Human Papillomavirus (HPV, Caabuqa Lagu kala qaado Galmada)

HPV is the Most Common STI

Human papillomavirus or HPV is the most common sexually transmitted infection (STI). HPV is a different virus than HIV and HSV (herpes). HPV is so common that most sexually active men and women get it at some point in their lives.

There are many different types of HPV. Some types can cause health problems, including genital warts and cancers, but there are vaccines that can stop these health problems from happening.

Facts About HPV

• You can get HPV by having oral, vaginal or anal sex with someone who has the virus.
• HPV can be passed even when an infected person has no signs or symptoms.
• Anyone who is sexually active can get HPV, even if you have had sex with only one person.
• You also can develop symptoms years after you have sex with someone who is infected making it hard to know when you first became infected.
• In most cases, HPV goes away on its own and does not cause any health problems.

HPV waa Xanuunka ugu baan ee STI

Caabuqa Lagu kala qaado Galmada ama HPV waa caabuqa ugu badan ee lagu kala qaado galmada (STI). HPV waa fayras ka duwan HIV iyo HSV (Kooxaha Fayraska). HPV waxa uu inta badan ku badan yahay dumarka iyo raga sameeya galmada waxa uuna ku dhacaas isla waqti nolashooda kamid ah.

Waxaan karto noocyo badan oo kamid ah HPV. Noocyada qaarii kamid ah waxay sababi karaan xaalad caafimaad daro, oo ay kamid yihii in buruudin xubnaha taranka iyo kansaradaha laakiin waxaa dhaqan jira tallyaalaa ka dhabeeyo xiliga caafimaadka.

Xaqiiqooyinka Ku saabsan HPV

• HPV waxaad ka qaadi karto qof kasta oo sameeya galmo waa uu qaadi karaa HPV, xataa haddii aad galmada la sameysa haddii uu markadda yahay.
• Qof kasta oo sameeya galmo waa uu qaadi karaa HPV, xataa haddii aad galmada la sameysa hal qof.
• Xataa waxaad yaal ka caalamada defaada marka xanaan kasta oo sameeya galmo la sameysa qofka yahay xanuunka arrintaasna waxay adkeeynaysa inaad oggato xiliga aad qaaday kasta oo sameeya galmo waa uu qaadi karaa HPV, xataa haddii aad galmada la sameysa haddii uu markadda yahay.
• Qof kasta oo sameeya galmo waa uu qaadi karaa HPV, xataa haddii aad galmada la sameysa haddii uu markadda yahay.
• Xataa waxaad yaal ka caalamada defaada marka xanaan kasta oo sameeya galmo la sameysa qofka yahay xanuunka arrintaasna waxay adkeeynaysa inaad oggato xiliga aad qaaday kasta oo sameeya galmo waa uu qaadi karaa HPV, xataa haddii aad galmada la sameysa haddii uu markadda yahay.
• Inta badan xaaladaha, HPV si iskiis ah ayuu iskaga baaba’aa mana sababo wax xaalado caafimaad daro ah.
• When HPV does not go away, it can cause health problems like genital warts and cancer.
• Cigarette smoking doubles your risk of developing cervical cancer.

Lower Your Risk

Get vaccinated.
• HPV vaccines are safe and effective. They can protect males and females against diseases (including cancers) caused by HPV.
• All boys and girls ages 11 or 12 years should get vaccinated, but the vaccine can be given from age 9 to 26.
• If you are age 27 to 45 and have not been vaccinated for HPV, ask your doctor if getting the vaccine is right for you.

Get screened for Cervical Cancer.
• Routine screening for women aged 21 to 65 years old can prevent cervical cancer.

If you are sexually active:
• Use latex condoms the right way every time you have sex. This can lower your chances, but may not give full protection.
• Have sex only with someone who only has sex with you.

Yaree Halistaada

Qaado tallaal.
• Talaalka HPV waa badqab waxa uuna leeyahay wuxtar. Dumarka iyo raga waxa uu ka ilaal karaa xanuunada (oo ay kujiraan kansarada) uu sababo HPV.
• Dhammaan wiilasha iyo gabdhaha jira 11 ama 12 sano waa inay qaataan tallaal, laakiin tallaalka waxaa la siin karaa dadka jira da'da 9 illaa 26.
• Haddii aad jirto 27 illaa 45 sano aadana horey usoo qaadan tallaalka HPV, waydii dhaqtarkaaga in qaadashada tallaalka yahay wax kugu habboon.

Iska baar Kansanka Makaanka.
• Baaritaanada joogtada ah ee dumarka jira 21 illaa 65 waxaa looga hortagi karaa kansarka makaanka.

Haddii aad sameyso galmo:
• Istitcmaal cinjirka galmada sida saxda marwalba aad sameynysyo galmada. Tani waxay yareyn kartaa fursadahaaga, laakiin waxaa laga yabaa inaysan ku siin ilaalin buuxda.
• Galmo la samee kaliya hal qof oo galmo kula sameeya.

Talk to your doctor or nurse if you have any questions or concerns.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su’aal ah ama walaacyo ah.