

# Furuqdaanyeer:

Waxa uu qof kasta u baahan yahay inuu ogaado si looga hortago faafinta xanuunka

(Mpox: What Everyone Needs to Know to Prevent the Spread)



Faafitaanka furuqdaanyeerka hadda jira waxa uu saameynayo waa bulshada LGBTQ+, oo kiisaska intooda badan ayaa lagu arkay khaniisiinta, labeebka, ama ragga ay isu-galmoodaan ragga kale, laakiin keligood gaar kuma ah. Qof kasta ayaa la qaadsiin karaa oo sii gudbin kara furuqdaanyeerka. Eedeynta bulsho gaar ah waxay dhaawici kartaa dedaallada xafiiska caafimaadka dadweynaha oo waxaaysababeysaa in aysan dadka kale iska baarin furuqdaanyeerka.



## Waa maxay furuqdaanyeerka oo sidee buu u faafaa?

- Furuqdaanyeerku waa cudur naadir ah balse suurtagal ah oo ah halis uu keeno faayruska furuqdaanyeerka. Waxa uu xanuunkan bah ahaan ka soo jeedaa faayruska furuqa.
- Furuqdaanyeerka si fudud la isuguma gudbin karo qof ilaa qof.** Dadku waxa uu infakshankan ku dhici karaa ka dib markay si dhow, oo shakhsi ah, oo inta badan ah xiriirka jir-ilaa-jir marka la taabto qof qaba furuqdaanyeerka. Dadkaas waxaa ka mid ah:



Marka si toos ah loo taabto finanka furuqdaanyeerka, qolofitiisa ama dareeraha jirka ee qofka qaba infakshanka furuqdaanyeerka.



Taabashada ama isticmaalka shay uu dhawaan isticmaalay qof qaba furuqdaanyeerka sida, gogosha, shukumaanada, burushka cadeyga, iyo alaabada galmada.



Galmo nooc kasta ah in lala sameeyo (afka, futada, iyo siilka) ama taabashada xubnaha taranka ama dabada qofka qaba furuqdaanyeerka.



In wejiyada la isu dul saaro fool-ka-fool muddo dheer. Waxaa ka mid ah shumiska, hab in la isa siiyo, baasheynta, iyo in sariir la wadaago.



## Waa maxay calaamadaha?

- Calaamadaha furuqdaanyeerka waxay bilowdaan 4 ilaa 14 maalmood ka dib marka la is qaadsiiyo. Furuqdaanyeerku badanaa waa finan cusub oo aan la sharxi karin. Calaamadaha kale waxaa ka mid noqon kara:
  - Qandho
  - Muqro-xanuun
  - Nudeennada difaaca oo bararsan
  - Madax-xanuun
- Finanku waxa ay caadi ahaan ku soo baxaan hal ilaa saddex maalmood qandho ka dib. Dadka qaar ayaa laga yaabaa inay marka hore isku arkaan finan ama nabar, balse waxa ugu xiga calaamado kale, ama waxay sii yeeshaan finan keliya.
- Finanka ayaa laga yaabaa in ay ka soo baxaan meel u dhow xubnaha taranka, dabada, afka, iyo meelaha kale ee caadiga ah ee jirka. Waxay u ekaan karaan waraabow, harbis, ama finan kale oo maqaarka caadi u ah.



## Sidee baa looga hortagi karaa?

- **Marka la kordhiyo in la isu taabto jir-ilaa-jir ayey kordheysa in la kala qaado furuqdaanyeerka. Ka fiirso inta jeer ee taabashada jir-ilaa-jir ay u badan tahay inay kugu dhacdo marka aad aaddo kulamada bulshada.** Dhug u yeelo dhunkashada iyo wadaagista cabitaannada. Iska ilaali inaad taabato finanka ama nabarrada dadka kale oo guriga joog haddii aad xanuunsato ama aad isku aragto finan ama nabro.
- **Wisconsin Department of Health Services (Waaxda Adeegyada Caafimaadka) waxay tallaalka kula talinaysaa:**
  - Dadka ay isku dhawaadeen qof qaba xanuunka furudaanyeerka.
  - Dadka qaba xaalado caafimaad waxa ay u badan tahay in la qaadsiiin doono mpox (furuqdaanyeer), xataa iyaga oo aan la nooleyn qof laga soo helay xanuunka mpox.

**Iska hubso in lagugula talinayo tallaalka kaa difaacaya xanuunkan iyo meesha aad ballan ka qabsan karto adiga oo ka eeganaya [DHS barta Tallaalka Mpox](#)**

### Khatartaas iska yareeya haddii aad adiga ama lamaanahaaga isku aragtaan mpox:

- **Haddii aad isku kalsoon tihiin, kala hadal lamaanahaaga xanuunka socda oo ka warhaya finanka idinku yaalla adiga ama lamaanaha.**
- **Ha isu galmoonina haddii adiga ama lamaanahaagu aad isku aragtaan finan cusub ama aan la garanayn.** Haddii uu adiga ama lamaanahaagu idinku dhaco furuqdaanyeerka oo aad isu galmooneysaan, halista faafinta ku yareeya in aad:
  - Galmada ka dhigataan in aydnaan waxba is gelin oo aad si kale u raaxeysataan.
  - In aydnaan is dhunkan oo aydnaan wejiyada is taabsiin
  - In aad dhaqataan gacmaha, alaabta galmada, iyo dhammaan maryaha (gogosha, shukumaanada, dharka) galmada ka dib.

### Iska yareeya aadista meelaha uu ku badan yahay faafitaanka furuqdaanyeerka:

- **Ka fakara inta aad ku dhawaaneysaan, shakhsi ahaan, jir-ilaa-jir ee kulamada aad aadeysaan, sida isu-imaansho, xaflado, ama fantasyo.**
- **Xirashada dharka yar waxay kordhin kartaa khatarta ah in jir-ilaa-jir aad is taabataan dadka kale iyo in la idin qaadsiiyo furuqdaanyeerka.** Ka fogaada finanka dadka kale oo iska yaree taabashada ah jir-ilaa-jir.



## Daawo ma loo hayaa?

Inta badan furuqdaanyeerka waxaa looga buskoodaa 2 ilaa 4 toddobaad gudahood. Furuqdaanyeerka waxaa loo isticmaali karaa daawooyinka antifaayruska ah ee lagu daaweeyo busbuska.

