

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 lagaa baaro cagaarshowga B muddo kasta oo aad uur leedahay.
- Haddii lagaa waayo cagaarshowga B, weyddiiso bixiyahaaga daryeel tallaalka cagaarshowga B.
- Haddii lagaa 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, dhakhtarkaaga 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 – Somali
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