

# Baatal PrEP: Ko Njiylawu Kuutortoongu

## PrEP Ngam Haɗde HIV



Ko adii nde nedɗo naatata (pre-exposure prophylaxis, PrEP) ko lekki kisal, baawki haɗde HIV. Ina heboo e pillol ñalnde kala walla e injection mo kebataa kala lebbi didi.

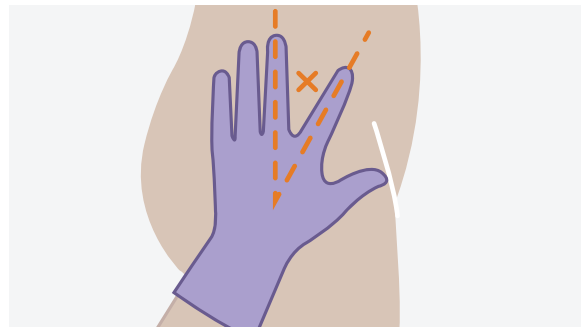
### Baatal PrEP

Hebde baatal PrEP kala lebbi ɗici ina moyyi e haɗde HIV:

- E nder kala sifaa jikkuuji walla e nder baatal ledɗe
- Wonannde yimbe kala jinnaabe walla jikkuuji baaldal

Hebde baate no taskiraa:

- Hebtu yeewndo HIV, yeewndorde laboratuwaar godɗe, e baatal PrEP maa arano.
- Hebde baatal didabal lewru wooturu caggal duum.
- Ndeen, kebaa lebbi didi kala baala gootal.



Ko yettaa e naatgol kabaruuji ñawɗo Apretude mo ViiV Healthcare: [bit.ly/viiv-apretude](https://bit.ly/viiv-apretude)

**Kala bataal ina waɗi kabotegeraabir (Apretude) juutɗum golle, woni lekki PrEP. Aɗa heba baate PrEP e banngge koyngal, les keesi ɗin. Yeew nate gonde dow dee.**

Yillo doktoor maa kala lebbi didi.

- Hebu baatal PrEP.
- Hebde yeewndo sahaa kala ngam anndude HIV e ñawuuji godɗi jowitiidi e ndesodiral baaldal (sexually transmitted infections, STIs).

Haaldu e dokkoowo ma so tawii ko a:

- Ina waawi leeltinde baatal maa garoowal ngam kala sabaabu
- Jogaade sikkitaare e jukkude e PrEP
- Hebde nguleeki, buubri yiyam, walla naawnde yiyam - diidoo ko maandeeji folooji ada jogii HIV

**Medicaid e ko buri heewde e peeje asiransi cellal ina poti yobde PrEP tawa aɗa yoba hay gootum. So tawii aɗa jogii caɗeele yobde PrEP, kaaldu e doktoor maa ngam anndude so tawii ballal kaalis ina woodi ngam maa.**

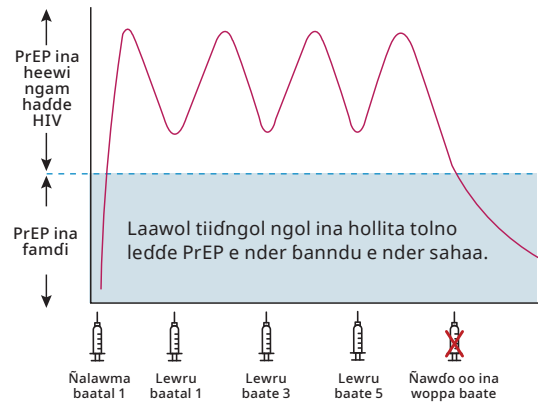
## Reento tayindirde e nder PrEP

Hebde baate no yamiraa ngam anndude so ada jogii ledde keewde e nder banndu maa ngam hadde HIV.

- So tawii ada waawi waasde wadde baate mo njid-ɗaa wadde ko buri yontere, naamndo doktoor maa ngam rokkude ma pills PrEP (kabotegeraabir). Puddagol lebbi didi caggal nde baatal maa tufaa, yettu pillol gootol e ñalawma haa baatal maa garoowal.

### So a woppii hebde baatal PrEP:

- Lekki naatki e nder banndu maa, maa ustoy haa laaba, tawa wawtaa hadde oo HIV.
- HIV ina waawi burde saftude safrude so a hebii HIV nde PrEP ina famdi e banndu maa
- Yettu pills PrEP walla huutoroo kapotti ngam hadde HIV, haa teenti noon e nder hitaande caggal nde njoofnu-ɗaa baate PrEP.



Doggol yeewndo BLUPrInt ngam Wasiaaji Ñawbe e Reentaade Jokkude cab-LA: [hivbluprint.org/cabla](http://hivbluprint.org/cabla)

## Hollit Doktoor Maa Kala ko Abbitii

Baate ina mbaawi saabaade ko ɗoo e nokku baatal ngal:

- Naawnde wakkati
- Buubri walla Wooljnde

Ledde PrEP ina mbaawi saabaade batte seeda, ina jeyaa heen:

- Yidde tutugol
- Reedu ina metti
- Tampere
- Naawol hoore

Dee batte ina keewi moyyude walla majjude caggal nde baatal ngal wadaa. Haaldu e doktoor maa so tawii batte mum ina njokki e mettinnde ma.

Ngam mette walla buubri e nokku baatal ngal woni doo, huutoroo kompuress guldum, buubri njoornam, walla lekki buubki (hono ibuprofen).

So tawii ada wonndi e sunaare e batte baatal kabotegeraabir, ada waawi yettude mode kabotegeraabir balde 30 hade maa fuddaade baatal PrEP.

## Hakkilan e PrEP

- PrEP ina usta baasal maa hebde HIV e nder jokkondire fotde 99% nde yettaa no haanirta nii. Huutoraade kapotti ina beyda ndeenka HIV.
- PrEP tan ina hada HIV. Ngam hadde STI goddo, yeewto-ɗaa STI sahaa e sahaa fof, kuutoro-ɗaa kapotti. Ngam hadde reedu, huutoroo kapotti walla kabirde godde ngam hadde jibinnde.

**PrEP hadataa safaara hormon walla kala sifaa jibinannde. So a hebii reedu, ada fotaani woppude yettude PrEP.**

Ngam hebugo bayaanuuji feere e beydaari kuugal, yah haa [nyc.gov/health/hiv](http://nyc.gov/health/hiv) walla yetwu fibnde QR.

