

## Qeybsiga Xaaladaada HIV

Kaddib marka laguugu sheego in aad qabtid HIV, waa in aad go'aansatid haddii aad dooneysid in aad wararkaas la qeybsatid qofka aad xariirka la leedahay. Qof kasta oo qaba HIV wuxuu u baahan yahay in uu qaado talaabooyin uu ku badbaadiyo dadka kale. Tan waa sababta ay muhiim u tahay in aad xaaladaada HIV kala hadashid qofka aad iminka ama aad horay ula lahayd xariir. Haddii aad cirbado la wadaagtay dad kale si aad isugu durtid mukhadaraad, waa in aad u sheegtid.



Haddii aad cabsi ama xishood ka qabtid in aad adiga qof ahaan u sheegtid, waaxda caafimaadka

xaafadaada ayaa ogeeysiin karta qofka aad la wadaagtay galmada ama cirbadda in ay dhici karto in ay qaadaan HIV iyada oo aan la sheegin magacaada.



In dadka kale loo sheego in aad qaaday HIV waxay noqon kartaa wax adag, laakin ma aha in aad keliga ka hortagtid. La hadal bixiyahaada xanaanda caafimaadka iyo kaalmo weydiiso kooxaha bixiya kaalmada ama dad kale oo ku taageeri kara.



In aad xaaladaada HIV la qeybsatid dadka aad ku kalsoon tahay – sida

xubnaha qoyska, asxaabta, iyo caruurta – waxay kaalmo u tahay walwalka la xariira HIV, waxayna dhab ahaan wanaajin kartaa caafimaadkaada guud.

Waa muhiim in aad bixiyahaada caafimaadka u sheegtid si loo hubsado in aad xanaanada ugu wanaagsan u heshid HIV.

Inta badan, in aad xaaladaada HIV la qeybsatid waa arrin adiga kugu kooban – laakin waxaa dhici karto in ay tahay wax sharciga doono. Gobolo badan ayaa qaba sharciyo adiga kaa raba in aad u sheegtid dad cayiman.

Ka hor inta aad go'aan ku gaarin in aad dadka u sheegtid in aad qabtid HIV, halkaan waxaa ku qoran dhowr shay oo loo baahan yahay in la tix geliyo: Ka fakar dadka aad taageero ahaan isku haleysid, sida qoyska, asxaabta, ama dadka aad la shaqeysid.



- Maxuu yahay nooca xariirka aad la leedahay dadkaan? Maxay yahiin waxyaabaha taageersan iyo waxyaabaha ka soo horjeeda in aad u sheegtid in aad adiga la nooshahay HIV?
- Ma jiraan arrimo gaar ah uu qofka qabi karo kuwasoo saameyn kara ilaa inta uu qofka ku taageeri karo?
- Maxay tahay dabeecadda qofka iyo aqoonta uu u leeyahay HIV?
- Maxay tahay sababta aad u dooneysid in aad u sheegtid qofkaan? Maxay tahay nooca taageerada u bixin karo?
- Qof kasta oo aad dooneysid in aad u sheegtid, weydii haddii qofka uu u baahan yahay in uu hadda ogaado – ama haddii ay habboon tahay in la sugo.



Hubso in aad jawaab u heshid su'aalaha aad ka qabtid HIV/AIDS. Waaxdaada xanaanada caafimaadka dadweynaha iyo bixiyahaada xanaanada caafimaadka ayaa ku siin kara kaalmo.

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