

**Ligeeykat Yi ci kër doktor yi xareñ ci doomi Jangooro ji di VIH, di na nu la defal ay setlu yu baari ci sa walu werguyaram. Yu ci ëpp mu am ci li nu jël ci sa deret ba c isa saw: Yeene mëness na koy def saso ame setlu, am yo xamne da niyy faral di am lu baari.**

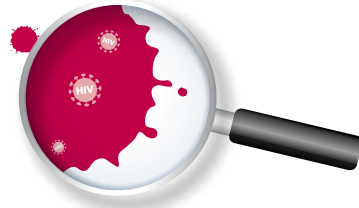
### Lacc la na nga def

Ubbil la ngir nga wax ci bëpp tolof tolof ci yaram, ba lo jogge ci garab yi ngay jël ba nu jaxal la.



### Limu jangooro ji ci deret ji

Ngir xol ñaata jangooro VIH noo ne ci deret bi.



### Wanni bu mattu deret (Emogram)

Bu Bëgge xam natta kolobil bu xonq ba bu wex nga am ci deret. Lollu da laay xamal lu baari c isa werguyaram.



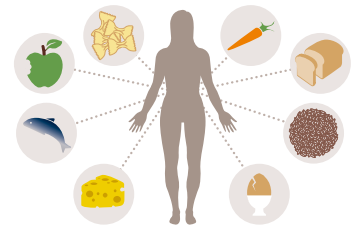
### Wanni lim pàcc yaram CD4

Ngir xam ndëgër laay karaange gi.



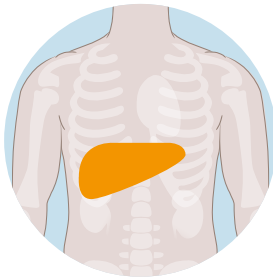
### Sukëru yaram bi

Ngir xam ndax sa yaram mën xëcc doole ci ñaam yi.



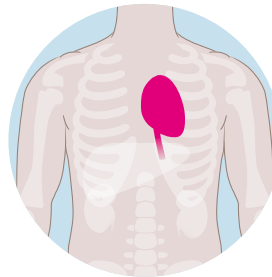
### Ligeey yu epatit bi

Set ngir xam n esa res bi mëna seg ñam yi ak garab ci anam gu rafet.



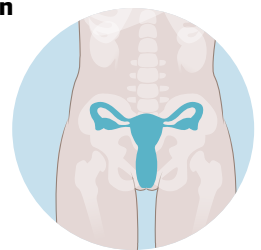
### Diw yi

Ngir xam diw yi ci deret du indi beena tolof tolof xol bi.



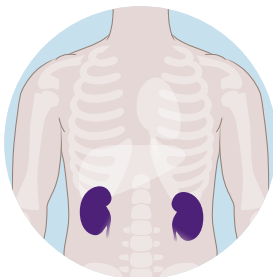
### Set buntu baaxu jigeen

Set ci pàcc yaram yi fa ne (sitoloji), mu di sakk bu ndaw bu ame ci okk baax gi. Lolu aar ci kanser ci wet gogu.



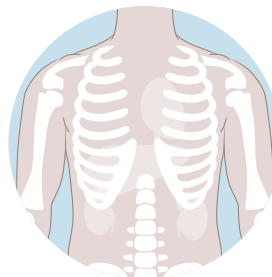
### Ci roñó yi

Ngir xol ndax roñó yi mën dindi ba mbaliit yi ci yaram bi.



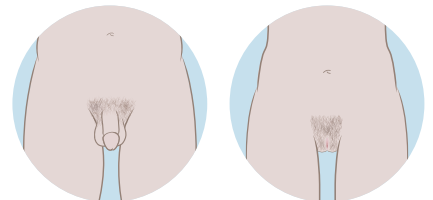
### Werguyaram yax yi

Ngir xol seen ndëgër laay .



### Werguyaram ci sëy

Ngir xol ndax amul feebari sëy dugg ni la. Mën am un def sakk tuti ci pàcc ci okk baaxi nit ki .



## Yi ni Siawal

- Lu am sola la nga dem ca kër doktoru VIH ngir setluwaat sa werguyaram sasu ne.
- Bu setlu baaxe, mën ne yeenn doktor yi du nu ko wax ak yaw, fo tollu mën nga lacc un wax la.
- Bu yëgge dara ci sa yaram, ba xalaat n esa yaram neexul, mën am nga soxla yeneen ni xettu setlu.