

CAGAARSHOWGA B: ADIGU KHATAR MA UGU JIRTA?



Macluumaadka loogu talagalay Dadka ka yimid Soomaaliya

Waa maxay Cagaarshowga B?

Cagaarshowga B waa cudur uu sababa fayraska Cagaarshowga B. Wuxuu sababi karaa dhibaatooyin caafimaad oo khatar ah muddo kadib. Fayraska dadka qaar wuxuu ka dhigi karaa kuwa aad u xanuunsan. Cudurku wuxuu ku badan yahay qeybo badan oo adduunka ah, ay ku jirto Soomaaliya.

Siduu ku faafaa Cagaarshowga B?

Dadku waxay qaadaan Cagaarshowga B marka ay taabtaan dhiiga qof qaba fayraska. Cagaarshowga B wuxuu uga gudbi karaa hooyadda qabta ilmaheeda waqtiga dhalimadda ama xubin qoyska ahna waxay u gudbin ilmo da' yar. Cagaarshowga B waxaa loo gudbiyaa si la mid ah HIV, laakiin waxay u fidaa si aad uga sahlan. Cagaarshowga B laguma faafiyo naas nuujinta, xabad isgelinta, dhunkashada, gacmo is qabsiga, qufaca, ama hindhisada.

Dadka qaba Cagaarshowga B miyey dareemaan xanuun?

Dadka badankooda waxay la noolaan karaan Cagaarshowga B sanado badan iyagoon jiro dareemin. Muddo kadib, Cagaarshowga B waxa uu keeni karaa waxyeelada beerka ah, beer xanuun, iyo xataa kansarka beerka.

Sideey dadku ku ogaanayaan haddii ay qabaan Cagaarshowga B?

Sida keliya ee dadku ku ogaadaan haddii ay qabaan Cagaarshowga B waa haddii dhiigooda laga baaro Cagaarshowga B. Tani waa baaritaan fudud oo ka qaada in yar oo dhiga oo keliya qofka gacantiisa. Dadku waa inay waydiiyaan dhakhaatiirtooda haddii laga baadhayo Cagaardhowga B.



Haddii adiga ama waalidkaagu ay ku dhasheen Soomaaliya, kala hadal dhakhtarkaaga wax ku saabsan in lagaa baaro Cagaarshowga B.

Ayaa laga baarayaa Cagaarshowga B?

Baaritaanka Cagaarshowga B waxaa lagula talinayaa:

- Dadka ku dhashay Soomaaliya iyo wadamada kale ee Afrika
- Dadka waalidkoodu ku dhasheen Soomaaliya iyo wadamada ka soo hooseeya Saxaaraha Afrika
- Dadka la nool qof kale oo qaba Cagaarshowga B

Maxaa dadka looga baarayaa Cagaarshowga B?

Waa u muhiim dadku inay ogaadaan inay qabaan Cagaarshowga B. Waxaa jirta daawooyin loo heli karo Cagaarshowga B oo caawin karta ka hortagga waxyeelo khatar ah oo beerka ah. Dadka ogaada inay qabaan Cagaarshowga B sidoo kale waxay ku ilaaliyaan xubnaha qoyska ee kale caafimaad qab. Tani waa sababta haweenka uurka leh had iyo jeer looga baadho Cagaarshowga B marka ay uurka leeyihiin. Xubnaha qoyska aanu weligood ku dhicin Cagaarshowga B waxay heli karaan tallaalka ka ilaaliya inay qaadaan.

Wixii Macluumaad Dheeraad ah

La hadal dhakhtarkaaga, wac waaxdaada caafimaadka ee degmada, ama booqo www.cdc.gov/hepatitis wixii macluumaad Ingiriisi ah.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/hepatitis

May 2023
Somali

HEPATITIS B: ARE YOU AT RISK?



Information for People from Somalia

What is hepatitis B?

Hepatitis B is a disease caused by the hepatitis B virus. It can cause serious health problems over time. The virus can make some people very sick. The disease is very common in many parts of the world, including Somalia.

How is hepatitis B spread?

People get hepatitis B when they come into contact with blood from a person who has the virus. Hepatitis B can be passed from an infected mother to her baby at birth or from a family member to young children. Hepatitis B is passed the same way as HIV, but spreads more easily. Hepatitis B is not spread through breastfeeding, hugging, kissing, holding hands, coughing, or sneezing.

Do people with hepatitis B feel sick?

Most people can live with hepatitis B for many years without feeling sick. Over time, hepatitis B can lead to liver damage, liver failure, and even liver cancer.

How do people know if they have hepatitis B?

The only way people know if they have hepatitis B is if they get a blood test for hepatitis B. This is a simple test that takes only a little bit of blood from a person's arm. People should ask their doctors if they should be tested for hepatitis B.



If you or your parents were born in Somalia, talk to your doctor about getting tested for hepatitis B.

Who should be tested for hepatitis B?

Hepatitis B testing is recommended for:

- People born in Somalia and other African countries
- People whose parents were born in Somalia and other Sub-Saharan African countries
- People who live with someone who has hepatitis B

Why should people be tested for hepatitis B?

It is important for people to know if they have hepatitis B. There are treatments available for hepatitis B that can help prevent serious liver damage. People who find out they have hepatitis B can also keep other family members healthy. This is why women are always tested for hepatitis B when they are pregnant. Family members who have never had hepatitis B can get a vaccine to protect them from getting it.

For More Information

Talk to your doctor, call your local health department, or visit www.cdc.gov/hepatitis for information in English.

