OROMO

Odeeffannoo STD

Dhibee HIV ykn AIDS (vayirasa human immunodeficiency ykn HIV jedhamuun dhufa)

Aasxesa fi mul'ata

Mul'ata/ AIDS:

(Torbee fi baatiwwan) Jalqabaarratti

- Dhukkuba utaalloo fakkaatu
- Dhiita miciree dhaqna keessaa

(Waggoota itti aananitti) Booddee

- Dhaqna gubaa walirraa hin citne
- Dafqa galgalaa
- Garaa kaasaa yeroo heddu turu
- Sababa malee huuqachuu
- Dhiita bildiimaa gogaa, afaan ykn funyaanirratti
- Dhaddabbii cimaa
- Dhiita miciree dhaqna keessaa
- Dhibee daandii qilleensaa kan deddeebi'ee dhufu

Hubaddhu: Mul'atni kun mul'ata HIV qofaa miti. Sababa biros ni qabaata. Namootni hedduun HIV qaban mul'ata dhukkuba kanaa waggaa baayyeedhaaf hin agarsiisani.

Haala daddarbiinsa isaa

HIV namarraa namatti kana darbu:

- Quunnamtii saalaa karaa dhagna dubartiitiin
- Quunnamtii saalaa karaa afaaniin
- Quunnamtii saalaa karaa hudduutiin.
- Lilmee ittiin hashiishii fudhatan, qaamaa uratan ykn tumaah godhatan wal harkaa fuudhuudhaan
- Dhiiga vayirasa kanaan qabame (yeroo xiqoo dhalata)
- Haadha dhibamtuurraa gara da'ima reef dhalateetti

ENGLISH

STD Facts

HIV Infection and AIDS (caused by human immunodeficiency virus or HIV)

Signs and symptoms

HIV/AIDS Symptoms:

Early (weeks to months after exposure)

- Flu-like illness
- Swollen lymph nodes

Late (years after exposure)

- Persistent fevers
- Night sweats
- Prolonged diarrhea
- Unexplained weight loss
- Purple bumps on skin or inside mouth and nose
- Chronic fatigue
- Swollen lymph nodes
- Recurrent respiratory infections

Note: These symptoms are not specific for HIV and may have other causes. Most persons with HIV have no symptoms at all for several years.

Transmission

HIV is Spread by:

- Vaginal sex
- Oral sex
- Anal sex
- Sharing needles to inject drugs, body piercing or tattooing
- Contaminated blood products (rare)
- Infected mother to newborn

eXchange MULTILINGUAL HEALTH RESOURCES

A collaboration of Minnesota health care providers, including: Blue Cross and Blue Shield of Minnesota (an independent licensee of the Blue Cross Blue Shield Association), Children's Hospitals and Clinics, Fairview, HealthEast, HealthPartners, Hennepin County Medical Center, Medica, Minnesota Academy of Family Physicians Foundation, Minnesota Department of Health, North Memorial Health Care, Park Nicollet Health Services, Regions Hospital, UCare Minnesota

HIV haala armaan gadiitti tarreeffamaniin hin daddarbu:

- Harka wal-qabuudhaan
- Bakka daakaa itti daakanitti
- Wal-dhungachuudhaan
- Teessoo mana fincaaniitii
- Xoofoleedhaan
- Nyaatadhaan
- Bineensarraa
- Saphaphuudhaan
- Wal-haammachuudhaan
- Qufaadhaan

Xaxawwan/booddee

Duubee AIDS:

- Yeroo amma kana dawaan isa fayyisu hin jiru. Namootni hedduun dhumarratti dhukkuba kanaan hinuma du'u (namootni hedduun erga qabamanii waggaa 10 jiraatu)
- Namoota quunnamtii saalaa waliin qabaniifi namoota lilmoo wal harkaa fuudhanii fayyadamuutti daddarba

Ulfaa'uu fi HIV/AIDS:

- HIVn haadharra mucaa dhalattuutti yammuu ulfaa ykn yammuu dhalootaa ni darba
- Haati dhibee kana qabdu daa'ima ishee harma hosisuudhaan dabarsitu (yeroo xiqoo dhalata)

Ittisa

Odeeffannoo Daddarbiinsa HIV xiqqeessuuf fayyadan:

- Latex kondomiin yoo sirriitti maa'ii itti ba'ame daddarbiinsa HIV ittisuuf hedduu fayyada.
- Quunnamtii saalaa hudduudhaan ykn karaa dhagna dubartii yoo gootee yeroo hundaa latex koondomii fayyadami

HIV Infection Cannot Be Spread By:

- Shaking hands
- Swimming pools
- A kiss
- Toilet seats
- Cups
- Food
- Animals
- Insects
- Hugging
- Coughing

Complications/consequences

Consequences of AIDS:

- Currently no cure available; most people eventually die from the disease (most live about 10 years after infection)
- Spread to other sex partners and persons sharing needles

Pregnancy and HIV/AIDS:

- HIV can be passed to unborn children from infected mother during pregnancy or childbirth
- Infected mother may infect infant through breast milk (rare)

Prevention

Recommendations to Reduce the Spread of HIV:

- Latex condoms, when used consistently and correctly, are highly effective in preventing the transmission of HIV,the virus that causes AIDS.
- Always use latex condoms during vaginal and anal sex

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- Quunnamtii saalaa afaaniin qaama dhiiraa luuguun yoo goote latex kondomii fayyadami
- Quunnamtii saalaa dhagna dubartii arraabuun ykn karaa hudduu yoo goote ittisa latex fayyadami (laastikii ilkaanii ykn koondomii lamatti kutiiti)
- Alkoolii ykn hashiishii fayyadamuu xiqqeessi ykn dhaabi
- Lilmoo hashiishii, jirbii ykn ho'isaa hin hirmaatin
- Tumaa fi qaama urachuuf lilmoo hin hirmaatin
- Lakkoobsa namoota quunnamtii saalaa waliin hojjetu xiqqeessi
- HIV qabachuuf dhiisuu kee gama dooktora, kiliinka STD tiin ykn bakka qorannoof gorsa HIV itti argachuu ni dandeessa
- Yoo HIV dhaan qabamte namoota quunnamtii saalaa waliin gootu ykn namoota lilmoo waliin hirmaattu hatattamaan beeksisi

- Use a latex condom for oral sex on a penis
- Use a latex barrier for oral sex on a vagina or anus (dental dam or condom cut in half)
- Limit or avoid use of drugs and alcohol
- Don't share drug needles, cotton or cookers
- Don't share needles for tattooing or piercing
- Limit the number of sex partners
- Tests are available to detect antibodies for HIV through physicians, STD clinics, and HIV counseling and testing sites
- Notify sex and needle-sharing partners immediately if HIVinfected

Dawaa/yaala

Dawaa HIV/AIDS:

- HIV/AIDS dawaan fayyisu hin jiru
- Dafanii baranii yaalamuun umrii dheeressuu ni danda'a
- Haalli ittisa qaamaa akka hojiisaa itti fufuuf dawaan jira
- AIDS waliin qabatanii dhibee dhufan wal-dhaanuuf dawaan jira
- Dhibeen kun mucaa garaa keessa jirtutti darbuuf carraa inn qabu xiqqeessuudhaaf dubartii ulfaatiif dawaan jira
- Dawaa harawaan hojjechuuf dhiisuu isaa qorachuuf xinxala dawaa

Treatment

Treatment of HIV/AIDS:

- No treatment or medication available to cure HIV/AIDS
- Early diagnosis and treatment can prolong life for years
- Medications and treatments available to keep immune system working
- Medications available to treat AIDS related illnesses
- Medications available for HIV infected pregnant women to greatly reduce the chance of infection to newborn
- Experimental drug trials to test new medications

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Odeeffannoo kanarraa yoo barbaadde teessoo armaan gadiitiin quunnami:

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P.O. Box 9441
Minneapolis, MN 55440-9441
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Projektii AIDS Minnesota itti Daandii AIDS
(612) 373-AIDS (Magaalaa)
1-800-248-AIDS (Mootummaa)
(612) 373-2465 TTY (Magaalaa)
1-888-820-2437 TTY (Mootummaa)
www.mnaidsproject.org

Daandii hatattamaa kan mootummaa guutuu CDC, STD tiifi AIDS
1-800-342-AIDS; 1-800-243-7889 TTY

For more information, contact:

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(612) 373-2465 TTY (Metro)
1-888-820-2437 TTY (State)
www.mapaidsline.org

CDC National STD and AIDS Hotlines
1-800-342-AIDS; 1-800-243-7889 TTY

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