

# **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 an 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**

- Gonorrhea
- Syphilis
- Herpes
- Chlamydia

# **STD-yada**

## **(Cudurrada Galmada la isugu Gudbiyo)**

STD-yada waxaa sidoo kale loo yaqaannaa cudurrada xubnaha galmada. Waxaa sababa jeermis ku nool maqaarka ama dheecaannada jidhka sida shahwada, dheecaanka siilka ama dhiigga. Jeermiska waxaa gudbiya qof bukka badanaa siday uga gudbaan, waa isu tag/galmo, maqaar, dhiig, ama dheecaan jidh. 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 waxaa laga yaabaa in ay ku dhacaan maalmo, toddobaadyo ama bilo marka cudurku qofka ku dhaco. Ragga iyo haweenka qaarkood ma laha calaamado laakiin waxay qabi karaan STD waxayna u gudbin karayaan dadka kale.

Calaamadaha ugu badan waxaa ka mid ah:

- Gubasho marka la kaadinayo
- Nabro ku sameysma cowrada sida dillaacyo ama toxobeysi
- Xonqorro
- Finan yaryar oo ka soo yaaca jirka
- Dheecaanka ka yimaada guska ama siilka
- Xanuun uur ku jirta ah, badanaa haweenka ku dhaca

### **Noocyada STD-yada**

- Jabto/jabti
- Waraabow
- Herbis (Herpes)
- Kalaamiidiya (Chlamydia)

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

### **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 an STD.

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

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

- Beer xanuun
- Cudurka loo yaqaano aydhiska
- Human Papilloma Virus (HPV ama xonqorrada cowrada)
- Jankaroyd (Chancroid)

### **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 dareemeysa in aad la kulantay ama leedahay calaamadaha STD.

Waxaa STD kaa baari kara takhtarkaaga ama waaxda caafimaadka deegaanka. Baaritaannada STD-yada waxaa badankooda loo sameeyaa si qofka lagu garanin.

Waad aadi kartaa Rug Caafimaad Galmo oo la iska aadi karo oo ku taalla Waaxda Caafimaadka Columbus ee 240 Parsons Avenue, Columbus, OH. 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.

## **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 101 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.**

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## **Daryeelkaaga**

STD-yada badankooda waa la daaweyn karaa. Qaarkood waa la daaweyn karaa laakiin qaar ayaan la daaweyn karin. Daawooyinka waxaa loo isticmaali karaa si ay gacan uga geystaan calaamadaha cudurkana uga celiyaan inuu ka sii daro.

Iyadoo qayb ka ah daryeelkaaga:

- Ka fogow xiriir galmo ilaa aad adiga iyo lammaanahaaga la idin daweeyo.
- Antibiyootikada u qaado sida lagu faray ilaa lagaa daaweeyo. Hubso in aad qaadatay dhammaan daawooyinka takhtarkaagu kuu aoray.
- Marka aad dhammaysatid antibiyootiga, sadex todobaad ka dib takhtarkaaga ballan ka qabso si laguugu celiyo baaritaankii.
- Ku soo noqo Waaxda Gargaarka Deg-degga ah ama wac takhtarkaaga haddii calaamadahaagu ka sii daraan ama qandho ka sarreysa 101 darajo F ama 38 darajo C ay ku qabato.

Waxaa jira halista dhibaatooyin kale iyo cudurro kale oo daran haddii aadan 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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