CAGAARSHOWGA B IYO QOYSKAAGA

Macluumaadka loogu talo galay Dadka ka yimid Soomaaliya

In laga baaro Cagaarshowga B waxay kaa caawin kartaa inaad daryeesho naftaada oo ilaaliso qoyskaaga.

Waa maxay Cagaarshowga B?

Cagaarshowga B waa cudur sababa fayraska Cagaarshowga B. Wuxuu sababi karaa dhibaatooyin caafimaad oo khatar ah muddo kadib. Fayrasku waxay ka dhigi karaan dadka qaar kuwa jirran. Cudurku aad ayuu uga caan yahay qaybo badan oo adduunka ah, ay ku jirto Soomaaliya.

Siduu ku faafaa Cagaarshowga B?

Dadku waxay qaadaan Cagaarshowga B marka ay taabtaan dhiiga qof qaba fayraska. Cagaarshowga B wuxuu uu uga gudbi karaa hooyadda qabta ilmaheeda marka dhalashada ama xubin qoyska ahna waxay u gudbin ilmo da' yar. Cagaarshowga B wuxuu loo gudbiyaa si la mid ah HIV, laakiin wuxuu u fidaa si aad uga sahlan. Cagaarshowga B laguma faafiyo naas nuujinta, xabad isa saarka, dhunkashada, gacmo is qabsiga, qufaca, ama hindhisada.

Dadka qaba Cagaarshowga B ma waxay dareemaan jiro?

Dadka badankooda waxay la noolyihiin Cagaarshowga B sanado badan iyagoon dareemin bukaan. Muddo kadib, Cagaarshowga B waxa uu keeni karaa waxyeelada beerka ah, fashilaada beerka, iyo xataa kansarka beerka. Ka baadhida Cagaarshowga B caadi ahaan waa habka keliya ee dadku ku ogaadaan haddii ay qabaan Cagaarshowga B.

Dadka kale ma in laga baadhaa Cagaarshowga B?

Haa. Marka uu qofku qabo cudurka Cagaarshowga B, dhakhaatiirta waxay dooni doontaa inay ka baadho dhammaan lammaanayaasha, xubnaha qoyska, iyo dadka ku nool isku guri Cagaarshowga B. Waa u muhiim dadkan in la baadho sababtoo ah dhakhaatiirtu waxay ka caawin karaan ku joogida caafimaad qab. Dadka qaba Cagaarshowga B waa inay helaan daawaynta caafimaad. Kuwa kale ee aan qabin cudurka waa inay qaataan tallaalka Cagaarshowga B. Tani waxay ka ilaalisaa qaaditaanka fayraska.

Sababtee ayaa tallaalka Cagaarshowga B muhiim u tahay?

Tallaalka Cagaarshowga B waxa uu ka hortaggaa inay dadku qaadaan Cagaarshowga B. Dhammaan carruurta ku dhalata Maraykanka iyo wadamo badan oo kale waxay qaataan tallaalka wakhtiga dhalashada. Xubin kasta oo qoyska ka tiran oo dadka Cagaarshowga B waa inay sido kale helaan tallaalka. Tallaalka waa badbaado oo waxa uu wax u taraa dadka aan weligood qaadin Cagaarshowga B.

Wixii Macluumaad Dheeraad ah

La hadal dhakhtarkaaga, wac waaxdaada caafimaadka ee degmadda, ama booqo www.cdc.gov/hepatitis wixii macluumaad Ingiriisi ah.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/hepatitis

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Somali

HEPATITIS B AND YOUR FAMILY

Information for People from Somalia

What is Hepatitis B?

Hepatitis B is a disease caused by the Hepatitis B virus. It can cause serious health problems over time. The virus can make some people very sick. The disease is very common in many parts of the world, including Somalia.

How is Hepatitis B spread?

People get Hepatitis B when they come into contact with blood from a person who has the virus. Hepatitis B can be passed from an infected mother to her baby at birth or from a family member to young children. Hepatitis B is passed the same way as HIV, but spreads more easily. Hepatitis B is not spread through breastfeeding, hugging, kissing, holding hands, coughing, or sneezing.

Do people with Hepatitis B feel sick?

Most people live with Hepatitis B for many years without feeling sick. Over time, Hepatitis B can lead to liver damage, liver failure, and even liver cancer. Getting tested for Hepatitis B is usually the only way for people to know if they have Hepatitis B.

Should other people be tested for Hepatitis B?

Yes. When a person has Hepatitis B, doctors will want to test all sexual partners, family members, and people living in the same house for Hepatitis B. It is important for these people to get tested because doctors can help them stay healthy. People who have Hepatitis B should get medical treatment. Others who do not have the disease should get the Hepatitis B vaccine. This protects them from getting the virus.

Getting tested for Hepatitis B can help you take care of yourself and protect your family.

Why is the Hepatitis B vaccine important?

A Hepatitis B vaccine prevents people from getting Hepatitis B. All babies born in the United States and many other countries get the vaccine at birth. Any other family members of people with Hepatitis B should also get the vaccine. The vaccine is safe and works for people who have never been infected with Hepatitis B.

For More Information

Talk to your doctor, call your local health department, or visit www.cdc.gov/hepatitis for information in English.