



# Caafimaad ku JOOG CANADA:



## Waxa laga rabo qof walba in uu ogaado

### Ma ogeyd...

- Labadii saacadoodba, qof Canada ku nool buu HIV ku dhacaa.
- Canada gudaheeda, mid ka mid ah sadexdii qof ba ee HIV qaba ma oga in uu cudurka qabo.
- HIV/AIDS waxa uu ku dhacaa dadka dhaqankii ay donaan ha haystaan, jinsiyad, diin ama dabaqadii ay ahaadaanba.

**Waxa aan ubaahanahay in aan wada ogaano waxa uu yahay HIV/AIDS.**

### Waa maxay HIV/AIDS?

HIV waa fayraska sababa AIDSka. HIV waxa uu daciifiyaa awooda uu jirku iskaga difaaco cudurka. AIDS waa xaalada ugu dambaysa ee jeermiska cudurka HIV. Canada gudaheeda, waxaa jira daawooyin ka caawiya dadka qaba cudurka HIV/AIDS sidii ay u sii noolaan lahaayeen. Dadka qaba cudurka AIDS waa ay xanuunsadaan kadibna waa udhintaan. Daawana malaha.

### Sidee buu dadka HIV/AIDS ugu dhacaa Canada?

- In aad uga galmooto dabada ama xubinka taranka dumarka qof qaba HIV.
- In la wadaago irbadaha si la isugu duro maandooriya yaasha.
- In la wadaago qalabka *masawirada jirka lagu sawiro* (tattooing), maqaarka lagu dalooliyo, ama *daaweynta irbadaha jirka lagu mudo* (acupuncture)
- Hooyada qabta cudurka HIV waa ay u gudbin kartaa cunugeeda inta ay uurka leedahay, dhalida cunuga, ama naaska nuujinayso. Canada haweenta qabta cudurka HIV waxa ay helaysaa daaweyn lacag la'aan ah si loo yareeyo fursada uu fayrasku ugu gudbi lahaa cunugeeda.

### Dadku waxa ay uga hortegi karaan cudurka HIV waa:

- Si wanaagsan in loo isticmaalo cinjirka galmada mar walba oo ay galmoonayaan.
- In aan la wadaagin irbadaha ama qalabka la isku mudo

Fadlan kala xiriir wixii akhbaar dheeraad ah:

**Winnipeg gudaheeda:** telefoon udir qaybta akhbaaraadka AIDS/STI 945-2437 ama eeg [www.serc.mb.ca](http://www.serc.mb.ca)

**Brandon gudaheeda:** telefoon udir qaybta akhbaaraadka AIDS/STI 1-800-782-2437 ama email: [sti@brandonrha.mb.ca](mailto:sti@brandonrha.mb.ca)

### **Adiga ama qof aad taqaan ma qabaa HIV ama AIDS?**

Telefoon usoo dir si aad akhbaar u hesho, daaweyn, iyo taageero. **Winnipeg gudaheeda, telefoon udir 940-6001**

Winnipeg dibedeeda, telefoon udir **1-800-305-8647**

Telefoonkaaga ama booqashadu waa lacag la'aan, khaas ah iyo qarsoodi.

**Waxa aan ubaahanahay in aan wada ogaano  
waxa uu yahay HIV/AIDS.**

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**SOMALI**