infovihtal #70

Goor ak Jigeen yii ligeey ci caakatu, Goor ak jigeen yi sopi seen baaxi juddu

Daay faral di bari ci ame jangooro VIH ci massu goor ni ba jigeen yi i sopi seen baaxi juddu ba nuy ligeey ci caakatu so ka mengële yeneen mass yi ci askan. Waye nak, noo gëna faarlu ci xeex bi di aar ci VIH ak feebaru sëy.

Bari ci niiy caakatu ay doxandeem, dam nu baari ci doxandeem dunu yënŋu ci ligeey bi. Ñaaka giis beneen ligeey di na faral nooy jaay seen bopp mën dund, rawatine bu un amul kaayiit. Amna tamiit ju duggu ci caakatu giir mën di fay seen tukki ba yeneen ni soxla, ba def seen ligeey. Xamunu lu baari ci ndax amna ay goor ba jigeen yu sopi seen baaxi juddu yunuy noot giir un caakatu, un ci baari da un kay def ci seen aajo.

Fi ci Españ yoon da teere njaati caaka, nit niiy suxët caakatu, ba nu ciiy am alal, teerewul mag di jaay bo yeenen mag (amna ay goox yu takk seeni yooni bop yi teere jaayo ak jënd jooteb sëy). Amna nit nu ciiy yënŋu ak mbotaay yu jaapa ne ligeey bu wer la, di xeex nu wekk niiy ligeey ci caakatu.

Lii nu nurole

Ni ligeey ci caaakatu daanu wutte ndax un ci baari nu gi jooge ci bëreb ak aada yu wute. Li di wallant doomi jangooro ji VIH wuttem defaay aajo ci mbiir yu baari: ndax ci mbedd mi nga ligeeye ba boorom baarke bu jënd, ci masalaan.

Wutte gi taxul nu am ay pacc yu nuroo ci li yombal walluk doomi jaangooro ji VIH:

- Joxuñ gi ak beedi gii leen askan tekk
- Jafe jaffe ci am ligeey (rawati jigeen sopi baax, ci beddiko giñ leen tekk)
- Neeway gi am ci nu mën di dem ci bërëb yi ci jàppale ci wërguyaram, ndimbal njaboot ak ndimbal ci wallu yoon.
- Neew jot ay xibaar ci naka laan aar ci jangooro ji
- Baari gi Nootal mën leen dal ci ssaku leen, ba jaamal ci walu sëy
- Ñaaka gi am ci wallu yoon buy aajo ci soxla ak yëlef fu niiy ligeey ci sëy te seen coobare rek tekk leen ko.
- Bokk tolof tolof yi aajo ci dundiin (ci masalaan: door, jël sineebar, ñaaka togg feen).

Jëndkat yi, Cooro yi andal di sëy ak jëffandiko kapoot

Amna ay ligeeykat ci caakatu yu mën ay jafe jafe ci waxtaane ak jëndkat ci sëy bu wër, ndax mëna bañ jëffandiko kapoot, tekku ba doore yuy faaral di am la, ba yokk njëkkli ngir baña sol kapoot. Baña jeffandiko kapoot fo tollu ci anam yu bax ci bepp sëy, day yokk pexe yi walle ci doomi jaangooro ci moom ba si ci mooy jaay.

Ni epp ci ligeeykatu sëy yi jeffandiko kapoot mooy aar seen werguyaram, ak mur diggantem ay giiy jënd. Wante, bëggë yokk coofel ci ŋooro ak andal, daya faral un wanni karaange ba do sol kapoot ci jote yi. Lolu day yokk pexe walante te gi.

Jëffandiko sineebar

Teggi Saŋaara gi niiy nan ak sineebar bi niiy jël ngir banexu, cniiy ligeey ci caakatu sëy taam ñaay di jëffoo yi ci bu nuy jaayo. Ñaaka xibaarci yiiy wanni loorange yi ci jël sineebar ak naka lañ waxtane sëy ak faagaru mën yokk walla jangooro yi and ak VIH ba VHC.

Jigeen ci nii sopi seeni baax

Jigeen ci sopi seen baaxi juddu da un mës di boddi, di wëy ba leggi ci faana yu bari: ci mbiir askan wi, ci walu goornama, ci leggeey, ci wërguyaram ak njàng. Laxu ak ñakk xibaar ci walu nit ni sopi seen baaxi juddu, ak xamle ci neew ci bëgg bëgg nit ni di ko def, tax ba seen duggu duggu ak askan wanneku, ndimbél ak wekk ñelleen. Ligeey ci jaayo nekk na ci un baari yoon wi leen dundal, li taax ba karaange deey wanneku ci VIH. Bu nu bëgge wërguyaram nekk li gëna sam ci dundam, da faay waar nanŋu aqam ak yeleefam, te tamiit tax ci soxlaam yi nit wara am ci dundam.

Xoob un mbind ko ci ndimbalu mbotaay mi di Stop Sida, www.stopsida.org

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POR FAVOR, FOTOCÓPIALO Y HAZLO CIRCULAR

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