

## Macluumaadka cagaarshowga B ee loogu talagalay Haweenka Uurka Leh

### Waa maxay cagaarshowga B?

- Cagaarshowga B waa cudur ku dhaca beerka oo u sababo fayras. Dadka badankiis ee ku dhaco cudurka cagaarshowga B, fayraska ayaa ku sii jira jirka, oo sababa jirro cimriga qofka oo idil ah.
- Cagaarshowga B ayaa sababi kara dhibaatooyin caafimaad oo daran muddo ka dib, oo ay ka mid yihiin burburka beerka, hawlgabka beerka, iyo kansarka beerka.
- Dadka intooda badan ee qabo cagaarshowga B ayaan lahayn calaamado oo waxa laga yaabaa inayna ogaynba inay cudurka qabaan. Laakiin weli way u gudbin karaan cagaarshowga B dadka kale.

### Waa maxay sababta dumarka uurka leh ay tahay in laga baaro?

- Haddii qof dumar ah oo uur leh laga helo cudurka cagaarshowga B, waa in ilmaheeda la daweeeyaa markuu dhasho. Dhallaanka la daweeeyo markay dhashaan ayay dhif tahay inay qaadaan cagaarshowga B.
- Markay dhallaanku qaadaan cudurka cagaarshowga B waxay u badan yihiin inay yeeshaan infekshin cimriga oo idil ah.
- Haweenka uurka leh waa in laga baaro cagaarshowga B muddo kasta oo ay uur leeyihiin.



### Maxaa ah inaad samayso haddii aad qabto cagaarshowga B oo aad uur leedahay?

- Arag bixiyahaaga daryeelka caafimaadka si aad ugala hadasho sida loo maareeyo cagaarshowga B.
- Waxa jira dawayno kaa yarayn kara halista ku dhaafinta cagaarshowga B ilmahaaga.
- Haddii aanad garanayn haddii aad qabto cagaarshowga B, weyddiiso bixiyahaaga daryeel inuu kuu dalbo baaritaanka dhiig cagaarshowga B.

### Sidee ayaad ilmahaaga uga badbaadin kartaa qaaditaanka cudurka?

- Ha laga baaro cagaarshowga B muddo kasta oo aad uur leedahay.
- Haddii laga baaro cagaarshowga B, weyddiiso bixiyahaaga daryeel tallaalka cagaarshowga B.
- Haddii laga helo cagaarshowga B, ilmahaaga ayaa u baahan doona ka dawayn iyo la-socod:
  - Ilmahaaga ayaa qaadan doona qiyaasta tallaalka taxanaha ah ee ugu horraysa iyo difaac globulin cagaarshow B (hepatitis B immune globulin, HBIG) ka dib dhalashada.
  - Ilmahaaga ayaa muhiim ah inuu dhammaystiro taxanaha tallaalka cagaarshowga B.
  - Ka dib tallaalka taxanaha, dhaktarkaaga ayaa qaadi doona dhiig si loo hubiyo in ilmahaaga laga badbaadiyo kcagaarshowga B.
- Badbaado ayay leedahay inaad naasnuujiso xitaa haddii aad qabto cagaarshowga B.

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## Hepatitis B Information for Pregnant Women

### What is hepatitis B?

- Hepatitis B is a liver disease caused by a virus. For many people who get hepatitis B, the virus stays in the body, causing a lifelong illness.
- Hepatitis B can cause serious health problems over time, including liver damage, liver failure, and liver cancer.
- Most people who have hepatitis B have no symptoms and may not know they have it. But they can still pass hepatitis B to others.

### Why should pregnant women get tested?

- If a pregnant woman tests positive for hepatitis B, her baby must be treated at birth. Babies who get treatment when they are born rarely get hepatitis B.
- When babies become infected with hepatitis B they are very likely to develop a lifelong infection.
- Pregnant women should be tested for hepatitis B during every pregnancy.



### What should you do if you have hepatitis B and are pregnant?

- See your health care provider to discuss how to manage your hepatitis B infection.
- There are treatments available that can reduce the risk of passing hepatitis B on to your baby.
- If you don't know if you have hepatitis B, ask your provider to order a blood test for hepatitis B.

### How can you protect your baby from getting infected?

- Get tested for hepatitis B during every pregnancy.
- If you test negative for hepatitis B, ask your provider about hepatitis B vaccination.
- If you test positive for hepatitis B, your baby will need treatment and follow up:
  - Your baby will receive the first dose of the vaccine series and hepatitis B immune globulin (HBIG) after birth.
  - Your baby will need to finish the hepatitis B vaccine series.
  - After the vaccine series, your doctor will draw blood to make sure your baby is protected from hepatitis B.
- It is safe to breastfeed even if you have hepatitis B.

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