

Macluumaad Dheeraad ah

www.aids.ch

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

www.drgay.ch

Macluumaadka iyo tallada raga raga u galmooda.

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 internetka ee spenden.aids.ch

Kahortaga HIV

Miyaad qabtaa HIV? Helitaanka Macluumaadka



Hadii aad qabto HIV, marka aad horey isku baarto, waxaa yaraanaya mushkilada caafimaad ee aad yeelanayso. Dawooyinka waxa ay u horseedaan dadka qaba HIV inay wakhti dheer caafimaad ku noolaadaan.

Hadii aan lagaa dawaynin HIV, xanuunkaaga ayaa kasii dari doona



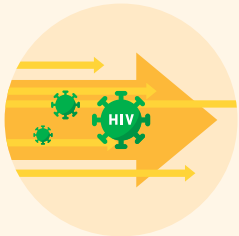
1

Caabuqa HIV ee aan lagaa dawaynin waxa uu yaraynayaa cimrigaaga.



2

Caabuqa HIV ee aan lagaa dawaynini waxa uu dhaawacayaa nidaamka difaaca jirkaaga.



3

Waxa aad u gudbin kartaa HIV lamaanaha aad u galmooto ama ilmaha aan dhalan.

Hadii lagaa helo HIV waxa aad heli kartaa daawayn caafimaad



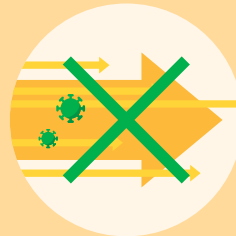
1

Kaalmada caafimaad, waxa aad ku heli kartaa nolol dheer oo caafimaad qabta.



2

Waxa ay kuu sahlaysaa in aad naftaada ilaaliso si aanad dadka ugu gudbin HIV.



3

Marka si wanaagsan lagaaga daaweeyo, dadka uma gudbin doontid HIV.