

MACLUUMAADKA HIV-GA IYO COVID-19

Macluumaad ay soo uruuriyeen kooxda daryeelka HIV-ga ee Isbitaalka Caruurta oo ku saabsan HIV-ga iyo COVID-19 (oo hadana loo yaqaan fayraska koroono). Macluumaadka ku saabsan COVID-19 si ayuu isu balayaa. Macluumaadkii ugu danbeeyay, ka fiiri shaashadahaan:

- [Children's Minnesota](#)
- [Minnesota Department of Health \(MDH\)](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)
- [Coronavirus.gov](#)
- [World Health Organization \(WHO\)](#)
- [National Institutes of Health \(NIH\)](#)

Macluumaadka u khaaska ah HIV-ga iyo COVID-19 ka tixraac ilaha soo socda:

- Centers for Disease Control and Prevention (CDC) – [Waxa laga ogaan karo HIV-ga iyo COVID-19](#)
- [Xaqiiqada HIV-ga](#) – waxaa ka mid ah macluumaadka dhakhaatiirta daryeelka HIV-ga ee Minnesota, oo ay ka mid yihiin soo jeedinta CDC iyo ilo kale oo lagu kalsoonyahay arimaha HIV-ga iyo COVID-19.

Marka aad ilmahaaga ku daryeelaysid guriga, waxaad ugu diyaar garoobi kartaa adigoo raacaya talooyinkaan.

- Ilaali ka fogaanshaha dadka iyo gacmaha oo mar walba la dhaqo, iyo la socodka macluumaadka u danbeeyay oo ay soo jeediyeen CDC-du.
 - Dhamaystir talaalada, oo ay ka mid yihiin infuluwaynsada iyo talaalada qabowga.
 - Waa in aad haysataa u yaraan 30 qalab ah—waxaa ka sii fiican 90 maalmood—oo ah daawada HIV-ga (antiretroviral (ARV) iyo kuwa kale.
 - Kala hadal farmashiistaha iyo/ama dhakhtarka in laguugu keeno daawooyinka gurga haddii ay suurto gal tahay.
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- Kala hadal dhakhtarkaaga in aad taleefan ama ku wada hadli kartaan fiidiyow (telehealth) intii aad imaanlahayd waxyaalaha la xirira HIV-ga isbitaalka wakhtiga hadda lagu jiro.
- Kala hadal dhakhtarkaaga balamada bukaan socodka HIV-ga iyo shaybaarka, haddii jirada HIV-gu ay daqantahay, daawadaadana aad qaadan kartid maalin walba.
- Waa in aad haystaa taleefanada kooxda daryeelka, farmashiyaha iyo caymiskaaga caafimaadka.

Fadlan la soo xiriir kooxda daryeelka HIV-ga ee Isbitaalka Caruurta, haddii aad qabtid wax su'aala ah oo la xiriira jirada HIV-ga.