



# Hepatitis B-ga Daran

## ❑ WAA MAXAY?

- ✓ *Hepatitis B* waa cudur daran ee ka dhasha fayruska infekshanka gaarsiiya beerka.
- ✓ Micnaha infekshan darani waa infekshan cusub.
- ✓ Infekshanka *Hepatitis B-ga* daran mararka qaarkood waxaa uu keenaa infekshan raaga infekshan mararka qaarkood infekshanka raaga waxaa loo yaqaan *hepatitis B* (sidoo kale loogu yeedho marxaladda “sidaha”).
- ✓ In ka badan 90% dhallaanka, 50% carruurta, iyo 5% waayeelka qaba *hepatitis B-ga* daran waxaa ay ku noqotaa mid raagta ama infekshan muddo dheer socda.
- ✓ Kiisaska qaarkood, *hepatitis B-ga* daran waxaa uu keeni karaa cudurrada beerka oo ay ku jirto *cirrhosis* iyo *kansarka (burada) beerka gasha*.
- ✓ Tallaalka *hepatitis B* waxaa heli kara da’ walba si looga hortago infekshanka *hepatitis B*.

## ❑ CALAAMAADKA

- ✓ Caadiyan calaamaadka waxaa lagu gartaa 6 asbuuc illaa 6 bilood kaddib marka uu fayruska soo gaaro (qiyaasta 2 bilood).
- ✓ Dadka waaweyn, calaamaadkooda waxaa ka mid ah lababo (caloosha kacsan-upset stomach), cunno xumi, matag, daal, iyo calool xanuun.
- ✓ Kaadi huruud ah ama maariin ah, saxaro midabkeedu caddahay (shuban), iyo cagaarshow (indhaha ama jidhka oo huruud/cagaar ah) ayaa laga yaabaa in ay jirto.
- ✓ Dadka qaba infekshanka *hepatitis B* waxaa ay wada qabi karaan calaamaadka dhammaantood ama qaar ka mid ah ama midnaba, ee calaamaadka dusha sare ku yaal: Ku dhawaad dhallaanka oo idil iyo carruurta iyo 50% wareelka qaba infekshan daran (cusub) maba ay qabaan wax calaamaad ah haba yaraate.
- ✓ Muddada uu cudurka soconayo waa ay kala duwan tahay, dadka badankiis waa ay ka bogsadaan 3 asbuuc gudaheed.

## ❑ HEPATITIS B-GU MA FAAFAY?

- ✓ Fayruska waxaa uu ku nool yahay beerka waxaana uu ku jiraa dhiigga iyo dheecaannada jidhka qaarkood.
- ✓ Faafidda waxaa ay dhacdaa marka la taabto dhiigga ama dheecaannada jidhka uu fayruska ku jiro, sida wada qaybsiga irbadaha la isku duro, falalka isutagmo (rag iyo rag iyo rag iyo

dumar), xilliga dhalashada canugga, alaab wada qaybsiga qof qaba *hepatitis B*, iyo wada qaybsiga qalabka nadaafadda (sida cijiyo jar, sakiin, cadayga).

- ✓ Tirada fayruska waxaa uu ku badan yahay dhiigga iyo dheecaannada nabarrada ka soo baxa, balse waxaa uu sidoo kale ku jiraa isagoo yar biyaha raga/dumarka, dheecaannada iyo caadada haweenka.
- ✓ Inkastoo tiro yare e fayruska laga heli karo calyada, balse uma badna in calyadu ay faafiso *hepatitis B*, waa haddii uusan qof infekshanka qaba marka af wax ku goosashada uu dhaawac ka soo gaaro.
- ✓ *Hepatitis B* kuma faafo dhunkashada iyo hindhisyada.

## ❑ GARASHADA CUDURKA AND DAWAYNTA

- ✓ *Hepatitis B* waxaa lagu gartaa baaritaannada dhiigga.
- ✓ Nasasho, cunno dufanka ku yar yahay, iyo biyo badan ayaa la isugu taliyaa. Ka fogow khamriga.
- ✓ Daawo ma laha *hepatitis B-ga* daran.
- ✓ Dhowr nooc oo daawo ah ayeey heli karaan dadka qaba *hepatitis B-ga* daran. Takhtarkaaga kala hadal daawaynta *hepatitis B-ga* daran.
- ✓ Kala tasho takhtarka inta aadan dawooyin qaadan, xittaa oo ay ku jirto *Tylenol (acetaminophen)* oo ka mid ah dawooyinka meel kasta laga helo.

## ❑ KA HORTAGGA INFAKSHANKA HEPATITIS B

- ✓ Tallaalka *Hepatitis B* waa qaabka ugu wanaagsan ee looga badbaado infekshanka fayruska *hepatitis B*. Tallaalka waxaa uu ka kooban yahay 3 qaybood oo ay u kala dhaxeeyso 6 bilood (waxaana la raacin karaa tallaalka *hepatitis A*).
- ✓ Haddii aad isticmaasho mukhaadaraadka la isku duro, cidna ha la qaybsanin irbadaha, mukhaadaraadka, isku qaska mukhaadaraadka, xarigga dhuujiyaha (*tourniquets*), ama waxyaabaha dhammaan loo isticmaalo isku duridda irbadaha mukhaadaraadka sharci darrada ah sida irbadaha, saliingooyinka, weelasha lagu kariyo, suufka, qaadada, ama indho-shubka.

- ✓ Falgallada isutaggaagu ha noqdo mid taxaddir leh: waxaad isticmaashaa salbatiifo nooc kasta ee isutag ahi, oo ay ku jiraan, afka, xagga dambe, iyo xagga horeba.
- ✓ Cidna ha la isticmaalin alaabta nadaafadda, sida sakiimaha xiiritaanka, cijiyoy jarka, cadayga, ama shukumaannada.
- ✓ Sharooto kula xir dhammaan meelaha ku sarma iyo nabarrada.
- ✓ Shaqsiyaadka aan laga tallaalin ama uusan hore ugu dhicin *hepatitis B* xiriir isutagmo ama ka ag dhawaashada qof qaba *hepatitis B* waxaa uu heli karaa dawada tallaalka *hepatitis B*, mararka qaarkood, dawo loo yaqaan *HBIG* (hoos eeg) si infekshan looga hortago.

#### ❑ **YAA U BAAHAN TALLAALKA HEPATITIS B?**

- ✓ Dhammaan dhallaanka, carruurta iyo qaangaareyaasha ka yar 20 jir.
- ✓ Qof waliba ee falgallada isutagmo sameeya isagoon/iyadoon xiriir/guur qof keliya ku eg lahayn.
- ✓ Cid walba oo laga baaray ama laga daweezey cudurrada isutagga lagu kala qaado.
- ✓ Dadka mukhaadaraadka hore ama waqti xaadirka qaata.
- ✓ Dhibbaneyaasha xoog loogu tago
- ✓ Dadka u safra meelaha uu ka jiro *hepatitis B* (aysan ku jirin Canada, Western Europe & Scandinavia, New Zealand & Australia.)
- ✓ Dadka beerka si joogta ahi uga xanuunsan, oo uu ku jiro *hepatitis C*.
- ✓ Shakhsiyaadka qaba xanuun kilyaha oo joogta ah ee uu ku jiro kuwa mashiinka looga safeeyo (*dialysis* - peritoneal or hemodialysis) IYO kuwa aan mashiinka looga sifeynin.
- ✓ Shakhsiyaadka qaba infekshanka HIV.
- ✓ Daryeelka caafimaadka, sheybaarka iyo shaqaalaha badbaadada dadweynaha ee dhiigga ka ag dhow goobta shaqada.
- ✓ Maxaabiista iyo shaqaalaha xabsiyada federaalka, gobolka iyo degmada

- ✓ Degganeyaasha iyo shaqaalaha machadyada dadka korriinka ka itaal-darran.
- ✓ Xiriirrada aqalka iyo falgal isutagmo loogu tago qof qaba *hepatitis B* oo joogta ah.
- ✓ Carruurta caalamka ee laga keensada si loo korsado qaasatan meelaha uu ka jiro *hepatitis B*.
- ✓ Dadka qaba dhibaatooyinka dhiigga xirmo, sida kuwa loo yaqaan *hemophiliacs*.
- ✓ Qof kasta oo kale ee doonaya in uu ka badbaado *hepatitis B*.

#### ❑ **WAA MAXAY HEPATITIS B IMMUNE GLOBULIN (HBIG)?**

- ✓ *Hepatitis B immune globulin (HBIG)* waa shey laga sameeyo dhiigga kaasoo ka hortagi kara *hepatitis B* haddii la qaato 14 cisho gudahood kaddib marka laga ag dhawaado qof infekshanka qaba.
- ✓ *HBIG* waxaa ay shaqeysaa 85-90% markiiba waxaanna ay kaa badbaadinaysaa *hepatitis B* qiyaastii 3 bilood.
- ✓ *HBIG* waa shardi haddii qofka aan hore looga tallaalin *hepatitis B* uusanna hore u qaadin infekshanka *hepatitis B*
- ✓ *HBIG* oo la raaciyo 3 tallaalka ee *hepatitis B* waxaa la isticmaali karaa kaddib marka laga ag dhawaado dhiigga ama dheecaanka ka dhasha falgallada isutagmo (tus., isutag) kaddib marka la ogaado qof qaba *hepatitis B*-ga daran.

**U soo sheeg kiisaska oo idil adigoo waca Caafimaadka Dadweynaha (Public Health) (206) 296 - 4774.**