

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

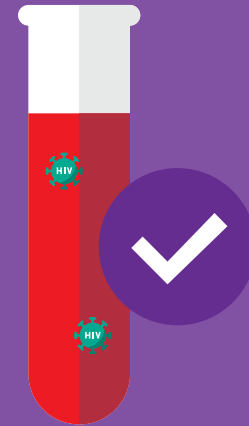
Macluumaadka iyo tallada raga raga u galmooda.

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

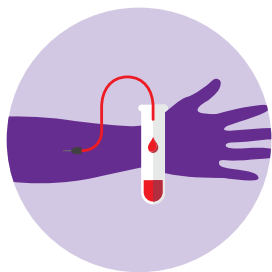
HIV +

Xadiga fayruska HI oo ka yar inta lagu ogaan karo



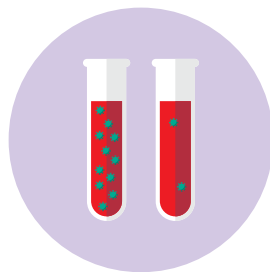
Hadii xadiga HIV ee jirkaada uu aad u yar yahay, mala ogaan karo. Markaa waxaa la xakamayn karaa fayruska. Hadii aad sii wadato qaadashada dawooyinka, ma gudbin kartid fayruska.

Daawaynta HIV ujeedadeedu waa in fayruska xadigiisa la yareeyo ee jirka ku jira. Baaritaanka ma tusi doono inuu HIV ku jiro jirka, maadaama oo xadiga fayrusku uu aad u yar yahay oo markaa aan la arki karin.



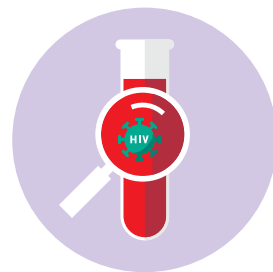
1

Cabirka xadiga fayruska waxa lagu qiyaasaa inta HIV ee ku jirta dhibicda dhiiga.



2

Baaritaanka waxa uu muujiyaa xadiga HIV ee dhiigu inuu yar yahay ama badan yahay.



3

Hadii xadiga fayrusku uu aad u yar yahay, waxaa loo yaqaan xadi fayrus oo aan la arki karin. Xadiga fayruska muunada dhiiga ayaa aad u yaraan doonta oo markaa aan la arki doonin.



4

Taas macnaheedu maaha in HIV gebi ahaanba uu ka baaba'ay jirkaaga. Fayrusku wuu ku sii jiri karaa qaybo kale oo jirkaaga ah, sida xiidmaha.



5

Waxay ka dhigan tahay HIV waa la xakameeyay.



6

Hadii aad sii wadato qaadashada dawooyinka si joogto ah, ma gudbin doontid HIV.