiro, cadayga, cidiyo gurtada, dhega dhagaha nooca la geliyo dhegaha duleelkooda)

DHIBAATOYINKA KA YIMAADA CUDURKAN

Cagaarshow-ga Nooca B:

- Wuxuu keeni karaa in beerka uu ku dhaco cudur joogta ah, cudurka loo yaqaan cirrhosis, kansarka beerka iyo dhimashaba
- Hooyo cudurka qabta waxay oo u gubin kartraa ilmaha dhalanaya
- Ilmahu wuxuu noqon karaa mid cudurku uuna ka muuqan laakiin cudur side ah (carrier)
- Cudur siduhu dadka kale wuu qaadiin karaa
- Dadka inka yar 1% ayaa u dhinta cudurkan waqtiga uu socdo lahankaca deg degga ah ee uu keeno cudurkani

KA HORTAGGA

Talooyin ku saabsan sida loo Yareeyo Fiditaanka Cagaarshowga Nooca B:

- Ha la wadaagin cidna cirbadaha loo adeegsado daroogada la isku duro, kuwa loo adeegsado biraha jirka la suro (body piercing) ama kuwa loo isticmaalo taatuuga (tattooing)
- Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay yarayn kartaa suurtagalnimada in cudurkan la isku gudbiyo

- Istimaal bac galmo oo ku habboon markasta oo aad samaynayso galmo caadi ah ama aan caadi ahayn
- Yaree tirada dadka ay galmadu idinka dhaxayso
- Cidna ha la wadaagin waxyaabaha qofka u gaarka ah sida makiinadaha garka lagu xiiro
- Marka hooyo cudurka qabta ay umusho waa in ilmaha isla markiiba laga tallaala cudurka
- Waa in cagaarshawga B laga tallaalaa ilmaha yar yar, carruurta waaweyn, qaangaarka sameeya galmoodka iyo dadka kaleba

DAAWEYNTA

Sida Wax looga Qabto Cagaarshowga Nooca B:

- Daawada loo yaqaan immune globulin oo la isku duro 7 maalmood gudahood marka dhiig qaba cudurkani uu gaaro dhiigga qof kale ama 14 maalmood kadib marka galmood lala sameeyo qof qaba cudurkan, in cudurkan la iska tallaalana waa wax loo baahnaan karo

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Khadka Teleefonka ee Qorshaynta Qoyska iyo
Cudurada Galmada (STD) ee Minnesota
(Minnesota Family Planning and STD Hotline)
1-800-783-2287 Teleefonka caadiga ah /TTY

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1-800-344-7432 (Isbaanish) (Spanish)
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Khadka Teleefonka Hay'adda CDC Qaybta Qaabilsan
Cagaarshowga (CDC Hepatitis Hotline)
(404) 332-4555

Xaqiiqda Cudurada Galmada (STD)

Herpes-Som

Herpes

(oo uu keeno fayraska loo yaqaan herpes simplex virus (HSV) noocyada 1 iyo 2)

CALAAMADAHA LAGU GARTO

Calaamadaha Herpes-ka ku dhaca Xubnaha Taranka:

- Waxay soo muuqdaan 2-30 maalmood kadib marka cudurka la qaado
- Finan yar yar oo xanuun badan ayna ka buuxaan dheecaan oo ka soo baxa xubnaha taranka, afka ama dabada
- Finanka ayaa isku bedela nabarro dillaaca ka dibna qolofaysta kuna bogsada 1 illaa labo toddobaad
- Finanku waxay ahaan karaan kuwo ku qarsoon xubinta taranka haweenka
- Wajiga hore ee cudurkan ayaa ugu daran , wejiyadiisa dambe waa ka xanuun yar yihiin
- Cun cun iyo gubasho (bel-bel) oo laga dareemo meesha ay finanku ka soo baxayaan
- Wejiga hore ee cudurkan waxa inta badan la socda qandho, madax xanuun, iyo qanjirada oo barara
- Finanku way iska baaba'aan, laakiin lahankaca jirradu weli jirkaaga waa ku sii jiri kartaa
- Finanku waa soo laaban karaan marar dambe, laakiin inta badan waqtiga ay jiraan iyo xanuunkooduba waa ka yar yahay wajiga hore

ISU GUDBINTA

Herps-ka Xubnaha Taranka waxaa Fidiya:

- Galmada caadiga ah
- Galmada aan caadiga ahayn
- la taabto nabarka qof qaba cudurkan
- Hooyo cudurka qabta oo u gubisa ilmaha dhalanaya
- Waa dhici kartaa in fayraska jirka qofka jirran ka soo daato xataa marka fananku aysan jirin, sidaa darteed in waa la isku gudbin karaa marka finanku aysan jirin

DHIBAATOYINKA KA YIMAADA CUDURKAN

Herpes-ka xubnaha taranku waxay keeni karaan:

- In ay sahlanaato in la qaado cudurro kale side HIV, sababta oo ah nabraha ayaa noqonaya dariiq sahlan oo jeermiga cudurrada galmadu jirka ka soo galaan
- Waxyeellooyin xanuun badan oo soo noqnoqda

Herpes-ka Xubnaha Taranka iyo Uurka:

- Cudurkan wuxuu ilmaha uga iman karaa xagga hooyada waqtiga ilmuhu dhalanayo
- Infekshanka cudurkani wuxuu keeni karaa dhimasho ama waxyeello culus oo soo gaarta maskaxda, sambabada iyo beerka ilmaha
- Inta badan haweenka uurka leh ee qaba herps-ka xubnaha taranka ee soo noq noqda waxay dhalaan ilmo caadi
- Khatarta ugu weyn waxa ku sugan ilmaha ay dhalaan hooyooyinka qaba herps-ka xubnaha taranka wejigiisa koowaad marka ay uurka leeyihiin

KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka Herpes-ka Xubnaha Taranka:

- Nabarada ku dhaca xubnaha taranka waxay noqon karaan kuwo xubnahaasi kaga dhaca meelaha bacda galmadu (condom) ay dabooli karto. Waxay kaloo ku dhici karaan meelaha ayna bacda galmadu dabooli karin. Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay yarayn kartaa khatarta inaad qaaddo herps-ka xubnaha taranka kaliya marka bacdu ay ku daboolan tahay meesha cudurka qabta
- Isticmaal bac galmo oo ku habboon markasta oo aad samaynayso galmo caadi ah ama aan caadi ahayn

Xaqiiqda Cudurada Galmada (STD)

(ayaa weli sii socota)

Herpes-Som

- Yaree tirada dadka ay galmadu idinka dhaxayso
- U tag dhakhtarkaaga si aad baaritaan herpes-ka xubnaha taranka ah u samaysid haddii aad ka shakido inaad cudurka qaadday
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurkan
- Markaad uur yeelato ogeysii dhakhtarkaaga haddii cudurkani horey kuugu dhacay
- Weligaa galmood ha la samayn qofka qaba herpes-ka xubnaha taranka marka uu leeyahay finanka

DAAWEYNTA

Daaweynta Herpes-ka Xubnaha Taranka:

- Looma hayo wax daawo ah; cudurkuna wuxu jirkaaga ku jirayaa noloshaada oo dhan
- Soo noqnoqoshada wejiyada finanka wata ee cudurkan waxaa lagaga hortegi karaa iyadoo la qaato maalin kasta daawooyinka loo yaqaan “antiviral”
- Guud ahaan daaweynta wejiyada soo noqnoqda ee cudurkan ma soo gaabiso muddadii ay jirradu socon lahayd, inta badanna dhakhtarku maba faro daaweyn
- Siyaabo lagu yarayn karo dhibaatooyinka soo noqnoqodka cudurka ayaa jira

WIXII WARAR DHEERAADA, LA XIRIIR:

Infectious Disease Epidemiology, Prevention
and Control Division
STD and HIV Section

Minnesota Department of Health

P.O. Box 9441

Minneapolis, MN 55440-9441

(612) 676-5414; (612) 676-5653 TTY

Khadka Teleefonka ee Qorshaynta Qoyska iyo
Cudurada Galmada (STD) ee Minnesota
(Minnesota Family Planning and STD Hotline)
1-800-783-2287 Teleefonka caadiga ah /TTY

Khadka Taleefonada Hay'adda Qaranka CDC
Qaybta Qaabilsan Cudurada STD iyo AIDS
(CDC National STD and AIDS Hotlines)
1-800-227-8922; 1-800-243-7889 TTY

Khadka Teleefonka Hay'adda CDC Qaybta
Qaabilsan Herpes-ka
(CDC National Herpes Hotline)
(919) 361-8488

Xaqqiida Cudurada Galmada (STD)

HIV and AIDS-Som

Lahankaca HIV iyo AIDS

(oo uu keeno fayraska loo yaqaan human immunodeficiency virus ama HIV)

CALAAMADAHA LAGU GARTO

Calaamadaha HIV/AIDS-ka:

Wejigiisa hore (todobaadyo ilaa bilo ka dib marka fayrasku jirkaaga soo gaaro)

- Jirro u eg sida hargabka nooca flu-ga
- Qanjirada oo barara

Wejigiisa dambe (sannado ka dib marka fayrasku jirkaaga soo gaaro)

- Qandho joogta ah
- Habeenkii oo la dhidido
- Shuban waqtigiisu daba dheeraado
- Miisaanka oo hoos dhaca sababo aan la garanayn dartood
- Meelo ku barasan oo leh midabka purple-ka oo ku samaysma maqaarka dushiisa ama gudaha sanku iyo afka
- Daal joogta ah
- Qanjirada oo barara
- Infekshan soo noqnoqda oo ku dhaca habka neefsashada

Ogow: Calaamadahaani uma gaar aha HIV-ga, waxana keeni kara waxyaabo kale. Dadka qaba fayraska HIV-ga badankoodu ma yeeshaan wax calaamado ah ilaa dhawr sannadood.

ISU GUDBINTA

HIV-ga waxaa Fidiya:

- Galmada caadiga ah
- Galmada aan caadiga ahayn
- Iyadoo la wadaago cirbadaha loo adeegsado daroogada la isku duro, kuwa loo adeegsado biraha jirka la suro (body piercing) ama kuwa loo isticmaalo taatuuga (tattooing)
- Waxyaabaha ka yimaadda dhiigg lahaa fayraskan (aad bay u yartahay in habkan uu u fido)
- Hooyo cudurka qabta oo u gubisa ilmaha dhalanaya

HIV-ga Laguma kala qaado:

- Gacan qaadka
- Meelaha lagu dabbaasho (swimming pools)
- Dhunkashada (shumiska)
- Fadhiga musqusha (toilet seat)
- Koobka wax lagu cabbo
- Cuntada
- Xayawaanka oo gudbiya
- Cayayaanka oo gudbiya
- Hab siinta (hugging)
- Qufaca

DHIBAATOYINKA KA YIMAADA CUDURKAN

Dhibaatooyinka AIDS-ka:

- Waqtigan la joogo looma hayo wax daawo ah; dadka badankiisuna waxay ku dambeeyaan inay u dhintaan cudurkan (badankood waxay sii noolaadaan 10 sano oo kale ka dib markay cudurka AIDS-ka qaadaan)
- Wuxuu ku fidaa dadka galmoodku ka dhexeeyaan iyo kuwa wadaaga cirbadaha

URKA IYO HIV/AIDS:

- Hooyada uurka leh ee qabta HIV-ga waxay ilmaha u gudbin kartaa inta uu uurka ku jiro ama markuu dhalanayo
- Hooyada qabta cudurkan waxay ilmaha ugu gudbin kartaa naasnuujinta (aad bay u yartahay in habkan uu u fido)

KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka HIV:

- Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay si aad ah wax uga tartaa ka hortagga faafitaanka HIV-ga oo ah fayraska keena AIDS-ka.
- Isticmaal bac galmo oo ku habboon markasta oo aad samaynayso galmo caadi ah ama aan caadi ahayn

Xaqiiqda Cudurada Galmada (STD)

(ayaa weli sii socota)

HIV and AIDS-Som

- Yaree ama iska ilaali isticmaalka daroogada iyo khamriga
- Cidna ha la wadaagin cirbadaha daroogada, suufka iyo kookers
- Cidna ha la wadaagin cirbadaha loo silticmaalo taatuuga ama jirka lagu dalooliyo (piercing)
- Yaree tirada dadka ay galmadu idinka dhaxayso
- Baaritaanada lagu ogaado in jirkaaga uu ku jiro fayraska HIV waxaa sameeya dhakhaatiirta, xarumaha caafimaadka ee cudurada galmada (STD), iyo xarumaha baaritaanka iyo la talinta arrimaha HIV-ga
- Ogeysii dadka aad la wadaagto galmoodka iyo cirbadaha daroogada isla markiiba haddii aad qaaddo fayraska HIV-ga

DAAWEYNTA

Daaweynta HIV/AIDS:

- Looma hayo wax daawo ah cudurka HIV/AIDS-ka loogo bogsado
- Marka la ogaado inta uu bilawga yahay daaweyntu waa dheerayn kartaa sannadaha nololaha
- Daawooyinka loo hayo cudurkan waxa loo qaataa si habka difaaca jirkaagu u shaqeeyo
- Daawooyin ayaa jira lagu daaweeyo cudurrada la xiriira ama soo hoos gala AIDS-ka
- Daawooyin ayaa jira aad u yareeya suurtagalnimada in hooyadu ay HIV-ga u gudbiso ilmaha dhalanaya
- Tijaabooyin lagu eegayo daawooyin cusub ayaa jira

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STD and HIV Section

Minnesota Department of Health

P.O. Box 9441

Minneapolis, MN 55440-9441

(612) 676-5414; (612) 676-5653 TTY

Mashruuca AIDS-ka ee Minnesota, Khadka AIDS-ka

(Minnesota AIDS Project AIDSLine)

(612) 373-AIDS

(Magaalada iyo nawaaxigeeda) (Metro)

1-800-248-AIDS

(Gobolka intiisa kale) (State)

(612) 373-2465 TTY

(Magaalada iyo nawaaxigeeda) (Metro)

1-888-820-2437 TTY

(Gobolka intiisa kale) (State)

www.mnaidsproject.org

Khadka Taleefonada Hay'adda Qaranka CDC
Qaybta Qaabilsan Cudurada STD iyo AIDS-ka

(CDC National STD and AIDS Hotlines)

1-800-342-AIDS; 1-800-243-7889 TTY

Xaqqiida Cudurada Galmada (STD)

Pubic Lice ("Crabs") and Scabies-Som

Injirta Shuunka iyo Cadhada (Isnadaamiska)

(Injirta Shuunka nooca lice-ka waxa keena cayayaanka loo yaqaan *Phthirus pubis*,
nooca crab louse-ka iyo Isnadaamiska waxa keena *Sarcoptes scabiei*)

CALAAMADAHA LAGU GARTO

Calaamadaha Injirta Shuunka iyo Cadhada (Isnadaamiska):

- Cuncun aad u daran
- Mararka qaarkood injirta waxa lagu arki karaa meelaha timaha leh ee jirka intiisa kake

ISU GUDBINTA

Injirta Shuunka iyo Isnadaamiska waxaa Fidiya:

- Galmoodka
- Jirka oo si aad isugu dhaw isu taabta
- Tuwaallada, musqusha meesha lagu fariisto, gogosha, iyo dharka ay injirtu gaartay

DHIBAATOYINKA KA YIMAADA CUDURKAN

Haddii Aan la Daaweeyn:

- Injirtu waxay ka soo fidi kartaa shuunka ayadoo ku fidaysa meelaha kale ee timaha leh
- Xubnaha qoysku way is qaadsiin karaan isnadaamiska

KA HORTAGGA

Talooyin ku saabsan sida loo Yareeyo Fiditaanka Injirta Shuunka iyo Isnadaamiska:

- U tag dhakhtarkaaga si aad baaritaan u samaysid haddii aad ka shakido inaad cudurka qaadday
- Yaree dadka ay galmadu idinka dhaxayso
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurkan
- Dadka ay galmadu idinka dhaxayso waa in ayagana la daaweeyaa
- Iska ilaali inaad qof qaba injirtan la wadaagto sariir ama shukumaan ama dhar

DAAWEYNTA

Daaweynta Injirta Shuunka iyo Isnadaamiska:

- Waxaa lagu dili karaa daawada ku habboon ee dhakhtarku qoro
- Ku dhaq dharka oo dhan iyo gogosha biyo kulul
- Ku nadiifi vacuum alaabta guriga (furniture)
- Is daaweeya isku mar adiga iyo dadka ay galmadu idinka dhaxayso

OGOW: In daawada ka dib qofku dib cudurka u qaadi karo.

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STD and HIV Section
Minnesota Department of Health
P.O. Box 9441
Minneapolis, MN 55440-9441
(612) 676-5414; (612) 676-5653 TTY

Khadka Teleefonka ee Qorshaynta Qoyska iyo
Cudurada Galmada (STD) ee Minnesota
(Minnesota Family Planning and STD Hotline)
1-800-783-2287 Teleefonka caadiga ah /TTY

Khadka Taleefonada Hay'adda Qaranka CDC
Qaybta Qaabilsan Cudurada STD iyo AIDS
(CDC National STD and AIDS Hotlines)
1-800-227-8922; 1-800-243-7889 TTY

Xaqqiida Cudurada Galmada (STD)

Pubic Lice ("Crabs") and Scabies-Som

Injirta Shuunka iyo Cadhada (Isnadaamiska)

(Injirta Shuunka nooca lice-ka waxa keena cayayaanka loo yaqaan *Phthirus pubis*,
nooca crab louse-ka iyo Isnadaamiska waxa keena *Sarcoptes scabiei*)

CALAAMADAHA LAGU GARTO

Calaamadaha Injirta Shuunka iyo Cadhada (Isnadaamiska):

- Cuncun aad u daran
- Mararka qaarkood injirta waxa lagu arki karaa meelaha timaha leh ee jirka intiisa kake

ISU GUDBINTA

Injirta Shuunka iyo Isnadaamiska waxaa Fidiya:

- Galmoodka
- Jirka oo si aad isugu dhaw isu taabta
- Tuwaallada, musqusha meesha lagu fariisto, gogosha, iyo dharka ay injirtu gaartay

DHIBAATOYINKA KA YIMAADA CUDURKAN

Haddii Aan la Daaweeyn:

- Injirtu waxay ka soo fidi kartaa shuunka ayadoo ku fidaysa meelaha kale ee timaha leh
- Xubnaha qoysku way is qaadsiin karaan isnadaamiska

KA HORTAGGA

Talooyin ku saabsan sida loo Yareeyo Fiditaanka Injirta Shuunka iyo Isnadaamiska:

- U tag dhakhtarkaaga si aad baaritaan u samaysid haddii aad ka shakido inaad cudurka qaadday
- Yaree dadka ay galmadu idinka dhaxayso
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurkan
- Dadka ay galmadu idinka dhaxayso waa in ayagana la daaweeyaa
- Iska ilaali inaad qof qaba injirtan la wadaagto sariir ama shukumaan ama dhar

DAAWEYNTA

Daaweynta Injirta Shuunka iyo Isnadaamiska:

- Waxaa lagu dili karaa daawada ku habboon ee dhakhtarku qoro
- Ku dhaq dharka oo dhan iyo gogosha biyo kulul
- Ku nadiifi vacuum alaabta guriga (furniture)
- Is daaweeya isku mar adiga iyo dadka ay galmadu idinka dhaxayso

OGOW: In daawada ka dib qofku dib cudurka u qaadi karo.

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Cudurada Galmada (STD) ee Minnesota
(Minnesota Family Planning and STD Hotline)
1-800-783-2287 Teleefonka caadiga ah /TTY

Khadka Taleefonada Hay'adda Qaranka CDC
Qaybta Qaabilsan Cudurada STD iyo AIDS
(CDC National STD and AIDS Hotlines)
1-800-227-8922; 1-800-243-7889 TTY

Xaqiiqda Cudurada Galmada (STD)

STD Summary-Som

Warbixinta Cudurada Galmoodka oo Kooban

CALAAMADAHA LAGU GARTO

Arag Dhakhtarkaaga ama tag Xarunta
Caafimaadka haddii aad isku Aragto
Calaamadahan

Haweenka:

- Xubinta taranka haweenka oo yeesha dheecaan aan caadi ahayn ama ur
- Hareeraha xubinta taranka haweenka oo laga dareemo gubasho ama cun cun
- Dhiig aan ahayn kii caadada oo ka yimaada xubinta taranka haweenka
- Xanuun laga dareemo sinaha (pelvis) waqtiga galmada
- Xanuun joiogta ah, sababtiisana la aqoon oo laga dareemo sinaha

Ragga:

- Malax ama dheecaan kale oo ka yimaada xubinta taranka ragga

Ragga iyo Haweenkaba:

- Finan, buruqyo ama nabarro ka soo baxa dusha ama agagaarka xubnaha taranka, afka ama dabada
- Gubasho iyo xanuun la dareemo marka la kaadinayo ama la saxaroonayo
- Calaamado u eg kuwa hargabka loo yaqaan Flu-ga, oo wata qandho, qarqaryo iyo xanuun
- Gumaarka (meelaha ku wareegsan xubnaha taranka) oo barara

Xusuuso:

- In cudurro badan oo kuwa galmoodka ahi ayna muujin wax calaamado ah
- Waqtiyo kalena calaamaduhu way baab' aan laakiin cudrku weli waa ku jiraa qofka
- Dadka qaarkii waxay rumaysan yihiin in haddii dhakhtarkoodu dhiig ka qaado marka lagu jiro booqashdooda caadiga ah ee dhakhtarka laga baarayo cudurada galmoodka. Tani waxay noqon kartaa mid aan sax ahayn. Dadku waa inay kala hadlaan dhakhtarkooda cudurada galmada haddii ay khatar ugu sugah yihiin inay qaadaan
- Waxa dhici karta in cudurada galmada aan la baarin xilliyada haweenka loo samaynayo baaritaanadooda caadiga ah ee xubnaha taranka (routine gynecological exams). Ragga iyo Haweenkuba waa inay kala hadlaan dhakhtarkooda cudurada galmada haddii ay khatar ugu sugan yihiin inay qaadaan

ISU GUDBINTA

Cudurada Galmada Badankood Waxa Fidiya:

- Galmada caadiga ah
- Galmada aan caadiga ahayn
- Iyadoo la wadaago cirbadaha loo adeegsado daroogada la isku duro, kuwa loo adeegsado biraha jirka la suro (body piercing) ama kuwa loo isticmaalo taatuuga (tattooing)
- Hooyo cudurka qabta oo u gubisa ilmaha dhalanaya

DHIBAATOYINKA KA YIMAADA CUDURKAN

Haddii Aan la Daaweeyn Cudurada Galmada, Qaar ka mid ahi Waxay:

- Ahaan karaan kuwo xanuun badan khatarna ah
- Xubnaha taranka u keeni karaan waxyeello aan laga kabsanin
- Ragga iyo haweenkaba u keeni karaan madhalaysnimo
- Ku fidi karaan dadka ay galmadu ka dhaxayso ama wadaaga cirbadaha
- U gudbi karaan ilamaha dhalanaya, iyagoo u horseedi kara dhibaatooyin culus, iyo xataa dhimasho
- Keeni karaan, wadna xanuun, kala goyyada oo xanuuna (arthritis) indhabeel, maskaxda oo waxyeelowda ama dhimasho

KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka Cudurada Galmada:

- Iska ilaalinta galmoodka caadiga ama aan caadiga ahayn waa sida ugu fiican ee lagaga hortegi karo cudurada galmoodka badankooda
- Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay si aad ah wax uga tartaa ka hortagga faafitaanka HIV-ga oo ah fayraska keena AIDS-ka. Sidoo kale, isticmaalka saxda ah joogtadana ah ee bacda galmadu waxay yarayn kartaa khatarta cudurada kale ee galmoodka

Xaqiiqda Cudurada Galmada (STD)

(ayaa weli sii socota)

STD Summary-Som

- Nabarada ku dhaca xubnaha taranka iyo infekshanka HPV waxay noqon karaan kuwo xubnahaasi kaga dhaca meelaha bacda galmadu (condom) ay dabooli karto. Waxay kaloo ku dhici karaan meelaha ayna bacda galmadu dabooli karin. Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay yarayn kartaa khatarta inaad qaaddo herps-ka xubnaha taranka, waraabowga, chancroid, iyo HPV-ga kaliya marka bacdu ay ku daboolan tahay meesha cudurka qabta. Waxaa kale oo isticmaalka bacda galmadu yareeyaa khatarta qaaditaanka cudurada kale ee uu keeno HPVinfekshanku sida kansarka ku dhaca albaabka ilma-galeenka (cervix)
- Isticmaal bac galmo oo ku habboon markasta oo aad samaynayso galmo caadi ah ama aan caadi ahayn
- Isticmaal bacada galmada xataa haddii qofka aad galmada la wadaagto kuu sheego in aanu qabin cudurada galmada (dad badani maba oga ama maba rabaan inay toos uga hadlaan taariikhdooda ku saabsan cudurada galmada)
- Weligaa ha la samayn galmood qof looga shaki qabo
- eyo inuu cudurada galmada qabo
- Yaree tirada dadka ay galmadu idinka dhaxayso
- U tag dhakhrakaaga ama aad xarun caafimaad isla markiiba haddii aad iska shakido in cudurada galmada aad qaadday
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurada galmada
- Kula tali dadka ay galmadu idinka dhaxayso inay tahay inay is baaraan daawana qaataan
- Haddii aad tahay qof galmoodka sameeya, iska baar cudurada galmada sannadkii mar ama laba jeer
- Bacda galmada ee haweenka, waa kiish ka samaysan wax rabar oo kale ah (polyurethane pouch) oo la geliyo xubinta taranka haweenka, ayaa galmoodka loo isticmaali karaa marka aan la haynsan bacda galmoodka ragga

DAAWEYNTA

Haddii Laga Yaabo inaad Cudurada Galmoodka Qaadday:

- Arag dhakhtar ama cid kale oo caafimaadka qaabilsan si lagu baaro laguuna daaweeyo haddii loo maleeyo inaad cudurka qaadday
- Raadso daaweeynta maadaama qaar badan oo ka mid ah cudurada galmada lagu daaweyn karo antibiyootiko ama daawooyin kale
- Ha isticmaalin waxyaabaha aan daawada ahayn ee la isku dayo in cudurka guriga wax lagaga qabto (home remedies)

WIXII WARAR DHEERAADA, LA XIRIIIR:

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Minnesota Department of Health

P.O. Box 9441

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(612) 676-5414; (612) 676-5653 TTY

Khadka Teleefonka ee Qorshaynta Qoyska iyo Cudurada Galmada (STD) ee Minnesota (Minnesota Family Planning and STD Hotline) 1-800-783-2287 Teleefonka caadiga ah /TTY

Khadka Taleefonada Hay'adda Qaranka CDC Qaybta Qaabilsan Cudurada STD iyo AIDS (CDC National STD and AIDS Hotlines) 1-800-227-8922; 1-800-243-7889 TTY

Xaqqiida Cudurada Galmada (STD)

(Syphilis “Syph”, “The Pox”)-Som

Waraabowga ama Isfilitada (oo ay keento bakteeriyada loo yaqaan *Treponema pallidum*)

CALAAMADAHA LAGU GARTO

Wejiga 1aad (Xilliga hore ee waraabowga)

- Calaamadu waxay soo muuqdaan 1-12 toddobaad ka dib marka cudurka la qaado
- Nabarro aan **xanuun lahayn** oo ka soo baxa afka, xubnaha taranka ama dabada
- Nabaradu waxay ku “qarsoonaan” karaan gudaha xubinta taranka haweenka ama malawadka; Nabaradu waxay gaaraan 1-5 toddobaad
- Nabaradu way baaba’aan, laakiin waraabowgu weli wuu ku jiraa dhiigga

Wejiga 2aad (Xilliga labaad ee waraabowga)

- Calaamadu waxay soo muuqdaan 6 toddobaad ilaa 6 bilood ka dib marka ay finanka cudurkani soo baxaan
- Finan yaryar (faniinac) oo ka soo daata meel kasta oo jirka ka mid ah
- Calaamado u eg hargabka nooca Flu-ga

Wejiga Suursan (qarsoon)

- Ma jiraan wax nabarro ama finan ah, laakiin waraabowgu weli wuu ku jiraa dhiigga isagoo waqtiyada dambe saameyn ku yeelan kara wadnaha, maskaxda, iyo xubnaha kaleba (wejiga saddexaad ee waraabowga)

ISU GUDBINTA

Waraabowga waxa Fidiya:

- Galmada caadiga ah
- Galmada aan caadiga ahayn
- Hooyo cudurka qabta oo u gubisa ilmaha

DHIBAATOYINKA KA YIMAADA CUDURKAN

Haddii Aan la Daaweyn, Waraabowgu wuxuu Keeni Karaa:

- Cudurka wadna xanuunka
- Indhabeel
- Waxyeello soo gaarta maskaxda

Waraabowga Waqtiga Urka la Leeyahay Wuxuu Keeni Karaa:

- In haweenka uurka leh dhalaan ilmo aan nooleyn
- Ilmaha oo dhasha isagoo wax qaba (defects)
- Waxyeello culus oo soo gaarta lafaha, maskaxda, sambabada, beerka, iyo xubnaha kale ee ilmaha cudurka qaaday

KA HORTAGGA

Talooyin ku Saabsan sida loo Yareeyo Fiditaanka Waraabowga:

- Nabarada ku dhaca xubnaha taranka waxay noqon karaan kuwo xubnahaasi kaga dhaca meelaha bacda galmadu (condom) ay dabooli karto. Waxay kaloo ku dhici karaan meelaha ayna bacda galmadu dabooli karin. Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay yarayn kartaa khatarta inaad qaaddo waraabowga kaliya marka bacdu ay ku daboolan tahay meesha nabarka leh.
- Isticmaal bac galmo oo ku habboon markasta oo aad samaynayso galmo caadi ah ama aan caadi ahayn
- Yaree tirada dadka ay galmadu idinka dhaxayso
- U tag dhakhtarkaaga si aad baaritaan u samaysid haddii aad ka shakido inaad cudurka qaadday
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurka
- Waa inaad hubisaa in dadka ay galmadu idinka dhaxayso la baaro lana daaweeyo

DAAWEYNTA

Daaweynta Waraabowga:

- Waraabowga waa la daaweyn karaa marka la qaato daawadiisa saxda ah ee dhakhtarku qoro
- Dadka ay galmadu ka dhaxayso waa in isku mar la daaweeyaa

OGOW: In daawada ka dib qofku dib cudurka u qaadi karo.

WIXII WARAR DHEERAADA, LA XIRIIIR:

Infectious Disease Epidemiology, Prevention
and Control Division
STD and HIV Section
Minnesota Department of Health
P.O. Box 9441
Minneapolis, MN 55440-9441
(612) 676-5414; (612) 676-5653 TTY

Khadka Teleefonka ee Qorshaynta Qoyska iyo
Cudurada Galmada (STD) ee Minnesota
(Minnesota Family Planning and STD Hotline)
1-800-783-2287 Teleefonka caadiga ah /TTY

Khadka Taleefonada Hay’adda Qaranka CDC Qaybta
Qaabilsan Cudurada STD iyo AIDS
(CDC National STD and AIDS Hotlines)
1-800-227-8922; 1-800-243-7889 TTY

Xaqiiqda Cudurada Galmada (STD)

Nongonococcal Urethritis (NGU)-Som

Nongonococcal Urethritis (NGU)

(waxa keena jeermisyo kala duwan oon ahayn kuwa keena jabtada)

CALAAMADAHA LAGU GARTO

Calaamadaha NGU-da:

- Waxay bilawdaan 1-3 toddobadd ka dib marka cudurka la qaado
- Haweenka badankood iyo qaar ka mid ah ragga ma muujiyaan wax calaamado ah
- Malax khafiif ah oo midabkeedu yahay caddaan ama jaalle oo ka timaada xubinta taranka ragga
- Dareemid gubasho ama dheecaan ka yimaada xubinta taranka haweenka
- Dareemid gubasho ama xanuun marka la kaadinayo

ISU GUDBINTA

NGU waxaa Fidiya:

- Galmada caadiga ah
- Galmada aan caadiga ahayn

DHIBAATOYINKA KA YIMAADA CUDURKAN

Haddii Aan la Daaweyn NGU-yada Waxay:

- Keeni kartaa in lahan kacu noqdo mid halis ah
- Xubnaha taranka ayaa waxyeelloobi kara
- Keeni kartaa madhalaysnimo ku timaadda ragga iyo haweenkaba
- Ku fidi kartaa dadka kale ee aad la galmooto

NGU iyo Uurka:

- Hooyada cudurka qabtaa waxay jeermiska u gudbin kartaa ilmaha marka uu dhalanayo
- Ilmaha cudurkan qaada waxa infakshan uu kaga dhici karaa indhaha ama sambabada (pneumonia)

KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka NGU-da:

- Isticmaal bac galmo oo habboon markasta oo aad samaynayso galmo caadi ah ama aan caadi ahayn

- Yaree tirada dadka ay galmadu idinka dhaxayso
- U tag dhakhtarkaaga si aad baaritaan u samaysid haddii aad ka shakido inaad cudurka qaadday
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurka
- Waa inaad hubisaa in dadka ay galmadu idinka dhaxayso la baaro lana daaweeyo

DAAWEYNTA

Daaweynta NGU-da:

- NGU-da waa la daaweyn karaa marka la qaato daawadeeda saxda ah ee dhakhtarku qoro
- Dadka ay galmadu ka dhaxayso waa in isku mar la daaweeyaa

OGOW: In daawada ka dib qofku dib cudurka u qaadi karo.

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Xaqiiqda Cudurada Galmada (STD)

Vaginitis-Som

Xanuunka Xubinta Taranka Haweenka

(waxyaabaha ugu badan ee keena waa: Yeast infection, Trichomonas, Bacterial vaginosis)

CALAAMADAHA LAGU GARTO

Calaamadaha xanuunka xubinta taranka haweenka:

- Cun cun, gubasho ama xanuun laga dareemo xubinta taranka haweenka
- Dheecaan ka badan intii caadiga ahayd
- Dheecaanku wuxuu yeelan karaa midab kale ama ur aan wanaagsanayn
- Haweenka qaar ma muujiyaan wax calaamad ah

Raggu waa qaadi karaa jeermiska haweenka u keena vaginitis

- Dheecaan iyo xanuun yar oo laga dreemo xubinta taranka ragga
- Badankoodu ma yeeshaan wax calaamad ah, laakiin weli waa fidin karaan jeermiska

ISU GUDBINTA

Qaar ka mid ah noocyada Vaginitis-ka waxa Fidin kara:

- Galmada caadiga ah
- Galmada aan caadiga ahayn
- Ragga sida (carrier) jeermiska keena vaginitis-ka

DHIBAATOYINKA KA YIMAADA CUDURKAN

Haddii aan la daaweeyn Vaginitis-ka:

- Xanuunka yar ee la dareemaa wuu jiri doonaa
- Raggu waxay qaadi karaan infekshan ku yimaada qanjirka loo yaqaan prostate (prostate gland) iyo kaadi mareenka (urethra)
- Ku fidi kartaa dadka kale eed la galmooto
- Wuxu ka qayb qaadan karaa keenidda cudurka loo yaqaan "pelvic inflammatory disease"
- Haddii qofku uur leeyahay waxay keeni kartaa ilamaha oo dhicisnimo ku dhasha

KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka Vaginitis (gaaar ahaan Trichomonas):

- Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay yarayn kartaa khatarta in trichomoniasis-ka la isku gudbiyo
- Isticmaal bac galmo oo ku habboon markasta oo aad samaynayso galmo caadi ah ama aan caadi ahayn

- Yaree tirada dadka ay galmadu idinka dhaxayso
- U tag dhakhtarkaaga si aad baaritaan u samaysid haddii aad ka shakido inaad cudurka qaadday
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurka
- Waa in la daaweeyaa dadka ay galmadu ka dhaxayso ee cudurka qaada (looma baahna in la daweyo haddii infekshanka uu keenay yeast ama bacterial vaginitis)

DAAWEYNTA

Daaweynta Vaginitis:

- Vaginitis waa la daaweyn karaa marka la qaato daawadeeda saxda ah ee dhakhtarku qoro
- Trichomonas-ka, dadka ay galmadu ka dhaxayso ee cudurka qaada waa in isku mar la daaweeyaa
- Trichomonas-ka, ogeysii dhakhtarka haddii aad uur leedahay ama laga yaabo inaad yeelan karto

Daaweynta Yeast Infekshan:

- Daawooyinka aan dhaqtarku qorin balse laga iibsano karo farmashiyaha waxa isticmaali kara kaliya haweenka:
 - Uu horey ugu dhacay yeast infekshanku uuna xaqiijiyay dhaqtar baaray
 - Yeesha calaamdaha lagu yaqaan yeast infekshanka

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