

## HIV iyo AIDS



### Royal District Nursing Service

Wuxuu dadka ku siiyaa daryeel  
kalkaalnimo guryahooda  
24 saac maalintii, iyo maalin  
kasta sannadkiiba.

### Waa Maxay HIV iyo AIDS?

Fayraska Daciifiya Wax Iska-celinta Insaanka ama HIV waa fayras kaas oo saameeya dhiigga. Sandaroomka Wax Iska Celin La'aanta La-qaaday ama AIDS waxay samaysantaa markii HIV ay waxyeesho nidaamka wax iska celinta jidhka.

### Sidee bay kuu caawin kartaa Royal District Nursing Service?

Waxaan haynaa kalkaaliyeyaal kuwaas oo ku takhasusay daryeelka dadka qaba HIV ama AIDS-ka. Waxaan ku siin karnaa taageero marxaladaha jirada oo dhan. Waxaan kugu soo booqan karnaa shaqada, guriga ama meel kale oo laysla ogolaaday.

### Sidee bay kalkaaliyeyaashayadu kuu caawin karaan?

Kalkaaliyeyaal ku takhasusay daryeelka dadka qaba HIV ama AIDS-ka ayaa kula shaqayn doona si ay u hubiyaan inaad ku heshay daryeel tayo leh gurigaaga.

Waanu:

- Kuu doodaynaa
- Ku dhagaysanaynaa kuna caawinaynaa waqtiyada adag
- Qiimaynayna oo la soconaynaa caafimaadkaaga
- Ku siinaynaa adiga, daryeelahaaga iyo qoyskaaga (haddaad doonayso) waxbarasho, talooyin iyo taageero si ay kaaga caawiso inaad ku noolaato HIV iyo AIDS-ka
- La shaqaynaynaa bixiyeyaasha daryeelka caafimaadka ee kale si loo hubiyo inaad hesho daryeelka ugu wanaagsan
- Ku siinaynaa adeeg gaarnimo iyo ixtiraam leh
- Kugu caawinaynaa daawooyinkaaga
- Kugu xiraynaa adeegyada kale ama kooxaha taageerada, haddii aad doonayso
- Siinaynaa daryeel iyo taageero qaxootiga iyo magangalyo doonka kuwaas oo qaba HIV iyo AIDS-ka
- Bixinaa caafimaadka dhimirka iyo taageerada shaqada bulshada.

### Sidee baad ku heli kartaa adeeggan?

Si aad ula hadasho mid ka mid ah kalkaaliyeyaashayada HIV iyo AIDS-ka, waxaad naga soo wacdaa 1300 33 44 55 ama weydii daryeelahaaga, qoyskaaga ama dhakhtarkaaga inuu na soo waco.

**Royal District Nursing Service Limited** 31 Alma Road St Kilda Victoria 3182

**Tel:** 1300 33 44 55 **Fax:** 1300 657 265 **Email:** cscentre@rdns.com.au **Web:** www.rdns.com.au

# HIV and AIDS



## Royal District Nursing Service

provides nursing care  
for people in their  
homes 24 hours a day,  
every day of the year.

### What are HIV and AIDS?

Human Immunodeficiency Virus or HIV is a virus that can infect the blood. Acquired Immune Deficiency Syndrome or AIDS can develop when HIV damages the body's immune system.

### How can Royal District Nursing Service help you?

We have nurses who specialise in caring for people with HIV and AIDS. We can provide you with support through all stages of illness. We can visit you at work, home or another agreed place.

### How can our nurses help you?

Nurses who specialise in HIV and AIDS will work with you to make sure you receive quality care in your home.

We can:

- Advocate for you
- Listen and help you through a difficult time
- Assess and monitor your health
- Provide you, your carer and family (if you wish) with education, advice and support to help you live with HIV and AIDS
- Work with other health care providers to ensure you receive the best care
- Provide you with a private and respectful service
- Help you with your medications
- Connect you with other services or support groups, if you wish
- Provide care and support to refugees and asylum seekers who live with HIV and AIDS
- Provide some mental health and social work support.

### How can you access this service?

To talk with one of our HIV and AIDS nurses, call us on 1300 33 44 55 or ask your carer, family or doctor to call us.

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