

Pregnancy and HIV

If you are pregnant or plan to be pregnant, HIV testing is recommended. The Human Immunodeficiency Virus (HIV) is the infection spread by contact with body fluids or shared needles of another person with HIV. Body fluids are blood, urine, stool, vomit, semen, and vaginal secretions.

HIV causes Acquired Immune Deficiency Syndrome (AIDS). AIDS is a disease that weakens the body's immune system and makes it hard for your body to fight infection.

There is no vaccine to prevent HIV and no cure for AIDS.

HIV Testing During Pregnancy

HIV testing is recommended for all pregnant women in the early months of pregnancy. A blood test is often done and test results will be shared with you by your doctor or health care provider.

- A **negative test result** means you do not have HIV.
- A **positive test result means you have HIV** and you need follow up care from your doctor.

HIV tests do not tell you if you have AIDS. HIV tests may be repeated during pregnancy.

HIV Treatment for You

Many mothers with HIV can have a safe pregnancy when they are treated for the virus.

If you have HIV, there are medicines to protect your health and reduce the chance of the infection in your baby. If you are not already on a treatment before pregnancy, medicines may be started after the first trimester. Treatment will depend on:

- The amount of virus in your body
- How well your immune system is able to fight infection
- Other health problems you may have

Uurka iyo HIVga

Hoo ada uur lata mise filadaasa in uur nagata usku baar HIV. HIV mey la aree infekshon oo jirka kafaafa oo dadka kale lin gudbiya kora. Dha'aanka jirka mey kumid ah kaadada, haarka , manatah, miinada.

HIV walgii dufaaca dilaaaw (AIDS). AIDS mey waa udur jirka daiifiyaaw oo kaweeleaw in jirka la dagaalama kara waaya infekshonka.

Majara talaal linka horseeda kara HIV, AIDS daawa ma leh.

Uurka oo laka barow HIV

Baritanka HIV ga meey in feelnya bilaanta dhan madii urka hor leeyi. Dhiiga oo la isku baarow ya mar walba la suubiye ada iyo dhaktarkaa.

- **Hoo nagtif laka** ara mey indhiganta maqabtid HIV.
- **Hoo boositif laka** ara mey indhigata inii qabto HIV.

Baaritanka HIV ga masheegaaw in lata AIDS. Baritanka HIV ga wey laka celceliya kora waqtiga urka lata.

Daaweynta HIV ga

Hooyooyinka badansho oo qabo HIV mey subiya koran uer badbada inleh madii daweyayan viruska.

Hoo ada qabta feereska mey jaraan daawo laqaadadee oo ko yaraayen in unuga in gud biida infekshon. Hoo ada diyaar in ahaayna in lakadaweeya uurka hortiyee dawada usku bilaaw markiiba. Daweynta mey katiirsanta:

- Inta virus kajirta korkaa
- Sida feela ee talaalka in shaqeeya kora ini ladagaalo infekshonka
- Cafimad daro oo la haada korta mey kumid eh

Preventing Infection in Your Baby

At Delivery

You may have a cesarean delivery instead of a vaginal delivery. Cesarean delivery may reduce the chance of HIV infection in your baby. The surgery may be planned a week or more before your delivery date. Talk with your doctor about your delivery.

After Your Baby is Born

If you have HIV, your doctor may recommend that your baby:

- Start medicine the day of delivery to protect him or her against the chance of HIV infection. This may continue for several weeks.
- Have treatment if his or her red blood cells are low, called anemia. Treatment for anemia increases red blood cells that carry oxygen to all parts of the body.
- Be tested for HIV several times during the first year. If a baby tests positive after birth, it does not mean the baby has HIV. A mother's antibodies for the virus can show up in a baby's blood test for the first 6 months of life.
- Be bottle fed with an iron rich baby formula. Breast milk is a body fluid that can carry HIV virus, so you should not breastfeed.

Talk to your doctor or health provider if you have questions or concerns.

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Usku ilaalinta infekshonka unugaaga

Madii dhalaasa

Mey lahaada korta keli dhalooy badalkii shitooda ku dhala fadi. Kali dhalooga mey yareeyaasa janiski unuga kaqada fadi HIV ga. Qaliinka wey la qorsheeyee todobaad kahor inti ada dhalin. Ladoowaa dhaktarka walagii kusaabsan dhalooga.

Madi ada unuga dhala kudamba

Hoo ada HIV qabto dhaktarka kin sheege si unuga yela fadi:

- Bilaaw daawada markii saan in dhasho si ada unuga inka badbadido HIV ga. Tan mey wadaasee todobaad yo badan.
- Qaadoow daawo hoo unuga dhiig la'aan kadhiida. Daweynta dhiga la'aanta mey kordhiyasee dhiiga qadooy oxygen ee karka oo idil.
- Hala ko baara HIV marwalba sanadka inka horeeya. Hoo unuga lakahelo madi ladhala minaaheeda ma ahoo ini usu qabO HIV. Hooyada dhiigshee yaa unuga tisiyee 6 bilood inka horeeyta.
- Unuga masaasad wal kasii oo wan feela kajarta. Wanta naaska walii qabo koran HIV marka insiidow unuga.

Ladowaa dhaktarkaa hoo ada qabta suaalo misy quseyng.

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Pregnancy and HIV. Somali.