

BAYANI AKAN HIV

Fahimta, Kare Kai, da Rayuwa
da HIV



Gabatarwa

Barka da zuwa!

Wannan littafi yana taimaka maka fahimtar HIV, yadda ake yada shi, yadda ake kare kai, da yadda ake rayuwa lafiya da shi.

Me yasa yake da muhimmanci

HIV yana shafar miliyoyin mutane a duniya, amma ana kula da ita don rage illolinta.

Gwaji da wuri da magani suna ceton rayuka.

Sanin gaskiya yana rage wariya da taimaka wa al'umma.

Abubuwan da za ku koya

- Menene HIV da yadda yake shafar jiki
- Hanyoyin yada HIV da abin da ba ya yada shi
- Yadda ake gwaji da magani
- Hanyoyin kariya
- Rayuwa lafiya tareda da HIV

Menene HIV da AIDS?

HIV (Human Immunodeficiency Virus) yana kai hari ga kwayoyin rigakafi na jiki (CD4 cells).

AIDS shine matakin tsanani na HIV, inda jiki ba zai iya yaki da cututtuka yadda ya kamata ba.

Muhimman bayanai

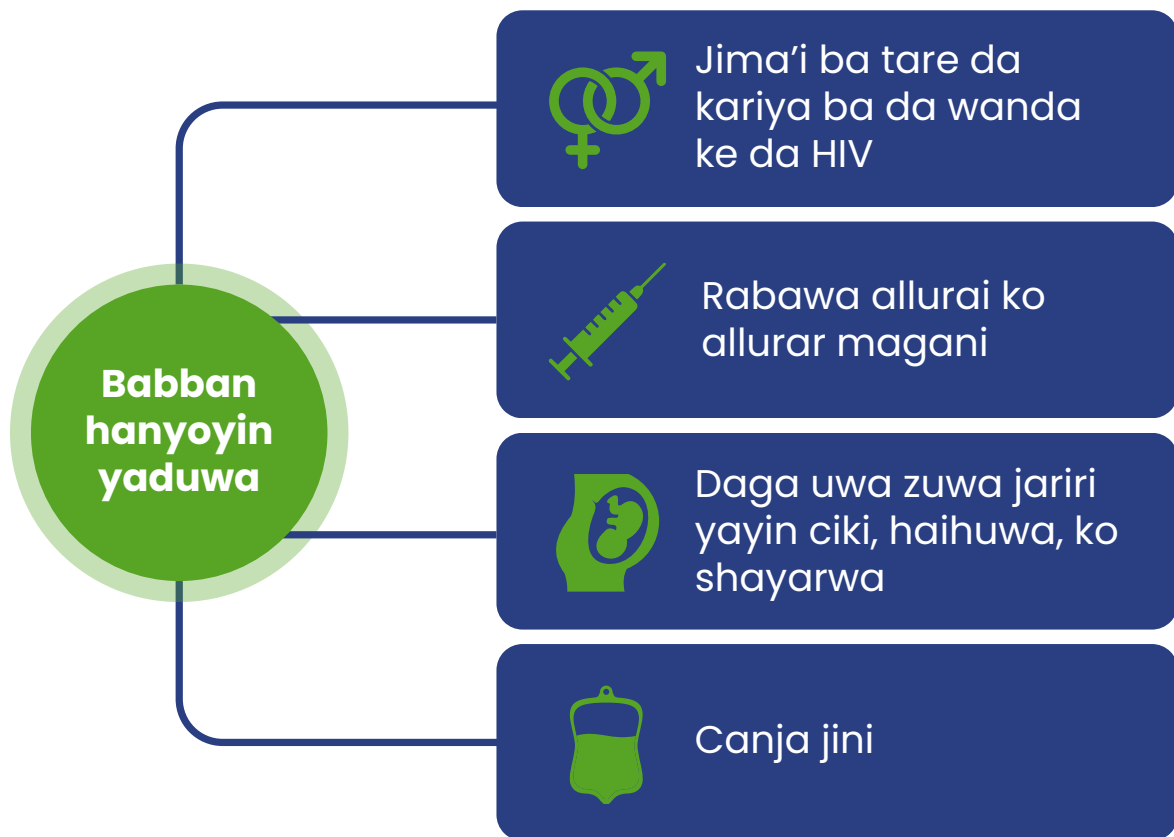
- Ba kowa mai HIV ne zai sami AIDS ba idan an fara magani da wuri.
- HIV zai iya kasancewa ba tare da alamun bayyanuwa ba na tsawon shekaru—don haka gwaji yana da mahimmanci.



Yadda HIV ke Yaduwa

HIV yana yaduwa ta jini da wasu ruwan jiki:

1. Jini
2. Ta hanyar Jima'i
3. Nono



Karya da gaskiya

Ba za a iya kamuwa da HIV daga runguma, cin abinci tare, gaisuwa da hannu, zama a bayan gida, ko cizo da sauro ba.

Alamomi

**Alamomin farko (mako
2–4 bayan kamuwa)**

**Zazzabi,
rashin lafiya**



Gajiya



Kaluluwa



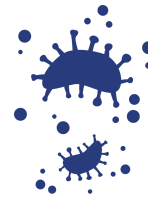
**Ciwon fata
ko kuraje**



**Alamomin daga baya
(idan ba a bi magani ba)**



**Rama mai yawa
cikin kan-kani
lokaci**



**Cutar da ke
dawowa
lokaci-lokaci**



**Gudawa mai
tsanani**



**Sauyin
hankali ko
tunani**

Shawara

Gwaji da wuri yana da muhimmanci saboda alamomi na iya kasancewa marasa tsanani ko babu gaba daya.

**Alamomin cuta kadai ba su iya tabbatar da HIV, saboda irin waɗannan alamun suna faruwa tare da wasu cututtuka. Yana da muhimmanci a tuntubi mai ba da kulawar lafiya don a yi bincike da gwaje-gwaje da suka dace.*

Gwajin HIV

Me yasa a gwada

Don sanin matsayin ka da fara magani da wuri.

Don kare abokin tarayya da iyali.

Nau'in gwaji

- **Gwajin sauri:** Minti 20–30, amfani da yatsu ko swab na baki.
- **Gwajin jini:** Gwaji a dakin bincike, mafi sahihanci.

Inda za a gwada

- Asibitoci da cibiyoyin lafiya
- Cibiyoyin gwaji na al'umma
- Na'urorin gwaji masu motsi

Sirri: Sakamakon ka na sirri ne.



Maganin HIV

ART (Antiretroviral Therapy)

Magani na yau da kullum da ke rage yawan kwayar cutar a jiki.

Yana kiyaye tsarin rigakafi.

Yana hana ci gaba zuwa AIDS.

Shawarwari don bin magani

- Sha magani a lokaci guda kowace rana.
- Kada a tsallake kashi na magani.
- Ziyarci likita akai-akai.

Amfanin magani

- Rayuwa mai tsawo da lafiya.
- Rage hadarin yada HIV ga wasu.
- Inganta lafiya gaba daya.

Hanyoyin Kare Kai

Hanyoyin kariya masu tasiri:

- Amfani da kwaroron roba a kowane lokaci.
- Kada a raba allurai ko abubuwan kaifi.
- PrEP: Magani na yau da kullum ga wadanda ke cikin haɗari ko kuma allurar LEN PrEP da akeyi duk wata shidda.
- PMTCT: Magani ga uwa mai HIV don hana jariri kamuwa.

Halaye na lafiya

- Rage yawan abokan jima'i.
- Gwaji akai-akai.
- Taimako daga al'umma, shugabannin addini, ko kungiyoyin matasa.



Takaitaccen Bayani kan LEN PrEP

Menene LEN PrEP?

LEN PrEP wata sabuwar hanya ce ta **kare kai daga kamuwa da HIV** ta amfani da magani mai aiki na dogon lokaci mai suna **Lenacapavir**.

PrEP yana nufin **Pre-Exposure Prophylaxis**, wato magani da **mutanen da ba su da HIV** ke amfani da shi domin **kare kansu kafin su hadu da kwayar cutar HIV**.

Ba kamar wasu magungunan PrEP da ake sha kullum ba, **LEN PrEP yana bada kariya na tsawon lokaci tare da allurai kadan.**

Yadda LEN PrEP ke Aiki

Kwayar HIV tana bukatar shiga cikin jiki ta kuma yawaita domin ta haifar da cuta.

Maganin **Lenacapavir** yana hana wani muhimmin bangare na kwayar HIV da ake kira **capsid**, wanda ke taimaka wa kwayar cutar ta yawaita.

Saboda haka, kwayar HIV **ba za ta iya yawaita ko haifar da kamuwa da cuta ba.**

Wa Su Ke Iya Amfani da LEN PrEP?

LEN PrEP

LEN PrEP na iya zama da amfani ga mutanen da ke cikin **hadarin kamuwa da HIV**, kamar su:

- Mutanen da abokin jima'insu na dauke da HIV
- Mutanen da ke da abokan jima'i da dama
- Mutanen da ba sa amfani da kwaroron roba a kowane lokaci
- Mutanen da ke amfani da allurai tare (musamman wajen amfani da kwayoyi)
- Matasa da samari a al'ummomin da hadarin HIV ya fi yawa

Ma'aikacin lafiya ne zai tantance ko LEN PrEP ya dace da kai.

Yadda Ake Ba da LEN PrEP

Ana ba da **LEN PrEP ta hanyar allura a karkashin fata** daga ma'aikacin lafiya.

Tsarin amfani yawanci yana kasancewa kamar haka:

1. Allura ta farko daga ma'aikacin lafiya
2. Sannan ana yin **allura sau daya duk bayan watanni shida**



Wannan yana nufin **allura biyu kacal a shekara** na iya bada kariya daga HIV.

Amfanin LEN PrEP

- Kariyar HIV na tsawon lokaci.
- Ba sai an sha magani kullum ba.
- Saukin amfani da saukin bi.
- Zai iya taimaka wa mutane su rika bin tsarin kariya da kyau.
- Yana da tasiri sosai idan an yi amfani da shi yadda ya kamata.

Muhimman Abubuwan Da Ya Kamata A Sani

Kafin fara LEN PrEP:

- Dole ne a **gwada ka don tabbatar da ba ka da HIV**
- Ma'aikacin lafiya zai duba tarihin lafiyarka
- Za a rika **gwajin HIV lokaci zuwa lokaci**

Illolin Da Zai Iya Haifarwa

Yawancin mutane suna jure LEN PrEP ba tare da matsala ba, amma wasu na iya samun:

- Dan zafi ko kumburi a wurin allura
- Ciwon kai • Tashin zuciya • Gajiya

Iloli masu tsanani **ba kasafai suke faruwa ba**, amma ya kamata a sanar da ma'aikacin lafiya idan an lura da su.

Bambanci Tsakanin LEN PrEP da Maganin PrEP na Kullum

Siffa	PrEP na Kullum (Kwaya)	LEN PrEP
Yadda ake amfani	Ana sha kullum	Allura
Sau nawa	Kowace rana	Duk bayan watanni 6
Saukin amfani	Sai an tuna kullum	Na dogon lokaci
Zuwa asibiti	Lokaci-lokaci	Lokacin yin allura

Muhimmin Tunatarwa

LEN PrEP ba ya kare mutum daga sauran cututtukan da ake dauka ta jima'i (STIs) ko kuma daukar ciki. Domin kariya mafi kyau:

- Yi amfani da **kwaroron roba**.
- Yi **gwajin HIV** da sauran cututtukan jima'i akai-akai
- Tuntubi ma'aikacin lafiya idan kana tunanin ka hadu da HIV.

Rayuwa da HIV

Rayuwar yau da kullum da HIV

- Ci abinci mai gina jiki
- A dinga motsa jiki
- Sarrafa damuwa da lafiya ta hankali
- Shiga kungiyoyin goyon baya

Wariyar jama'a

Mutanen da ke da HIV ba su kamata a yi musu laifi ko ware su ba

Ilimi yana taimakawa rage tsoro da jita-jita a al'umma



Batutuwa na Musamman



HIV da ciki

Mata masu HIV da ke shan magani na iya haihuwar jarirai da ba su da HIV



HIV da matasa

Hanyoyin lafiya ga matasa



HIV da dangantaka

Bayyanawa, tallafi, da lafiya a jima'i



HIV da tafiye-tafiye

Dauki magani; babu babban takunkumi a yawancin kasashe

Albarkatu da Jagora na Gaggawa

Wuraren tuntuba

- Asibitoci da cibiyoyin HIV
- Hukumar Kula da Cutar AIDS ta Kasa (NACA): **+234 809 183 6222**.
- Kungiyoyin tallafi da abokai

Teburin Jagora

Batu	Muhimmin Abun Lura
HIV	Kwayar cuta da ke kai hari ga tsarin rigakafi
Yaduwa	Jini, man jima'i, ruwan farji, nono
Ba ya yaduwa	Runguma, cin abinci tare, sauro
Gwaji	Gwajin sauri ko na dakin bincike; sirri
Magani	ART yau da kullum; bin ka'ida yana da mahimmanci
Kariya	Kwaroron roba, PrEP, allurai masu tsabta, PMTCT

Shawara ta karshe

Ilimi + gwaji + magani + kariya = rayuwa mai lafiya.

Bayanin Wallafar Littafi

Ranar wallafa: Agusta 2026

Marubuta

Favour Christiana Ogbuagu
Dr. Abubakar Ismail Zango
Makkiyyah Sulaiman Muhammad
Dr. Abdulmalik Ya'u

Abokin tarayya na hukuma

INSPIRE Youth Health

Wannan aiki ya samu tallafi daga Eunice Kennedy Shriver National Institute of Child Health and Human Development na National Institutes of Health, karkashin lambar tallafi UM2HD116395.

Manazarta

1. World Health Organization. HIV and AIDS. Geneva: World Health Organization; 2026. [[WHO: HIV and AIDS](#)]
2. World Health Organization. HIV. Geneva: World Health Organization. [[WHO: HIV information and resources](#)]
3. World Health Organization. Guidelines on lenacapavir for HIV prevention and testing strategies for long-acting injectable pre-exposure prophylaxis. Geneva: World Health Organization; 2025. doi:10.2471/9789240111608. [[WHO: LEN PrEP Guidelines](#)]
4. World Health Organization. WHO recommends injectable lenacapavir for HIV prevention. Geneva: World Health Organization; 14 July 2025. [[WHO: Lenacapavir for HIV prevention](#)]
5. Bekker LG, Das M, Abdool Karim Q, et al. Twice-Yearly Lenacapavir or Daily F/TAF for HIV Prevention in Cisgender Women. N Engl J Med. 2024;391:1179–1192. doi:10.1056/NEJMoa2407001. [[NEJM: PURPOSE 1 Trial](#)]
6. Ogbuagu O, Ruane PJ, Podzamczek D, et al. Twice-Yearly Lenacapavir for HIV Prevention in Men and Gender-Diverse Persons. N Engl J Med. 2025;392:1261–1276. doi:10.1056/NEJMoa2411858. [[NEJM: PURPOSE 2 Trial](#)]

Manazarta

7. National Institutes of Health. Lenacapavir (HIV Prevention). ClinicalInfo.HIV.gov. Bethesda, MD: U.S. Department of Health and Human Services. [[NIH ClinicalInfo: Lenacapavir for HIV Prevention](#)]
8. U.S. Food and Drug Administration. YEZTUGO (lenacapavir) Prescribing Information. Silver Spring, MD: U.S. Food and Drug Administration; 2025. [[FDA: YEZTUGO Prescribing Information](#)]
9. World Health Organization. Consolidated guidelines on HIV prevention, testing, treatment, service delivery and monitoring: recommendations for a public health approach. Geneva: World Health Organization; 2021. [[WHO HIV Consolidated Guidelines](#)]
10. World Health Organization. Consolidated guidelines on HIV, viral hepatitis and STI prevention, diagnosis, treatment and care for key populations. Geneva: World Health Organization; 2022. [[WHO Key Populations Guidelines](#)]