

Disclose your HIV status to your sexual partner(s) before you have sex and engage in safer sex activities

What Are Safer Sex Activities?

Safer sex activities prevent contact with semen, vaginal fluids or blood. Talk to your partner about safer sex before having sex. Use a latex condom correctly every time you have sex. Use only water-based lubricants. Oil-based lubricants such as petroleum jelly should never be used because they may weaken the condom and cause it to break.

What is Safer Needle Use?

- Don't share needles if you are injecting drugs
- Don't share needles used for body piercing and tattoos.

For more information:

- Talk to your resettlement case worker
- Speak with your doctor

IRSA thanks Shukri Hassan, a case manager at the International Institute of Minnesota for her translation assistance.

IRSA

1717 Massachusetts Avenue, NW #200
Washington DC 20036-2003
Tel: 202 • 797 • 2105 Fax: 202 • 347 • 2576
www.refugeesusa.org

Produced by the National Programs Division of IRSA

Ifafaalaha guud ee cudurkan HIV/ AIDS



AIDSKU: Waa Dillaha Difaaca Jidhka.

Waana marxalada ugu dambaysa ee (virus) ka Dillaha Difaaca Jidhku gaadhsiyo qofka uu ku dhoco cudurkani . HIV du waxay jidhka ka lumisaa difaaca dabeeciga ah ee uu jidhku iskaga difaaco cudurada soo weerara. Mudo dheer oo sannado ah markay HIV du kujirto jidhka qofka ayaa ugu dambaynta jidhku wuxuu u nuglaadaa cudurada soo weerara. Khaasatan cudurada caabuqa leh (infection). Jidhku marka uu lumiyo awoodii difaaca ayaa qofku wuxuu u soo dhacaa cudurka AID ka.

Sideebaa HIV du ugu kala gudubtaa dadka?

HIV du waxa caadiyan gudbiyaa waa qofka qaba dhiigiisa, shahwada raga, iyo (xaylka dumarka) dheecaanka dumarka ka yimaada wakhtiga galmada.(Verginal Fluids). HIV du waxay dadka ugu kala gudubtaa noocyo badan oo galmada kamida iyo irbadaha laysku mudo oo la wadaago. Waxay kale oo HIV du ku gudubtaa hadii hooyadu qabto. Hooyadu ilmaheeda way u gudbinkartaa inta uu uurka ku jiro, marka uu dhalanayo iyo markay naaska jaqsiiso intaba. Waagii hore dadbaa waxay kaqaadeen HIV da dhiigag lagu shubay. Haseyeeshee, maanta bangiga kaydka dhiiga ee Maraaykanku wuxuu aad ubaadhaa dhiiga loogu fidiyo deeqda. Hada bangiga kaydka dhiiga ee Maraykanku waa ka ugu aaminka wayn dunidoo dhan. Dhiigaaga oo aad ku deeqdana lagama qaado HIV.

Iska baadhitaanka cudurka HIV da

Laguma garto aragtida qofka qaba cudurka HIV da. Sababtuna waxay tahay kama muuqato qofka diif iyo diihaal xanuun. Dad badan baa jira oo qaba xanuunkan, oo aan is ogayn ilaa ay iska baadhaan. Marka virus ka HIV du gallo jidhka qofka, ayaa jidhku wuxuu sameeyaa selis ka difaaca jidhka(anti bodies). Baadhida HIV du waxay inoo sheegtaa in jidhka qofku sameeyay seliskii difaaca jidhka(anti bodies). Taas oo kuu cadaynaysa in jidhku la dagaalamayo virus kii soo galay jidhka ee HIV da. Haddii aad qaado cudurkan mudo lix bilood ah ayay qaadanaaysaa in ta jidhku ku samaynayo seliska difaaca jidhka (anti bodies). Mudadaa ka hor hadii aad is baadho xataa isma ogaan kartid waanad qabtaa HIV dii waanad u gudbin kartaa dadka kale.

Laguma kala qaado cudurkan siyaabahan soo socda:

- Is taabashada guud ee nolol maalmeedka.
- Is gacanqaadka salaanta.
- Is dhunkashada ama in aad habsiiso qofka.

- Qufaca iyo hindhisada qofka oo ku soo gaadha.
- Dhiigaaga oo aad ku deeqdo
- Berkada dabaasha iyo musqusha oo aad la wadaagto.
- Gogasha iyo maacuunta lagu adeegto sida qaadooyinka oo aad la wadaagto ama cunada ood la cunto.
- Qaniinyada Kaneecada, xansharaadka kale amaba xayawaanka.

Sideebaad isga difaaci kartaa cudurkan?

Badbaado aan khatari kujirin

- Adigoo joojiya galmada
- Adigoo u galmooda qof qudha oo aad adiga iyo qofku ba is baadheen iskuna aminteen in aydaan cidkale u galmoon si aad ubadbaadan.

Badbaado xoogaa khatar ahi ku jirto

- Adigoo galmooda galmo ku salaysan badbaadada cudurkan.
- Adigoo irbadaha laysku muddo u isticmaala si ku salaysan badbaadad cudurkan.

Waa maxay galmada ku salaysan badbaadadu?

Waa adigoo iska ilaaliya in uu jidhkaaga gaadho dheecaanka qofka aad ugalmoonayso, sida shahwada iyo xaylka. Waxaa kale oo badbaada ka mida in aad qofka aad isu galmoonaysaan aad isla falanqaysaan sidaad labadiinuba isu badbadin lahaydeen. Waxay galmadu badbaado ku salaysmaysaa markaad gashataan bacda ama bambiirada galma-da loogu talo galay. Weliba bambiirada dufanka leh. Dufanku ma aha saliida,subaga, xaydha ama faasliinta. Dufanka noocan ahi bacda ama bambiirada wuu jilcinayaa. Bambiiiradu haday jilicdo waxay halis utahay in ay dilaacdo. Haday bambiiradu dilaacdo waxay gabaysaa howshii loogu talo galay oo ahayd in ay kaa badbaadiso cudurka. Bambiiirada galmada waxa jira dufan u gaara (water-based lubricants).

Waa maxay sida ugu badbaadada badan ee aad irbadaha laysku mudo u isticmaali kartaa?

- Adigoo aan cidna la wadaagin irbadaha lagu qaato mukhadaradka(drugs)
- Adigoo cidna la wadaagin irbadaha la isku xardho ee khadaabka (tattoos)
- Adigoo cidna la wadaagin irbadaha lagu dalooshado dhegaha , sanku iyo jidhka intiisa kaleba.

Adigoo cidna la wadaagin irbad hadaad tahay qof qaata mukhaadarad (drugs). Waxa jira meelo laguugu bedelayo irbadaadii duuga ahayd mid cusub. Hadaad damacdo in aad maydhatid irbad duuga marka horre laba jeer biyo ku maydh, mar labaadka laba jeer bleach ama warankiloda dharka cadaaysa ku maydh, Mar sedex-aadka hadana laba jeer oo kale sii biyo raaci.

Hadii aad qabto HIV sideebaad uga badbaadin kartaa dadka kale?

Badbaado aan khatari ku jirin

- Adigoo joojiya galmada aad u galmoonayso dadka.
- Adigoo aan naaska jaqsiin ubadkaaga.

Badbaado xoogaa khatar ahi ku jirto

- Adigoo qofk aad isu galmoonaysaan u ged baxa oo usheega in aad qabto HIV intaydaan isu galmoon. Si aad uga wada hadashaan isugana af garataan sidii aad isugu galmoon lahaydeen idinkoo is badbaadinaya.

Hadaad u baahan tahay akhbaar ka badan in tan :

Lahadal qofka kale sidaad isku badbaadin la haydeen. Isctimaala condom/ bambiirada ragu gashadaan sababahan oo kale dartood sidii loogu talagalay. Creem ha ismarinin markaad gashanaysid.biyo isticmaal hadii aad u baahato.

Basic Facts about HIV/AIDS

AIDS—Acquired Immune Deficiency Syndrome—is the final state of a serious health condition caused by the Human Immuno-deficiency Virus, more commonly known as HIV. HIV causes the body to lose its natural defenses against disease. Over a period of time (often many years) the body eventually becomes weak and open to attack by several types of infections and diseases that the body is unable to fight. When the body can no longer fight off certain infections, a person is diagnosed with AIDS.

How is HIV Transmitted?

HIV is transmitted through blood, semen, and vaginal fluids of infected persons. HIV can be passed from one person to another during certain sexual acts, or sharing needles with an infected person. A mother who has HIV can also transmit the virus to her child while in the womb, during delivery or by breast-feeding. Years ago, some people were infected by HIV through blood transfusions. Today, U.S. blood banks are required to screen donated blood for HIV, making our blood supply the safest in the world. You cannot get HIV from donating blood.

Taking an HIV Test

You can't tell if a person is infected with HIV. Just because they look fine and feel fine doesn't mean they're not HIV positive. Many people don't even know that they're infected—that is, unless they take an HIV test. A simple test can tell you if you have been infected with the HIV virus. When a virus enters your body, your immune system produces antibodies. The HIV test tells you if your body has produced antibodies to HIV.

If you are infected, HIV antibodies may take up to six months to develop. During this time, even though you have not developed antibodies to the virus, you can still transmit HIV to others.

You can't get infected by:

- Casual, everyday contact
- Shaking hands
- Hugging, kissing

- Coughing, sneezing
- Giving blood
- Using swimming pools, toilet seats
- Sharing bed linen, eating utensils, food
- Mosquitoes and other insects, animals

How can you protect yourself?

No Risk

- Abstinence
- If you and your partner have been tested for HIV and are not infected and you only have sex with each other

Some Risk

- Safer sex activities
- Safer needle use

What Are Safer Sex Activities?

Safer sex activities prevent contact with semen, vaginal fluids or blood. Talk to your partner about safer sex before having sex. Use a latex condom correctly every time you have sex. Use only water-based lubricants. Oil-based lubricants such as petroleum jelly should never be used because they may weaken the condom and cause it to break.

What is Safer Needle Use?

Don't share needles if you are injecting drugs. Use needle exchange programs where used needles can be exchanged for new ones, or rinse your used needles twice in water, twice in bleach for 30 seconds, and twice in water again.

If you are living with HIV how can you protect others?

No Risk

- Abstinence
- Do not breast feed your child

Some Risk