

STDs (Sexually Transmitted Diseases)

STDs are also called venereal diseases. They are caused by germs that live on the skin or in body fluids such as semen, vaginal fluid or blood. The germs are passed from an infected person often through sexual contact with skin, blood or body fluids. These germs can enter the body through the vagina, mouth, anus and open sores or cuts. STDs are not spread by casual contact, by being in swimming pools or by sitting on toilet seats.

Signs of STDs

Signs may occur days, weeks or months after exposure. Some men and women have no signs but have a STD and can pass it onto others.

Common signs include:

- Burning with urination
- Genital ulcers such as open sores or blisters
- Warts
- Skin rash
- Discharge from the penis or vagina
- Abdominal pain, most often in women

Types of STDs

The most common types of STDs are:

- Gonorrhea
- Syphilis

STD-yada (Cudurrada Galmada la isugu Gudbiyo)

STD-yada waxa sidoo kale loo yaqaannaa cudurrada xubnaha galmada. Waxaa sababa jeermis ku nool maqaarka ama dheecaannada jidhka sida shahwada, dheecaanka siilka ama dhiigga. Jeermiska waxaa badanaa si isutag galmo ee is taabasho maqaarka ah, dhiig ama dheecaannada jidhka ku soo gudbiya qof jeermiska qaba. Jeermisyadaan waxay jidhka ka geli karaan siilka, afka, futada, iyo boogaha ama meelaha dillaacsan ee furan. STD-yada laguma faafiyo is taabasho caadi ah, barkadaha dabbaasha ama ku fadhiisashada fadhiga musqulaha.

Calaamadaha STD-yada

Calaamaduhu waxa laga yaabaa in ay ku dhacaan maalmo, toddobaadyo ama bilo marka cudurka uu qofka ku dhaco. Ragga iyo haweenka qaarkood ma yeeshaan calaamado laakiin waxay qabi karaan STD waanay u gudbin karayaan dadka kale.

Calaamadaha ugu badan waxa ka mid ah:

- Gubasho marka la kaajayo
- Nabaro ku sameysma cowrada sida dillaacyo ama toxobeysi
- Finan
- Furuuruc maqaarka ah
- Dheecaanka ka yimaada guska ama siilka
- Xanuun gumaarka ah, badanaa haweenka ayuu ku dhaca

Noocyada STD-yada

Noocyada ugu tiro badan cudurada galmada waa:

- Jabto
- Waraabow

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- Herpes
- Chlamydia
- Hepatitis (HBV)
- Human Immunodeficiency Virus (HIV)
- Human Papilloma Virus (HPV or genital warts)
- Chancroid
- Trichomoniasis

Preventing STDs

Abstinence, or no sexual relations, is the best way to prevent the spread of STDs. If you choose to have sexual relations, have one partner and always use latex condoms that have nonoxynol-9 and use with spermicidal jelly.

Testing

You should be tested for STDs if you:

- Have had oral, anal, or vaginal sex and did not use latex condoms.
- Share needles to inject drugs or have sex with someone who does share needles.
- Feel you may have been exposed to or have signs of a STD.

You can be tested for a STD by your doctor or at your local health department. Most testing for STDs is anonymous.

If you live in Columbus, Ohio, you can go to the Sexual Health walk-in Clinic at the Columbus Health Department at 240 Parsons Avenue. Their phone number is (614) 645-7772. Testing for HIV is free and tests for other STDs have a small fee.

- Herbis (Herpes)
- Kalaamiidiya (Chlamydia)
- Hebataatis (Hepatitis (HBV))
- Cudurka AIDska Human Immunodeficiency Virus (HIV)
- Human Papilloma Virus (HPV ama finanka cawrada)
- Cudurka xabada Jankaroyd (Chancroid)
- Trichomoniasis

Ka hortagidda STD-yada

Ka fogaanshada, ama xiriir galmo la'aan, ayaa ah habka ugu wanaagsan ee looga hortago faafidda STD-yada. Haddii aad dooratid in aad xiriir galmo sameysid, yeelo hal lammaane isla markaana mar walba isticmaal cinjirka dheeha leh eel eh nonoxynol-9 isla markaana isticmaal xanjada ama jelka shahwada dila.

Baaritaanka

Waa in lagaa baaraa STD-yo haddii:

- Aad sameysay galmo afka, futada, ama siilka ah aadanna isticmaalin cinjirka ama kondomka dheeha leh.
- Aad dad la wadaagtay irbado si aad isugu durto mukhaadaraad ama galmo la sameysay qof dadka irbadaha la qaybsada.
- Aad dareemeyso in aad la kulantay ama leedahay calaamadaha STD.

Waxa STD kaa baari kara dhakhtarkaaga ama waaxda caafimaadka deegaanka. Baaritaannada STD-yada waxa badankooda loo sameeyaa si qofka lagu garaynin.

Haddii aad ku nooshahay Columbus, Ohio, Waxad aadi kartaa Rug Caafimaad Galmo oo aan balan u baahnayn oo ku taalla Waaxda Caafimaadka Columbus ee 240 Parsons Avenue. Lambarka telefoonkoodu waa (614) 645-7772. Iska baaridda HIV waa lacag la'aan isla markaana baaritaannada STD-yada kale lacag yar ayaa la isaga qaadaa.

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Your Care

Most STDs are treatable. Some can be cured but others cannot. Medicine can be used to help signs and keep the disease from getting worse.

As a part of your care:

- Avoid sexual relations until you and your partner have been treated.
- Take antibiotics as directed until your treatment is done. Be sure to take all of the medicine your doctor orders.
- Call to make an appointment to repeat tests 3 weeks after finishing your antibiotics.
- Return to the Emergency Department or call your doctor if your signs get worse or you have a fever of more than 100.5 degrees F or 38 degrees C.

There are risks of other problems and more serious disease if you do not get treatment or get incomplete treatment.

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

Daryeelkaaga

STD-yada badankooda waa la daaweyn karaa. Qaarkood waa laga bogsadaa laakiin qaar ayaan lagama bogsado. Daawadu waxay ka caawisaa in aan cudurku ka sii darin, calaamadaha wax bay ka taraan.

Iyadoo qayb ka ah daryeelkaaga:

- Ka fogow galmo ilaa adiga iyo lammaanahaaga laydin daaweyo.
- Antibiyootikada u qaado sida lagu faray ilaa lagaa daaweeyo. Xaqiiji in aad qaadato dhammaan daawooyinka dhakhtarkaagu ku amray.
- Wac si aad u dhigato ballan si loogu soo celiyo baaritaannada 3 toddobaad marka aad antibiyootikada dhammeysato ka dib.
- Ku soo noqo Waaxda Gargaarka Deg-degga ah ama wac dhakhtarkaaga haddii calaamadahaagu ka sii daraan ama qandho ka sarreysa 100.5 darajo F ama 38 darajo C ay ku qabato.

Waxa jira halista dhibaatooyin kale iyo cudurro kale oo daran haddii aanad helin daaweyn ama aad qaadato daaweyn aan dhammeystirneyn.

Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su'aalo ama walaac ah qabtid.

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