

Su'aalaha Inta badan La isweydiyo ee Ku Saabsan Cagaarshoowga B

Xaqiiqooyin Muhiim ah

1. Dad badan oo qaba cagaarshowga B ma laha wax calaamado ah.
2. Xarumaha Xakamaynta iyo Kahortagga Cudurrada (Centers for Disease Control and Prevention, CDC) waxay kugula talinayaan in la baaro qof kastoo da'diisu tahay 18 sano iyo kuwa weyn.
3. Cagaarshowga B wuxuu ku faafaa taabashada dhiigga cudurka qaba iyo dareeraha jirka ka yimaada.
4. Tallaalka waa habka ugu fiican ee looga hortago infakshanka cagaarshowga B.

Waa maxay fayraska cagaarshowga B?

Cagaarshowga B waa fayras weerara beerka. Infakshanku wuxuu noqon karaa mid degdeg ah (infakshan cusub) mise raaga (infakshan dabadheeraada). Dadka qaar, fayraska cagaarshowga B ee daran (Hepatitis B Virus, HBV) wuxuu u noqon karaa mid waqti gaaban, balse laakiin infakshanka daran wuxuu noqon karaan mid raaga.

HBV waxay keeni kartaa dhibaatooyin caafimaad oo culus waqti ka dib, oo ay kamid yihiin dhaawaca beerka, beerka oo shaqo gaba, iyo kansarka beerka.

Inta badan dadka waaweyn ee cudurka HBV ku cusub ayaa awood u leh inay ka bogsadaan infakshanka. Balse laakiin dhallaanka iyo carruurta yaryar ee ku faafay HBV uma badna inay ka bogsadaan infakshanka, waxayna badanaa yeeshaan infakshan raaga oo noloshooda oo dhan.

Waa maxay calaamadaha HBV?

Dad badan ma laha calaamadaha cudurka, balse laakiin weli waxay cudurka u gudbin karaan

dadka kale. Dadka Kuwa leh calaamadaha ayaa badanaa waxay dareemaan toddobaadyada mise bilaha ugu horreeya ee infekshanka.

Calaamadaha waxaa kamid noqon kara calool xanuun, lalabo, hunqaaco, shuban, xummad, daal, cunto xumo, maqaarka mise indho huruud (jaundice), kaadi madow, iyo saxaro kafee ah.

Sidee qof ugu gudbin karaa HBV qof kale?

HBV wuxuu ku faafaa taabashada dhiigga cudurka qaba iyo dareeraha jirka ka yimaada. Tani macnaheedu waa in qofka uu cudurka qaado marka dhiigga mise dareeraha jirka ee qof qaba HBV uu jirkiisa galo.

- Waalidiinta waxay u gudbiyaan ilmaha xilliga uurka mise marka dhalmada.
- Galmo lagu sameeyo hab aan badqab lahayn mise lala yeeshay lammaane badan ayaa kordhiya khatarta.
- Wadaagista irbadaha mise qalabka kale ee isticmaalka daroogada sida irbadaha, suufka, iyo buufinka daroogada.
- Hababka aan caadiga ahayn ee HBV ku faafaa waxaa kamid ah wadaagista alaabta gaarka ah sida mindiyaha mise burushka ilkaha, dhaawacyada irbadaha, iyo shaabadda jirka mise in jirka lagu durto meel ka baxsan xarumo shati u leh.

Cagaarshowga B **MA** ay faafiyaan:

- Wadaagista cuntada mise weelka cuntada.
- Is taabashada sida hab siinta, dhunkashada mise in gacmaha la is qabsado.

Sidee looga hortagi karaa HBV?

Habka ugu wanaagsan ee looga hortago HBV waa iyadoo la iska talaalo. Waxaa jira tallaalka ammaan ah oo waxtar leh oo ka hortagi HBV, oo waxaa lagu taliyay in la is talaalo.

- Dhallaanka.
- Carruurta aan la tallaalin.
- Dadka waaweyn ee da'doodu tahay 19-59 sano.
- Dadka waaweyn ee da'doodu tahay 60 sano iyo ka weyn oo halis sare ugu jira cagaarshowga B.

Tallaal bilaash ah mise qiimo jaban ayaa loo heli karaa carruurta iyo dadka waaweyn ee aan haysan caymis caafimaad mise caymiskoodu aanu daboolin kharashka tallaalka. Ka hel faahfaahin dheeraad ah oo ku saabsan barnaamijka Talaalada Caruurta Minnesota (Minnesota Vaccines for Children, MnVFC) iyo barnaamijka Tallaalka Dadka Waaweyn ee aan caymiska lahayn iyo caymiska yar Talaalka Dadka waawayn ee Caymiska yar haysta ama kuwa caymiska lahayn (Uninsured and Underinsured Adult Vaccine, UUAV) barta [Where to Get Vaccinated \(Halka la isku Tallaalo\) \(www.health.state.mn.us/people/immunize/basics/vaxfinder.html\)](http://www.health.state.mn.us/people/immunize/basics/vaxfinder.html).

Yey tahay in HBV laga baaro?

Haweenka uurka leh waa in laga baaro HBV marka ay uurka leeyihiin. Baaritaankan wuxuu ka kooban yahay baaritaanka kiciyaha dusha sare ee Antigiinka Cagaarshoowga B (Hepatitis B surface Antigen, HBsAg) oo la dhammeeyo inta lagu jiro sadexda bilood ee ugu horreeya ee uurka.

CDC waxay kugula talinaysaa in hal mar laga baaro HBV qof kastoo da'diisu tahay 18 sano iyo ka weyn. Baaritaanka waa in la qaadaa iyadoo la adeegsanayo baaritaan saddex jeer ah. Saddexda baaritaan waxaa ku jira HBsAg, difaaca ka hortagga cagaarshowga B (anti-HBs), iyo difaaca ka hortagga cagaarshowga B ee kiciyaha aasaasiga ah (total anti-HBc).

- HBsAg: Tijaabada baaritaanka HBV. Waxaa loo isticmaalaa in lagu ogaado haddii qofi qabo HBV.
- Anti-HBs: Tijaabada difaaca ku aaddan HBV. Cudurka oo lagu arko tijaabadan ayaa muujinaysa in difaaca tallaalka mise infakshanka.

- Total anti-HBc: Cudurka oo lagu arko tijaabadan ayaa muujinaysa infakshan HBV hadda jira mise hore u jiray.

Baaritaanada joogto ah ayaa lagula talinayaa dadka halis joogto ah ugu jira.

Maxay tahay in qof qaba HBV uu xaddido mise ka fogaado?

Dadka qaba HBV waa inay ka fogaadaan mise xaddidaan isticmaalka khamriga. Waa muhiim in lala xiriiro daryeel bixiye caafimaad kahor intaadan qaadan daawooyin mise kaabka la qoro, maadaama daawooyinka qaar ay sun u noqon karaan beerka.

Ma jirtaa daaweyn HBV?

Ma dawoobo HBV. Balse daaweynta antiviral iyo la socodka joogtada ah ee daryeel bixiyaha caafimaadka ayaa hagaajin karta muddada iyo tayada nolosha dadka la nool HBV.

Qof qaba HBV ma bixin karaa dhiig, plasma, mise xubno?

Maya, dadka hadda mise horey qabaay infakshanka HBV ma bixin karaan dhiig, plasma, mise xubno.

Minnesota Department of Health
PO Box 64975
St. Paul, MN 55164-0975
651-201-5414
www.health.state.mn.us/hepatitis

03/20/2025

Si aad macluumaadkan u hesho qaab kale, wac:
651-201-5414