



# PrEP

Jeertingol VIH





# PrEP = Safaaro ndeenka hada daabal arde (pre-exposure prophylaxis)

PrEP ko lekkiel koolnido e moyyude e jeertingol VIH  
PrEP ene waawi reende neddo fof baawdo hebde VIH.

## Ko laabi tati ngoodi mbele yettude PrEP:



Podde

Ñalooma fof

Piŋngol

E Naamdal

Yettu PrEP gooto foddere ñalooma fof

Yettu PrEP piŋngol kala lebbi didi.

E worbe leldotoobe e worbe: Yettu podde PrEP tan hada e caggal mbalndi.

Sukaabe ene mbaawi yettude PrEP taw mbe ngalaa yamiroore jinnaabe mabbe walla kilifa mabbe.

## PrEP Ñalooma fof

Yettu foddere wootere ñalooma fof, hay ñaloomaaji di a alaa mbalndi.



Yah to cafroowo ma lebbi tati fof mbele hesdinde ordonans ma haa mbaawa ndaara taw ada jogi VIH e kala ñaw daaboowo e mbalndi (sexually transmitted infections, STIs). Ene wadi cafroobe ene mbaawi yeewde e telefon e noddugol widewo.

Yettu PrEP ñalooma fof e huutoraade Truvada (walla ko nandi heen) walla yettaa Descovy.





## PrEP Piɲngoteedo

Yeewoy cafroowo ma lebbi diidi fof mbele piɲngoda lekki PrEP Apretude te ndaara taw ada jogi VIH e STIs.

Ada foti tinnade no feewi haa piɲngoda fof. Yewtu e cafroowo ma hada ma dartinde PrEP piɲngoteedo.



## PrEP e Naamdal



PrEP e naamdal koko wadaa tan mbele worbe leldotoobe e worbe wodbe. Mbele huutoraade PrEP e naamdal, yettu podde PrEP tan hada e caggal mbalndi:

- Podde 2 waktuuji 2 haa waktuuji 24 hada mbalndi ndi (yettugol adiingol)
- Foddere wootere (1) waktuuji 24 caggal yettugol adiingol
- Foddere wootere (1) waktuuji 48 caggal yettugol adiingol



Duumo e yettude foddere wootere waktuuji 24 fof so tawi odon njogi mbalndi haa heba podde d'idi caggal mbalndi ma cakkitiido.

**PrEP e naamdal jeertinta ko VIH e mbalndi wadateendi e kuwirgol kono fotaani wadaneede yimbe wadoobe mbalndi e gada.**

**Huutoro Truvada walla ko nandi heen so tawi ada yetta PrEP e naamdal.**





# Fudfo yettude PrEP

Mbele keba cafroowo ganndudo:

- Ndaar “NYC Health Map” (Kart Cellal mo Saare New York) e [nyc.gov/health/map](https://nyc.gov/health/map).
- Yeew Klinik Cellal Mbaldi e Saare New York (NYC Sexual Health Clinic) e [nyc.gov/health/sexualhealthclinics](https://nyc.gov/health/sexualhealthclinics).
- Call **311** mbele keba ballal.

Medicaid (ballal e safaara) e asiraansuuji safaara keewdi ebe yette PrEP tawi a yobata. Naamdo cafroowo ma walla jom farmasii e porograamuuji ballooji hebde PrEP.





## Reentaade e Huutoraade PrEP



- Yettu PrEP e no yamiraa ni mbele ngandaa bannu ma ene haari lekki baawdo jeertinde VIH.
- PrEP jeertinta tan ko VIH. Mbele jeertinde STIs goddi, ndartu hoore ma sahaa fof taw ada jogi STIs te huutoro kawasaaji. Yewtu e cafroowo ma e doxy PEP (doxyciline ndeenka caggal daabal), ko piɲngol mo yettataa caggal mbalndi mbele jeertina STIs.



**Mbele waasde wonde reedu, huutoro kawasaaji walla ko hadata jibingol. Ada waawi huutoraade PrEP so a sowiima walla ada yetta kala ko hadata ma jibinde walla safaara hormon.**

## Duumaade e PrEP

Haalnu cafroowo ma so tawi hol ko hadata ma yettude PrEP e no njamirda ni walla yahde randeewu ma. So tawi a natti yettude PrEP, huutoro kawasuuji walla feere goddo jeertinoowo VIH.





# PrEP

## Jeertingol VIH

So ada yidi humpitaade no moyyi,  
ndaar [nyc.gov/health](https://nyc.gov/health) te yeewa PrEP  
walla mbada eskan QR kodu.

