

PEP Jaawal: Ko Njiylawu Kuutortoongu

PEP Ngam Hadde HIV



Ko reentaade caggal nde neddo feeñi (post-exposure prophylaxis, PEP) ko safaara jaawka baawka hadde ñawu HIV kesu.

- Yettu PEP ko yaawi so tawii ada waawi hebde HIV.
- Fuddoraade PEP ko yaawi tawa ko buri waktuuji 72 caggal duum sappinol.
- Ngam fuddaade PEP law, noddu 24/7 Yownirgel NYC PEP (NYC PEP Hotline) to 844-3-PEPNYC (844-373-7692)

Yettu PEP Jaawal Kala Ñalawma Fotde Balde 28

- Ina ngoodi ledde ceertude ngam HIV PEP Naamndo cellal maa no yettirtaa mode PEP maa.
- So a ñakkii mode PEP kala ñalnde, yettu modere wootere tan ñalnde heen.
- Yettu PEP hay so ada yaha walla e ñaldi di kuutorto-ɗaa ledde walla mbal.

Ngam yettude PEP kala ñalnde:

- Waɗ siftorde kala ñalnde e telefon maa walla e limlebbi maa.
- Yettu PEP ko adii walla caggal golle ñalnde kala, ko wayi no nde ñaamataa kosam walla nde lelnataa.
- Waɗde sahaa kala, nawde modere PEP e nder kees mode walla saawannde danndaaku. Ko noon, so a yejjitii yettude dum to galle walla peeje maa mbayliima, maa a jogo PEP e maa haa jooni.

Ada waawi rokkeede "paakiti fuddoode" tawa ina wadi balde seeda e mode PEP. Hebbin binndande maa de balde 28 heddiide ngam PEP ko yaawi. Ngam jokkondirde e dokkoowo, noddu 24/7 Yownirgel NYC PEP (NYC PEP Hotline) to 844-3-PEPNYC (844-373-7692).

No PEP Gollirta Ngam Hadde HIV

So ada wondi e HIV, ina dabbi balde seeda haa ñawu nguu tabitoo e nder banndu maa. So a yettii doosgal gadanal PEP, ngal fuddotoo ko hadde mboros oo beydaade. So ada jokki e yettude PEP, cellal gonggal e HIV ina maaya e mboros o waawaa saabaade dum e banndu maa.

Won e ñawndirdi NYC ina ndokka PEP HIV tawa njobataa yimbe be ngalaa asiraagal tawa ko e ngonka hodugol. Duubi maa fof, ada waawi hebde PEP jaawal tawa ada heba yamiroore jibinannde maa walla gardiido maa.

Yeewto E Dokkoowo Maa

Yeewto e dokkoowo ma e telefon, binndol, walla imel ngam be mbaawa humpitaade ada yetta PEP HIV no yamiraa.

- Haaldu e doktor maa doon e doon so tawii ada wonndi e nguleeki, buubri honnduko, walla buubri bamdu — diin ina mbaawi wonde maande arane wonnde ada jogii HIV.
- Doktor maa yeewtoto HIV so a fuddiima PEP, so a gaynii PEP, e lebbi didi caggal nde a gaynii PEP. So a timminaani PEP, ada foti yeewndaade HIV caggal duum.
- So ada yidi woppude yettude PEP, haaldu e doktor maa ngam humpitaade ina selli dartaade.

Hollit Doktor Maa Kala ko Abbitii

PEP HIV ina waawi saabaade batte seeda, ina jeyaa heen yidde tuttugol, mette reedu, tampere, e naawol hoore. Dee batte ina keewi moyyude walla majjude caggal arandeere ndee yontere yettugol PEP. Yeewtid e doktor maa so tawii batte mum ina njokki e mettinnde ma.

- Ngam hadde buubri, yettu PEP e ñaamde walla hiddee maa lelnude, walla didi fof. Ngam ustude yidde tuttugol, yeewto bonbon citta walla saayi nyeekuuje.
- Ngam ustude gaas walla buubri, yeewto-ɗaa buubri gaas ndi alaa ko soodata.
- So tawii ko buubri softunde bittini ma, yeewto-ɗaa ko beydata fibre.

Ada waawi yettude PEP so tawii ada jogii reedu walla ada yetta kala sifaa jibinannde yeewndo walla yeewndo hormon. Haaldu e doktor maa so tawii ada ñammaa ko adii nde puɗɗataa PEP.

Yettu PrEP Ngam Heddaade e Reende E HIV

Caggal PEP Jaawal, miiɗo-ɗaa yettude ko adii nde neddo naatata (pre-exposure prophylaxis, PrEP). PrEP ko lekki kisal e baawngal hadde HIV e ko ina heboo e modere ñalnde kala walla e baatal ngal kebataa kala lebbi didi. PrEP ɗabbaani toppitagol ko yaawi, ina waawi reende ma so a ina njiyloo HIV kadi.

Ngam hebugo bayaanuuji feere e beydaari kuugal, yah haa nyc.gov/health/hiv walla yewtu fibnde QR.

