

Waaxda Caafimaadka Minnesota

Taxadirka Neefsashada Guriga ee Bukaanka Qaba Jirrada Faafta ee Qaaxda

Magaca Bukaanka: _____

Taar. Dhalasho: ___/___/___

Wakaaladda Caafimaadka Dadweynaha ee Degaanka: _____

Telefon: (____) _____

Dhakhtarka TB: _____

Telefon: (____) _____

Ballanka Xiga ee TB ee Dhakhtarkaaga: _____

Macluumaadka Dib loola Fiiriyey bukaanka _____ Taariikhda ___/___/___

Imtixaanadaadii waxay muujiyeen in malaha aad qabto nooca qaaxada (TB) ku faafi kara dadka kale. Uma baahnid inaad cisbitaal jiipto hadda. Dhakhtarkaaga ayaa kuu qori kara daawada TB. Shaqaalaha daryeelka caafimaadka waxay dabooli karaan wejigooda si ay isga ilaaliyaan qaaxada marka ay joogaan gurigaaga.

Waa in aanad joogin agagaarka carruurta, da'yarta ama dadka nidaamkooda difaaca jidhku liito ee qaba HIV ama kansar. Tan waxa ugu wacan iyaga oo ay ku adag tahay la dagaalanka infekshanka. Carruurta ka yar da' da 5 sanno ee ku nool gurigaaga waa kula joogi karaan kadib markuu dhakhtar ka eego TB oo ay qaataana dawo ay iskaga ilaaliyaan qaadista cudurka TB.

Waa kuwan waxyaabaha muhiimka ah ee lagaga hortagi karo ku faafitaanka jeermiska TB ee dadka kale:

- Markasta dabool afka iyo sanko markaad qufacdo ama hindhisto. Dadka qaar ayaa qufyac yar markay cabbaan dareere diiran.
- Marka aad guriga joogto, wakhti kooban ku qaado qolalka dadka kale isticmaalo sida musqusha ama jikada. Uma baahnid xidhato af-daboole marka aad la joogto xubnaha qoyska ee kugula nool guriga.
- Ha ogolaan booqde yimaad gurigaaga aan ka ahayn shaqaalaha daryeelka caafimaad. Ha booqan dad kale.
- Haddii aad karto, isticmaal marawaxad ama fur dariishadda gurigaaga. Tani waxay gargaari socodka hawada guriga. Guriga dibeda ayaad ugu bixi kartaa hawada furan adiga oo aan xidhnayn af-daboolka.
- Daawaynta Si-toos Ula-Socodka (DOT) ayaa ah qaabka ugu fiican ee loo daweyo TB. Dhakhtarkaaga iyo kalkaalisada caafimaadka dadweynaha ayaa kaaga warami DOT. Shaqaalaha daryeelka caafimaadka ayaa kuu keeni daawada TB oo hubin inaad qaadatay. Hubi inaad u sheegto shaqaalaha daryeelka caafimaadka haddii aad qabto dhibaatooyin ama su'aalo la xidhiidha daawadaada TB.
- Ha tegin shaqada, dugsiga, masaajidka, maktabada, ama meelaha guud sida dukaanka iyo boostada.
- Ha isticmaalin gaadiidka dadweynaha oo ay ku jiraan basaska, tagaasida, tareenada, iyo diyaaradaha.
- Waa inaad fuliso dhammaan ballanada caafimaadkaaga. Dhakhtarkaaga ayaa ku fiirin oo hubin in ay shaqaynayso daawada TB. Haddii aad balla ka baaqato, waxa laga yaabaa daawayntaada TB inay dheeraato.
- Dhakhtarkaaga ama kalkaalisada ayaa ku siin weji-qariye gaara. Xidho weji-qariyahan markaad tagayso kilinig ama cisbitaal.
- Dhakhtarkaaga ama kalkaalisada caafimaadka guud ayaa kuu sheegi marka aad joojinayso isticmaalka af-daboolka iyo ku noqoshada hawlaha caadiga ah.

Haddii aad qabto su'aalo la xidhiidha TB ama daawayntaada la hadal dhakhtarkaaga ama kalkaalisada caafimaadka dadweynaha.

Adapted from: New York City Department of Health. Hospitalization and Community Discharge of TB Patients Protocol in Clinical Practices Manual, 2004.

References: Centers for Disease Control and Prevention. Guidelines for Preventing the Transmission of *Mycobacterium tuberculosis* in Health-Care Settings, 2005. MMWR 2005; 54(No. RR-17): [38, 45].

Centers for Disease Control and Prevention. Controlling tuberculosis in the United States: recommendations from the American Thoracic Society, CDC, and the Infectious Diseases Society of America. MMWR 2005; 54(No. RR-12): [28].



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