

Maxaan samaan karaan haddii aan leeyahay finan cusub ama aan la sharaxin? FURUQA DAANYEERKA

Waxaan ogaaday finan cusub ama finan ay biyo galeen jidhkayga oo ma hubo sababtooda, maxaan samaynayaa si aan naftayda uga ilaaliyo iyo kuwa kaleba?

LA XIDHIIDH A HEALTH ADEEG BIXIYAHA DARYEELKA

La xidhiidh adeeg bixiyahaaga daryeelka koowaad si aad ugala hadasho astaamaha oo aad go'aan uga gaadho haddii qiimayn dheeraad ah ay lama huraan tahay. Xidho maaskaraha marka la helayo adeegyada.

Haddii aanad arki karin adeeg bixiyahaaga daryeelka koowaad si toos ah ama aanad haysan, ka feker doorashooyinka daryeelka:

- Adeegyada telefoonka caafimaadka
- Xarumaha Daryeelka Degdega ah
- Forest Community Health Center HIV/STI rugta- sida helitaanku oggolaado

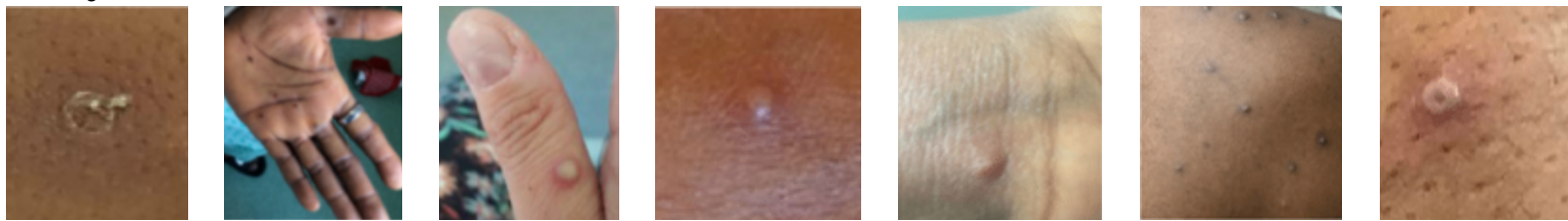
Hubso si loo sheego adeeg bixiyaha daryeelka caafimaadka haddii aad la xidhiidhay qofka qaba furuqa daanyeerka suuragalka ah ama la xaqiijiyay ama aad ku jirtay gudaha aaga halka furuqa daanyeerka laga soo sheegay.

KUWA KALE EE KA ILAALI

Ilaa uu ku arkay adeeg bixiyaha daryeelka caafimaadka oo waxay go'aan ku gaadheen sababta finanka ama finanka dheecaanka leh, iska ilaali tabashada dhow ee maqaar ilaa maqaar ah ee kuwa kale, ay ku jiraan galmada ama in qof galmo lagu sameeyo si looga hortaggo faahfaahinta dheeraadka.

MAXAAN TAHAY INAAN RAADIYO?

Finanaka furuqa daanyeerka waxay u eeg yihiin sida finan yaryar ama finan dheecaan leh oo ka soo baxa wejiga, gudaha afka, iyo qaybaha kale ee jidhka, sida gacmaha, cagaha, xabadka, xubnaha taranka, ama futada. Tusaalayaalka Muuqaalka ah ee finanaka Furuqa Daanyeerka:



Mudnaanta sawirka: CDC

Khatarta dad waynaha guud way hoosaysaa si kastaba ha ahaatee, qof ka aad ugu dhawaan qof qaba furuqa daanyeerka waxa uu qaadi karaa jirada, iyaddoon loo eegin sinjiga ama qaabka galmada. Ilaa markan, badanka xaaladaha waxay ku dhaceen raga galmo la sameeyay rag kale (MSM), laakiin qof kastaa waa inuu feeginaadaa si looga hortagoo gudbinta.