

Cagaarshowga B

Ma dhici kartaa in aan halis ugu jiro?



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Waa maxay cagaarshowga B?

Cagaarshowga B (Hepatitis B) waa fayrus waxyeellayn kara beerka. Waxuu keeni karaa jirro ama xanuun kulul (waqti gaaban) ama dabadheeraad ah (waqti dheer). Waxaa jira tallaalka dadka ka ilaaliya cagaarshowga B waana in aad tallaalkan hesho haddii aad halis ugu jirto in aad cudurka qaaddo.

Sideen u qaadi karaa cagaarshowga B?

Cagaarshowga B qofka uu ku jiro waxuu ku sidaa dhiigga iyo dareeyaasha kale ee jirka. Waxaa qof kale loo gudbin karaa marka la taabto xataa qiyaasta ugu yar ee dhiigga. Kuma qaadi kartid taabashada caadi u ah maalin walba sida iska salaamidda gacmaha, habsiinta ama dhunkashada, ama wadaagista musqusha, alaabta lagu cunteeyo ama qalabka jikada ka dib marka si caadi ah loo nadiifiyo.

Cagaarshowga B ee kulul

Caabuqa ama jeermiska kulul waxuu keeni karaa jirro ifilo u eeg taasoo sida ay u sahlan tahay aanay dadku garanin in ay qabaan cagaarshowga B. Dadka qaarkood ayaa yeelan kara jirro tan ka daran oo leh indha caseeye (haragga iyo qaybaha cad ee indhaha oo huruud ama jaalle noqda) waxayna ogaadaan in ay cudurka qabaan. Waxaa cudurka aad u faafiya dhiigga dadka qaba cagaarshowga B ee kulul. Dadka qaangaarka ah waxuu caadi ahaan caabuqu ka baxaa iyagoo aanan la kulmin dhibaatooyin waara.

Inta ugu badan galmada ayaa lagu qaadaa caabuqa kulul Ingiriiska, Yurub iyo Waqooyiga Maraykanka gudahood, gaar ahaan haddii cinjir la isticmaali waayo. Waxaa halista ugu badan ku jira ragga la galmooda ragga, ragga ama haweenka u taga lammaaneyaal galmo farabadan, dadka la galmooda lammaaneyaal cusub oo jooga waddamada halis badan, iyo dadka galmada ku shaqaysta.

Hababka kale ee lagu taabto fayruska waxaa ka mid ah:

- wadaagista qalabka la iskugu mudo mukhaadaraadka;
- marka qalab aanan la sifaynin oo loogu talagalay feegaarka jirka ama taatuuga, jir dalooliska ama irbadaha daawaynta ah, ama daawaynta caafimaadeed ama ilkaha, la isticmaalo (waxay halistani aad uga badan tahay marka Ingiriiska dibaddiisa la joogo);
- wadaagista cadayada, makiinadaha garka iyo alaabta kale ee shakhsi ahaaneed;
- helitaanka dhiig ama badeecooyin dhiig laga sameeyey. Dhiig walba iminka waa lagu baaraa Ingiriiska gudihiisa laakiin waddamada dhiigga aanan lagu baarin, waxay tani weli sabab u noqon kartaa caabuqa.

Cagaarshowga B ee dabadheeraadka ah

Haddii jirku uu iska saari waayo caabuqa kulul, waxaa laga yaabaa in cudurku uu noqdo mid dabadheeraad ah oo uu waxyeello waqti dheer u keeno beerka. Waxaa gaar ahaan la filan karaa in ay tani dhacdo haddii cagaarshowga B lagu qaado carruurnimada. Dadka qaba cagaarshowga B ee dabadheeraadka ah weli cudurka ayay faafin karaan.

Inta ugu badan dadka jooga Waqooyiga Ayrland ee qaba cagaarshowga B ee dabadheeraadka ah waxay degganaayeen waddan uu cagaarshowga B caadi ku yahay (sida waddamada Aasiya, Afrika, Koonfur Ameerika iyo qaar ka mid ah Yurub Bari), laakiin waxay qaarkood Ingiriiska gudihiisa ku qaadeen caabuqa kulul kamana bixin.

Hababka cagaarshowga B loogu qaado waddamada uu fayrusku caadi ku yahay waxaa ka mid ah:

- qiyaas ahaan waqtiga dhalmaada, marka hooyadu ay qabto cagaarshowga B ee dabadheeraadka ah (kani waa habka ugu tiro badan);
- waqtiga carruurnimada, marka dhiigga la taabto waqtiga dhaawacyada yar yar ama reeraha dhexdooda matalan wadaagista cadayada;
- marka la helo hawl ama qalliin loo isticmaalo qalab aanan la sifayn sida feegaarka jirka ama taatuuga, jir dalooliska, irbadaha daawaynta ah, ama hawlaha caafimaadka jirka iyo ilkaha.

Weliba mid kastoo ka mid ah halisaha u taxan cagaarshowga B ee kulul.

Sideen u ogaanayaa haddii uu fayrusku igu jiro?

Haddii aad u aragto in ay dhici karto in uu mar hore ku taabtay ama aad u feydantay cagaarshowga B, waxaad iska qaadi kartaa baaritaan dhiig fudud. Takhtarkaaga Guud (GP) ayaa tan samayn kara. Dhammaan haweenka uurka leh ayaa iyagana baaritaan loogu baaqaa si dhallaanka loogu badbaadin karo tallaaf la siiyo marka uu dhasho haddii hooyadu ay qabto cagaarshowga B.

Haddii aad ka walaac qabto caabuqa galmada lagu gudbiyo,

xataa cagaarshowga B, kiliniigga caafimaadka saxaaxa iyo kaadida ayaad ka heli kartaa talo, tallaaliyo baaritaan.

Haddii aad halis ugu jirto in aad qaaddo cagaarshowga B, waxaa kuu fiicnaan kartaa in aad ka fiirsato haddii ay habboon tahay in aad weliba iska baarto fayrusyada kale sida cagaarshowga C iyo HIV.

Maxaa dhacaya haddii natiijada baaritaanku tahay in wax la waayey?

Waxaa la filayaa in ay tani ka dhigan tahay in uusan ku taabanin fayruska cagaarshowga B. Hase yeeshee, waxay jirka ku qaadan kartaa ilaa lix bilood si uu uga ficilceliyo fayruska, markaa haddii aad halis ugu jirto waxaad u baahan kartaa baaritaan kale. Haddii aad weli halis ugu jirto in aad qaaddo cagaarshowga B, waa in lagu tallaalo.

Maxaa dhacaya haddii natiijada baaritaanku tahay in wax la helay?

Takhtarka adiga ku daryeela ayaa kuu sheegi doona waxa aad u baahan tahay in aad samayso. Waxuu qofkaasi kuu diri karaa in aad aragto takhtar takhasus leh waxaanad u baahan kartaa daawayn adiga kaa caawin karta in aad sii caafimaad qabto. Haddii aad khamriga cabto, waa in aad khamriga iska yarayso, ama, kaba sii fiican, iska wada jarto. Waa in aad iska ilaaliso in aad caabuuqa gudbiso adigoo qaadaya tallaabooyinka hoose.

Sideen iskaga ilaalin karaa in aan qaado cagaarshowga B ama gudbinta fayruska haddii uu hore iigu jiro?

- Haddii aad halis u gashay, iska baar haddiina aad weli halis ugu jirto, iska tallaal.
- Weligaa dadka ha la wadaagin cadayada, makiinadaha garka, xilqadaha ama qalabka kalee laga yaabo in uu taabto dhiigga ama dareereyaasha jirka sida maqaska waaweyn ama maqaska yar yar.
- Galmada halis ha isku gelin – yaree tirada maaneyaasha aad u tagto, hubi in lammaanaha la tallaalo oo cinjir ticmaal.
- Fiiri in dhammaan qalabka loo isticmaalo feegaarka jirka, jir dalooliska ama irbadaha daawaynta ah la sifeeyey oo taxaddar gaar ah muuji haddii hawlahaan aad ku tala jirto marka aad dalka dibaddiisa joogto.
- Haddii aad mukhaadaraad isku muddo, weligaa dadka ha la wadaagin qalabka.

Macluumaad iyo taageero

Haddii aad su'aalo qabto, waxaad la hadli kartaa Takhtarkaaga Guud ama kalkaaliyahaaga caafimaadka.

Kiliniigyada caafimaadka galmada/Caafimaadka Saxaaxa iyo kaadida (Genitourinary Medicine) (GUM)

ayaa bixiya talo sir ah. Booqo www.sexualhealthni.info/gum-clinics-northern-ireland si aad u ogaato saacadaha iyo macluumaadka xiriirka kiliniigga caafimaadka galmada/GUM ee xaafaddaada.

Shabakadda Bukaanka ee la Maamulo ee Cagaarshowga B iyo C ee Waqooyiga Ayrland (Northern Ireland Hepatitis B and C Managed Clinical Network) ayaa macluumaad ka bixisa Cagaarshowga B iyo C

www.hepbandcni.net

Kooxda Taageerada Beerka ee RVH (RVH Liver Support Group) ayaa taageero ugu deeqa dadka jooga Waqooyiga Ayrland ee ku nool cudurka beerka waana koox madaxbannaan oo ku xiran Ururka Beerka Ingiriiska (British Liver Trust) www.rvhliversupportgroup.org

Ururka Beerka Ingiriiska ayaa macluumaad ka bixiya dhammaan noocyada cudurka beerka. Khadka caawinta: 014 2548 1 320 (9.00 subaxnimo – 5.00 galabnimo, Isniin-Jimce) www.britishlivertrust.org.uk

Buugyarahan oo ku dhigan qaabka PDF oo ku qoran luqado kale ayaa weliba ka diyaar ah halkan: www.publichealth.hscni.net



Public Health
Agency



Northern Ireland Hepatitis B & C
Managed Clinical Network

Public Health Agency (Hay'adda Caafimaadka Dadweynaha)
12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114
www.publichealth.hscni.net

Hepatitis B. Could I be at risk - Somali