

: B nsobhBsk (; EkBsj D) phwkfonk (STD'S)

; jike sEk eb/wfv: k (GONORRHEA & CHLAMYDIA)

- ; e/wfs nkdwh d/ Bkb : B ; pX eoB e/ d' fdBK s' b? e/ eS jcs/ pkd ; e/wD Fp{ j' iKdk j?
- nkdwh d/ fbr sl idl ghe fBebdh j? sk fJj gFkp ejB ftU Bje; kB eodh j fJ; d/ bSD : k sk m'; j d/ : k j be/ : k pj s jh wFfeb Bkb Bij nkd/ jB.
- n'osk ftU fJj bSD pj s xN iKB d/ pokpo B}o nkd/ jB. i/ fJ; dk fJBki B fesk ikt/ sk fJj pj s tVh rGho phwkoh (P.I.D) ftU pdb ikdh j? fi; ekoD nkD tkb/ ; w/ ftU n'os plU/ ~ iBw Bjhl d/ ; edh.
- fJj phwkoh iV sl sd jh ysw ehsh ik ; edh j? idl fJ; dk fJBki nBNhpK: fNe; d/ Bkb i bdi sl i bdi ehsk ik ; e/.

gfo; og (HERPES)

- tk: o; d/ feNkD[fJ; dk ekoD j? fJ; dk fJBki sk j? bfeB pukt Bjhl j?
- ; e/wfs nkdwh d/ Bkb : B ; pX pBKD e/ 3 sl 10 oli pknd fJ; phwkoh d/ bSD B}o nkd/ B/.
- gfo; og d/ i]w Fp{ j d/ jB, Skbk j'D sl s/ fco SN/SN/ Sd j d/ jB s/ fco yfov pD iKd/ jB.
- 5 sl 15 fdB pkd fJj i]w Go iKd/ jB s/ rKfJp (ysw) j' iKd/ jB.
- nkg e/ Foho ftU ehNkD[j? s/ fJ; dly dk nkg ~ Gfty ftU ; kwBk eoDk jh gtrk.
- n'osk fJj Bjh iKd gKdhnk fe TBH ~ gfo; og j? feTfe iyw TBH dh iBBkr d/ nzo j d/ j?

nkgD/ nkg ~ jwFk puk e/ oy', jwFk ex/w jh fJ; s/wkb eo'.

; kfofoe wZ/ (GENITAL WARTS)

- fJj tk: o; j'D dk ekoD j? (j: wB gKfgbWk tk: o;) (HPV)
- Feofws nkdwh d/ Bkb : B ; pX pBKd d/ fJj wjhB/ sl b? e/ fJe ; kb d/ pknd ; i (x/wv) fdykjh fdzdh j?
- ne; o fJj n'osk ftU Bjhl fdykjh fdzk feTfe fJj n'osk d/ iBBkr d/ nzo j d/ j? nkdwnk ftU fJj pj s SNk j d/ j? go fdykjh fdzk j?
- fJ; iyw dk N?N ehsk ik ; edk j? iBBkr dh gos b? e/.
- fJj fJj rGho phwkoh j' ; ddh j? n'osk bjh feTfe fJj roGkF: (Cervix)d/ eFo ftU pdb ikdh j?
- fJ; dk fJBki ; Gt j? n'os id th Bt/ nkdwh Bkb : B ; pX pBKdh j? sk pkd Tj; ~ PAP ek bg brkDk ukfj dk.

TgdF (Syphilis)

- fJ; phwkoh dk ekoD p'ehfonk (ehNkD) jB. ;eofws nkdwh d/ Bkb : B ;pX pBKD sl pkd, fJj }yw 3 jcs/ sl 3 wjhB/ se Bi o nkd/ jB.
- fJj }yw ;oho d/ nzdo SN-SN/ Sdk dh soK Bi o nkd/ jB j'o nkgDh irj pDKd/ jB, : t dod sl fpBK j'pd/ jB.
- fJj }yw eM jcfnsK pknd fdyJh dD pd eo fdd/ jB. go Foho d/ nzdo ehNkD{ ofj iKd/ jB. fJj phwkoh Foho ftu ofj e/ g'p/ Foho ftu cb iKdh j?
- fJj dkD/ fdyD u pd j' iKd/ jB, go ;kb Go ftu Foho d/ d'f/ Gkr s/ jwbk eo fdd/ jB.
- TgdF phwkoh g'ph soK Bkb Tguko tkbh j? fJ; phwkoh ~ fe;/ th nt; EK ftu gB; fbB dtkr ofenk iK ;edk j?
- iBBkr d/ nzdo j'D ekoD fJj i]w Sg iKd/ jB.

STD'S phwkoh dk fJbki ;Gt j?

pkbk d/ i'nk (ehV) (Public lice)

- 1\$8 fJu d/ r' s/ p'TB ehV/ (Pubic)pkbk ftu j'pd/ jB fi ; ekoD pkbk ftu fyukD s/ y'li bh j'pdh j?
- fJ; dk fJbki ehsk iK ;edk j? sob gdkoE Bkb i' fe f;X/ jh pkbk s/ g'kh iKdh j?

gkwk (Scabies)

- ;cd i'nk dh soK jh fJj ehV/ p'js jh SN/ j'pd/ jB, li' fdy Bjhl gkd/ jB. s/ wk; e/ nzdo jh j'pd/ jB.
- fJj p'js y'li bh cbkd/ jB. s/ g'p/ Foho ftu iyw cb iKd/ jB.
- fJ; dk fJbki sob gdkoE dtkJh Bkb j'pdk j? i' g'p/ Foho s/ brkjh iKdh j?
- Tguko fJbki sl pknd egV/ u'zok, s/ s'bhJ/ i'op ;kc eoB/ ukjhd/ jB. j' ;edk j? fe T; ftu ehV/ ofj rJ/ j'D.

: fBFX (Vaginitis)

- iBBkr dk fJBc'FB nfXeso iBBkr d/ tho: ;EkBsoD d/ ekoD j'pdk j? fJj edh edh pdp'kko d/ fuVfuVk (iDB) Gfonk j'pdk j?
- tyo/tyo/ fe;w d/ ehNkD{ fJ; dk ekoD j' ;ed/ jB. fi t/ rB'fonk, ebwfvnk, ywho fJj n'bs d/ iBBkr ftu ofj d/ jh jB.
- tho: ~ wkfJe' eX d/ dtkr goheFD ehsk iK ;edk j?
- nfXeso fJ; dk fJbki g'ph dtkfJnk d/ e/ ehsk iK ;edk j? i' eh ehNkD{ dh g'p'osh s/ fBoGo eodk j?

ywho ; eoeD (Yeast Infection)

- fJ; dk ekoD j? ccdh d/ feNkD{
- fJ; dk ekoD yli bh bkbhwk bJ/ j'J/ ; Bs tkb/ nkdwhnK ftu fJj yli bh tkbk bkbhwk bJ/ j'J/ wk; d/ n'edo j'jk j?
- n'osk ftu fJ; dk ekoD j'jk j? rkvk ; cdk yli bh tkbk n'osk dk iBBkr tho: .
- n'Nh cBrb eqw d/ dtkok fJ; o'r ~ mhe ehsk ik ; edk j?

j'fgNkFN; (Hepatitis)

- fJj rGho tk: o; phwkoh f; X/ bhto ~ n; o eodh j?
- fJ; d/ ekoD p'lyko, gN-dod, EektN, n'lyk ftu ghbkGB, ; feB s/ ghbk gB s/ g'f'kp dk r'j'bl or dk j'Dk j'.
- nkokw eoe/ fJ; phwkoh dk fJbki ehsk ik ; edk j? fJ; fJBc'eFB d/ pukt bJh ; kv/ e'b Nhe/ Tg'bpX j'.

AIDS (n'e'fk: ov fJw; B vchFBFh f; B'vow) \$ HIV phwkoh

- fJj fJ'e rGho phwkoh j? fi ; dk ekoD HIV j? fJj ; kv/ Foho ftu sd j'jk j? i d fJj phwkoh sl bVB ftu g'f'sofys s'sq n; woE j'jk j?.
- fJ'e ; kb s'e fe; / nkdwh d/ Bkb : B ; p'X pBKD d/ d'okB fJ; d/ e'Jh Gh bSD fdyJh Bj'hl f'dd/ . fJ; bJh e'Jh Bj'hl efj ; edk fd wbl ; kEh ~ e'Jh phwkoh (AIDS) j' : k Tj; d/ yB ftu HIV j?.
- fJ; phwkoh d/ d'okB 10 ; kb d/ p'kd w's j' ; edh j? go j'D ; kv/ e'b p'j's n'S/ Tg'uko (fJbki) Tg'ypX jB.

AIDS fJe fJbki tkbh p'kbh phwkoh j? fJ; dk fJbki j' ; edk j? fJj : B ; p'X (SEX) ; Ekfgs eod sl c'bdk j? fJj ; J'hnK d/ dtkok v'q' b'D Bkb jh c'bdk j?

fJ; frnkB dk T'p'f fJj j? fd s; hl gfjukB ; e' fe fJj : B ; EkBsoD tkbh phwkoh (STDs) j?

: kd oy' fJj phwkoh dk fJbki j? i / s; hl fe; / d/ Bkb : B ; p'X ; Ekfgs B eo' sk spk- STDs Bj'hl j't'rh.

: B ; p'X pBKD/ j'D sk ; r'ys : B ; p'X d/ fB: wk dk gkbB eoBk ukjhdK j?

; p'fys ; 'e; bJh j'wFk exw dk fJ; swkb eo'.

fJj nfXeso w'fye s/ ; yw ; 'e; s' c'bdh j? T'pk jh fi dK Fkohfoe ; 'e; sl.

; 'e; bJh ; kEh'nK dh ; fynk xN oyDh ukjhdh j?

fB: soD u jo'. Frp s/ vr; sjk~ fJB pph joesK ~ eoD bJh wi p p eoBr/.
nkgD/ ;kEh ~ fJB r bK dh o'eEkw bJh r b eo'.

nkgD/ s/ nkgD/ ;kEh dk BohyD eo'. i/ s; hl e'Jh i]w tho: :k e\$ fJ; soH dk
fdy/ li' Bj hl j 'Dk ukj hdk s[tk~ nkgD/ u :k nkgD/ ;kEh u t'y' sk nkgD/ vkeNo
s' wFtok bt', fi Bh i bdh j' ;e/.

s; hl STDs dh i k Bekoh tk; s/, Health Awareness Connection eh p p; kfJv t'y
; es/ j'.

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