

HEPATITIS B AND YOUR FAMILY



Information for People from Africa

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 Africa.

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. The virus can also be spread through sex with an infected person. 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 member or sexual partner 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.



U.S. Department of
Health and Human Services
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www.cdc.gov/hepatitis

June 2017

L'HÉPATITE B ET VOTRE FAMILLE



Informations destinées aux personnes originaires d'Afrique

Qu'est-ce que l'hépatite B ?

L'hépatite B est une maladie causée par le virus de l'hépatite B. Avec le temps, cette maladie peut entraîner de graves problèmes de santé. Le virus peut rendre certaines personnes très malades. Cette maladie est très courante dans de nombreuses régions du monde, notamment en Afrique.

De quelles manières l'hépatite B peut-elle se transmettre ?

Une personne peut attraper l'hépatite B lorsqu'elle entre en contact avec le sang d'une personne contaminée par le virus. L'hépatite B peut être transmise d'une mère infectée à son enfant lors de l'accouchement ou d'un membre de la famille à de jeunes enfants. Le virus peut également se transmettre lors de rapports sexuels avec une personne infectée. L'hépatite B se transmet de la même manière que le VIH, mais elle se propage plus facilement. L'hépatite B ne se transmet pas par l'allaitement maternel, les étreintes, les baisers, les poignées de mains, la toux ou les éternuements.

Les personnes atteintes d'hépatite B se sentent-elles malades ?

La plupart des personnes vivent de nombreuses années avec l'hépatite B sans se sentir malades. Au fil du temps, l'hépatite B peut causer des dommages au foie, une insuffisance hépatique, voire un cancer du foie. Le test de dépistage de l'hépatite B est généralement la seule façon de savoir si l'on est atteint de cette maladie.

D'autres personnes devraient-elles subir le test de dépistage de l'hépatite B ?

Oui. Lorsqu'une personne est atteinte de l'hépatite B, les médecins voudront soumettre au test de dépistage tous les partenaires sexuels, les membres de la famille et les



Le test de dépistage de l'hépatite B peut vous aider à protéger votre santé, ainsi que celle de votre famille.

personnes vivant sous le même toit. Il est important que ces personnes soient testées, car les médecins peuvent les aider à rester en bonne santé. Les personnes atteintes d'hépatite B doivent être traitées. Celles qui ne sont pas atteintes de cette maladie devraient se faire vacciner contre l'hépatite B. Ce vaccin les protégera contre le virus.

Pourquoi le vaccin contre l'hépatite B est-il important ?

Le vaccin contre l'hépatite B protège l'individu contre cette maladie. Tous les bébés nés aux États-Unis et dans beaucoup d'autres pays sont vaccinés à la naissance. Tout autre membre de la famille ou les partenaires sexuels de personnes atteintes de l'hépatite B devraient également se faire vacciner. Ce vaccin est sûr et efficace pour les personnes qui n'ont jamais été infectées par l'hépatite B.

Pour plus d'informations

Consultez votre médecin, appelez votre service de santé local ou visitez le site www.cdc.gov/hepatitis pour obtenir des informations en anglais.



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www.cdc.gov/hepatitis

Octobre 2016

HEPATITIS B: ARE YOU AT RISK?



Information for People from Africa

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 Africa.

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. The virus can also be spread through sex with an infected person. 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 can 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.

How do people know if they have Hepatitis B?

The only way people know if they have Hepatitis B is if they get a blood test for Hepatitis B. This is a simple test that takes only a little bit of blood from a person's arm. People should ask their doctors if they should be tested for Hepatitis B.



If you or your parents were born in Africa, talk to your doctor about getting tested for Hepatitis B

Who should be tested for Hepatitis B?

Hepatitis B testing is recommended for:

- People born in most African countries, especially countries in Sub-Saharan Africa
- People whose parents were born in Sub-Saharan Africa
- People who live with someone who has Hepatitis B

Why should people be tested for Hepatitis B?

It's important for people to know if they have Hepatitis B. There are treatments available for Hepatitis B that can help prevent serious health problems. People who find out they have Hepatitis B can also take steps to prevent passing the virus to others, such as using a condom when having sex with a partner who does not have Hepatitis B. Those who have never had Hepatitis B can get a vaccine to protect them from getting the virus.

For More Information

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www.cdc.gov/hepatitis

June 2017

HEPATITISI B: JE, UKO HATARINI?



Taarifa kwa Watu kutoka Afrika

Hepatitis B ni nini?

Hepatitis B ni ugonjwa unaosababishwa na kirusi cha Hepatitis B. Kinaweza kusababisha matatizo makubwa ya kiafya kadri muda unavyokwenda. Kirusi hiki kinaweza kuwafanya baadhi ya watu kuwa wagonjwa sana. Ugonjwa huu ni wa kawaida sana katika sehemu nyingi za ulimwengu, ikiwa ni pamoja na Afrika.

Hepatitis B unaenezwaje?

Watu hupata Hepatitis B wakati ambapo watu wanakutana na damu ya mtu ambaye ana kirusi hicho. Hepatitis B unaweza kuenezwa kutoka kwa mama aliyeambukizwa kwenda kwa mtoto wake anapozaliwa au kutoka kwa mwanafamilia kwenda watoto wadogo. Kirusi hiki kinaweza pia kuenezwa kwa kufanya ngono na mtu aliyeambukizwa. Hepatitis B kinaenezwa kwa njia sawa na VVU, lakini huenea kwa urahisi zaidi. Hepatitis B haienezwi kwa njia ya kunyonyesha, kukumbatiana, kupigana busu, kushikana mikono, kukohoa au kupiga chafya.

Je, watu wenye Hepatitis B wanajihisi kuumwa?

Watu wengi wanaishi na Hepatitis B kwa miaka mingi bila kuhisi kuumwa. Baada ya muda, Hepatitis B inaweza kusababisha kuharibika kwa ini, ini kushindwa kufanya kazi, na hata pia saratani ya ini.

Watu wanajuaje kama wana Hepatitis B?

Njia pekee ambayo watu wanajua kuwa wana Hepatitis B ni endapo watapimwa damu ili kuangalia Hepatitis B. Hiki ni kipimo rahisi ambacho hutoa damu kidogo kutoka kwenye mkono wa mtu. Watu wanapaswa kuwauliza madaktari wao endapo wanapaswa kupimwa Hepatitis B.



Kama wewe au wazazi wako walizaliwa Afrika, ongea na daktari wako kuhusu kupimwa Hepatitis B

Ni nani anapaswa kupimwa Hepatitis B?

Kipimo cha Hepatitis B kinapendekezwa kwa:

- Watu waliozaliwa katika nchi nyingi za Afrika, hasa nchi za Afrika kusini mwa Jangwa la Sahara
- Watu ambao wazazi wao walizaliwa katika nchi za Afrika kusini mwa Jangwa la Sahara
- Watu wanaoishi na mtu ambaye ana Hepatitis B

Kwanini watu wanapaswa kupimwa Hepatitis B?

Ni muhimu kwa watu kujua kama wana Hepatitis B. Kuna matibabu yanayopatikana ya Hepatitis B ambayo yanaweza kusaidia kuzuia matatizo makubwa ya afya. Watu ambao wanajua wana Hepatitis B wanaweza pia kuchukua hatua za kuzuia kuambukiza kirusi hicho kwa wengine, kama vile kutumia kondomu wakati wa kufanya ngono na wapenzi wao ambao hawana Hepatitis B. Wale ambao hawajawahi kuwa na Hepatitis B wanaweza kupata chanjo ya kuwakinga dhidi ya kupata kirusi hicho.

Kwa Taarifa Zaidi

Ongea na daktari wako, piga simu kwa idara ya afya ya eneo lako, au tembelea www.cdc.gov/hepatitis kwa taarifa kwa Kiingereza.



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www.cdc.gov/hepatitis

June 2017
Swahili

HEPATITIS B: ARE YOU AT RISK?



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Do people with Hepatitis B feel sick?

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How do people know if they have Hepatitis B?

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If you or your parents were born in Africa, talk to your doctor about getting tested for Hepatitis B

Who should be tested for Hepatitis B?

Hepatitis B testing is recommended for:

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- People whose parents were born in Sub-Saharan Africa
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Why should people be tested for Hepatitis B?

It's important for people to know if they have Hepatitis B. There are treatments available for Hepatitis B that can help prevent serious health problems. People who find out they have Hepatitis B can also take steps to prevent passing the virus to others, such as using a condom when having sex with a partner who does not have Hepatitis B. Those who have never had Hepatitis B can get a vaccine to protect them from getting the virus.

For More Information

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www.cdc.gov/hepatitis

October 2013

HÉPATITE B: ÊTES-VOUS À RISQUE ?



Informations destinées aux personnes originaires d'Afrique

Qu'est-ce que l'hépatite B ?

L'hépatite B est une maladie causée par le virus de l'hépatite B. Avec le temps, cette maladie peut entraîner de graves problèmes de santé. Le virus peut rendre certaines personnes très malades. Cette maladie est très courante dans de nombreuses régions du monde, notamment en Afrique.

De quelles manières l'hépatite B peut-elle se transmettre ?

Une personne peut attraper l'hépatite B lorsqu'elle entre en contact avec le sang d'une personne contaminée par le virus. L'hépatite B peut être transmise d'une mère infectée à son enfant lors de l'accouchement ou d'un membre de la famille à de jeunes enfants. Le virus peut également se transmettre lors de rapports sexuels avec une personne infectée. L'hépatite B se transmet de la même manière que le VIH, mais elle se propage plus facilement. L'hépatite B ne se transmet pas par l'allaitement maternel, les étreintes, les baisers, les poignées de mains, la toux ou les éternuements.

Les personnes atteintes d'hépatite B se sentent-elles malades ?

La plupart des personnes peuvent vivre de nombreuses années avec l'hépatite B sans se sentir malades. Au fil du temps, l'hépatite B peut causer des dommages au foie, une insuffisance hépatique, voire un cancer du foie.

Comment les personnes savent-elles qu'elles sont infectées par l'hépatite B ?

La seule manière de savoir si l'on est infecté par l'hépatite B est de faire une prise de sang. C'est un test très simple où l'on prélève un peu de sang dans le bras de la personne. Les personnes doivent demander à leur médecin si elles doivent se soumettre à un test de dépistage de l'hépatite B.



Si vous-même ou vos parents êtes nés en Afrique, consultez votre médecin pour savoir si vous devriez passer un test de dépistage de l'hépatite B.

Qui devrait subir un test de dépistage de l'hépatite B ?

Le test de dépistage de l'hépatite B est recommandé pour :

- les personnes nées dans la plupart des pays africains, en particulier les pays d'Afrique subsaharienne ;
- les personnes dont les parents sont nés en Afrique subsahariens ;
- les personnes qui vivent avec une personne atteinte par l'hépatite B

Pourquoi devrait-on subir un test de dépistage de l'hépatite B ?

Il est important de savoir si l'on est infecté par l'hépatite B. Des traitements sont disponibles pour traiter l'hépatite B et aider à prévenir de graves problèmes de santé. Les personnes qui découvrent qu'elles sont infectées par l'hépatite B peuvent également prendre des mesures pour éviter de transmettre le virus à quelqu'un d'autre, comme l'utilisation d'un préservatif pendant les rapports sexuels avec une personne qui n'est pas atteinte d'hépatite B. Les personnes qui n'ont jamais souffert d'hépatite B peuvent se faire vacciner pour éviter de l'attraper.

Pour plus d'informations

Consultez votre médecin, appelez votre service de santé local ou visitez le site www.cdc.gov/hepatitis pour obtenir des informations en anglais.



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Octobre 2016

HEPATITISI B NA FAMILIA YAKO



Taarifa kwa Watu kutoka Afrika

Hepatitis B ni nini?

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Hepatitis B unaenezwaje?

Watu hupata Hepatitis B wakati ambapo wanakutana na damu ya mtu ambaye ana kirusi hicho. Hepatitis B kinaweza kuenezwa kutoka kwa mama aliyeambukizwa kwenda kwa mtoto wake anapozaliwa au kutoka kwa mwanafamilia kwenda kwa watoto wadogo. Kirusi hiki kinaweza pia kuenezwa kwa kufanya ngono na mtu aliyeambukizwa. Hepatitis B kinaenezwa kwa njia sawa na VVU, lakini huenea kwa urahisi zaidi. Hepatitis B hakienezwi kwa njia ya kunyonyesha, kukumbatiana, kupigana busu, kushikana mikono, kukohoa au kupiga chafya.

Je, watu wenye Hepatitis B huwa wanajihisi kuumwa?

Watu wengi wanaishi na Hepatitis B kwa miaka mingi bila kuhisi kuumwa. Baada ya muda, Hepatitis B inaweza kusababisha kuharibika kwa ini, ini kushindwa kufanya kazi, na hata pia saratani ya ini. Kupimwa Hepatitis B kwa kawaida ndio njia pekee ya watu kujua kama wana Hepatitis B.

Je, watu wengine ni lazima wapime Hepatitis B?

Ndiyo. Mtu anapokuwa na Hepatitis B, madaktari watataka kuwapima wapenzi wote wa kingono, wanafamilia, na watu wanaoishi katika nyumba moja ili kuangalia



Kupimwa Hepatitis B kunaweza kukusaidia kujilinda mwenyewe na kulinda familia yako.

Hepatitis B. Ni muhimu kwa watu hawa kupimwa kwa sababu madaktari wanaweza kuwasaidia kuishi kwa afya nzuri. Watu ambao wana Hepatitis B wanapaswa kupata matibabu ya kitabibu. Wengine ambao hawana ugonjwa huo wanapaswa kupata chanjo ya Hepatitis B. Hii itawakinga dhidi ya kupata kirusi hicho.

Kwanini chanjo ya Hepatitis B ni muhimu?

Chanjo ya Hepatitis B huwakinga watu dhidi ya kupata Hepatitis B. Watoto wote wanaozaliwa Marekani na nchi nyingine nyingi hupewa chanjo wanapozaliwa. Mwanafamilia au mwenzi mwingine wa kingono yeyote wa watu wenye Hepatitis B anapaswa pia kupata chanjo. Chanjo hii ni salama na hufanya kazi kwa watu ambao hawajawahi kuambukizwa Hepatitis B.

Kwa Taarifa Zaidi

Ongea na daktari wako, piga simu kwa idara ya afya ya eneo lako, au tembelea www.cdc.gov/hepatitis kwa taarifa kwa Kiingereza.



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June 2017
Swahili

HEPATITIS B & YOUR FAMILY



Information for People from Africa

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 Africa.

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. The virus can also be spread through sex with an infected person. 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 member or sexual partner 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

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October 2016

HEPATITIS B: ARE YOU AT RISK?



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.

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How do people know if they have Hepatitis B?

The only way people know if they have Hepatitis B is if they get a blood test for Hepatitis B. This is a simple test that takes only a little bit of blood from a person's arm. People should ask their doctors if they should be tested for Hepatitis B.



If you or your parents were born in Somalia, talk to your doctor about getting tested for Hepatitis B

Who should be tested for Hepatitis B?

Hepatitis B testing is recommended for:

- People born in Somalia and other African countries
- People whose parents were born in Somalia and other Sub-Saharan African countries
- People who live with someone who has Hepatitis B

Why should people be tested for Hepatitis B?

It is important for people to know if they have Hepatitis B. There are treatments available for Hepatitis B that can help prevent serious liver damage. People who find out they have Hepatitis B can also keep other family members healthy. This is why women are always tested for Hepatitis B when they are pregnant. Family members who have never had Hepatitis B can get a vaccine to protect them from getting it.

For More Information

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



CAGAARSHOWGA B: ADIGU KHATAR MA UGU JIRTA?



Macluumaadka loogu talo galay Dadka ka yimid Soomaaliya

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 kaadjiran. Cudurku wuxuu ku badan yahay yahay qeybo 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 uga gudbi karaa hooyadda qabta ilmaheeda marka dhalashada ama xubin qoyska ahna waxay u gudbin ilmo da' yar. Cagaarshowga B waxaa loo gudbiyaa si la mid ah HIV, laakiin waxay u fidaa si aad uga sahlana. Cagaarshowga B laguma faafiyo naas nuujinta, xabad isa saarka, dhunkashada, gacmo is qabsiga, qufaca, ama hindhisada.

Dadka qaba Cagaarshowga B waxay dareemaan jiro?

Dadka badankooda waxay la noolaan karaan Cagaarshowga B sanado badan iyagoon bukaan dareemin. Muddo kadib, Cagaarshowga B waxa uu keeni karaa waxyeelada beerka ah, fashilaada beerka, iyo xataa kansarka beerka.

Sideey dadku ku ogaanayaan haddii ay qabaan Cagaarshowga B?

Sida keliya ee dadku ku ogaadaan haddii ay qabaan Cagaarshowga B waa haddii dhiigooda laga baaro Cagaarshowga B. Tani waa baaritaan fudud oo ka qaada in yar oo dhiga oo keliya qofka gacantiisa. Dadku waa inay waydiiyaan dhakhaatiirtooda haddii laga baadhayo Cagaardhowga B.



Haddii adiga ama waalidkaagu ay ku dhasheen Soomaaliya, kala hadal dhakhtarkaaga waxa ku saabsan in lagaa baaro Cagaarshowga B

Ayaa laga baarayaa Cagaarshowga B?

Baaritaanka Cagaarshowga B waxaa lagula talinayaa:

- Dadka ku dhashay Soomaaliya iyo wadamada kale ee Afrika
- Dadka waalidkoodu ku dhasheen Soomaaliya iyo wadamada ka soo hooseeya Saxaaraha Afrika
- Dadka la nool qof kale oo qaba Cagaarshowga B

Maxaa dadka looga baarayaa Cagaarshowga B?

Waa u muhiim dadku inay ogaadaan inay ay qabaan Cagaarshowga B. Waxaa jirta daawooyin loo heli karo Cagaarshowga B oo caawin karta ka hortagga waxyeelo khatar ah oo beerka ah. Dadka ogaada inay qabaan Cagaarshowga B sidoo kale waxay ku ilaaliyaan xubnaha qoyska ee kale caafimaad qab. Tani waa sababta haweenka uurka leh had iyo jeer looga baadho Cagaarshowga B marka ay uurka leeyihiin. Xubnaha qoyska aanu weligood ku dhicin Cagaarshowga B waxay heli karaan tallaalka ka ilaaliya inay qaadaan.

Wixii Macluumaad Dheeraad ah

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



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www.cdc.gov/hepatitis

June 2017
Somali

HEPATITIS B AND YOUR FAMILY



Information for People from Somalia

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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.



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

www.cdc.gov/hepatitis

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CAGAARSHOWGA B IYO QOYSKAAGA



Macluumaadka loogu talo galay Dadka ka yimid Soomaaliya

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



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

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.



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