Ni iki nkeneye kumenya kuri Epatite B Kwisuzumisha no gukingirwa?

Ingingo z'ingenzi

- Epatite B ni indwara y'umwijima iterwa na virusi
- Ibimenyetso bya Epatite B birimo umunaniro, impiswi, kuruka, n'ibindi.
- Irinde Epatite B ukora imibonano mpuzabitsina yizewe kandi udatizanya ibikoresho.
- Niba wanduye Hepatite B, sura Muganga wawe hagati buri hagati y'amezi 6-12.

1. **Epatite B ni iki?**

   Epatite B ni indwara y'umwijima, iterwa na virusi ya epatite B, agakoko. Ishobora kuba mu mubiri igihe kinini igatera ibibazo bikomeye by'ubuzima birimo kwangiza umwijima na kanseri, bishobora no gutera urupfu.

2. **Ni gute wakwandura epatite B?**

   Ushobora kwandura hepatite B igihe amaraso cyangwa amatembabuzi by'uyirwaye byinjiye mu mubiri wawe, harimo nk'igihe binyuze mu mibonano mpuzabitsina idakingiye no gutizanya inshinge/inzembe.

   Impinja zishobora kuyandura igihe zivutse ku mubyeyi uvite aka gakoko.

3. **Ibimenyetso bya epatite B ni ibihe?**

   Abantu barwaye epatite B, benshi muri bo ntibumva barwaye cyangwa ngo bagaragaze ibimenyetso mu myaka myinshi. Ariko ibimenyetso BISHOBORA kubamo

   - Umunaniro
   - Impiswi
   - Kuruka, guhinduka umuhondo(uruhu cyangwa amaso afite bikagira ibara ry'umuhondo)
   - Ububabare mu mikaya, ingingo no mu gifu.

   Nubwo waba udafite ibimenyetso, ubwandu bwa epatite B ntibibubuza gutera ibibazo mu buzima. Birakenewe gukoresha isuzuma ry'amaraso kugirango umuntu amenye ko afite iyi ndwara.

Gusuzuma Epatite B no kuyikingira impunzi zijya muri Leta Zunze Ubumwe z' Amerika, ku cyicaro cya IOM

- IOM ishobora kuba yarigize gusuzuma amaraso yawe mbere yo kuza muri Leta Zunze Ubumwe za Amerika nk'impunzi.
- Muganga wawe muri Leta Zunze Ubumwe za Amerika akoresha ayo makuru y'ingenzi ku buzima bwawe kugira ngo akwiteho.
- Niba Bataragusanzemo epatite B, IOM igomba kuba yaraguhaye inkingo zigera kuri 3/inkingo zikurinda kuzayandura.
- Muganga wawe muri Leta Zunze Ubumwe za Amerika azakora kuburyo uhabwa inkingo zose ukeneye mu rwego rwo kukurinda kwandura iyi ndwara.

Niba Urwaye Epatite B, umuganga wawe aza:

- Azakwigisha ibyerekeye hepatite B, kandi akugire inama z'uko wakomeza kwisuzumisha, gusigasira ubuzima bwawe.
- Azakugira inama ko abanyamuryango bawe bose mubana na/cyangwa abo mukora imibinano mpuza bitsinda

nabo basuzumwa hepatite B, byagaragara ko ari bazima, bagakingirwa Epatite B.

- Azakugira inama ko abana b'abagore batwite barwaye hepatite B bakingirwa hepatite B umunsi bavutse.
- Azagusaba gupanga uko uzabonana na muganga buri mezi 6 mu gihe cyose cy'ubuzima bwawe kubera uburwayi bwawe bwa eepatite B ndetse 'igihe waba wumva umeze neza.

Ni iki kindi nakora igihe naba ndwaye epatite B?

Hura na Muganga wawe buri mezi 6-12 kugira ngo yite ku buvuzi bwa virusi ya hepatite B.

- Ntugatizanye uburoso bw'amenyo, inzembe, utwuma duca inzara, utwuma dupfura ubwoya cyangwa inshinge zidoda/zo kwa muganga..
- Koresha buri gihe agakingirizo.
- Ntukanywe inzoga.
- Uramtse ufite igisebe, buri wese ugukozeho agomba kuba yambaye uturindantoki.

Gusuzumwa no gukingirwa epatite B ni ingenzi kuri wowe n'abo ukunda.

Ni byiza cyane uko urushaho kumenya ibyerekeye epatite B.

CENTER OF EXCELLENCE
IN NEWCOMER HEALTH
MINNESOTA

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