

- **HIV** – Xaqiiqooyinka

Fayraska Burburintakartida Aadanaha
(Human Immunodeficiency Virus – HIV)

- **HIV** – The Facts

Human Immunodeficiency Virus

SOMALI

Waa maxay HIV?

HIV - Human Immunodeficiency Virus (Fayraska Burburintakartida Aadanaha) waa fayraska dhaliya cudurka loo yaqaan AIDS - Acquired Immune Deficiency Syndrome (Qaadista Xaalad Burbur Kartiyeed)

HIV waxa uu weeraraa habdhiska difaaca jirka (habka kartida), taas oo disha awoodda uu qof iskaga difaaci lahaa cudurrada faafa. Adigoo qaba fayraska HIV ayaad sannado badan caafimaad dareemi kartaa. Qofka uu ku dhaco fayraska HIV waa qof sida HIV.

Marka ay burburto kartida difaac ee jirka, qofka sida HIV waxa uu u nugulyahay cudurro kale iyo kansar. Kuwaan marka laysku daro ayaa loo yaqaan AIDS. Suurtogal ma aha inaad qaaddid AIDS. AIDS waxa qaadi kara oo keliya qof uu jirkiisa ku jiro fayraska HIV.



Sidee loo gudbiyaa HIV?

HIV waxa uu galaa dhiigga, shahwada (biyaha taranka), dheecaanka siilka iyo caanaha naaska. Haddii intaas mid ka mida uu galo jirka qofka waxaa laysku gudbiyaa HIV.

Waxa jira afar siyaabood oo ay tani ku iman karo:

1 Galmo (iyadoo gusku gelayo siilka ama futada) kondhom la'aantiis.

Habkani waa kan ugu badan ee laysugu gudbiyo fayraska HIV. Inkastoo aysan badnayn, fayraska HIV waxa kaloo laysku gudbin karaa iyadoo laysa siiyo galmo-afka ah (leefid/nuugis xubnaha galmada).

2 Wadaagista cirbadaha daroogada

Qalabka loo isticmaalo qaadashada daroogada sida silingada, cirbadaha, shaandhada, qaaddada, biyaha, muraayadaha iyo waraaqaha lagu dhuuqo daroogada waxa ku hari kara dheecaan ama dhiig xataa marka la nadiifiyo kadib.

3 Hooyo u gudbisa ilmaheeda

Fayraska HIV waxaa laysku gudbin karaa xilliga uurka, dhalmada ama xilliga naas-nuujinta. Laakiin, waxa jira tallaabooyin la qaadi karo si loo yareeyo fursadaha fayraska HIV uu ugu gudbi karo ilmaha.

4 Shil sababa in cirbado fayraska qaba laysku middiyeeyo (dhaawac usha cirbadda)

Haddii lagugu dhaawaco cirbad la isticmaalay, waa muhiim inaadan nuugin ama xoqin goobta dhaawaca. Tuuji si dhiiggu uga soo baxo, tartiib ugu dhaq saabuun iyo biyo kadibna sida ugu dhaqsaha badan u raadso daaweyn.

HIV laysuguma gudbiyo xiriirrada bulshannimada ee ay ka midyihiin:

- Laab isa-saar
- Dhunkashada
- Gacan-qaadka
- Wadaagista koob ama saxamada
- Musqusha

Ma aha fayras gala jir ama duub aan jeexnayn ama ku gudba qaniinyo cayayaan ama hawada laga qaado. Dalkan UK, dhammaan dhiigga deeqda ah waxaa laga hubiyaa fayraska HIV sidaas darteed waa mid nabadqaba.

Sideen uga hortagi karaa faafidda cudurka?

Galmo Nabdoon

Aragtida qofka kuma ogaan kartid inuu qabo fayraska HIV, sidaas darteed haddii aad galmo samaynaysid (af, siil ama futo) habka keliya ee aad ku hubin kartid inaadna naaftaada khatar gelinayn waa inaad samaysid galmo nabdoon. Taas macnaheedu waa:

- Isticmaalka kondhom ama kondhomka dumarku gashadaan siilka oo loo yaqaan femidoms.
- Isticmaalka kondhom lagu qooyey biyo saliidayn xilliga galmada dabada.
- Isticmaalka kondhom dhadhan leh ama kan afka (oo ah kuwo afka ka ilaaliya fayraska) markii galmo la samaynayo.

Kondhommada ragga iyo kuwa dumarka (Condoms/femidoms) waxaa kale oo ay kaa ilaalin karaan cudurrada kale ee galmada ka yimaada. Markasta iska hubi in baakadda ay ku jiraan ay saarantahay Calaamadda Ansixinta Biritan (British Standard Kitemark) ama calaamadda waxsoosaarka Yurub. Isticmaalka kondhom lagu qooyey biyo saliidayn waxay ka hortagaysaa in kondhomku qallalo kadibna uu qarxo. Kondhommada raga iyo dumarka iyo kan afka ilaaliya waxaa lacag la'aan loogu helaa adeegga kaarka C-card (faahfaahinta eeg dhammaadka).



European product mark



British Standard Kitemark

Isticmaalka Nabdoon ee Daroogada

Haddii aad daroogo isku muddid, markasta isticmaal cirbad iyo silingo cusub isla markaana, si kasta oo aad u taqaanid qofkaas, ha la wadaagin shaandhada, qaaddo, biyo, muraayad ama waraaqaha lagu dhuuqo daroogada.

Cirbado cusub ayaa lacag la'aan looga heli karaa goobaha cirbadaha laga beddesho (faahfaahin ka fiiri dhammaadka buug-gacmeedkan) ama waa la iibsan karaa. Qalabka kale waa in isticmaalkoodu adiga gaar kuu noqdaa kadibna si joogto ah loo nadiifiyaa ama loo beddelaa.

Tuur ama fogee cirbadaha aad isticmaashay. Isticmaal weelka loogu talagalay alaabada fiigan ee laga helo goobaha cirbadaha laga beddesho, ama cirbadaha la isticmaalay ku rid qasac maran ka hor inta aadan tuurin.

Tijaabinta HIV

Haddii aad qabtid HIV, jirkaagu waxa uu sameeyaa fal-gal isagoo soo saara dheecaano. Qayb dhiigga laga qaaday ayaa laga tijaabiya dheecaanadaas. Habkaan tijaabada dhiigga ayaa ah kan keliya ee lagu ogaan karo inaad siddid HIV iyo in kale.

Goorma ayaan is-tijaabiyaa?

Jirka inuu soo saaro dheecanadaas HIV waxay ku qaadataa 12 toddobaad. Inta aan cudurku calaamaddiisu soo bixin waxa marmar loogu yeeraa 'daaqad fursadeed - window period'. Taas macnaheedu waa in haddii aad ka cabsi qabtay cudurka 12-kii toddobaad ee hore, ay suurogal tahay in natiijada tijaabadu sax ahayn.

Haddaad werwer ka qabtid cudurka, ama doonaysid warbixin ku saabsan in fal uu khatar kuu keeni karo, waxaad kala hadli kartaa qof ku shaqo leh. Buuggan waxa ku qoran lambarrada telefoonno aad wacan kartid.

Halkeen iska tijaabin karaa?

Tijaabada HIV waxa laga helaa Xarunta Caafimaadka Galmada ee Sandyford (oo Mashruuca Steve Retson qayb ka yahay), iyo Cisbitaalka Talosiinta ee Xarunta Brownlee Centre. Muhiim ma aha bixinta magaca saxda ah markaad is-tijaabinaysid. Markasta waxaad la hadlaysaa shaqaale tababaran haddii lagaa helo iyo haddii kale.

Sidoo kale dhaqtarkaaga (GP) ayaad ka codsan kartaa tijaabada HIV. Laakiin GP-ga waxa laga doonayaa inuu tijaabada iyo natiijadaba ku qoro diiwaankaaga.

Tijaabooyinku waa lacag la'aan waana asturanyihiin meel kasta oo lagu qaado.

Mudoo intee le'eg ayey qaadataa helista natiijo?

Soo bixidda natiijadu waxay qaadan kartaa 24 saac ilaa 2 toddobaad. Haddii cudurka lagaa helo waxa lagu guddbinayaa khabiir caafimaad oo talo iyo daaweyn ku siiya.

Tijaabo wax ma u dhimaysaa caymiska aan ku jiro?

In tijaabo layska qaado ma saamaynayso caymis ama siyaasadda guri-qaadasho (mortgage) haddii cudurka lagaa waayo.

Dhaqaatiirta lagama doonayo inay xogtaada fayraska HIV ee lagaa waayey ay shaaciyaan sidoo kale shirkadaha caymiska ma aha inay ku weydiiyaan warbixintan oo kale. Haddii fayraska lagaa helo waxay saamayn kartaa araajida mustaqbalka, waxana suurogala in siyaasadaha qaar ay oggolaadaan shaacintooda.

Maxaa laga yeelayaa rafiiqayga?

Tijaabada HIV waxay sheegtaa oo keliya inaad adigu qabtid cudurka iyo in kale. Kuuma sheegayso in rafiiqaagu (xaas/saaxiib) uu qabo iyo in kale. Rafiiqu waxa uu ku ogaan karaa inuu qabo iyo in kale haddii ay iyaguna iska qaadaan tijaabo.

Daawo ma leeyahay?

Waxaa jira daawooyin yarayn kara xaddiga HIV ee kugu jira, jirkana siin kara karti. Waa daawooyin saaciday nolosha dad badan oo qaba HIV. Laakiin waa daawo balse ma aha mid lagu bogsado, haatanna lama hayo tallaal looga hortago HIV.

Tijaabo & talooyin waxa laga helaa goobahan soo

socda – Waxa suurogala inaad u baahatid turjumaan si aad u heshid adeegyada iyo xiriirrada qaar

Cisbitaalka Talosiinta (The Counselling Clinic).

Brownlee Centre

Gartnavel General Hospital

1053 Great Western Road Glasgow

0141 211 1089/1075

GUM Clinic

Qorshaha Sandyford

6 Sandyford Place, Sauchiehall Street, Glasgow G3 7NB

0141 211 8601/8602

0141 211 8600

0141 211 6703 (minicom)

www.sandyford.org

Sidoo kale Qorshaha Sandyford waxa laga helaa:–

Mashruuca Steve Retson Project

Caafimaadka Galmada ee Ragga Galmada Duwan

The Sandyford Talaadada & Arbacada 0141 211 8628

LGBT Centre, 11 Dixon St, Glasgow maalinta Khamiista

www.steveretsonproject.org.uk

Xiriirro kale oo muhiima –

Xarunta Qaranka ee AIDS iyo Cudurrada Galmada (National AIDS and Sexual Health Helpline)

0800 567 123

Khadka Strathclyde ee Ragga iyo Haweenka Galmada Duwan

0141 847 0447

Know the Score

Waa adeeg bixiya talo lacag la'aana/warbixino ku saabsan daroogada iyo si xun u isticmaalka

0800 587 5879 www.knowthescore.info

PHACE Scotland

Waxay bixiyaan warbixino ku saabsan xuquuqaha gunnada, kaalmo qof-qof ah iyo tababar la xiriira HIV.

Iyo Adeegga Ragga Galmada Duwan.

0141 332 3838 0141 332 3837 (Adeegga Ragga Galmada Duwan)

www.phacescotland.org

AfricanAIDShelpline – 0800 0967 500

Waxay adeeg warbixino lacag la'aan ee Caafimaadka Galmada siiyaan dadka Afrikaanka. Waxaad la hadli kartaa la-taliyayaal ku hadla luqadaha Ingiriiska, Faransiis, Shona, Swahili ama Lunganda

www.africanengland.org

Isweydaarsiga Cirbadaha (Needle Exchange)

Isu-duwaha Farnasiga Isweydaarsiga Cirbadaha (Pharmacy Needle Exchange Co-ordinator)

0141 211 6478 (faahfaahin ku saabsan farnasiga kuugu dhow ee isweydaarsiga cirbadaha)

Xarunta Dhibaatooyinka Daroogooyinka (Drugs Crisis Centre)

Cirbad isweydaarsi 24 saac ah

123 West Street, Glasgow G5 8BA

0141 420 6969

Base 75

Haweenka jirkooda iibsada. Bixisaa talo, xog caafimaad, cirbad isweydaarsi iyo kondhom.

0141 204 3712

Kondhom (Condoms)

Adeegga C-card

Waxay bixisaa noocyo badan oo kondhomada raga iyo dumarka, kuwa afka ilaaliya iyo biyaha saliidaysan waxaad la xiriirtaa xarunta Sandyford oo ah 0141 211 8600



www.nhsgg.org.uk