



Kahortaga Cudurada

Jooji cudur inuu faafo. Ilaali naftaada iyo tan dadka kaleba.

Ilaali Naftaada



Ku dhaq gacmahaaga inta badan saabuun iyo biyo qandac ah (isticmaal gacmo nadiifiye haddii aan saabuun iyo biyo la heli karin)



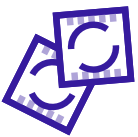
Iska tallaal hargab (sanad kasta) iyo cagaarshoowga noocyada A iyo B



Xidho galoofis, dufan-dhawr, maaskarada wajiga iyo difaaca indhaha markaad nadiifinaysid dhiig, saxaro, ama matag



Isticmaal cirbado cusub iyo qalabka la nadiifiyay si aad isugu diyaariso ama u isticmaasho daawooyinka



Kahortaga HIV iyo cudurada kale ee galmada lagu kala qaado (tusaale, isticmaal cinjirka galmada, si joogto ah isku baar, is daawee, lamaanahaaga la hadal)



Ku keydi daawooyinkaaga meel aamin ah, oo aysan gaari karin caruurta, lehna heerkulka saxda ah



Dhakhtarka kala hadal PrEP, daawo maalinle ah oo kahortagi karta faafitaanka HIV



Haddii lagu qaadsiiyo HIV ama Cudurada galmada lagu kala qaado ee kale, raadso daryeel caafimaad isla markaaba



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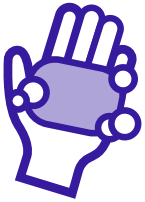
Ilaali Dadka kale Markaad Jirantahay



Ku hindhis ama ku qufac istiraasho ama laabinta suxulkaaga



Xidho maaskarada wajiga marka aad waqti ku qaadanaysid meelaha la wadaago



Dhaq gacmahaaga badanaa, gaar ahaan ka hor intaadan diyaarin cunto iyo ka dib markaad musqusha soo isticmaasho, hindhisto, qufacdo, sanko taabato, ama dhaydo nabar



Nadiifi meelaha sida joogtada ah loo taabto 1-3 jeer maalintii (gacanada albaabbada, biraha jidadka ee la cuskado, ramuudyada, iwm.)



Nadiifi boogaha oo ku dabool faashad iyo/ ama suufka cad



Ha u diyaarin cuntada dadka kale haddii aad jiran tahay, tusaale ahaan, hargab, shuban, matag, cagaarshow (maqaarka ama indhaha oo huruud ku noqda)



Wac 911 haddii aad qabto feedho xanuun ama neefsashadu ay kugu tahay dhib. U tag dhakhtar haddii aad xanuun dareento, khaasatan haddii astaamahaagu ay daran yihiin ama aysan kasoo raynaynin.



Mashiinka si gooni ah ugu maydh waxyaabaha leh matag, dhiig, ama saxaro. Ka qaad qashinka adag marka hore isticmaal biyo kulul, saabuun, iyo 1/2 koob oo ah warankiilo ah. Xidho galoofyo, difaaca indhaha, maaskaro, iyo dufan-dhawr.





Nadaafad

Nadaafad shaqsiyadeed oo wanaagsan ayaa caafimaadkaaga ilaalin doonta.

Nadiifi Gacmaha



✦ #1 SIYAABAHA LOO AHAADO QOF CAAFIMAAD QABO ✦

Ku dhaq gacmaha saabuun iyo biyo diiran in dhan 20 ilbidhiqsi...



Kahor intaadan diyaarinin, taabanin, ama cuninin cunto



Kahor intaadan ka bixin musqusha iyo ka dib markaad caruurta ka beddesho xafaayadaha



Kahor iyo kadib markaad nadiifiso ama aad faashado ku xidho boog



Ka dib markaad taabatid xayawaanka, ama cuntadooda ama saxaradooda



Ka dib markaad sankaad taabato, ku qufacdo ama ku hindhisto gacantaada, ama aad caawiso qof jiran



Markaad gasho meel ama hoy la wadaago (sidoo kale waxaad isticmaali kartaa gacmo nadiifiye)

Nadaafad Shaksiyeed ee Fiican



Ka ilaali cagahaaga – iska ilaali inaad lugeyso adiga kabo qabin oo nadiifi meesha qubayska kahor intaadan isticmaalin



Ka ilaali tuwaalkaaga/ shukumaankaaga, timahaaga, saabuunta, makiinadaha, iwm alaabada dadka kale ha wadaagin





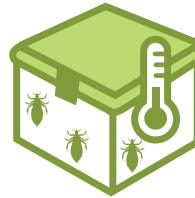
Nadaafad

Nadaafad shaqsiyadeed oo wanaagsan ayaa caafimaadkaaga ilaalin doonta.

Dhar dhaqid



Weydiiso gogol nadiif ah markaad imaato hoyga



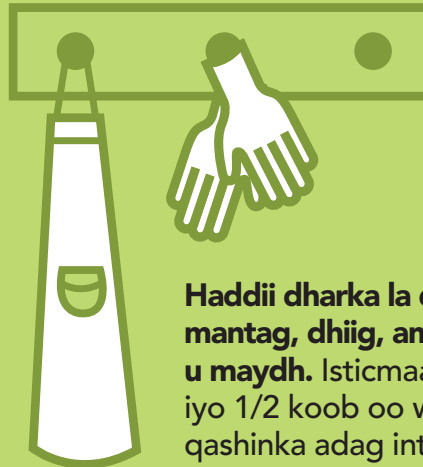
U isticmaal sanduuqa daaweynta kuleylka inaad ku daaweyso waxyaabaha qaadi kara dhiqlaha, isnadaamiska, ama injirta

✦ ALAABAHA SHAQSI EE NADIIFTA AH = CAAFIMAAD WANAAGSAN ✦

Si aad u hesho natiijooyinka ugu fiican, **ku dhaq dharka heerkulka biyaha ee warankiilada lagu qorey**



Dharka ku qalaji kuleyl badan



Haddii dharka la dhaqi rabo uu leeyahay mantag, dhiig, ama saxaro, si gooni ah u maydh. Istimaal saabuun, biyo kulul, iyo 1/2 koob oo warankiilo ah. Ka qaad qashinka adag intaadan maydhin ka hor oo xiro galoofyo, dufan-dhawr, maaskaro, iyo difaaca indhaha.

Si xad dhaaf ah ha u buuxinin mashiinka – buuxi ilaa $\frac{3}{4}$ ama in ka yar



Jeermiska ka dil sijaayadaha lagu seexo maalin kasta oo dhaq dharka gogosha toddobaad kasta ama markii ay noqdaan wasakh

Ha galinin dhar aan la maydhin mashiinta qalajiyaha



Haddii aad maydhayso dharka qof kale, ha jafin oo gasho galoofyo iyo dufan-dhawr





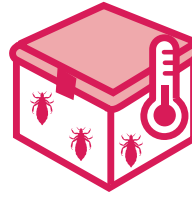
Injirta, Isnadaamiska & Dhiqle

Qofna ma doonayo inuu cun cun dareemo. Kahortag faafida!

Jooji Faafinta



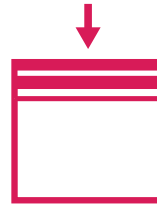
U sheeg shaqaalaha haddii aad jir cuncun qabtid ama aad leedahay astaamo kale si lagu daweeyo



U isticmaal sanduuqa daaweynta kuleylka inaad ku daaweyso waxyaabaha qaadi kara dhiqlaha, isnadaamiska, ama injirta



Mashiinka si gooni gooni ah ugu maydh alaabada injirta leh kuna qalaji 130°F ugu yaraan 30 daqiiqo



Gali bac balaastik ah oo xiran waxyaabaha aan lagu daaweyn karin kuleylka ama aan la dhaqi karin laguna qalajin karin 130 °F ilaa laba toddobaad si loo xakameeyo injirta iyo isnadaamiska



Nadiifi oo jeermis ka dil sijaayada lagu seexo oo dhaq dharka gogosha inta u dhaxayso macaamiisha



Tuur waxyaabaha dhiqlaha galay kuwaas oo aan la daaweyn karin





Injirta, Isnadaamiska & Dhiqle

Qofna ma doonayo inuu cun cun dareemo. Kahortag faafida!

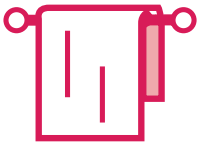
Ilaali Naftaada



Dhaq dharka iyo gogosha usbuuc kasta si looga hortago injirta jirka



Kaydi alaabtaada si aysan u taaban alaabada dadka kale



Shukumaankaaga ka gooni yeel tuwaalada dadka kale



Ka fogow wadaagista dharka, sariiraha, gogosha, tuwaalada, buraashyada, ama shanlooyinka



Ka fogow isku taabashada maqaarka ee qof cuncun qaba



Xiro galoofisyo difaac ah iyo dufan-dhawr ama dharka gambiska haddii aad dhaqaysid dharka qof kale



Ha ruxin alaabooyinka ku jiri kara injirta





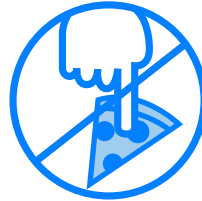
Badqabka Cuntada

Jeermiska iyo cuntada xun ayaa kugu ridi karaan xanuun. Ilaali caafimaadkaaga.

Gacmo Caafimaad Qaba



Gacmaha dhaq illaa 20 ilbidhiqsi ka hor intaadan taaban cuntada - isticmaal saabuun, biyo diiran, iyo tuwaal waraaqo ah si aad u qalajiso



Ha ku taaban cuntada gacmahaaga oo galoofyo la'aan ah, inay taada tahay mooyee



Gasho galoofisyo markii aad diyaarinaysid cuntooyinka iyo markaad faashad ku xirayso boogo - dib ha u isticmaalin galoofisyada



Ha diyaarin cuntada haddii aad jiran tahay, tusaale ahaan, hargabka, shuban, matag, cagaarshow (maqaarka ama indhaha oo huruud ku ah)

Nadiifi Jikada



Nadiifi meelaha lagu diyaariyo laguna bixiyo cuntada ka hor iyo ka dib isticmaalka



Maydh, biyo raaci, nadiifi, oo hawada ku qalaji suxuunta waxyar ka dib marka la isticmaalo



Qasaska wax lagu nadiifiyo = 1/4 qaado warankiilo + 4 koob oo biyo ah



Ku keydi cuntada iyo qashinka weellasha ay gali karin cayayaanka





Badqabka Cuntada

Jeermiska iyo cuntada xun ayaa kugu ridi karaan xanuun. Ilaali caafimaadkaaga.

Cunto Ammaan ah



Biyo raaci miraha iyo khudrada ka hor intaadan diyaarin ama cunin



Ku qor taariikhda cuntada la diyaariyey oo cun ama tuur hal toddobaad gudihiis

KA DHEEROOW AAGA CUNTADA HALISTA AH: 41-135°F



Cuntooyinkan ayaa kaa dhigi kara inaad xanuunsato haddii laga tago in ka badan 4 saacadood



Cunnooyinka sida haboon loo gasacadeeyay waxay ku badbaadaan heer kulka kasta



Keegg Kastar ka-sameysan



Badar Karsan



Khudaar Karsan



Khudrad Cagaar Caleemo ah



Liin Jarjaran & Yaanyo



Caano & Jiis



Kalluun Ceeriin ah



Ukumo Ceeriin ah



Hilib Ceeriin ah



Rooti



Batarka Lawska



Miro



Khudaar Aan la karin



Gasacado aan la Furin



Saliid



Buskudyo iyo Cuntooyin La Dubay



Cuntooyin Qallalan





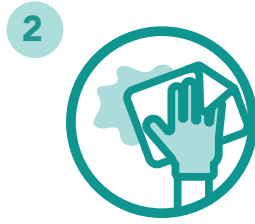
Nadiifi oo Jeermiska ka dil

Jeermisyada fuula sagxadaha waxay kaa dhigi karaan mid xanuunsan. Ilaali caafimaadkaaga.

Talaabooyinka Nadiifinta ama jeermiska dilista



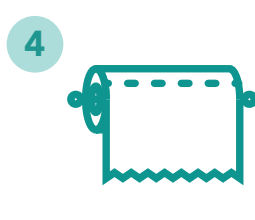
1 Naftaada ilaali - had iyo jeer xiro galoofisyo (iyo maaskaro iyo dufan-dhawr haddii jeermis dilida ay tahay)



2 Nadiifi sagxadaha si looga saaro wasakhda kahor intaada ka dilin jeermiska ama aad nadiifinin (masaxayaasha jeermiska lagu dilo, isticmaal xaashiyo gooni ah tallaabooyinka 2 iyo 3)



3 Buufi oo kaga tag nadiifiye/jeermis dile sagxadaha sare ee qadarka waqtiga ay ku talinayaan calaamaddaha



4 Ku qallaji tuwaal nadiif ah oo sagxadaha ama u oggoolow sagxada inay hawada qallajiso

Nadiifinta & Jeermis Dilista Maalinlaha ah



Nadiifi meelaha sida joogtada ah loo taabto 1-3 jeer maaintii (gacanada albaabbada, biraha jidadka ee la cuskado, daare damiyaha laydhadhka, ramuudyada, iwm.)



Jeermiska ka dil aagagga jiifka toddobaad kasta, markii wasakh tahay, iyo inta u dhexeysa macaamiisha



Nadiifi oo jeermiska ka dil musqulaha iyo jikooyinka 1-3 jeer maalin kasta oo nadiifi meelaha qubayska markasta oo qof isticmaalo

Sida loo qaso qasaska jeermis dilahaaga ama nadaafiyahaada:



Jeermis dile
1/4 koob 8.25% warankiilo + 4 koob oo biyo ah

-AMA-



3/8 koob 5.25% warankiilo + 4 koob oo biyo ah **Nadiifiye**
1/4 qaado warankiilo + 4 koob oo biyo ah





Nadiifi oo Jeermiska ka dil

Jeermisyada fuula sagxadaha waxay kaa dhigi karaan mid xanuunsan. Ilaali caafimaadkaaga.

Nadiifi Matag, Shuban, ama Dhiig

1



Naftaada ilaali – gasho galoofisyo, dufan-dhawr, difaaca indhaha, daboolka kabaha, iyo maaskaro wajiga

2



Adeegso weelka yar ee qashin-qubka ama soodhada si ay u dhooqdo waxyaabaha daatay oo ay isku dhag dhagaan (ha u isticmaalin faakiyuum)

3



U isticmaal shukumaanada xaashida ah iyo biyo saabuun leh tirtirka iyo nadiifinta

4



Ku buufi aagga jeermiska-dilaha oo sii qadarka waqtiga lagu taliyay ee ku qoran calaamadda

5



Meesha ku tirtir warqad tuwaal ama u oggoloow inay hawada qalajiso

6



Nadiifi oo jeermiska ka dil burushyada wax lagu xoqo iyo alaabada kale ee aan la tuuri karin (tusaale, madaxa mashiinka dharka lagu dhaqdo ee dib loo isticmaali karo biyo kulul iyo 1/2 koob oo ah warankiilo ah)

7



Laba bac ku xir dhammaan walxaha wasakheysan oo dibadda u tuur

8



Gacmaha dhaqo kadib markaad bogto nadaafada





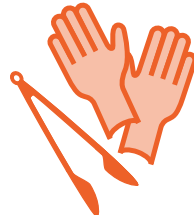
Cirbadaha iyo Waxyaabaha afka wax gooya leh

Cirbad la isticmaalay ayaa faafin karta cudur. Noqo mid amaan ah.

Ilaali Naftaada



Haku qaadin gacmahaada cirbadaha la isticmaalay gacmahaada oo galoofisyo la'aan ah



U isticmaal qalab wax lagu qabsado ama qabato leh galoofisyo la tuuri karo, ama isticmaal galoofisyada u adkaysan kara daloolka

Si Ammaan Ah U Astur Cirbadaha



Ha ku darin cirbadaha qashinka



Cirbadaha la isticmaalay ku rid weel ku calaamadeysan walxaha afka fiiqan leh isla markiiba



Ku rid weelasha ay ku jiraan walxaha afka fiiqan leh saldhigga wareejinta ama u diyaari qaadid



Raadi meel dhow oo lagu bedelan karo irbadaha:
www.kingcounty.gov/needle

Haddii ay Cirbad Ku mudo



Is-daji – ku dhaq meesha saabuun iyo biyo diiran kuna dabool faashad



Weydiiso xubin shaqaalaha ah caawimaad isla markaana raadso daryeel caafimaad



Maareynta Qashinka

Qashinkaaga si sax ah u astur si aad dhammaanteen noo badbaadiso.

Qashinka & Biyaha Wasakhda ah



Ku shub biyaha wasakhda ah meelaha biyaha lagu shubo ama musqulaha, ma ahan dhulka, bullaacadaha duufaanka, ama halka cuntada lagu diyaariyo



Ku qaad saxarada xayawaanka rabaayada isla markaaba bac balaastig ah oo ku rid qashinka



Faaruiqii weelka qashinka guriga dhaxdiisa yaala maalin kasta



Ku rid qashinka, dib u warshadeynta, iyo bacriminta haamaha saxda ah

Qashinka Khatarta ah & Daawooyinka



Cirbadaha la isticmaalay ku rid weelka walxaha afka fiiqan leh (haku taabanin gacmahaada oo galoofisyo la'aan ah)



Ku rid qashinka halista ah weel calaamadeysan oo ha ku darin noocyada qashinka (tusaale, baytariyada, guluubyada nalka, saliidda mootada)



Ku rid daawooyinka aan loo baahnayn weel aamin ah oo calaamadeysan oo aysan gaari karin xayawaannada rabaayada iyo carruurta

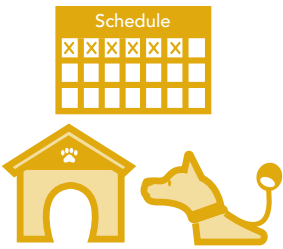




Maaraynta Xayawaanada rabaayada

Xayawaanada rabaayadu waa wax cajiib ah. Ku ilaali ayaga inay noqdaan kuwo badqabo oo caafimaad qabo si loo yareeyo faafida cudurka loona ilaaliyo bulshadeena.

Daryeelka Xayawaanka Rabaayada ee Maalinlaha ah



Quud sii xayawaanada rabaayada waqti loo qoondeeyey oo hubi inay helaan biyo, hoy, iyo jimicsi



Ha ku quudin xayawaanka rabaayadda ah cunnada aadanaha, cuntada xayawaanka ceyriinka ah, ama daaweynta aan si buuxda loo karin (tusaale ahaan dhegaha doofaarka)



Nadiifi cuntada xayawaanka rabaayada iyo saxammada biyaha maalin kasta



Ku keydi cuntada xayawaanka rabaayada weel aan cayayaanku aan ka dusi karin una isticmaal qaado (ma aha gacmahaaga) si aad ugu buuxisid saxuunta



Ha u oggolaan xayawaanada rabaayadda meelaha cuntada lagu diyaariyo ama lagu cuno



Ku dhaq gacmahaaga saabuun iyo biyo diiran ka dib salaaxida xayawaanka rabaayada, quudinta, iyo nadiifinta ka dib xayawaankaaga rabaayada

Badqabka Xayawaanka rabaayada



Xarig ku xir, kormeer, ama ku soo koob xayawaankaaga rabaayada xerada ama meesha hurdada



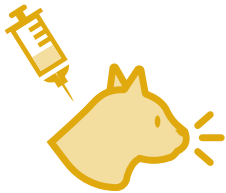
Ka ilaali xayawaankaaga rabaayada inuu dhumo kana ilaali xayawaanada duurjoogta ah



Maaraynta Xayawaanada rabaayada

Xayawaanada rabaayadu waa wax cajiib ah. Ku ilaali ayaga inay noqdaan kuwo badqabo oo caafimaad qabo si loo yareeyo faafida cudurka loona ilaaliyo bulshadeena.

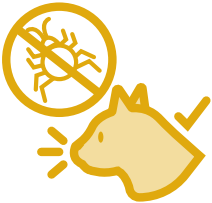
Caafimaadka Xayawaanka rabaayada



Cusboonaysii tallaalada xayawaankaaga rabaayada, gaar ahaan tallaalka ka hortagga raabiyada, DHLPP (eeyaha), iyo FVRCP (bisadaha)



Ukumaha ka saar ama madhalays kadhig xayawaankaaga rabaayada si aad u ilaaliso caafimaadkooda ugana ilaaliso qashinka aan qorsheysnayn



Kahortaga injir boodada, shilinta, wadna-goyska, iyo dulin-ku-jirayaasha gudaha ee leh daawo joogto ah

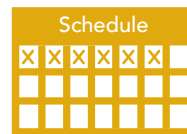


U tag dhakhtarka xoolaha ugu yaraan hal jeer sanadkii ama haddii xayawaankaaga rabaayadu jiran yahay (weydii dhakhtarka xayawaannada rabaayada qiimahoodu hooseeyo iyo bangiyada cuntada xayawaanka rabaayada)

Saxarada, Matagga, iyo Dhiigga Xayawaanka rabaayada



U qaad saxarada eyga si degdega ah adigoo isticmaalayo bac balaastig ah oo ku rid qashinka



Qaad sanduuqyada qashinka maalin kasta, bacda qashinka oo ku rid qashinka, faaruji, nadiif, iyo sanduuqyada jeermiska ka dil toddobaad kasta



Weydii qofka masuulka ah tilmaamaha ku saabsan sida loo nadiifiyo matagga, shubanka, iyo dhiigka xayawaanka rabaayada



Dadka uurka lihi waa inaysan nadiifin sanduuqyada qashinka



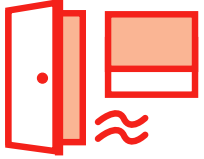
Ogsoonow: Dadka qaar waxay u badan tahay inay jiro ka qaadaan xayawaanada. La hadal dhakhtarkaaga haddii aad qabto nidaamka difaaca jirka oo daciif ah, aadna ka weyn tahay 65, aad uur leedahay, ama aad leedahay carruur ka yar 5 sano.



Badqabka Guud

Ka dhig goobtaadu mid leh hawo mareeno wanaagsan, cayayaan ka madax banaan, ammaana ah.

Tayada Hawada Gudaha Guryaha



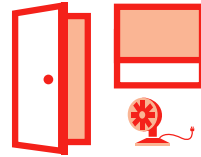
Fur dhammaan albaabada iyo daacaqada qadar yar si hawo cusub ay usoo gasho



Sigaar ha ku cabin gudaha guriga ama meel u jirto 25 fiit meesha laga soo galo iyo meelaha laga baxo



Tirtir ama kabaha iska saar markaad soo galayso guryaha



Fur albaabada iyo daaqadaha, iyo/ama shid marwaxadaha markaad nadiifinaysid

Qorshooyinka Degdegga ah



Baro qorshooyinka daad-gureynta degdegga ah ee goobtaada



Calaamadayso irida laga baxo ee kuugu dhaw

Kahortaga Cayayaanka



Kala firdhi alaabaha kuwaas oo dhiirrigelin karta meelahay galaan cayayaanka



Ku keydi cuntadaada iyo qashinkaaga weellasha ay gali karin cayayaanka



Cunnada ha dhigin meesha aad seexato

