

### You can live well with HIV

SAYFSM services will help you find direction and hope.

These programs and services are available for you at SAYFSM:

- Emotional and spiritual support group for Africans living with HIV
- HIV counseling and testing
- HIV/AIDS prevention education
- Prevention intervention and health education for HIV positives
- Culturally and linguistically sensitive educational materials
- Medical case management
- Care advocacy
- Mental Health Counseling
- Resources and referral for housing, employment, public assistance, food shelf, clothing, schooling, legal, household items, and other needs.

### Get Tested!

All testing and related services are free and available at the SAYFSM office.

SAYFSM tests blood using standard rapid HIV test kit/Oraquick kit that is performed by well-trained and certified staff members.

Call SAYFSM and talk to a staff member to schedule an appointment.



Test results in about 15 m

### Our address:

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

Telephone No.: (651) 644-3983

E-mail: [info@sayfsm.org](mailto:info@sayfsm.org)

Website: [www.sayfsm.org](http://www.sayfsm.org)

### DONATIONS GLADLY ACCEPTED!

Yes! I would like to contribute to SAYFSM:  
 \$25    \$10    \$5    other

Please send your donation to:

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

### FREE HIV Testing Sites

SAYFSM ----- 651-644-3983

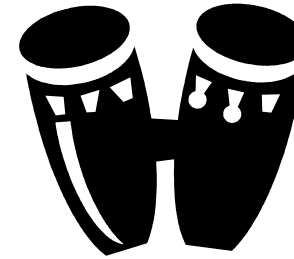
JustUS Health ----- 612-341-2060

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

Providing culturally appropriate services



Sub-Saharan African Youth & Family Services in Minnesota (SAYFSM) provides culturally sensitive and linguistically appropriate HIV/AIDS education and social services to all Africans in Minnesota.



# Mbiu



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651-644-3983

[www.sayfsm.org](http://www.sayfsm.org)

[info@sayfsm.org](mailto:info@sayfsm.org)

## Si fiican ula noolaanshaha HIV : Waxaan inla wadaagayaa waaya aragnimadayda



Aniga waxaan ku dhashay kuna soo barbaaray wadan kuyaala bariga Afrika. Waxaan katagay wadankeyga aniga oo yar 1979- kii oo aan u qaxay kana dalbaday magangalyo dalka Faransiiska 1981-kii. Waxaa la iga helay cudurka HIV 1989- kii markii aan booqday baaritaan caafimaad oo joogto ah oo ku yaala magaalo deked leh oo ku taala koonfurta Faransiiska. Waxaan dareemay inaan nolosha rajo kalaheyn. Waqtigaas, waxaan u maleeyay in qofka qaba cudurkaan HIV uusan noolaan karin wax ka badan shan sano. Sidaa darteed, waxaan dareemay in maalmahaygu

koobanyihiin oo aan lahayn rajo ah inaan sii noolaado. Laakiin waxaan go'aansaday inaan sida ugu fiican uga faa'ideysto waqti kasta oo ii haray. Sida kuhaboon, waxaan isku dayay inaan ka fogaado welwelka iyo niyad jabka oo aan ku noolaado nolol gaaban oo farxad leh. Waxaan go'aansaday inaan wajaho xaqiiqda oo waxaan isku diyaariyey wixii dhacdooyin ah. Nasiib wanaag, weli waan noolahay oo waxaan ku guulaystay inaan noolaado wax ka badan shantii sano ee aan filaaayay.

Maadaama aan ku noolaa wadan reer galbeed ah oo ay dadku maanka ku hayaan arimahooda oo aan danayn arrimaha shaqsiyeed ee kale, ma aanan la kulmin dhaleeceyn iyo takoorid la xiriirta xaaladayda HIV/AIDS. Intaas waxaa sii dheer, waxaan lahaa qoys iyo saaxiibbo i taageersan oo garabkeyga joogay intii dhib iyo wanaag ahaa noloshayda. Waxaan u mahadnaqayaa iyaga iyo dhakhaatiirta i daryeeshay caafimaad ahaan iyo maskax ahaanba.

a) Waxaan booqday dalka maraykanka dhowr jeer oo kala duwan tan iyo 2009-kii si aan u booqdo hooyaday oo ku noolayd Minnesota. Intii la gu jiray booqashooyinkaas, waxaan ka eegi jiray internetka urur ka shaqeeya caawinta iyo bixinta adeegyo taageero dadka la nool HIV/AIDS (PLWHA) gaar ahaan bulshooyinka muhaajiriinta Afrika. Waxaan la kulmay Sub-Saharan African Youth and Family Services in Minnesota (SAYFSM) intii aan ku jiray daalacashada internetka. Waxaan booqday xafiiska SAYFSM aniga iyo saaxiibkay waxaana ka noqday macmiil 2014 -kii markii aan ugu dambayntii u soo haajiray oo aan nolol kabilaawday Minnesota. Waxaan abaal weyn u hayaa kooxda shaqaalaha iyo taageerada SAYFSM. Waxay iga caawiyeen inaan dadka aniga oo kale ah la wadaago waayo aragnimadayda iyo barmaamijkayga dadka la nool HIV/AIDS (PLWHA). Waxay na siiyeen adeegyo caafimaadka maskaxda iyo kuwa kuwa bulshada ah oo igu caawiyay inaan ku noolaado nolol wanaagsan.

b) Maadaama aan ka imid koonfurta Faransiiska oo leh cimilo dhexdhexaad ah, waxaa igu adkaatay inaan la qabsado jiilaalka Minnesota. Waxaan u xiisay saaxiibadayda iyo dadkii aan aqaanay Faransiiska iyo mararka qaarkood waxaan aad uguxisaa gurigayga. Laakiin waan ku faraxsanahay inaan kusoo biiro oo aan la noolaado hooyaday. Sahlanaanta iyo fudeedka helitaanka shaqooyinka mushaarka fiican leh ayaa igu badalay wixii aan ku seegay ka tagitaankii Faransiiska.

Isla markii aan ogaaday xaaladayda HIV/AIDS -ka waa in aan hoos u dhigaa qaar ka mid ah hab nololeedkayga halista ah iyo isticmaalka khamriga iyo sigaarka. Taasi ayaa si weyn iiga caawisay inaan ka fogaado

Furaha ku noolaanshaha nolol caafimaad leh ee PLWHA (Dadka la nool HIV&AIDS) waa in laga yeesho nolosha aragti iyo rajooyin wanaagsan.

dhibaatooyinka caafimaad ee ka dhasha caabuqa HIV/AIDS. Ka sokow na, waxaan badalay cuntadaydii.

Waxaan bilaabay cunista khudaarta iyo miraha markaa lasooguray. Waxa kale oo aan bilaabay in aan sameeyo jimicsiga jirka si joogto ah. Intaa waxaa ii dheer, aniga si joogto ah ayaan u qaatay daawadayda sida dhakhtarkayga iigusheegay.

Furaha ku noolaanshaha nolol caafimaad leh ee dadka la nool HIV/AIDS (PLWHA) waa in laga yeesho nolosha aragti iyo rajooyin wanaagsan. Waxa kale oo muhiim in laisku mashquuliyi shaqada iyo nolosha bulshada

Farriinta aan u hayo walaalahayga aniga oo kale ah PLWA waa inaan ka fogaano xanaaqa iyo niyad jabka oo aan ku noolaano nolol aan walwal lahayn. Waxaan kaloo leeyahay farriin ku socota dhalinyarada: Waa inay iska ilaaliyaan ama yareeyaan dabeecadaha halista ah ee u soo bandhigi kara HIV/AIDS sida galmada aan la ilaalin, duritaanka mukhaadaraadka, iyo cabitaanka khamriga ee xad dhaafka ah. Waa inay iska ilaaliyaan HIV/AIDS iyo Covid-19 labadaba. Waa inay ku dhaqmaan kala fogaanshaha bulshada oo maaskaro xirtaan si ay iskaga badbaadiyaan Covid-19.



### Let's Fight HIV - not those living with HIV

People don't want to know if they have HIV, because they are afraid their family and community will judge and reject them. Everyone needs to know they will always be loved and supported even if they have HIV/AIDS.

The virus that causes AIDS is not spread through touch, saliva, tears, sneezing, coughing, or any type of casual contact. HIV is spread mainly through exposure to semen, vaginal fluid, anal fluid, blood, or breast milk from a person who is HIV positive.

## Sideed ku ogaan kartaa inaad qabto HIV?

Baaritaanku waa sida kaliya ee lagu ogaan karo in aad qabto HIV. Dadka qaba HIV badidood wax calaamado ah ma yeelan doonaan dhawr sano ka dib marka ay qaadaan. Markaa, ma garan kartid inaad qabto HIV sida dareenkaga ah. Baaritaanku waa sida kaliya ee lagu habsan karo.

Waa fikrad wanaagsan in la is baaro, hadii aad lammaanahaagu lasamaysid galmo aan dhawrsanayn ama hadii laga helay HIV. Waa inaad sidoo kale isbaartaa haddii aad la wadaagtay cirbadaha qof kasta (oo ay ku jiraan cirbadaha loo isticmaalo daroogada, daloolinta, iyo kuwa jirka lagu sawiro).

Haddii aad qabto HIV, waxaa wanaagsan inaad ogaato si aad u bilowdo qaadashada dawooyin kaa caawin kara caafimaadkaaga oo aad yarayso fursadahaaga inaad ku faafiso HIV-ka dadka kale.

Marka aad ogaato inaad qabto HIV waxay noqon kartaa mid cabsi leh oo kugu adag. Shaqaalaha SAYFSM ayaa kaaga jawaabi kara su'aalahaaga oo wax ka qaban kara welwelkaaga. Kahor intaadan galin baaritaanka, shaqaalaha SAYFSM ayaa kaa caawin doona inaad fahanto waxa natiija kasta oo ka timaada baaritaanka ay kugu yeelan karto. Haddii natiijada baaritaankaagu noqoto mid togan, waxay muhiim u noqon doontaa samaqabkaaga inaad hesho taageerada dad aad taqaan oo aad aamini karto. SAYFSM waxay bixisaa koox taageero shucuureed oo lacag la'aan ah, meel amaan ah oo aad kula hadli karto dadka yaqaan xaalada aad ku jirto.

### Hadii aad qabto HIV/AIDS, waxaad kala xiriiri kartaa SAYFSM , iyo sidoo kale adeega aasaasiga ee la talinta iyo caawimaada.adeegyadan bilaashka ah

- Lagaa caawiyo, guriyeynta, alaabta guriga, cuntada, dharka, shaqada;
- u gudbinta xarumaha caafimaadka, bixiyeyaasha caafimaadka maskaxda, adeegyada sharciga, fasallada barashada luqada Ingiriiska ESL;
- Caawinaad turjumaad; iyo
- gaadiidka lagu aadaayo balamaha caafimaadka

*Adeegyada SAYFSM waa lacag la'aan, qarsoodi, iyo xukun la'aan. Waxaan u adeegnaa dhamaan dadka Afrikaanka ah annaga oo aan kala soocin waddanka asalka, dhaqanka, luqadda, iyo diinta.*

