

## Macluumaad Dheeraad ah

[www.aids.ch](http://www.aids.ch)

Wax kasta oo ay tahay inaad ka ogaato HIV iyo halka aad ka heli karo talo.

[www.drgay.ch](http://www.drgay.ch)

Macluumaadka iyo tallada raga raga u galmooda.

[www.lovelife.ch](http://www.lovelife.ch)

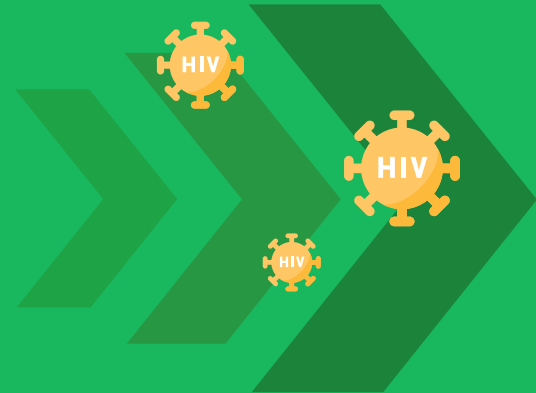
Tallooyinka shakhsi ahaaneed ee ku salaysan nooca rabitaanka galmada qofka.

Waraaqahan waxaa sameeyay **Swiss AIDS Federation** iyaga oo kala kaashanaya **NAM Aidsmap UK**. Waxa aanu ku tallinaynaa inaad kala hadasho macluumaadka ku jira waraaqahan xirfadle daryeelka caafimaad.

Deeq bixintaada waxay noo suurtagelinaysaa inaan ku sii dadaalno shaqadeena – aad ayaad u mahadsan tahay! Aids-Hilfe Schweiz, Zürich, PC 30-10900-5, ama khadka intarnetka ee [spenden.aids.ch](http://spenden.aids.ch)

Kahortaga HIV

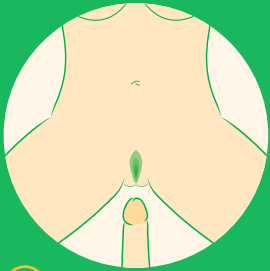
# Sidee ayuu u faafaa HIV



Kondhomka iyo dawooyinka HIV ayaa joojiya faafitaanka HIV. Tallooyinka shakhsi ahaaneed oo ku xidhan nooca rabitaankaaga jinsiga, booqo [www.lovelife.ch](http://www.lovelife.ch)

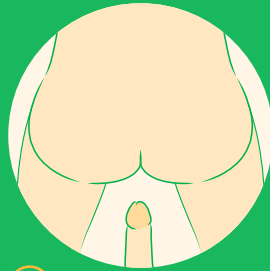


## HIV waxa uu ku gudbi karaa qaababka soo scoda:



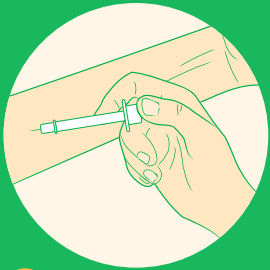
1

Galmada xubinta taranka la iskaga galmoodo bilaa kondhom



2

Galmada dabada la iskaga galmoodo bilaa kondhom



3

Wadaagista siriinji la soo isticmaalay



4

Ilmaha aan dhalan inta uurka la leeyahay, dhalmada ama naas nuujinta lagu qaadsiiyo

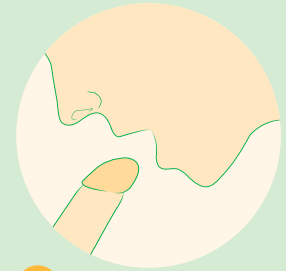


## HIV kuma gudbo qaababka soo scoda:



1

Dhunkashada, laab gelinta ama gacan qaadka



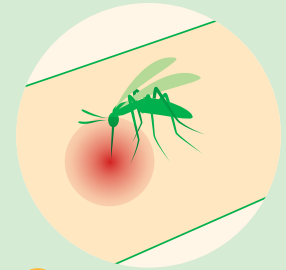
2

Galmada afka



3

Candhuuf tufista, hindhisada ama qufaca



4

Qaniinyada kaneecada