

# Uur miyaad leedahay? Iska baar cagaarshowga nooca B

## Dumarka oo dhan waa in laga baaraa cagaarshowga nooca B mar kasta oo ay uur yeeshaan.

Xitaa hadii aadan lahayn calaamadaha lagu garto cudurka, waxaa dhici karta in aad qabto cagaarshowga nooca B. Haddii aad qabto cudurka, ilmahaaga ayaad u gudbin kartaa marka aad dhaleysid. Markaa ilmuhu wuxuu qabi doonaa cudurkaan halista ah inta uu nool yahay oo dhan.

Akhbaarta wanaagsani waxay tahay, in ilmahaaga si sahlan looga dhowri karo cudurka iyada oo la talaalayo, laga soo bilaabo marka uu dhasho.



## Muxuu yahay cagaarshowga nooca B?

Cagaarshowga nooca B waa cudur ku dhaca beerka, ee uu sababo feyrus dhiiga raaca. Badanaa dadka qaba cudurka wax calaamado ah oo dhan kama muuqdaan, laakiin weli waa cudur side yaal. Dad kale ayey cudurka u gudbin karaan, iyagana waxaa laga yaabaa in ay mar danbe ku rido

cudurada beerka ku dhaca sida cudurka cirrhosis (beerka oo nabaro yeesho) iyo kansarka beerka.

## Sidee baa cagaarshowga nooca B loo fidiyaa?

Haddii aad cagaarshowga nooca B qabtid, ilmahaagu waa uu kaa qaadi karaa marka uu dhalanayo, marka dhiigaaga iyo ilmahaagu (wiil ama gabar) ay is gaaraan. Cagaarshowga nooca B waxaa kale oo lagu fidin karaa marka uu qofku galmoosho la sameeyo qof kale oo fayruska cudurka keena sida, ama uu dhiigiisu qofkaas gaaro. Qaab kale oo lagu kala qaado waa marka dadku isticmaalaan irbado aan jeermiska laga dilin marka ay jirkooda xardhayaan (tattooing), marka ay duranayaan dhegaha iyo meelo kaleba, ama marka ay isticmaalayaan daroogooyinka sharci darada ah.

## Sidee baan ku ogaan karaa in aan qabo cagaarshow nooca B?

Weydiiso dhakhtarkaaga si uu kuugu diro baaritaan dhiiga ah oo cagaarshowga nooca B lagaaga baarayo. Xili kasta mudada aad uurka leedahay ayaa baaritaanka la sameyn karaa. Haddii jawaabta baaritaanku ay noqoto hubaal cudurka inaad qabto “positive,” fayruskii cudurka dhiigaaga waa uu la socdaa, xitaa hadii aad dareemeyso in aad fiican tahay.

Haddii jawaabta baaritaanka dhiiga uu yahay saliin cudurka in aadan qabin “negative,” ma qabtid cagaarshowga nooca B. Laakiin, si lagaaga difaaco si uusan mustaqbalka kugu dhicin, waa lagu talaali karaa.

- dhanka kale -

## Sidee baan ilmahayga uga dhowri kara, hadii baaritaanku sheego in aan cagaarshow nooca B qabo?

- U sheeg isbitaalka in aad qabto cagaarshowga nooca B inta aadan dhalin ka hor.
- Xaqiiji in ilmahaaga loo bilaabo dhowr talaal oo uu qaadan doono 12ka sacadood mee noloshiisa/eeda ugu horeysa
- U sheeg dhakhtarka cida daryeeli doonta ilmahaaga.
- Fiiri in ilmahaaga la siiyo tallaalada u dhiman ee cagaarshowga nooca B.
- Xaqiiji in ilmahaaga baaritaan dhiiga ah lagu sameeyo marka 9-15 bilood jirka inta u dhexeeyo uu jiro, si loo eego in talaalkii uu jirkiisa difaac u dhisay, ama hadii uu u baahan yahay talaalo dheeraad ah.

*Caruurta oo dhami waxaa la siin doonaa sadex talaal oo cagaarshowga nooca B ah, kuwaas oo ka qeyb ah talaalada caadiga ah ee ilmaha la siiyo. Hadii aad cagaarshow nooca B ah qabtid, laakiin, ilmahaagu waa in ay qaadashada talaalada u bilaawdaan isla marka uu ilmuhudhasbo, talaalada kale ee cagaarshowga ee u dhimana lagu siiyaa waqtigii loogu tala galay.*

## Ma nuujin karaa hadii aan qabo cagaarshow nooca B?

Haa, waad nuujin kartaa—laakiin waa kadib marka ilmahaaga loo bilaabay qaadashada talaalada cagaarshowga. U sheeg rugtaada caafimaadka hadii aad isku aragtid naasaha ibtooda oo ku dil-dilaaca ama nabaro naaska ku yaala.

## Hadii aan cagaarshowga nooca B qabo, sideen uga ilaalin karaa inuu u gudbo dadka kale?

Cagaarshowga nooca B waa cudur si sahlan u faafa. Dadka cudurka qaba—xitaa hadii aysan xanuun dareensanayn—waa in ay ka taxadiraan in aysan u gudbin cudurka dad kale.

- Waa in aad nadifisaa dhiigaaga meelaha uu garo nabaradana aad faashad/sharooto ku dabooshaa. Meeshii ay wax gaareen ku nadiifi warankiilo. Marka aad dhiigaaga taabatid kadib gacmahaaga nadiifi.
- Ha la isticmaalin dadka kale sakiimaha garka lagu xiirto, cadayga, cidiyoy jarka, ama wax kasta ee uu dhiig, candhuuf, ama dareer kasta ee jirka ka yimaadaa uu gaari karo.
- U sheeg qofka nolosha galmooshada kula wadaaga in aad cagaarshoow nooca B qabto oo uu iska soo baaro. Isticmaal kondom ilaa aad ka ogaato in galmo la wadaagaagu uu ka difaacan yahay cudurka.
- Dadka kale ee aad la nooshahay (caruur iyo dad waaweynba) ha is baareen si ay u ogaadaan in ay u baahan yihiin talaalada cagaarshowga nooca B.

### Hadalkii oo kooban . . .

Ka difaac ilmahaaga iyo dadka kale ee qoyskaaga ka tirsan cagaarshowga nooca B

- Adiga naf ahaantaada baaritaan dhiig isku samee
- Hadii aad cudurka qabtid, u sheeg isbitaalkaaga iyo dhakhtarka ilmahaaga
- Ka warqab in ilmahaaga wiil ama gabarba la talaalo waqtigii loogu tala galay
- Arag in dadka kale ee qoyskaaga ka tirsan uu talaal cagaarshowga nooca B uu cudurka ka difaacayo.
- Qaad talaabooyin aad ku xakameyneysid cudurku in uusan faafin.

La hadal dhakhtarkaaga hadii aad qabtid su'aalo ku saabsan cagaarshowga nooca B.

Hadii aad qabtid su'aalo ku saabsan talaalada, wac barnaamijka Perinatal Hepatitis B, ee talefoonkoodu yahay, 800-657-3970 ama 651-201-5503.

Booqo bogeenka internetka cinwaankisuna yahay: <http://www.health.state.mn.us/diseases/hepb/index.html>



Pregnant? Get Tested for Hepatitis B (Somali)  
Immunization Program  
800-657-3970, 651-201-5503  
[www.health.state.mn.us/immunize](http://www.health.state.mn.us/immunize)  
IC#141-0980 (7/08)