

Waxaad si fiican ugu noolaan kartaa HIV

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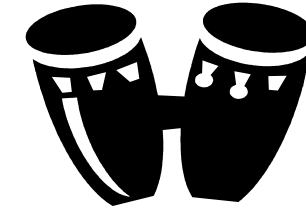
SAYFSM
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St. Paul, MN 55114

Taleefan Lam.: (651) 644-3983
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Website: www.sayfsm.org

Bixinta adeegyo dhaqan ahaan ku habboon



Adeegyada Dhalinyarada Iyo Qoyska ee Saxaraha ka hooseeya ee ka hooseeya Saxaraha Afrika ee Minnesota (SAYFSM) waxay siisaa dhaqan ahaan xasaasiga ah iyo luqad ahaan ku habboon waxbarashada HIV/AIDS-ka iyo adeegyada bulshada dhammaan dadka Afrikaanka ah ee deggan Minnesota...



Mbiu



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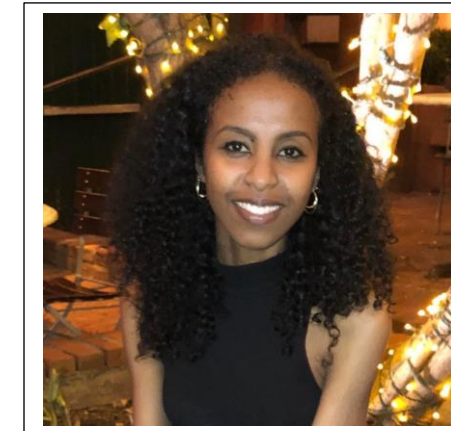
www.sayfsm.org

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St. Paul, MN

Ogaanshaha HIV ee Minnesota - tarjumida iyo adeegsiga xogtii dhawaa



Hawi Teizazu, MPH, Phd

Qormadan kooban waxa ay iftiiminaysaa xogtii u dambaysay ee HIV-ga waxana ay muujinaysaa in loo isticmaali karo in si fiican loo fahmo culayska HIV ee haysta Afrikaanka Saxaraha ka hooseeya ee ku nool Minnesota.

In kasta oo xogta oo keliya aanay joojin karin faafitaanka HIV, ururinta iyo baakaynta xogta ayaa ah tallaabo lagama maarmaan ah oo lagu horumarinayo xeelado caddayn ku salaysan.

Iyadoo taas maskaxda lagu hayo, maqaalkani wuxuu sahaminayaa xogtii dhawaa ee baadhitaanada HIV si loo fahmo sababaha asaasiga ah ee kiisaska cusub ee HIV, la ogaado kooxaha la saameeyay, oo soo jeediya sida macluumaadkan loo isticmaali karo si loo hago dadaallada ka hortagga bulshada.

Fahamka caabuqyada HIV ee Minnesota

In kasta oo ay hoos u dhaceen baadhista HIV tobankii sano ee la soo dhaafay, tirooyinka 2021 waxay muujiyeen 30% korodhka kiisaska cusub ee la helay marka la barbar dhigo tirada kiisaska cusub ee 2020. Lama qaadan karo in 2021 ay ka tarjumayso isbeddelka isbeddellada HIV, laakiin waa muhiim. in kor u kacan kiisaska si dhab ah loo qaato iyadoo la sahaminayo arrimaha salka ku haya kororka kiisaska HIV 2021.

HIV ee dadka Afrikaanka ah ee ku nool Minnesota

Heerka ogaanshaha ee dadka reer Minnesota ee soo sheegay waddan Afrikaanka ah oo ay ku dhasheen ayaa 15 jeer ka sarreeya heerka ogaanshaha ee dadka caddaanka ah ee aan Hispanic ahayn. Qiyaastii 40 boqolkiiba dadka Afrikaanka ah ee helay cudurka HIV 2021 ayaa laga helay AIDS-ka sanad gudihiis,

taas oo soo jeedinaysa in dadka Afrikaanka ah ee ku nool Minnesota ay la nool yihiin HIV waqti dheer ka hor inta aan la ogaanin cudurka.

Ku daridda jinsiga ee falanqayntan waxay muujinaysaa in haweenka Afrikaanka ah uu si aan xad lahayn u saameeyay HIV. Dhammaan haweenka Minnesota ee laga helay HIV 2021, 39% waxay ahaayeen Afrikaanka. Marka la barbardhigo, 9% ragga laga helay HIV 2021 waxay ahaayeen Afrikaanka.

La kulanka HIV

Habka soo-gaadhista ee kiisaska intooda badan lama shaacin, laakiin hab-dhaqanka galmoodka ayaa lagu tilmaamay inay tahay arrinta ugu badan ee ka mid ah kiisaska la aqoonsaday qaabka soo-gaadhista. In kasta oo ay tani run ka ahayd ragga dhexdooda, tani run uma ahayn dumarka. Markii ugu horreysay, isticmaalka mukhaadaraadka la isku duro ayaa ahaa habka ugu badan ee la sheego ee la isugu gudbiyo dumarka.

Isticmaalka xogta si loo hagaajiyo dadaallada caafimaadka ee la xiriira HIV

Macluumaadka la wadaago ee ku saabsan ogaanshaha HIV ee Minnesota waxay bixisaa carro bacrin ah oo lagu dhiso laguna beddelo dadaallada ka hortagga, gaar ahaan marka ay la xiriiraan tirada badan iyo dadka Afrikaanka ah ee kala duwan ee Minnesota. Hoos waxaa ku yaal siyaabo ay u doodayaashu ku dhisi karaan macluumaadka la wadaago maqaalkan.

1. U doodista xogta: macluumaad dheeraad ah oo ku saabsan HIV ayaa loo baahan yahay si loo sheego xeeladaha ka hortagga xeeladaha ka hortagga bulshooyinka Afrikaanka ah. Tusaale ahaan, macluumaadka ku saabsan qaabka soo-gaadhista kiisaska ka dhex jira muhaajiriinta Afrikaanka ah waxay bixinaysaa aragti qiimo leh.

2. Aqoonsiga isticmaalka mukhaadaraadka la isku duro (IDU) ee bulshooyinka Afrikaanka ah: IDU waa khatar sii kordheysa oo ku wajahan caafimaadka iyo ladnaanta dadka Afrikaanka ah ee ku dhashay Minnesota. Tan waxa caddaynaya tirada dhimashada ee loo aanaynayo cilladaha ku-takri-falka mukhaadaraadka, iyo sidoo kale

saamiga sii kordhaya ee baadhitaannada HIV-ga ee loo nisbeeyo IDU. Xeeladaha lagu baabi'inayo xidhiidhka ka

dhexeeya HIV iyo IDU waa kuwo badan. Waxaa ka mid ah dadaallada dhimista waxyeelada ee fududeynaya helitaanka qalab nadiif ah oo nadiif ah, iyo sidoo kale hubinta helitaanka adeegyada daaweynta iyo daawada. Sidoo kale waa lagama maarmaan in la bilaabo wax ka qabashada ceebeynta IDU si kor loogu qaado fayoobida bukaannada iyo bulshadooda.

3. Laba-laabista dadaallada ka-hortagga: laga yaabee in natiijada ugu dhibka badan ee la xiriirta ogaanshaha HIV ee bulshooyinka Afrikaanka ah ay tahay heerka uu HIV-gu ugu gudbo AIDS-ka. Si loo soo celiyo, 40 boqolkiiba dadka Afrikaanka ah ee helay cudurka HIV 2021 ayaa laga helay AIDS bishii Abriil ee 2022. Tani waxay soo jeedinaysaa in qaar badan oo ka mid ah ay la nool yihiin HIV ka hor inta aan la helin ogaanshaha rasmiga ah, waxayna tilmaamaysaa baahida loo qabo dadaal joogto ah oo kor loogu qaadayo. Tijaabada HIV ee Afrikaanka ku dhashay Minnesota.

4. Horumarinta xeeladaha haweenka Afrikaanka ah: inkastoo dadaallada la beegsanayo ee looga hortagayo kiisas cusub waa in ay aqoonsadaan saameynta uu HIV ku leeyahay dhammaan kooxaha,

waa in la sameeyaa dadaal wadajir ah oo lagu fahmo oo wax looga qabto sababta heerka ogaanshaha HIV uu ugu sarreeyo haweenka Afrikaanka ah marka la barbardhigo. haweenka ka soo jeeda isir iyo isir kala duwan.

Wixii macluumaad dheeraad ah oo ku saabsan HIV ee Minnesota, fadlan booqo Waaxda Caafimaadka Minnesota website-ka ama la xiriir qaybtooda cudurada faafa, ka hortagga iyo xakamaynta.

Ilaha xogta:

Warbixinta dhimashada HIV ee Waaxda Caafimaadka ee Minnesota 2021
<https://www.health.state.mn.us/diseases/hiv/stats/2021/inctables.pdf>

Aynu la dagaallanno HIV – laakiin maaha kuwa la nool HIV

Dadku ma rabaan inay ogaadaan inay qabaan HIV, maxaa yeelay waxay ka baqayaan qoyskooda iyo beeshoodu inay xukumaan oo diidaan. Qof kastaa wuxuu u baahan yahay inuu ogaado in had iyo jeer la jeclaan doono lana taageeri doono xitaa haddii uu qabo HIV/ AIDS.

Feyraska keena cudurka AIDS kuma faafo taabashada, candhuufta, ilmada, hindhisada, qufaca, ama nooc kasta oo xiriir caadi ah. HIV wuxuu ku faafaa inta badan soo-gaadhista shahwada, dheecaanka xubinta taranka dumarka, dareeraha dabada, dhiiga, ama caanaha naaska qofka qaba HIV.



Covid-19 wuu sii kordhaya!

Baahsanaanta COVID-19 ayaa mar kale sii kordhaysa. Cudurka saf-mareenka ah ee COVID-19 ee socda ayaa saamayn ku yeelanaya bulshadeena si aan loo meel dayrin.

Sida muuqata in bulshada muhaajiriinta Afrikaanka ah iyo muhaajiriinta kale, oo ay ku jiraan carruurtoodu, ay si gaar ah u nugul yihiin.

Sidaas awgeed, waxaa haboon in mudnaanta la siiyo tallaalada si anaga iyo qoysaskeenaba looga badbaadiyo khataraha la xidhiidha fayraska.