Public Health
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.

Hepatitis A

❑ WAA MAXAY?

- ✓ *Hepatitis A* waa fayruska keena infekshanka beerka gala.
- ✓ *Hepatitis A* oo ka duwan *hepatitis B iyo C*, ma noqdo mid ay dhibaatadiisu raagto.
- ✓ *Hepatitis A* waxaa uu saameyn karaa dadka u safra meelaha cudurka ku badan yahay.

❑ CALAAMAADKA

- ✓ Calaamaadka waxaa ay caadiyan billaabmaan 2 illaa 6 asbuuc infekshanka kaddib. Muddada iyo dhibaatada cudurka waa ay kala duwan tahay. Dadka badankiis waxaa ay uga bogsadaan 3 asbuuc gudaheed.
- ✓ Infekshanka *Hepatitis A* waxaa uu aad ugu daran yahay da'da weyn, iyo xaaladaha aan caadiga ahay, waxaa uu keeni karaa dhibaatooyin iyo inuu beerka shaqeyn waayo.
- ✓ Dadka waa weyn, calaamaadka uu ku billawdo waxaa ka mid ah lalabo (caloosha oo taagan), cunno xumo, matag, shuban, itaal yari, xummad, iyo calool xanuun (xanuunka caloosha iyo dhinaca).
- ✓ 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 balse kiisaska badankood ma dhacdo.
- ✓ Dadka qaba infekshanka *hepatitis A* waxaa ay wada qabi karaan calaamaadka dhammaantood ama qaar ka mid ah.
- ✓ Dadka qaarkii ee qaba *hepatitis A*, qaasatan carruurta yar, waxaa laga yaabaa in aysan qabin calaamado ama xanuunka infaluwensada camal oo aan cagaarshow wadan.

❑ SIDEE BUU U FAAFAA *HEPATITIS*-KA?

- ✓ Fayruska waxaa uu ku bataa beerka waxaana uu ka soo gudbaa saxarada.
- ✓ *Hepatitis A* infekshannada ka dhasha waxaa ay faafaan goorta gacmaha, cunnada, biyaha ama alaabta ay dadka kale taabtaan (waxyaabaha lagu ciyaaro, qallimada, iwm.) uu soo gaaro saxarada qof infekshanka hayo kaddibna gala afka qof kale.
- ✓ Cadadka uu ku faafi karo infekshanka aad buu u yar yahay ishuna ma aragto.
- ✓ *Hepatitis A* waxaa uu ku faafaa siyaalaha soo socda:
    - o Goorta uu qof infekshanka qaba uusan si fiican isaga dhaqin gacmaha kaddib marka musqusha uu/ay isticmaalo(sho).
    - o Biyaha la cabo ama kalluunka dhagxaanta ku dhex nool (*shellfish)* oo uu gaaray fayruska.
    - o Falalka isutagga haddii aan gacmaha ama afka ay taabtaan saxaro ama qaybo jidhka ka mid ah oo saxaro leh.
- ✓ Qofka waxaa uu cudurka gudbin karaa 2 asbuuck *ka hor* inta aanney billaaban calaamaadka cudurka.
- ✓ *Hepatitis A* ma ku faafo dhunkashada, hindhisyada, ama calyada.

❑ GARASHADA CUDURKA IYO DAWAYNTA

- ✓ *Hepatitis A* waxaa lagu gartaa baaritaanka dhiigga loo yaqaan *hepatitis A IgM test*.
- ✓ Naso, cunno dufanka ku yar yahay, iyo biyo badan ayaa la isugu taliyaa.
- ✓ Ka fogow khamriga kala tasho takhtarka inta aadan dawooyin qaadan, oo ay ku jirto *Tylenol*.

❑ KA HORTAGGA

- ✓ Gacmaha si fiican saabun iyo biyo diirran isaga dhaq kaddib marka aad suuliga isticmaashid, saxaro ka beddelka carruurta, iyo inta aadan cunno diyaarin ama cunin.
- ✓ Suuliyada nadiif ha ahaadeen hana ku jireen saabuun iyo tawallo.
- ✓ Waxaad carruurta saxarada uga beddeshaa meel dusheeda sare la nadiifin karo kaddib marka la isticmaalo. Marna saxarada carruurta ha kaga beddelin meelaha cunnada lagu cuno iyo lagu diyaariyaba.
- ✓ Kalluunka dhagxaanta ku dhex jira (*shellfish*) si fiican isaga kari inta aadan cunin.
- ✓ Biyaha ka cab meelaha fasaxan oo keliya. Biyaha oo warankiino lagu shubo sida oo ah talobixinta Mareykanka iyo biyaha la karkariyo ama cunnada iyo cabitaanka lagu kariyo ugu yaraa 185° F (85° C) muddo hal daqiiqad ah ayaa celinaysa fayruska *hepatitis A*.
- ✓ Tallaalka *Hepatitis A* waxaa uu kaa badbaadinayaa *hepatitis A*-ga sanooyin badan. Tallaalka waxaa uu ka kooban yahay 2 qaybood oo la kala qaato muddo u dhaxeysa 6 bilood.

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King County
Ron Sims, *Executive*

❑ YAA LAGA TALLAALAYAA *HEPATITIS*?

- ✓ Dhammaan carruurta 1-18 jir.
- ✓ Ragga isutaga iyo raga dumarka iyo raggaba isu taga.
- ✓ Dadka isticmaala mukhaadaraadka sharci darrada ah (kuwa la isku duro iyo kuwa kaleba).
- ✓ Dadka caalamka u safra goobaha uu ka jiro *hepatitis A*: waxaa ka mid ah dhammaan caalamka oo aysan ku jirin, Canada, Western Europe & Scandinavia, Japan, New Zealand, and Australia.
- ✓ Dadka beerka si joogta ahi uga xanuunsan, oo uu ku jiro cudurrada beerka ee raaga oo uu ku jiro *hepatitis B iyo hepatitis C*.
- ✓ Dadka qaba dhibaatooyinka dhiigga xirmo, sida kuwa loo yaqaan *hemophiliacs*.
- ✓ Qof kasta oo kale ee doonaya in uu ka badbaado *hepatitis A*.

❑ WAA MAXAY *IMMUNE GLOBULIN (IG)*?

- ✓ *Immune globulin (IG)* waa shey dhiigga ka samaysan ee ka hortagi kara *hepatitis A* haddii la isa siiyo 14 cishood gudaheed kaddib marka laga ag dhawaado qof qaba. *IG* waxaa uu shaqeeyaa 80-90% markiiba.
- ✓ *IG* waa muhiim haddii qofka qaba aan hore looga tallaalin hepatitis A islamarkaanna uu weligii ku dhicin infekshanka *hepatitis A*.
- ✓ *Immune globulin* waxaa uu *hepatitis A*-ga badbaadiyaa qiyaastii 3 bilood; Tallaalka ayaa loo baahan yahay si muddada u dheeraato.
- ✓ *Immune globulin* waxaa laguugula talin karaa haddii aad:
    - La nooshahay qof qaba *hepatitis A*.
    - Cuntay cunno ama shey afkaaga galay uu taabtay qof qaba infekshanka *hepatitis A*.
    - Falgal isutagmo la sameysay qof qaba *hepatitis A*.
    - U safraysid meel uu ka jiro *hepatitis A*-ga (eeg liiska sare).
    - Tahay canug dhigta, ama shaqaale barnaamij daryeel xanaano iyadoo uu canug ama shaqaale kale qabo *hepatitis A*.

❑ XANAANADA CARRUURTA IYO GOOBAHA CUNNADA

- ✓ Fadlan si degdeg ah u soo wargeli Waaxda Caafimaadka (Public Health) adigoo wacaya (206) 296 – 4774 mar alle marka qof cunnada ka shaqeeya, shaqaale daryeel xanaano, ama canug taga daryeelka xanaanada ay ku dhacdo infekshanka *hepatitis A.*

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