NHS Lothian

ENGLISH	SOMALI
Information for new patients in the United Kingdom	**Macluumaadka ku saabsan bukaanada cusub gudaha Boqortooyada Midowday ee Ingiriiska**
All people who are new to the UK are offered tests to look for infections.	Dhammaan dadka ku cusub Ingiriiska waa la baadhaa si loo raadiyo caabuqyo ama cuduro.
Some infections may not make you feel unwell now but could harm you if not found early.	Caabuqyada qaarkood waxay kaa dhigi karaan qof jiran hadda laakiin waxyeelo ayay kuu gaysan karaan haddaan hore loo ogaan.
The infections we test for have treatments to cure or control the infection.	Caabuqyada aanu baadhno waxay leeyihiin daawayn xakamaynta cudurada ama caabuqyada.
The tests and treatments are free.	Baadhitaanada iyo daawayntu waa bilaash.
Information about your tests and your results will not be shared with people, outside the National Health Service (NHS), without your consent.	Macluumaadka ku saabsan baadhitaanadaada iyo natiijooyinka lalama wadaago doono dadka, dibada ah National Health Service (NHS), iyaddoon lahaysan oggolaanshahaaga.
If you have any of these infections it will not prevent you applying to remain in the UK.	Haddii aad qabto wax jiro kale ah kaama hor joogsan doono codsiga inaad sii joogto gudaha Ingiriiska.
Different areas of the UK offer a different range of tests.	Aagaga kala duwan ee Ingiriiska waxay bixiyaan heerar kala duwan oo baadhitaanada ah.
Below is a list of tests offered to most people arriving in the UK for the first time.	Hoos waxaa ah liiska baadhitaanada dadka imanaya Ingiriiska markii u horaysay.
Being tested is optional.	In la isbaadho khasab maaha.
We advise tests to protect your health in the future.	Waxaanu ku talinaynaa in baadhitaanadu ay ilaalinayaan caafimaadkaaga mustaqbalka.

Most tests are done by taking a small amount of blood from you, which your body will easily and quickly replace without you coming to any harm.

Badanka baadhitaanada waxaa lagu sameeyaa qadar yar oo dhiig lagaa qaado adiga, kaas oo jidhkaagu si fudud oo degdeg ah u soo ceshan doono adigoon wax waxyeelo ah ku gaadhin.

Some tests require a urine sample.

Baadhitaanada qaarkood waxay u baahan yihiin muunad kaadi ah.

All new arrivals to the UK have the right to register for a GP (a family doctor who can give you medical help and advice, for free, in your local community).

Dhammaan dadka yimid Ingiriiska ee cusub waxay xaq u leeyihiin inay iska diiwaan geliyaan GP (dhakhtarka qoyska kaas oo ku siin kara caawimo caafimaad iyo talo, oo bilaash ah, gudaha bulshadaada maxaliga ah).

Tuberculosis

Cudurka qaaxada

What is it?

Maxay tahay?

Tuberculosis (TB) is an infection caused by bacteria which are released into the air when someone with an infection coughs or sneezes.

Cudurka qaaxada (TB) waa cudur ay bakteeriyadu sababto taas oo hawada lagu sii daayo marka qof qaba caabuqu uu qufaco ama hindhiso.

Pulmonary TB (in the lungs or throat) is the only form of the illness that is infectious, but TB can affect any part of the body.

TB marinka neefsashada (gudaha sambabada ama hunguriga) waa qaabka keliya ee jirada faafta, laakiin TB waxay saamaysaa qayb kasta oo jidhka ah.

If left untreated, TB is a serious illness, but it is curable with antibiotics.

Haddii la dawayn waayo, TB waa cudur khatar ah, laakiin waxaa lagu dawayn karaa dawooyinka antibiyootiga.

We will ask you questions to assess if you could have active TB.

Waxaanu ku waydiin doonaa su'aalo si loo qiimeeyo haddii aad qabto TB kacsan.

We may offer you a chest x-ray or other investigations to find out if you have it.

Waxaanu kaa qaadi kartaa raajada xabadka ama baadhitaano kale si loo ogaado haddii aad qabto.

You may not have active (infectious) TB, but you may have been exposed to it in the past (‘latent TB’).

Waxa dhici kartaa inaad qabto TB kacsan (caabuq leh), laakiin waxaa dhici karta in ay ku gaadhay xiligii hore ('TB qarsoon').

How could I catch it?

Sideen ku qaadi karaa?

TB spreads between people in the air.

TB waxay dadka dhexdiisa ku faahfaa gudaha hawada.

People with TB may not know they are ill at the time and you may have been exposed to the illness without knowing it.

Dadka qaba TB ma garan karaan inay jiran yihiin wakhtiga oo waxaa ku gaadhi kara jirada addoon ogayn.

What treatment is available?

Daawayntee ayaa la heli karaa?

TB can be fatal without treatment but can be cured with tablets.

TB waxay noqon kartaa mid loo dhinto daawayn la'aanta laakiin waxaa lagu dawayn karaa kiniin.

Treatment is usually effective however it lasts at least 6 months and may be longer depending on where TB is found in the body.

Daawayntu caadi ahaan waxbay tartaa si kastaba ha ahaatee waxay gaadhaa 6 bilood iyo ka badan iyaddoo ku xidhan halka TB laga helay gudaha jidhka.

Treatment for TB is usually a mixture of 4 antibiotics.

Daawaynta TB caadi ahaan waa isku darka 4 antibiyootig ah.

After 2 months of being on this treatment, patients may then be moved on to a course of 2 antibiotics for at least 4 months.

2 bilood ka dib qaadashada daawaynta, bukaanadu waxaa lagayn karaa qaybo 2 antibiyootig ah ugu yaraan 4 bilood.

In the UK, TB treatment is free to everyone, regardless of immigration status.

Gudaha Ingiriiska, daawaynta TB qof kasta waa u bilaash, iyaddoon loo eegin heerka sharciga qofku ku joogo.

Can it be prevented?

Ma laga hortaggi karaa?

If you have latent TB, treatment will prevent you from developing infectious TB.

Haddii aad qabto TB qarsoon, daawayntu waxay kaa hor istaagi doontaa koboca caabuqa TB.

If you have active (infectious) TB, you should isolate until you are no longer infectious.

Haddi aad qabto TB (faahfa), waa inaad go'doomiso naftaada ilaa aad ka noqonayso qof aan gudbin.

This is usually only a few

Tani caadi ahaan keliya waa dhowr

weeks and you will be supported throughout your isolation.

todbaad oo waxaa lagu taageeri doonaa dhammaan go'doomintaada.

Infections found in your blood

Caabuqyada laga helay gudaha jidhkaaga

HIV, Hepatitis B and Hepatitis C viruses can pass from person to person through blood, semen or vaginal fluids.

HIV, fayrasyada Cagaarshowga B iyo Cagaarshowga C waxay ka gudbaan hal qof ilaa qof dhexda dhiiga, shawada ama mannida ama dheecaana xubinta taranka.

These viruses can pass:

Fayraskan waa uu iska gudbi karaa:

From mother to baby during birth or infancy

Hooyada ilaa ilmaha muddada dhalashada ama dhalaanimada

By having sex without a condom

Samaynta galmo aan cinjirka kondhomka lahayn

By sharing items contaminated with infected blood e.g. needles, or razors.

Wadaagida sheeyada uu wasakheeyay dhiiga cudurka qaba tusaale, irbadaha, ama makiinada gadhka.

Hepatitis B

Cagaarshowga B

What is it?

Hepatitis B virus can infect the liver.

Many people will clear the virus without treatment, but in some people, the virus can cause liver damage and liver cancer.

In most people it will cause no symptoms so you may not know if you have it.

What treatment is available?

Hepatitis B does not have a cure, but it can be controlled.

If you have a high level of Hepatitis B virus or any liver damage, you will be offered treatment with tablets to control the virus.

Treatment can prevent liver failure and liver cancer.

Your doctor or nurse specialist will give you more information about treatment if it is required.

Can it be prevented?

A vaccine to protect you from Hepatitis B is available and is free of charge.

Hepatitis C

What is it?

Hepatitis C is a virus which affects the liver.

Many people do not have symptoms until the liver has been significantly damaged.

A blood test is the only way to know you have the virus.

What treatment is available?

Maxay tahay?

Cagaarshowga B waxa uu ku dhacaa beerka.

Dad badan ayaa iska safeeya fayraska daawayn la'aan, laakiin dadka qaar, fayrasku waxa uu sababaa waxyeelada beerka iyo kansarka beerka.

Badanka dadka ma sababi doonto wax astaamo ah markaas waxaad ogaan kartaa haddii aad qabto.

Daawayntee ayaa la heli karaa?

Cagaarshowga B dawo ma leh, laakiin waa la xakamayn karaa.

Haddii aad qabto heer sare oo fayraska Cagaarshowga B ama waxyeelo kasta oo beerka ah, waxaa lagu siin doonaa daawaynta kiniinka si loo xakameeyo fayraska.

Daawayntu waxa yka hortagtaa fashilka beerka yo kansarka beerka.

Dhakhtarkaaga ama kalkaalisada takhasuska leh waxay ku siin doonaa macluumaad ku saabsan daawaynta haddii loo baahdo.

Ma laga hortaggi karaa?

Tallaalka kaa ilaalinaaya Cagaarshowga B ayaa la heli karaa oo waa bilaash.

Cagaarshowga C

Maxay tahay?

Cagaarshowga C waa fayras saamaysa beerka.

Dad badan ma yeeshaan astaamaha ilaa beerka waxyeelo wayn gaadho.

Baadhitaanka dhiiga waa qaabka keliya ee lagu ogaado inaad sido fayraska.

Daawayntee ayaa la heli karaa?

Hepatitis C can be treated with antiviral tablets over 8–12 weeks.

This usually cures the infection.

Early treatment will prevent serious complications such as liver damage, liver failure or liver cancer.

Can it be prevented?

There is currently no vaccine or medications available to prevent you being infected with this virus.

Being treated for the infection does not prevent you from acquiring it again in future.

Human Immunodeficiency Virus (HIV)

What is it?

HIV is a virus which over time can affect your immune system, which is your body's ability to protect you from infections.

You often do not feel unwell straight away.

However, if you have this infection, you can be given treatment which controls the virus.

This stops it from causing you harm and prevents you from passing it on to other people.

What treatment is available?

There are different treatments available, usually a single tablet once a day.

This cannot cure the infection but can control the virus so that we can no longer detect it in the blood, and it cannot pass on to other people.

Cagaarshowga C waxaa lagu dawayn karaa kiniinka ku lidka ah fayraska ilaa 8-12 todobaad.

Tani caadi ahaan waxay dawaysaa caabuqa.

Daawaynta hore waxay ka hortagi doontaa cuduro khatar ah oo soo baxa sida waxyeelada dhiiga, fashilka shaqada beerka ama kansarka beerka.

Ma laga hortaggi karaa?

Hadda ma jiro tallaal ama daawooyin la heli karo si looga hortaggo in aad qaado caabuqa cudurka.

In lagaa daweeyo caabuqu kaama hor istaagto inaad qaado mar labbaad mustaqbalka.

Fayraska Difac la'aanta Aadamaha ee jidhka (HIV)

Maxay tahay?

HIV waa fayras kaas oo muddo ka dib saameeya nidaamka difaaca jidhka, taas oo ah kartida jidhkaagu uu kaaga ilaaliyo cudurada ama caabuqyada.

Inta badan ma dareentid jiro toos isla markaaba.

Si kastaba ha ahaatee, haddii aad qabto cudurkan, waxaad heli kartaa daawaynta xakamaysa fayraska.

Tani waxay ka joojisaa inay waxyeelo ku gaadho oo waxay kaa hor istaagtaa inaad u gudbiso dadka kale.

Daawayntee ayaa la heli karaa?

Waxaa la heli karaa daawayn kala duwan, caadi ahaan kiniin keliya hal mar maalintii.

Tani waxay daawayn kartaa caabuqa laakiin waxay xakamaysaa fayraska markaas in dheeraad ah kama ogaan karno gudaha dhiiga, oo dadka kale uma gudubto.

If treatment is started early, you can have a normal life expectancy and your immune system function will stabilise and, in most cases, improve.

Haddii daawaynta hore loo bilaabo, waxaad lahaan kartaa filashada cimiriga nolosha oo caadi ah oo shaqada difaacaaga jidhku way degenaataa oo, badanka xaaladaha, way soo roonaataa.

Can it be prevented?

Ma laga hortaggi karaa?

There is no vaccine currently available.

Ma jiro hadda tallaal la heli karo.

If you are at risk of HIV, you can get medication to reduce the risk of infection.

Haddii aad khatar ugu jirto HIV, waxaad heli kartaa dawada lagu yareeyo khatarta cudurka.

What am I entitled to?

Maxaan xaq u leeyahay?

Free HIV treatment and follow-up

Daawaynta bilaashka ah ee HIV iyo la socodka

If you are found to have acquired HIV this does not affect your right to apply for asylum in the UK

Haddii la ogaado inaad qabto HIV tani ma saamayso xuquuqdaada aad ku codsato magan galyo gudaha Ingiriiska

Your HIV status will not affect your right to work in the UK

Heerkaaga HIV ma saamayn doonto xaqaaga aad kaga shaqayso gudaha Ingiriiska

You will have access to free specialist care with regular, private and confidential follow up from non-hostile and non-judgmental health care professionals.

Waxaad heli doontaa daryeelka bilaashka ah ee dhakhtarka takhasuska ah oo leh la socodka caadiga ah, gaarka ah ama qarsoodiga ah oo aad kahelayso xirfad yaqaanada caafimaadka aan cadaawad lahayn oo aan qofka si khaldan u qiimayn.

If you already know you have HIV, it is important that you tell your GP as soon as possible so you can continue treatment and see an infection specialist.

Haddii aad hadda ka hor ogtahay inaad qabto HIV, waa muhiim inaad u sheegto Dhakhtarkaaga Guud sida ugu dhakhsaha badan ee suuragalka ah markaas waxaad sii wadi kartaa daawaynta oo waxaad arki kartaa dhakhtarka takhasuska ah ee cudurka.

Syphilis

Cudurka Xabada ama waraabowga

What is it?

Maxay tahay?

Syphilis is a bacterial infection passed through sexual contact.

Cudurka xabada waa caabuq bakteeriyo ah oo la isugu gudbiyo xidhiidhka galmada.

Symptoms change over time and can include painless sores or ulcers, swollen lymph glands, fever and weight loss.

Astaamahu waxay isbeddelaan muddo ka dib oo waxaa ku jiri karaa boogo aan xanuun lahayn ama nabaro soo baxa, qanjidhka limifka oo barara, qandho iyo miisaanka oo dhaca.

Symptoms can involve all parts of the body at different stages, but some people do not have any symptoms.

Astaamahu waxay ka qayb ahaan karaan dhammaan qaybaha jidhka marxalado kala duwan, laakiin qayb dadka ah ma qabaan wax astaamo ah.

If you have a sexual partner, they will also need to be tested for syphilis and they will be offered testing and treatment.

Haddii aad leedahay lamaanaha galmada, waxay u baahan karaan in laga baadho cudurka xabada oo waxaa la siin doonaa baadhitaan iyo daawayn.

If you are pregnant and have syphilis, you can pass it onto the baby before it's born and increase the risk of miscarriage, premature birth and stillbirth.

Haddii aad uur leedahay oo aad qabto cudurka xabada, waxaad u gudbin kartaa ilmaha ka hor inta aanu dhalan oo waxay kordhin kartaa khatarta qubashada uurka, dhalashada oo wakhtigeedii ka soo horaysa iyo dhiciska.

How could I catch it?

Sideen ku qaadi karaa?

You can get syphilis by having vaginal, anal or oral sex with someone who has the infection.

Waxaad qaadi kartaa cudurka xabada marka aad la samayso galmada siilka, futada ama galmada afka qof qaba cudurka.

What treatment is available?

Daawayntee ayaa la heli karaa?

Syphilis is curable with antibiotics which are usually given by injection.

Cudurka xabada waxaa lagu dawayn karaa antibiyootiga kuwaas oo caadi ahaan lagu qaato duritaan.

You may need to get repeat testing at 6 and 12 weeks after treatment to ensure the infection has been cured.

Waxaad u baahan kartaa inaad qaadato baadhitaan ku celin ah 6 ilaa 12 todobaad ka dib daawaynta si loo xaqiijiyo caabuqa in la daweeyay.

Can it be prevented?

Ma laga hortaggi karaa?

There is currently no vaccine or medication available to prevent you from getting this infection.

Hadda ma jiro tallaal ama daawo la heli karo si looga hortaggo in aad qaato caabuqan cudurka.

Syphilis can be prevented by using condoms when you have sex, and also by getting tested once a year, or if you have a new sexual partner.

Cudurka xabada waxaa lagaga hortagi karaa isticmaalka komdhomyada marka aad galmo samaynayso, iyo sidoo kale in aad isbaadho hal mar sanadkii, ama haddii aad leedahay lamaane cusub oo galmada ah.

Strongyloides

Gooryaanka Istronji

What is it?

Maxay tahay?

Strongyloides is a parasitic worm which usually lives in soil (but is too small to see) and infects you through your skin.

Gooryaanka Istronji waa gooryaan dulin ah kaas oo caadi ahaan ku nool gudaha camuuda (laakiin aad u yar in la arko) oo waxa uu kaa soo galaa dhexda maqaarkaaga.

It enters your lungs and intestines through your bloodstream.

Waxay gashaa sambabadaada iyo xidmaha iyadoo maraya qulqulka dhiiga.

It can cause skin or digestive symptoms that can come and go.

Waxay sababtaa astaamaha maqaarka ama dheefshiidka oo yimaada oo taga.

Some infections can become chronic and last for years or even be fatal.

Qaar ka mid ah caabuqa waxay noqon karaan kuwa raaga oo gaadha sanado ama xataa waxay noqon karaan kuwa keena dhimasho.

Tests for Strongyloides include testing different bodily fluids for signs of the worm, such as stool and blood.

Baadhitaanka Gooriyaanka Istronji waxaa ku jira baadhitaanka dheecaanada kala duwan ee jidhka wixii ah calaamadaha gooriyaanka, sida saxarada iyo dhiiga.

How could I catch it?

Sideen ku qaadi karaa?

Walking barefoot in contaminated soil in tropical and subtropical locations or having a weakened immune system can put you at risk of getting Strongyloides infection.

Ku socoshada kabo la'aan ciida wasakhaysan gudaha goobaha kulaylaha iyo goobaha kulaylaha ka hooseeya ama lahaanshaha nidaamka difaaca jidhka oo difaaca waxay khatar kuu gelin kartaa inaad qaado caabuqa gooriyaanka Istronji.

What treatment is available?

Daawayntee ayaa la heli karaa?

Strongyloides is easily treated with an anti-parasitic medication in tablet form.

Gooriyaanka Istronji waxaa lagu daweeyee dawada ku lidka ah dulinka oo ah qaab kiniin ah.

Can it be prevented?

Ma laga hortaggi karaa?

Strongyloidiasis can’t always be prevented.

Gooriyaanka Istronji had iyo jaar lagama hortaggi karo.

However not walking barefoot when traveling to warm or tropical climates can reduce your risk of infection.

Si kastaba ha ahaatee ku socoshada kabo la'aan marka loo safrayo cimilada kulul ama kulaalaha waxay yarayn kartaa khatartaada caabuqa.

Schistosomiasis

Kaadi dhiigta

What is it?

Maxay tahay?

Schistosomiasis, sometimes known as bilharzia, is an infection caused by a parasitic worm.

Kaadi dhiigta, wakhtiyada qaarkeed waxaa loo yaqaanaa balhaarsiya, waa caabuq uu sababo dirxi dulin ah.

The parasite lives in fresh water (such as rivers and lakes) in subtropical and tropical regions.

Dulinku waxa uu ku nool yahay biyaha darayga ah (sida webiyada iyo harooyinka) gudaha gobolada kulaalaha ka hooseeya iyo gobolada kulaalaha.

Symptoms may include a red itchy rash, high temperature, cough, diarrhoea, abdomen and joint pain.

Astaamaha waxaa ku jiri kara finan cuncun leh oo guduudan, heer kul sare, qufac, shuban, calool xanuun iyo xanuunka kala goyska.

The parasite can remain in the body for many years and cause damage to the bladder, kidneys and liver and some types increase your risk of developing bladder cancer.

Dulinku waxa uu ku jiri karaa gudaha jidhka sanado badan oo waxay sababaan waxyeelada kaadi haysta, kelyaha iyo beerka oo wakhtiyad qaarkood waxay kordhisaa khatartaada inuu kugu dhaco kansarka kaadi haysta.

Schistosomiasis is usually diagnosed by a blood test but can also be diagnosed by finding parasite eggs in your urine or stool sample.

Kaadi dhiigta caadi ahaan waxaa lagu aqoonsadaa baadhitaanka dhiiga laakiin sidoo kale waxaa lagu ogaadaa helida ukunta dulinka ee ku jirta kaadidaada ama muunada saxarada.

How could I catch it?

Sideen ku qaadi karaa?

You become infected if you come into contact with contaminated fresh water in subtropical and tropical regions, for example when swimming, paddling or washing.

Waad qaaday haddii uu ku gaadhay biyo daray ah oo wasakhaysan gudaha gobolada kulaalaha ka hooseeya iyo gobolada kulaalaha, tusaale ahaan marka aad dabaalanayso, aad huudhi seebinayso ama qubaysanayso.

What treatment is available?

Daawayntee ayaa la heli karaa?

It can be cured with a short course of an anti-parasitic medication.

Waxaa lagu dawayn karaa koorso gaaban oo ah dawada dulinka jidhka lagu daweeyo.

Sometimes treatments may need to be repeated after a few weeks.

Wakhtiyada qaarkood daawaynta waxay u baahan kartaa in dib loogu celiyo dhowr todobaad ka dib.

Can it be prevented?

Ma laga hortaggi karaa?

There is currently no vaccine or medication available to prevent you from getting this infection.

Hadda ma jiro tallaal ama daawo la heli karo si looga hortaggo in aad qaato caabuqan cudurka.

People who travel to areas affected by schistosomiasis should avoid swimming, drinking and washing in fresh water that is likely to be contaminated.

Dadka u safra aagaga saaamayso kaadi dhiigta waa inay iska ilaaliyaan dabaasha, cabida iyo ku qubayska biyaha darayga ah oo ay dhici karto inay wasakhowdo.

Infections detected in your urine

Caabuqa laga ogaaday kaadidaada

Chlamydia and Gonorrhea

Jalmaydiya iyo Jabtida

What is it?

Maxay tahay?

Chlamydia and gonorrhea are common sexually transmitted bacterial infections.

Jalmaydiya iyo jabtidu waa caabuqayada bakteeriyada ah oo badanka galmada la iskugu gudbiyo.

Symptoms of both include pain when urinating, unusual discharge from the vagina, penis or anus, stomach pain, pain in the testicles or red eyes.

Astaamaha labbadaba waxaa ka mid ah xanuun marka la kaadinayo, caadi ahaan ka soo baxda siilka, guska, ama futada, calool xanuun, xanuunka xiniinyaha ama indho guduudan.

However they can also be asymptomatic (show no symptoms).

Si kastaba ha ahaatee sidoo kale malahaan karaan astaamo (ma muujiyaan astaamo).

The test for chlamydia and gonorrhea is simple and painless.

Baadhitaanka jalmaydiya iyo jabtida waa fudud yahay oo xanuun ma laha.

It involves swabbing the affected areas (vagina, anus, throat) and/or giving a urine sample.

Waxay ku lug leedahay goos marinta aaga ay saamaysay (siilka, futada, hunguriga) iyo/ama bixinta muunad kaadi ah.

You can perform the swab yourself and it will be explained to you how to do this at your appointment.

Waxaad ku samayn kartaa marinta goosta laftaada oo waxaa lagu sharaxi karaa sida loo sameeyo wakhtiga ballantaada.

How could I catch it?

Sideen ku qaadi karaa?

They are both passed on through unprotected (without a condom) vaginal, anal or oral sex.

Waxaa labbada la isku gudbiya dhexda galmada aan ilaashanayn (aan lahayn kondhom) ee siilka, futada ama galmada afka.

What treatment is available?

Daawayntee ayaa la heli karaa?

Chlamydia and gonorrhea are treated with antibiotics but if left untreated can be passed on to other sexual partners.

Jalmaydiya iyo jabtida waxaa lagu daweeyaa antibiyootiga laakiin haddii aan la dawayn waxaa loo gudbin karaa lamaanaha kale ee galmada.

You should avoid having sex for 1 week after you and your partners have been treated.

Waa inaad iska ilaaliso samaynta galmada ilaa 1 todobaad ka dib oo lamaanahaagana la daweeyay.

Some strains of gonorrhea have become resistant to antibiotics, and you may require repeat testing 3 weeks after treatment to make sure the antibiotics have worked.

Qaar ka mid ah noocyada kala duwan ee jabtida waxay iska caabiyayeen dawada anti biyootiga, oo waxaad u baahan kartaa in dib loogu celiyo baadhitaanka 3 todobaad ka dib daawaynta si loo hubiyo in anti biyootigu shaqeeyay.

Can it be prevented?

Ma laga hortaggi karaa?

Chlamydia and gonorrhea can be prevented by using condoms when you have sex.

Jalmaydiya iyo jabtida waxaa lagaga hortagi karaa isticmaalka kondhomyada marka aad galmo samaynayso.

Getting tested once a year, or if you have a new sexual partner, can prevent the spread of infection.

Testing, treatment and all forms of contraception including condoms are free in the UK.

You can get access to them from your GP or local sexual health clinic.

Interpretation and Translation

This leaflet may be made available in a larger print, Braille or your community language and, if necessary, we will provide an appropriate interpreter for appointments.

Please speak to a member of staff.

Is baadhida hal mar sanadkii, ama haddii aad leedahay lamaane cusub oo galmada, waxay ka hortagi kartaa faafida caabuqa.

Baadhitaanka, daawaynta iyo dhammaan qaababka lagaga hortago uurka ay ku jiraan komdhomyada waa bilaasha gudaha Ingiriiska.

Waxaad ka heli kartaa dhakhtarkaaga guud ama rugta maxaliga ah ee caafimamadka galmada.

Turjumaada iyo Turjumaada hadalka ah

Warsidahan waxaa lagu diyaarin karaa daabacaad wayn, Farta qoraalka Indholaha ama luqaddaada bulshadda iyo, waxaanu bixin doontaa turjumaada hadalka ah ee ballamaha.

Fadlan la hadal xubinta shaqaalaha ah.