

Cov Chaw Soj Ntsuam Tej Co Kab Mob STD thiab Chaw Kho Mob

Cov chaw kho mob nram qab no muaj kev tawm tswv yim thiab kev soj ntsuam HIV thiab lwm cov kab mob STD uas tsis pub lwm tus neeg paub. Cov neeg ua hauj lwm hauv chaw kho mob muaj kev cob qhia los teb cov lus nug txog kab mob HIV thiab kab mob STD thiab los muab kev xa mus cuag cov chaw muab kev pab uas paub txog thiab muaj kev txhawj txog los kho mob thiab kho kev puas hlawb.

MINNEAPOLIS

Hennepin County

Public Health Clinic

(Formerly Red Door)

525 Portland Avenue

Minneapolis, MN 55415

(612) 543-5555

(612) 348-4729 TTY

www.co.hennepin.mn.us

www.co.ramsey.mn.us/ph

ST. PAUL

St. Paul-Ramsey County

Department of Public

Health

Room 111

555 Cedar Street

St. Paul, MN 55101

(651) 266-1352

Muaj ntau cov chaw soj ntsuam kab mob HIV thiab kab mob STD thoob plays hauv xeev Minnesota. Tsis muaj chaw txaus los sau txhua qhov chaw rau hauv daim ntawv qhia no. Nug tau rau ntawm MAP AIDSline hais txog cov chaw soj ntsuam kab mob HIV thiab Minnesota Kev Npaj Tub Ki thiab Tus Xov Tooj Qhia Txog STD (Minnesota Family Planning and STD Hotline) rau cov chaw soj ntsuam kab mob STD (saib hauv qab).

Minnesota AIDS Project AIDSLine

Cheeb Tsam Hauv Zos

(612) 373-AIDS

(612) 373-2465 TTY

Thoob Hauv Lub Xeev

1-800-248-AIDS

1-888-820-2437 TTY

<http://www.mn aidsproject.org>

Minnesota Kev Npaj Tub Ki thiab Tus Xov Tooj Qhia Txog STD (Minnesota Family Planning and STD Hotline)

1-800-783-2287 suab/TTY

(651) 645-9360 (Cheeb tsam hauv zos)

<http://www.sexualhealthmn.org>

Yog Xav Paub Ntxiv

Yog tias koj muaj lus nug los yog cov kev txhawj xeeb txog kab mob STD, nug koj tus kws kho mob, cov neeg ua hauj lwm hauv tsev kho mob, tus kws kho mob hauv lub tsev kho mob, los yog lub tuam tsev xyuas txog kev noj qab haus huv ntawm cev hauv koj lub zos. Yog xav paub ntxiv txog kev soj ntsuam, nug tau rau ntawm STD ib lub chaw kho mob uas muaj nyob rau seem lawv qab nov los yog lwm cov chaw muab lus qhia uas muaj nyob hauv qab no.

Yog hais tias koj muaj ib co kev txhawj xeeb tshwj xeeb txog kev yuam deev, nug tau koj qhov chaw pab txog kev yuam deev. Lawv yuav muab tau cov lus qhia, cov kev xa mus cuag, thiab kev txhawb nqa.

Yuav tsum tau nrhiav tswv yim txog kev kho mob los ntawm ib tug kws txawj yog koj ntseeg hais tias koj kis tau kab mob STD lawm.

Yog xav tau cov lus qhia txog kab mob STD, hu rau: Minnesota Kev Npaj Tub Ki thiab Tus Xov Tooj Qhia Txog STD (Minnesota Family Planning and STD Hotline)

1-800-783-2287 voice/TTY

(Lub xov tooj rau cov neeg tsis hnov lus)

(651) 645-9360 (Cheeb tsam hauv zos)

<http://www.sexualhealthmn.org>

Minnesota AIDS Project AIDSLine

Cheeb Tsam Hauv Zos

(612) 373-AIDS

(612) 373-2465 TTY

Thoob Hauv Lub Xeev

1-800-248-AIDS

1-888-820-2437 TTY

<http://www.mn aidsproject.org>

Minnesota Tuam Tsev Xyuas Txog Kev Noj Qab Haus Huv (Minnesota Department of Health)

Kab Mob Uas Kis Tau,

Ceg Tiv Thaiv thiab Tswj

Seem Hais Txog Kab Mob STD thiab Kab Mob HIV

(651) 201-5414

<http://www.health.state.mn.us/std>

Minnesota Lub Koom haum Tiv Kev Yuam Mos Deev (Minnesota Coalition Against Sexual Assault)

Hauv zos: (651) 209-9993

Thoob Hauv Lub Xeev: 1-800-964-8847

<http://www.mncasa.org>

Yog tias koj xav tau daim ntawv no ua lwm yam ntawv, xws li ua cov ntawv loj, cov ntawv Braille rau cov neeg tsis pom kev, los yog kaw hauv kab xev, hu rau:

(651) 201-5414

(651) 201-5797 TTY

IC #141-0650

For Persons Who Have Been Sexually Assaulted – Hmong

4/11

Rau Cov Neeg Uas Tau Raug Yuam Deev

*Cov Lus Qhia Uas Koj Yuav Tsum
Tau Paub Txog Cov Kab Mob Kis
Los Ntawm Kev Sib Deev*



Kab Mob Uas Kis Tau, Ceg Tiv Thaiv thiab Tswj
Seem Hais Txog Kab Mob STD thiab Kab Mob HIV

Nthuav Lus

Cov neeg uas tau raug yuam deev feem ntau muaj kev txhawj xeeb thiab lus nug txog ntau yam. Daim ntawm no yog los muab cov lus qhia rau koj txog cov kab mob kis los ntawm kev sib deev los yog "STD".

Yog hais tias koj tsis nkag siab txog cov lus qhia no, los yog xav tau ib co lus qhia ntxiv, nug koj tus kws kho mob los yog tus neeg muab kev pab kab mob kom pab koj.

Cov Kab Mob Kis Los Ntawm Kev Sib Deev (STDs)

Koj yuav kis tau kab mob STD los ntawm kev sib deev ntawm chaw mos, ntawm qhov ncauj los yog ntawm qhov quav nrog ib tug neeg uas muaj tus kab mob. Tus kab mob STD uas nquag muaj tshaj yog chlamydia, gonorrhea thiab syphilis. Tus kab mob STD uas txaus ntshai tshaj yog tus kab mob human immunodeficiency virus (HIV, tus kab mob uas ua rau mob AIDS), kab mob siab B, sawv hiwv ntawm chaw mos (genital herpes), thiab ua pob ntawm chaw mos (genital warts).

Tej co kab mob STD no ua tau kom muaj teeb meem loj. Piv txwv li, cov kab mob gonorrhea thiab chlamydia yog tias tsis kho yuav ua rau cov chaw xeeb me nyuam ntawd puas, uas yuav rau nchuav me nyuam los yog cov poj niam yuav muaj tsis taus me nyuam los yog ua rau cov kab me nyuam tsis qoos rau cov txiv neej. Tej co kab mob STD xws li HIV yuav ua tau teeb meem loj uas tuag taus thiab. Tej co kab mob STD tseem yuav kis tau ntawm ib tug poj niam uas cev xeeb tub mus rau nws tus me nyuam hauv plab.

Txoj Kev Pheej Hmoo uas Yuav Tau Kab Mob STD los ntawm Kev Yuam Deev

Cov kab mob STD uas nquag pom muaj tshaj tom qab yuam deev muaj xws li gonorrhea los yog chlamydia.

Txoj kev pheej hmoo tias yuav tau gonorrhea los yog chlamydia los ntawm kev yuam deev mas nws tsawg.

Txoj kev pheej hmoo yuav tau syphilis los yog sawv hiwv ntawm chaw mos mas nws tseem haj yam tsawg. Txoj kev pheej hmoo yuav kis tau HIV mas nws tsawg heev, thiab tseem tsawg dua yog hais tias tsuas deev ntawm qhov ncauj thaum mos deev ntawd.

Yog hais tias pom tias kis tau kab mob STD tom qab ib qho kev yuam deev, nws tsis txhais tau tas li tias kis tau tus kab mob thaum yuam deev ntawd. Tiam sis, kev soj ntsuam tom qab ib qho kev yuam deev yuav muab ib lub sij hawm los txheeb xyuas thiab kho cov kab mob STD uas txhom tsis tau ntawd. Piv txwv li, ib tug neeg tej zaum muaj tus kab mob STD (yam uas tsis paub) ua ntej raug yuam deev. Tej zaum muaj li no thaum uas kis tau chlamydia vim tias kws yeem li ntawm 3 tug hauv 4 tug poj niam thiab 1 tug hauv 2 tug txiv neej yuav tsis muaj cov tsos mob. Kev kho thaum ntxov yuav tiv thaiv tau kev puas uas kav mus ntev.

Cov Cim thiab Tsos Mob Ntawm Kab Mob STD

Tej co kab mob STD ua rau muaj tsos mob xws li khaus, mob, muaj kua discharge, los ntshav, ua hiwv ntawm chaw mos, los yog mob plab mog. Cov tsos mob no tej zaum yuav muaj li ntawm ntau hnub, ntau av thiv, los yog ntev dua ntawd tom qab ib tug neeg kis tau. Tiam sis koj yuav tuo siab tsis tau rau cov tsos mob los qhia seb koj puas kis tau mob. Coob tus neeg uas tau tus kab mob STD yuav tsis muaj cov tsos mob. Li no, nws yog ib qho tseem ceeb heev uas koj mus cuag ib tug kws kho mob kom soj ntsuam thiab soj ntsuam kab mob STD los xyuas seb koj puas kis tau kab mob tom qab ib qho kev yuam deev, txawm tias koj tsis muaj tsos mob li.

Kev Soj Ntsuam Kab Mob STD thiab Kho Mob tom qab Yuam Deev

Tom qab raug yuam deev tas nws yog ib qho tseem ceeb uas koj mus soj ntsuam tias tau raug yuam deev kom sai li sai tau. Yog tias koj nrhiav kev kho mob li ntawm 72 teev tom qab raug yuam deev, tus kws kho mob uas saib xyuas koj ntawd yuav muab tau tshuaj rau koj noi rau tej co kab mob STD tsam koj ho raug rau cov kab mob thaum lub sij hawm yuam deev. Vim hais tias cov tshuaj no nws tsis tiv thaiv kab mob 100%, nws tseem yog ib qho tseem ceeb uas koj paub tias yuav xyuas ntsoov seb puas muaj dab tsi thiab rov qab mus cuag koj tus kws kho mob li ntawm ob mus rau pab as thiv kom paub tseeb tias tau koj koj zoo lawm. Rau kev pheej hmoo tias ho raug kab mob HIV, tej zaum yuav muab cov tshuaj post-exposure prophylaxis (PEP) ntawm cov tshuaj antiretroviral yog hais tias qhov kev yuam deev nws tshwm sim li ntawm 72 teev ua ntej qhov kev soj ntsuam koj.

Yog hais tias koj tsis muaj ib tug kws kho mob, muaj ntau qhov chaw kho mob pab pej xeem nyob rau sab nraum qab ntawm daim ntawv no uas yuav muab tau kev soj ntsuam kab mob HIV thiab lwj cov kab mob STD yam uas tsis pub qhia rau leej twg paub rau cov neeg uas raug yuam deev, los yog lwj tus neeg uas tej zaum kis tau tus kab mob.

Muaj kev kho mob uas muaj kev ruaj ntseg thiab kho tau los kho gonorrhea, chlamydia, thiab syphilis. Cov tshuaj tua kab mob feem ntau yog raws qhov kev tshawb pom tau los ntawm qhov kev soj ntsuam kab mob STD. Tiam sis, koj tus kws kho mob tej zaum yuav txiav txim kho koj thaum uas koj tos seb tshawb pom tau dab tsi.

Tiv Thaiv Kev Kis Kab Mob STD mus rau Cov Neeg Uas Deev Nrog

Koj yuav kis tau kab mob STD mus rau koj tus khub yog hais tias koj kis tau thaum yuam deev. Li no, pab xav kom koj tsis txhob rawm sib deev kom txog thaum uas koj tau rov qab mus soj ntsuam dua li ntawm ob mus rau pab as thiv tom qab raug yuam deev thiab koj tau txais cov kev tshawb pom tau lawm tso.

Yog tias koj deev ntawm qhov ncauj, qhov quav, los yog ntawm chaw mos, nws yog ib qho tseem ceeb uas yuav tau siv cov hnab looj latex los yog lwj yam kev thaiv.

Cov hnab looj latex, thaum uas siv xwm yeem thiab siv yog, mas nws pab tau zoo heev txog kev tiv thaiv qhov kis kab mob HIV. Ntxiv thiab, kev siv cov hnab looj latex kom yog yuav txo tau txoj kev pheej hmoo ntawm lwj cov kab mob STD.

Kab Mob HIV/AIDS thiab Kev Yuam Deev

Kev kis kab mob HIV nws tsis yooj yim. Txoj kev pheej hmoo uas yuav kis tau los ntawm kev sib chwm ib zaug mas nws tsawg heev. Kev siv tus qau mus chwm qhov chaw mos los yog lub qhov quav, los yog chwm cov ntshav, mas feem ntau yog txoj kev uas yuav kis tau kab mob HIV thaum yuam deev. Muaj txoj kev pheej hmoo tsawg, tiam sis tsis yog tias yuav tsis muaj li, ntawm kev kis los ntawm kev deev hauv qhov ncauj.

Kev kis kab mob HIV yog paub tau los ntawm kev soj ntsuam nttshav. Tom qab ib qho kev yuam deev tas, mus cuag ib tug kws kho mob thiab mus soj ntsuam tam sim ntawd. Tus kws kho mob yuav rov qab ua qhov kev soj ntsuam rau cov sij hawm txawv kom txog li rau (6) lub hlis. Yog hais tias qhov kev soj ntsuam tseem yog nyob rau qhov tsis muaj tom qab rau (6) lub hlis, koj yuav tso siab tau tias koj tsis kis tus kab mob HIV.

Soj Ntsuam Cov Neeg ua Txhaum

Minnesota Txoj Cai (Minnesota Statute 611A.19) cia lub tsev hais plaub txib kom cia li mus soj ntsuam kab mob HIV tom qab txiav txim tias tus neeg tau ua txhaum cai lawm. Tus neeg raug yuam deev yuav thov tau kom tus neeg ua txhaum ntawd cia li mus soj ntsuam. Vim hais tias kev muab txim txhaum rau—yog hais tias muaj—tsis ua tam sim ntawd, kev soj ntsuam tus neeg ua txhaum tej zaum yuav tsis tau ua kom txog ntau hli tom qab tej zaum uas raug. Li no, kev tshawb xyuas cov lus qhia txog tus neeg uas tau yuam deev koj ntawd tsis yog txoj kev zoo tshaj los xyuas seb koj puas kis mob. Txoj kev nws yuam deev koj, seb tus kab mob nyob rau theem twg lawm, koj txoj kev tiv thaiv kab mob, thiab lwj yam ua rau koj txoj kev soj ntsuam tseem ceeb dua qhov kev soj ntsuam tshawb pom tau los ntawm tus neeg ua txhaum.

Kev tham koj cov kev txhawj xeeb nrog ib qho kev pab cuam txog kev yuam deev tej zaum yuav pab tau:

Minnesota Coalition Against Sexual Assault

161 St. Anthony Avenue, Suite 1001

St. Paul, MN 55103

(651) 209-9993

1-800-964-8847 hu dawb

<http://www.mncasa.org>