

Cellal Waaldude e Jibinannde Ngam Gooto Fof



Hebu sarwisaaji di pot-daa hebde ngam hebde biidoo celludo, hadde walla joofnude reedu, e hadde walla safrude ñawuuji taweteedi sabu waaldude tawa ina njeyaa heen HIV.

- Ngillo-daa Safrirdu Cellal Waaldude Galluure New York (NYC Sexual Health Clinic) (nyc.gov/sexualhealthclinics).
- Hebu jokkiral to NYC Health + Hospitals e noddude 844-692-4692.
- Ngam hebde ballal ko yaawi, ñalawma walla jemma, yah haa [expresscare.nyc](https://www.expresscare.nyc) ngam hebde noddaango widyoo e balloowo NYC Health + Hospitals walla noddaa 631-397-2273.
- Yiytu hokkoobe wofbe e kapotti di njobantaake huutoraade e Kartal Cellal Galluure New York to nyc.gov/health/map.



NYC Sexual Health Clinics e NYC Health + Hospitals ina ndokka yimbe be ngalaa insoora kadi ina ndokka firooji di ngalaa njobdi e ko buri demde 200.

Reedu e Yellitaare Jibinannde

Toppitagol e waktu Reedu

- Ngam hebde ballal **insoora ñawndiigu ngu alaa njobdi** joboowu sabu jibinannde e ñawndiigu ngam maa e binngel maa, noddu 347-665-0214 walla yah nyc.gov/healthcoverage
- Hebu ballal infirmiyee walla doula keeriido e nder waktu reedu maa arandeeru e caggal mum. Noddu 718-637-5235 ngam winnditaade e Ebboore Njilluuji Galleeji Kesi.

Joofnude Reedu

Saamugol reedu ina selli, ina laawdi e nder diiwal New York. Ngam hebde ballal nder sirilu, noddu Nokku Galluure New York ngam Hebde Saamugol Reedu (NYC Abortion Access Hub) haa 877-692-2482.

Yellitaare Jibinannde

Laabi kisal e baawdi **hadde hoosugol reedu** ina keewi.

- Kuutoro-daa kapotti kala nde mbaadtaa waaldugol naatere.
- Yettu boodde ñalnde kala.
- Naftoro-daa takkirde yontere kala walla jawo hadde hoosugol reedu lewru kala.
- Hebu baatal burayngal neebude, walla teenntaa e dimdugol, walla ta IUD (kabirgal nder dimdugol).

Hadde hadgol hoosugol reedu e nder jaawal ina waawi hadde hoosugol reedu so tawii ada waaldiraa naatere tawa jogaaki kala sifaa ka hadde jibinannde.

- IUD ina waawi wadeede e balde jowi caggal nde neddo waalmaa ngam hadde hoosugol reedu.
- Boode hadde hoosugol reedu e nder jaawal ina moyyi so a yettii de ko yaawi. Boode godde ina foti yetteede e nder balde tati.

Hebu lekki ngam habaade jibinannde to cafroowo, to safrirdu toppitiingu besngu, walla to Safrirdu Cellal Waaldude Galluure New York. Goddi farmaasiji ina njeeya ledde cafrooje hoosugol reedu e ledde cafrorteede hoosugol reedu jaawal tawa alaa yamiroore cafroowo.

HIV e ñawuuji godfi jowitiidi e baaldal

Yeewtagol:

Hebu yeewndaade ko famdi fof laawol gootol e hitaande ngam reenaade hoore maa e wonndiibe waaldude maa.

- Hebu yeewndaade ko adii nde njokkondirtaa e jom suudu keso. Naamndo-ɗaa gollodiido maa nde be cakkiti yeewndaade.
- Hebu yeewndaade kala nde njogidaa nawalla e nder waaldude; wulde so ada silla; rufde yiyam nde meedaa yiyeede e naatirde maa, e ngorgu, walla e nder fottooru; walla feddeede walla deede gonne e saraaji naatirde, ngorgu, walla e fottooru.

Ñawuuji gondi e baaldal dɗi, wonaa e sahaa fof kollirta maale walla maale ñawu nguu. Hebu yeewndagol ngam anndude so a alaa ñawu nguu.

Ñawndude

- **HIV:** So ada jogii HIV, ledde ina mballu ma e sellude, ina hadde ma yaltinde dum e jom suudu'en maa. Ngam jokkondirde e toppitagol, noddu Yebre Cellal Galluure New York (NYC Health Department) e 212-693-1419.
- **Ñawuuji godfi jowitiidi e baaldal:** Sifilis, kalamidiya, e gonooriya ina mbaawi safreede ko weebi. So de safraaka, de mbaawi saabaade cadeele cellal teertude, de njalta e jom suudu'en maa.

Reentaade

- **Kapotti** ina mballita e hadde hoosugol reedu, HIV, e ñawuuji godfi jowitiidi e waaldude.
- **PrEP** (faddilowaade hidde raabeede ñawu) ko lekki kisal ki neddo kala ina mbaawi yettude ngam hadde HIV.
- **Ledde e nder ñawndirgol caggal hebde njubbudi (post-exposure prophylaxis, PEP)** ina waawi hadde HIV caggal waaldude so fuddaama e nder waktuuji 72. Yah to safrirdu walla noddu Telefon PEP Galluure New York e 844-373-7692 kala sahaa 27 nder asaweere.
- **Doxy PEP** (Ledde dustoohi e ñawndirgol caggal hebde njubbud) ko boode antibiyootik ngol mbaaw-ɗaa yettude caggal nde njiyɗaa ngam wallitaade hadde sifilis, kalamidiya, e gonooriya
- **Baatal** ina wallita e hadde mpox, HPV (virus papiloma neddo), ngornowu, e hepatitis A e B.

Ndeenaagu Maa

- Ballal ina woodi so tawii ada tooña walla ada dooldaa waaldeede. Noddu kala sahaa 27 e nder yontere Galluure New York Telefon fitinaaji nder Galleeji New York (NYC Domestic Violence) e 800-621-4673.

Hakkeji ma

- Been toppitiibe cellal mbaawaa renndude kabaruuji maa tawa wonaa e yamiroore maa, so wonaa tawa ko sariya yamiri dum.
- So tawii a bonnaama walla a hadaama toppitaade sabu ngonka maa walla ngonka hodgol, noddu 212-416-0197 ngam wullitaango to Goomu Galluure New York ngam Hakkeji Neddanke (NYC Commission on Human Rights).



Ngam anndude ko buri laabtude e golle cellal waaldude, yah to nyc.gov/sexualhealth walla yeewto-ɗaa fiɓnde QR.