



Bayani magani



Fara Shan Magungunan Kanjamau

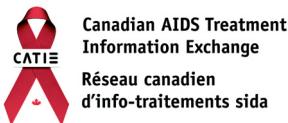
Indan kana da kwayoyin cutar kanjamau, fara shan magungunan babban mataki da mutum zai dauka. Yana da wuya mutum ya san lokacin da zai fara shan magungunan. Indan an fara shan magungunan kuwa ba a dakatarwa har karshen rai. Suna da matsalolin da mutum zai fuskanta banda taimakon da suke yi wa mutum. Kafin mutum ya fara shan su kuwa ya kamata ya nemi shawarar likita ko ,massanan magungunan ko mabu cutar wayanda sun saba sha. Kada a kama sha haka kawai da hanzari. A nemi lokaci don gane ababen da suka kunshi shan su. Amma bai dace ba mutum ya dauki dogon lokaci kafin ya fara shan magungunan, wannan na iya kawo masa wani hatsa.

Taimakon Da Ake Samu Wajen Shan Magungunan Kanjamau

- Suna kara wa mutum lafiyanjiki ko kuma karfafa jiki
- Suna kara wa mutum tsawon rai
- Suna kara garkuwar jiki da tage cututukan da kanjamau kan kawo
- Suna rage karya gwiwan da kanjamau kan yi wa garkuwar jiki.

Matsalolon Da Akan Fuskanta Wajen Shan Magungunan Kanjamau

- Dole ata shau magani kowace rana a daidai lokacin da ya kamata
- Suna da matsalolin da za su iya damun mutum sosai
- Mai yiuwa ne ka cƙanza yanayin ciya ciye da shaye-shaye.



Canadian AIDS Treatment
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www.catie.ca



www.apaa.ca

A yi Shawara na musamman jiyya ta asibiti tare da sanin kwararre likita mai dimbin sanin dangin ciwace ciwace kwayoyin kanjamo da jiyar su

Fara Shan Magungunan Kanjamau

- ☉ Wasu na iya ganewa cewa kana da kanjamau domin irin magungunan da kake sha
- ☉ Wasu magungunan in an gauraya su, sukan kawo hatsari.

Ka lura da tambayoyin nan kafin ka zabi magungunan kajamau da zaka sha

- ☉ Kana da wurin zaman da bazaka rabu da shi cikin dan lokaci ba?
- ☉ Makwacin ka sun san kana da kanjamau?
- ☉ Kana da firiji (akwatin sanyi) inda ka ke zama?
- ☉ Abokan aikinka sun san kana da kanjamau?
- ☉ Lokacin aikin ka daya ne ko kuwa kakan canze?
- ☉ Kana iya ajiya a firiji wurin aikinka?
- ☉ Kana iya samun wurin fisari da wuri wajen aikinka?
- ☉ Kana zama yawancin lokaci a gari guda?
- ☉ Kana iya shan magani babu matsala?
- ☉ Ka taba shan maganin kanjamau da?
- ☉ Ka taba shau wani magani da tsawon lokaci?
- ☉ Kana kan tashi daga barci a wani sa'a guda?
- ☉ Kana cin abinci kowace rana?
- ☉ Kana da wani irin abincin da ka saba ci ko an shawarce ka ka rika ci?
- ☉ Kana iya shani ruwa tsakanin kofi takwas zuwa goma sha biyu a yini guda?

Daukan shawara game da gauraya magungunan yadda kake bukata

- ☉ Muhinmin abu ne a nsha nagani bisa ga shawarar likita saboda haka zaban magungunan da za'a sha a garace na da muhinmi
- ☉ Indan amsar ka game da tambayoyin da aka yi a'a ne, kana iya samun damuwa wajen shan magungunan kanjamau.



Fara Shan Magungunan Kanjamau

- Indan kuta yi muhawara da likita game da magungunan da zaka rika sha, amsoshin da ka bayar ga tambayoyin da akayi na iya taimakonsa ya san irin magungunan da zai gauraya maka domin ya dace da irin rayuwarka ka kuma sami saukin shan magungunan

Labari mai muhimmanci:

Masu yada labarai ta jiyar cuta mai karya garkuwar jiki a kasar Canada da suna CATIE tare da wata kungiya ta Afirka wato APAA, masu aiki akan wanan cuta suna da nufi mai kyau ta wurin hanyar yada labarai zuwa ga masu zama da cuta kwayoyin kanjamo ko cuta mai karya garkuwar jiki, da musamman masu hanyar kula da kansu tare da taimakon ma' aikatan kungiyar da ke jiyar masu wanan cuta.

Labarai da a ka samu ta wurin CATIE ko APAA ba kamar shawaran likita ba ne. CATIE/APAA basu bada goyon baya na musamman jiyar amma masu amfani da mu su yi kokari ta wurin samu shawara da ga wurare masu yawa. Muna kuma karfafa wa masu amfani da mu, su nemi shawara da ga kwararre likita kafin su dauki wani shawara ko amfani da kowane magani.

Ba mu da tabbacin cewa labarai da ga wurin CATIE ko APAA daidai ne. Harka ce mai hadari idan aka dogara da labarai da ga wurin CATIE ko APAA kawai. Ba za a rike daya a cikin CATIE ko APAA ko ma' aikatan su, shugabannin ko daraktoci, masu taimakon su da laifin diyar akan amfani da labarai da suka yada.

Ra ayin da suke a cikin labarai wanda CATIE ko APAA ta buga na wanda suka wallafa ne, kuma ba ra ayin ko manufa minista mai kula da lafiyan Canada ba ne. Wannan website ya kunshi hadi na waddansu websites. APAA ba ta sarrafa websites da ta hadi ba, APAA ba ta dauki nauyi kayan cikin kowane website da ta hadi tare da website da ta kuma kunshi kowane hadi, ko karuwar da aka yi wa waddanan hadi ta websites. Websites da suka hadi da namu ba su nan a farasanci ko turanci. APAA ta yi tanadi na wannan hadi ta websites domin sauki, ama kunshi ta kowane hadi bai nuna a fakaice APAA ta goyi bayan wannan hadi ta websites ko suna tare da afaretan wadannan websites ba.

Ba mu da tabbacin cewa labarai da ga websites da suka hadi da wannan daidai ne. Kuma harka ce mai hadari idan aka dogara da labarai da ga nan, a kuma dauki nauyin kallo da yarda da bayani ta farabati da sharrada ta amfani a websites da suka hadi da wannan. Idan za a yi kowane bayani ko bincike akan batun websites da suka hadi da wannan, sai a tuntubi afaretan su

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