

Yeewto HIV: Ko Njiylawu Kuutortoongu



Wadde yeewndo HIV ko yeewndo cellal kala sahaa

So ada jokkondiri baaldal walla ada tufee ledde, yeewto-daa ko famdi fof laawol gootol e hitaande. E fawaade e nguurndam baaldal maa, ada waawi naftoraade yeewndo HIV kala lebbi tati haa joweego'o.

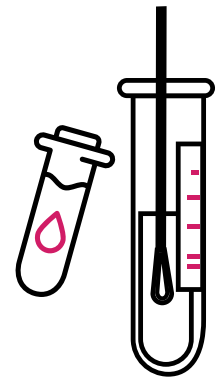
So tawii a hebii HIV, fuddoo safrude HIV no haanirta nii dayi. Ledde kisal e moyye ina mballita yimbe wonndube e HIV nguurndam juutdam e nguurndam celludam. Yimbe yettube safaara HIV, tawa ina njogii nyawu ngu nganndaaka, mbaawaa saabaade HIV e wodbe e jokkondiral baaldal.

Yeewto HIV ina hebee tawa alaa njobdi walla ko famdi fof e nder NYC.

- Naamndo-daa doktor maa ngam yeewndaade HIV.
- Hebde yeewndo to Ñawndordu Cellal Baaldal. Ngam nokkuuji, njillu nyc.gov/health/sexualhealthclinics. Kala mo duubi mum njahrata e 12 walla ko buri dum ina waawi wadde yeewndo HIV tawa jibinannde mum walla gardiido mum yamiraani dum to nokku Ñawndordu Cellal Baaldal.
- Yiylo Kartal NYC Health nyc.gov/health/map walla noddu **311** ngam anndude to kebataa yeewndo HIV walla yeewndo HIV e nder galle tawa ada yoba.

Nokkuje yeewndorde HIV

- **Yeewndooji yiyam e Laboratuwaar**, ko laabtudum no feewi, ina rokka njeñtudi e nder balde seeda
- **Yeewndooji jaawdi**, badooji njeñtudi e nder leyyande 60 (teskuyaaji gondi e junngo) walla hojomaaji 20 (Yeewndooji bayli)
- **Yeewndooji Bayli Honnduko**, di njidaa yettude noone yiyam
- **Kabirgal yeewndo hoore maa e nder galle**, baawdi hokkude ma yeewndo hoore maa e nder suudu huutoraade yeewndo honnduko



Ina booya hade yeewndo HIV yiytude ñawu HIV kesu.

- Teskuyaaji yiyam laboratuwaaruuji antigen/anticorps HIV maa njiytu ñawu HIV balde 18 haa 45 caggal nde neddo hebi dum.
- Yeewndooji jaawdi badaadi e Yeewndooji honnduko ina mbaawi juutde, ina mbaawi yiytude ñawu HIV balde 23 haa 90 caggal nde neddo hebi dum.
- Yeewndooji keertiidi ngam yeewde mborosaaji ina mbaawi yiytude ñawu HIV kesu ko yaawi balde 10 caggal nde o feeñi.

Ngam hoolkisaade a alaa HIV, yettu yeewndo yiyam laboratuwaar **balde 45** caggal nde njiy-daa ñawu nguu cakkitiido walla yeewndo jaawngo **balde 90** caggal nde njiy-daa yeewtere maa cakkitiinde.

Anndu Maande Ñawu HIV Kesu

Maande arane de ñawu HIV kesu ina jeyaa heen nguleeki, buubri yiyam, walla Naawnde.

- So tawii ina gasa tawa ada wonndi e HIV, ada jogii deedoo maande, ndeeno-ɗaa ndesodireede baaldal, njaha doon e doon to safirde, yeewndo-ɗaa ngam HIV.
- Wonaa kala kebɗo HIV waawi teskaade deedoo maande.

Laabi Hadde Jabbugol HIV

Wadde yeewto-ɗaa ko juuti ngam anndude so tawii ko HIV. So ada jogii HIV, so ada yaawi yeewndaade, ada waawi fuddaade safrude ngam waawde jogaade cellal e waasde jogaade HIV to wofbe.

- **Jab Yeewteede e safreede ñawuujji godfi jowitiidi e ndesodiral baaldal (sexually transmitted infections, STIs).** STI hollirtaa maande mum sahaa kala, ina waawi kadi weebtinnde hebde walla sarde HIV.
- **Huutoraade kapotti.** Kapotti ina mballita e hadde HIV, STI godfi, e reedu.
- **Yettu PrEP ngam hadde HIV.** Ko adii nde neddo naatata (pre-exposure prophylaxis, PrEP) ina selli, ina moyyi lekki kadoohi HIV. PrEP ina hebee no pillol ngol yettataa ñalnde kala walla pinngu mbo yettataa lebbi didi kala.
- **Yettu PEP ko yaawi so tawii ada wonndi e HIV.** Ledde e nder nyawndirgol caggal hebde njubbudi (post-exposure prophylaxis, PEP) ina waawi hadde HIV caggal nde neddo hebi dum so fuddiima e nder waktuuji 72. Fuddo PEP doon e doon e noddude 24/7 Yownirgel NYC PEP (NYC PEP Hotline) to 844-3-PEPNYC (844-373-7692).

Ngam hebugo bayaanuujji feere e beydaari kuugal, yah haa nyc.gov/health/hiv walla yewtu fibnde QR.

