

HIV waliin jiraachuu dandeessu

Tajaajilawwan kan SAYFSM, qajeelfamaa fi abdiin akka argattaniif isin gargaaru.

Sagantaawwanii fi tajaajilaawwan kunneen SAYFSM –tti isiniif argamu:

- Afirikaanota HIV waliin jiraataniif gumii deggersaa miiraa fi kan hafuura
- Gorsaa fi Qorannoo HIV
- Barnoota ittisa HIV/AIDS
- HIV posatiivii warra ta'aniif kan kennamu gidduu seenuu kan dhibee ittisuu fi barumsa fayyaa
- Aadaa fi afaaniin kan wal qabatan meeshaalee barnootaa
- To'annoo dhimma fayyaa
- Abukaatoo kan yaalii fayyaa
- Gorsa Fayyummaa Sammuu

Mana jireenyaatiif, miindeffamuudhaaf, deggersa hawaasaatiif, dulaaba soorataatiif, uffannaadhaaf, barnootaaf, seeraaf, meeshaalee mana keessaatiif, akkasumas fedhiwwan kan biroof kan oolan, maddaa fi refiraala.

Qorannoo Fayyaa Taasisaa!

Qorannoon hundinuu fi tajaajilawwan wal fakkaatoo ta'an kaffaltii kan hin qabnee fi waajjira SAYFSM kanatti kan kennamanii dha.

SAYFSM kun karaa miseensa hojjetoota sirriiti leenjifamanii fi waraqaa ragaa qabaniitiin kan geggeeffamu meeshaa qorannoo HIV sadarkaa isaa eegalee taasisa.

Beellama qabachuudhaaf gara SAYFSM –tti bilbiluudhaan miseensa hojjetootaa waliin haasa'aa.

Bahiin qorannoowwanii daqiiqaa 15 keessatti



Teessoon Keenya:

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KENNAAWWAN ADDAA GAMMACHUUDHAAN KEESSUMMEEFFAMU!

Eeyyee! SAYFSM kanaaf kennuu nan barbaada:
___\$25 ___\$10 ___\$5 ___kan biraa

Maaloo, kennaa keessan gara kanatti ergaa:

SAYFSM
2395 University Avenue W, #200
St. Paul, MN 55114

Buufata Qorannoo HIV kan TOLAA

SAYFSM ----- 651-644-3983

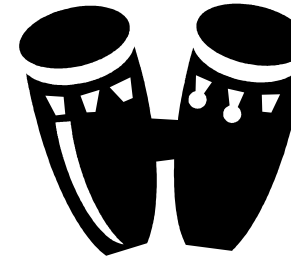
JustUS Health ----- 612-341-2060

Red Door ----- 612-543-5555

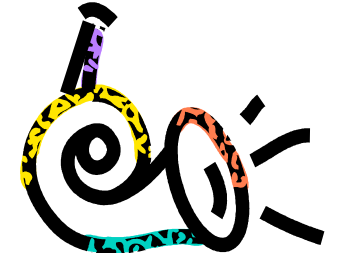
Tajaajilawwan akka aadaatti Sirrii ta'an dhiheessuu



Minnesota keessatti sahaaraa gaditti kan jiraatan Tajaajila Dargaggootaa fi Maatii Afirikaanotaa (SAYFSM), Afirikaanota Minnesota keessa jiraatan hundumaaf, miira aadaa fi afaaniifis mijataa ta'een barnoota HIV/AIDS fi tajaajilawwan hawaasummaa kenna.



Mbiu



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“Cimoota'uu qabna malee dhukkubaaf harka kennuu hin qabnu”



Maqaan kiyyaa Achu (maqaa koo isa sirrii miti) jedhama. Dhaladhee kanan guddadhe biyya Afirika keessatti argamtu keessatti. Bara 2000 keessa abbaan kiyyaa dhibee HIV/AIDS tiin du'e. Isaan boodas, obboleettiin kiyyaa kan biyya USA jiraattu qorannoo HIV/AIDS taasisuuf miseensa maatii guutummaa gara hospitaalaatti geessite. Ogeessi fayyaa anaan qorates boo'uudhaan waraqaa laboraatoorii kiyyaa tarsiisee gate. Yoo gochaa isaa irraa akka waa mudate hubadhe illee, bahii qorannoo kiyyaa anatti himuuf hayyamamaa hin taane.

Bahii qorannoo kiyyaa akkan argadhuuf Obboleettiin kiyyaa cimsitee na gaafatte. Ji'a tokkoon boodas irra deebiidhaan akkan qoratamuuf gara hospitaalaatti na geessite. Yeroo kanatti ogeessi fayyaa bahii qorannichaa natti hime. Akkuma ani dursee shakkee ture bahiin kun posatiiva ture. Obboleettiin kiyyaa imimmaan ishii qabachuu hin dandeenye. Waan dhageesse kanatti baay'iftee rifachuudhaan raafamte. Bahiin qorannoo HIV kiyyaa posatiiva ta'uu akka danda'u waanan beekuuf baay'ee hin rifannen ture. HIV dhiiga kiyyaa keessa yoo jiraate illee jiraachuu fi guddachuu akkan danda'u of amansiisuuf waanan gochuu danda'u hundaa nan yaale. Walitti fufiinsaan qoodan waa'ee haala kootii dhiphadhu, akkamittiin akkan jireenya idilee fi kan fayyaalessa ta'e itti jiraachuu danda'u yaaduun eegale. Xumura irrattis dhibee HIV/AIDS akka dhibee isa kamiitti iyyuu salphisee ilaaluun murteesse. Obboleettiin kiyyaas akka waan narsii hojii irra jiru tokkootti ART naaf ergiti turte. ART fudhachuu ergan eegalee jijjiirama baay'ee argeera. Fakkenyaaf, dandeettiin dhukkuba of irraa ittisuu qaama kiyvva foovva'ee iira.

“Maqaa gadhee qabaachuu fi addaan baafamuu sodaachuudhaan haala HIV/AIDS kiyyaa himuu irraa of qusachuu murteesse.”

Haala ani irra jiru yeroon hubadhetti, biyyan itti dhaladhe keessa namoonni muraasni kan waa'ee HIV/AIDS hubannoo ga'aa qabanis turaniiru. Maqaa gadhee qabaachuu fi addaan baafamuu sodaachuudhaan haala HIV/AIDS kiyyaa himuu irraa of qusachuun murteesse. Sababa kanaafan maqaa masoo kiyyaatiin seenaa jireenya kootii himuu filadhe.

Gara USA kanan dhufe bara 2019 keessa ture Yeroo muraasaaf Texas keessa ergan jiraadhee booda, gara Monnesota, bakkan amma jiraachaa jiruttan darbe. Ergan gara USA dhufee booda, haalli kunuunsa fayyaa gaariin waan jiruuf fooyya'aan jira. Haala iddilaawwaa ta'een ogeessa fayyaa kiyyaa nan daawwadhuu akkasumas yaalii fayyaa nan hordofa. kanuma irratti iyyuu, ofii kootii nan gammada. Biyya Ameriikaa kana keessatti namoonni jireenya ofii isaanii kan jiraatan yoo ta'u, kan nama biroo gidduu hin seenani. Namoonni waa'ee haala kootii beeku ykn waa'ee odeessu jedhee dhiphachuu ilaalchisee rakkinni hedduun anaan mudate hin jiru. Inni kunis haala fayyummaa fi dhimma jireenya kiyyaaf caalmaatti bifa mijataa ta'een keessummeessuu akkan danda'uuf haala mijataa fi carraa gaarii naaf kennee jira.

SAYFSM kanaaf nama fira ta'e qaba. Waa'ee deggersa, kunuunsaa fi barnootaa kennamuus natti himtee jirti. SAYFSM kanatti ergan makame eegalee, deggersa miiraa, xiin sammu, fi kan hamilee argadheen jira. Gumii deggersa SAYFSM warra ija jabummaa akkan qabaadhuuf, abdiin kiyyaa akka haara'uu fi karaa posatiivii ta'een akkan yaaduuf anaan gargaaran keessattan dabalame. Hojjetoota SAYFSM warra tajaajila baay'ee gaarii ta'ee fi deggersa walitti dhiheenya naaf taasisaniif galata guddaan qaba.

“Waa'ee haala kanaatiif dhiphachuun ykn gadduun dhibee kana caalmaatti dhiibbaa akka inni taasisu ibsuun barbaada.”

Haalli HIV/AIDS isaanii maal iyyuu yoo ta'e, jireenya irraa hafa fi gammachiisaa jiraachuun akka danda'amu firoottan koo PLWHA (namoota HIV/AIDS waliin jiraataniif) mirkaneessuun barbaada. Dhibiin HIV/AIDS dhukkuba addaan ba'e goonee ilaaluu akka hin qabne ofii keenya yaadachiisuu qabna. Akkuma dhukkuba isa kamii iyyuu qabamuu akka dandeenyuu fi ofii keenya hawaasa keessaa osoo addaan hin baasin jiraachuu dandeenya. Waa'ee haala kanaatiif dhiphachuun ykn gadduun dhibee kana caalmaatti dhiibbaa akka inni taasisu ibsuun qaba. Cimoo ta'uudhaan dhibee kana mo'achuu qabna.

Dargaggoonni gaa'elaan dura of dhowwuudhaan ofii isaanii HIV/AIDS irraa akka eeganiif nan gorsa. Dargaggoonnis gochaalee fayyummaa isaanii miidhan irraa akka of eeganiif fi tarkaanfiiwwan kan akka Kondomii fayyadamuu akka qaban ibsuun barbaada. Namni hundinuu qorannoo HIV/AIDS itti fufiinsaana akka godhaniif waamichan taasisaaf.



Namoota HIV waliin jiraatan osoo hin taanee, HIV haa Balaaleffannu

Namoonni HIV waliin jiraachuu isaanii beekuu hin barbaadan, sababiin isaas maatii fi hawaasni isaan keessa jiraatan akka isaan hin jibbineef (judge), akkasumas addaan isaan hin baafneef sodaa waan qabaniif. HIV/AIDS kan qaban yoo ta'e illee, namni hundinuu, yeroo hundumaa akka isaan jaallatuu fi akka isaan deggeru beekuu qabu.

Vaayirasiin AIDS fidu tuttuqqaadhaan, gororaan, imimmaaniin, haxxiffannaadhaan, qufaadhaan, ykn tuttuqqa salphaa ta'e kamiin iyyuu hin faca'u. Vaayirasiin HIV harka caalmaadhaan kan inni daddarbu, karaa dhangala'aa qaama hormaata dhiiraa, dhangala'aa qaama hormaata dhalaa, dhangala'aa munnee, dhiiga, ykn aannan harmaa kan nama vaayirasiin HIV posatiiv

HIV 101

Without treatment, HIV (human immunodeficiency virus) can make a person very sick and even cause death. Learning the basics about HIV can keep you healthy and prevent transmission.

HIV CAN BE TRANSMITTED BY

- Sexual contact
- Sharing needles to inject drugs
- Mother to baby during, pregnancy, birth, or breastfeeding

HIV IS NOT TRANSMITTED BY

- Air or water
- Saliva, sweat, tears, or closed-mouth kissing
- Insects or pets
- Sharing toilets, food, or drinks

PROTECT YOURSELF FROM HIV

- Get tested at least once, or more often if you are at risk.
- Use condoms the right way every time you have anal or vaginal sex.
- Use activities with little to no risk like oral sex.
- Don't inject drugs, or if you do, don't share needles, syringes, or other drug injection equipment.
- If you are at risk for HIV, ask your health care provider if pre-exposure prophylaxis (PrEP) is right for you.
- If you think you have been exposed to HIV within the last three days, ask a health care provider about post-exposure prophylaxis (PEP) right away. PEP can prevent HIV, but it must be started within 72 hours.
- Get tested and treated for other STDs.

KEEP YOURSELF HEALTHY AND PROTECT OTHERS IF YOU HAVE HIV

- Find HIV care. It can keep you healthy and help reduce the risk of transmitting HIV to others.
- Take your HIV medicine as prescribed.
- Stay in HIV care.
- Tell your sex or injection partners that you have HIV.
- Use condoms every time you have sex, and talk to your partners about PrEP.
- Get tested and treated for other STDs.

For more information please visit www.cdc.gov/hiv

