

# Uurka iyo HIV

## Pregnancy and HIV

If you are pregnant or plan to be pregnant, HIV testing is recommended. The Human Immunodeficiency Virus (HIV) is the infection spread by contact with body fluids or shared needles of another person with HIV.

Body fluids are blood, urine, stool, vomit, semen, and vaginal secretions.

HIV causes Acquired Immune Deficiency Sndrome (AIDS). AIDS is a disease that weakens the body's immune system and makes it hard for your body to fight infection.

There is no vaccine to prevent HIV and no cure for AIDS. There are newer medicines available that can lower the chance of getting HIV for people at risk of being exposed to HIV or may have been exposed.

### HIV Testing During Pregnancy

HIV testing is recommended for all pregnant women in the early months of pregnancy. A blood test is often done and test results will be shared with you by your doctor or health care provider.

- **A negative test result means you do not have HIV.**
- **A positive test result means you have HIV** and you need follow up care from your doctor.

HIV tests do not tell you if you have AIDS. HIV tests may be repeated during pregnancy.

Haddii aad uur leedahay ama aad qorshaynayso in aad uur yeelato, tijaabada HIV ayaa loo baahan yahay. Caabuqa Dila Difaaca jirka bili aadanka ee (HIV) waa caabuq ku fida isgaaridda dheecaanada jirka ama irbadaha oo lala wadaago qof kale oo qaba HIV.

Dheecanada jirku waa dhiigga, kaadida, saxarada, matagga, shahwada, iyo dareerayaasha kasoo baxa xubinta taranka dumarka.

HIV waxaa uu sababaa Xanuunkalaga qaado Difaac la'aanta Jirka Bini'aadamka (AIDS). AIDS-ku waa cudur daciifiya hannaanka difaaca ee jirka kuna adkaynaya jirkaaga in uu la dagaalamo caabuqa.

Majiro tallaal loogu tala galay in looga hortago HIV mana jirto daawo uu leeyahay AIDS-ka. Waxaa jira dawooyin cusub oo la heli karo kuwaas oo hoos u dhigi kara fursadda qaadista HIV ee loogu talagalay dadka halista ugu jira inuu ku dhaco cudurka HIV ama laga yaabo inay qabaanba.

### Baaritaanka HIV Xilliga Uurka

Baaritaanka HIV waxaa lagula talinayaa dhammaan dumarka uurka leh bilahooda hore ee uurka. Baadhitaan dhiig ayaa inta badan la sameeyaa natiijooyinka baadhitaankana waxa kula wadaagi doona dhakhtarkaaga ama bixiyaha daryeelka caafimaadka.

- **Natiijada baaritaanka ee taban waxa ay macnaheedu tahay inaad qabin HIV.**
- **Natiijada baaritaanka ee togan macnaheedu waxa ay tahay inaad qabtid HIV** iyo inaad u baahan tahay daryeel dabagal ah oo dhakhtarka uu kugu sameeyo.

Tijaabooyinka HIV kuuma sheegayaan in aad qabto AIDS. Tijaabooyinka HIV-ga waa lagu celcelin karaa inta lagu guda jiro uurka.

## HIV Treatment for You

**Many mothers with HIV can have a safe pregnancy when they are treated for the virus.**

If you have HIV, there are medicines to protect your health and reduce the chance of the infection in your baby. If you are not already on a treatment before pregnancy, medicines may be started after the first trimester. Treatment will depend on:

- The amount of virus in your body
- How well your immune system is able to fight infection
- Other health problems you may have

## Preventing Infection in Your Baby

### At Delivery

You may have a cesarean delivery instead of a vaginal delivery. Cesarean delivery may reduce the chance of HIV infection in your baby. The surgery may be planned a week or more before your delivery date. Talk with your doctor about your delivery.

### After Your Baby is Born

If you have HIV, your doctor may recommend that your baby:

- Start medicine the day of delivery to protect him or her against the chance of HIV infection. This may continue for several weeks.
- Have treatment if his or her red blood cells are low, called anemia. Treatment for anemia increases red blood cells that carry oxygen to all parts of the body.

## Daaweynta HIV-ga ee laguugu tala galay

**Hooyooyin badan oo HIV qaba ayaa yeelan kara uur si amaan ah marka laga daaweeyo caabuqa**

Haddii aad qabto HIV, waxaa jira daawooyin difaacaya caafimaad kaaga hoosna u dhigaya fursada caabuqu ku gaari karo canuggaaga. Haddii aadan horey daaweyn ugu jirin uurka ka hor, daawooyinka waxaa la bilaabi karaa saddexda bilood ee ugu horreysa kaddib. Daaweyntu waxa ay ku xirnaan doontaa:

- Tirada caabuqa kujira jirkaaga
- Sida ugu wanaagsan ee hannaankaaga difaacu u awoodo in uu la dagaalamo caabuqa
- Dhibaatooyinka kale ee caafimaad ee aad yeelan karto

## Ka hortagga caabuqa ee canuggaaga

### Xilliga dhalmada

Waxaa gali kartaa dhalmo qalniin ah halkii aad ilma mareenka ka dhali lahayd. Dhalmada qalniinka ah waxay hoos u dhigi kartaa fursadda caabuqa HIV-ga ee canugga. Qalniinka waxaa la qorshayn karaa asbuuc ama kabadan kahor waqtigaaga dhalmada. Kala hadal dhaqtarkaaga dhalmadaada.

### Kaddib markii canuggaagu uu dhasho

Haddii aad HIV qabto, waxaa laga yaabaa in dhaqtarkaagu ku taliyo in canuggaagu:

- Uu bilaabo daawo maalinta uu dhasho si looga hor istaago asga ama ayada fursadda caabuqa HIV. Tani waxay socon kartaa asbuucyo dhowr ah.
- In uu daaweyn helo haddii unugyadiisa ama unugyadeeda dhiigga cas ay hooseeyaan, taasoo loo yaqaan dhiig la`aan (anemia). Daaweynta dhiig la`aanta waxa ay kordhinaysaa unugyada dhiigga ee cas kuwaasoo oksijiin u qaada dhammaan qaybaha jirka.

- Be tested for HIV several times during the first year. If a baby tests positive after birth, it does not mean the baby has HIV. A mother's antibodies for the virus can show up in a baby's blood test for the first 6 months of life.
- Be bottle fed with an iron rich baby formula. Breast milk is a body fluid that can carry HIV virus, so you should not breastfeed.
- Iska tijaabi HIV dhowr jeer inta lagu guda jiro sanadka koowaad. Haddii canug tijaabadiisu noqoto in uu HIV uu jiro marka uu dhasho kaddib, taas micnaheedu maahan in canuggu qabo HIV. Lid-jireedyada hooyada ee caabuqa ayaa ka muuqan kara tijaabada dhiigga canugga 6 da bilood ee noloshiisa ugu horreysa.
- Waa in dhalo lagu siiyaa cunto carruur oo iron-tu ku badan tahay. Caanaha naasku waa dareere jirka ka yimaada kuwaasoo qaadi kara caabuqa HIV, sidaa darteed ma ahan in aad naasnuijiso.

**Talk to your doctor or health provider if you have questions or concerns.**

**La hadal dhaqtarkaaga ama bixiye caafimaad haddii aad qabto wax su`aalo ah ama welwel ah.**