

Waxaa layga helay baarista maqaarka oo togan ee Tiibijada

Macluumaadka Caafimaadka Bulshada

Waa maxay macnaha baarista maqaarka oo togan (positive) ee Tiibijada?

Baarista maqaarka ee Tiibijada (TB) waxaa kaloo loo yaqaan baarista Mantoux ama baarista maqaarka ee Tuberculin skin test (TST).

Kalkaaliyaha Caafimaadka Dadweynaha ayaa cabiray gacantaada halkii irbadda lagu durey uuna ka samaysmay nabarka bararan 2-3 maalmood ka dib. Taas macnaheedu waa waxaad qabtaa baarista maqaarka ee togan.

Baarista maqaarka ee togan waxay muujin kartaa mid ka mid ah waxyaalaha soo socda:

- In uu kugu dhacay jeermiska TB hase ahaatee aadan u jiran sababtoo ah nadaamkaaga difaaca ayaa awoodey inuu kaa celiyo jeermiska. Jeermiska Tiibijada oo dhan ma wada dilo nadaamkaaga difaaca qaarkoodna ayaa hara ayagoo dhex-jiifa jirkaaga.
- Inuu jeermiska TB ee jirkaaga dhex-jiifa uu noqday mid firfircoon waxaad u baahan tahay inaad samayso baarisyo badan si looga baaro jeermiska firfircoon jirkaaga.
- In mar hore lagaa difaacay TB ee tallaalka BCG (kaas oo nabar ku reebay gacantaada), ama
- Inay mar hore kugu dhacday TB oo lagaa daaweeyey ama aan lagaa daaweyn mar hore.

Haddii aad yeelato natiijada baarista maqaarka ee togan waxaa lagu siin doonaa la socosho caafimaad oo dheeraad ah.

Kuwaasna waxaa ka mid ah:

- **Raajada xabbadka** si loo eego inay jiraan wax haaro ama nabaro ah oo ku yaal sanbabadaada.
- Nooca **baarista dhiigga** oo loo yaqaan IGRA taas oo gacan ka gaysata inay sheegto faraqa u dhaxeeya tallaalka BCG ee hore iyo infagshanka TB. Halkan Australia baarista IGRA waxaa loo yaqaan Quantiferon-TB Gold®
- **Meel-u-dirid** dhaqtarka takhasuslaha ah, kaas oo ka soo talin doona baarisyo dheeraad ah ama daaweyn.
- Baarista **sputum** (phlegm) haddii aad qabto astaamaha cudurka TB sida qufuca, xumadda, dhididka, daalka ama miisaanka oo hoos-u-dhaca.

Haddii baarista IGRA ay noqoto mid **taban** (negative) uuna raajadii xabbadkaaguna ay **saafi** tahay, waxaa lagu sheegi karaa in TST togan uu badanaa ka yimid tallaalka BCG ee hore.

Haddii baarista dhiigu ay noqoto mid **togan** (positive) uuna raajadii xabbadkaaguna ay **saafi** tahay, taas waxay muujinaysaa inaad waa hore qaaday TB. Jeermiska TB wuxuu ku noolaan karaa jirkaaga muddo dheer asagoon kuu keenin wax jirro ah. Taasna waxaa loo yaqaan **TB Daahsoon ee (jiifta)**. Uma gudbin kartid jeermiskan jiifa cid kale.

Dadka qaba infagshanka TB ee daahsoon waxay leeyihiin 10% halista inay noqoto TB firfircoon noloshooda mar. Haddii jeermiska TB uu tooso uuna noqdo mid firfircoon ama uu ku tarmo jirkaaga, waxaad yeelan kartaa cudurka TB ee firfircoon. Xaaladaha caafimaad ama daaweyn qaarkood ayaa sii kordhin kara halistaas.

Haddii lagu diray dhaqtar takhasusle ah, wuu ku baari doonaa kaalana hadli doonaa qorshe daaweyn. Taasi waxay noqon kartaa raajooyinka xabbadka oo dheeraad ah ee dhowr sano ama kuuro daawo qaadasho antibiyootig ah oo loo yaqaan Isoniazid. Daawadaas waxay yarayn doontaa fursadda inaad la xanuunsato TB firfircoon.

Isla markii aad yeelato baarista maqaarka ee togan, waxay sii ahaanaysaa mid togan haddii aad baaris kale qaadato mustaqbalka. Haddii lagaa codsado inaad marto TST, u sheeg dhaqtarka ama kalkaaliyaha natiijooyinkii tognaa ee hore, mar kastana diiwaan ka hayso natiijada baarista maqaarka.

Xusuuso:

- Haddii aadan la xanuunsanayn TB, ma jirto wax sabab ah oo aad u joojiso howlahaaga maalmeed
- Uma gudbin kartid jeermiska TB ee jiifa qoyskaaga iyo saaxiibadaada
- Kalkaaliyaha TB ee Wasaaradda Caafimaadka ayaa kula soo xiriiri doona waxaana lagula tali doonaa haddii wax kale oo la socosho dheeraad ah.

Wixii macluumaad dheeraad ah kala xiriir Qaybta Ka-hortagga TB 1300 651 160.



I have a positive skin test for Tuberculosis

Public health information

What does a positive TB skin test mean?

A skin test for Tuberculosis (TB) is also called a Mantoux test or Tuberculin skin test (TST).

A Public Health Nurse measured your arm where the injection was given and a swollen lump has developed after 2-3 days. This means you have a positive skin test.

Your positive skin test may indicate any of the following:

- That you have been infected by the TB germ but you have not become sick because your immune system is able to control the germ. Not all the TB germs are killed by your immune system and some remain sleeping in your body.
- That the sleeping TB germs have become active and you need to have more tests to look for the active germs in your body
- That you have been immunised for TB in the past with a BCG vaccination (which leaves a scar on your arm), or
- That you have previously had TB and you may or may not have been treated for this in the past.

If you have a positive skin test result you will be offered further medical follow-up.

This may include:

- A **chest x-ray** to see if there are any marks or scars on your lungs.
- A type of **blood test** known as an IGRA which can help tell the difference between previous BCG vaccination and TB infection. In Australia the IGRA test is called Quantiferon-TB Gold®
- **Referral** to a specialist doctor, who will recommend any further tests or treatment.
- A **sputum** (phlegm) test if you are experiencing any symptoms of TB disease such as a cough, fever, sweats, tiredness or weight loss.

If the IGRA test is **negative** and your chest x-ray is **clear**, you can be reassured that the positive TST is most likely due to previous BCG vaccination.

If the blood test is **positive** and your chest x-ray is clear, this indicates you have probably been exposed to TB in the past. TB germs can live in your body for long periods of time without making you sick. This is called **latent (sleeping) TB**. You cannot pass these sleeping germs on to anyone else.

People with latent TB infection have a 10% risk of developing active TB during their life. If the TB germs wake up and become active or multiply in your body, you can develop active TB disease. Some medical conditions and treatments can increase this risk.

If you are referred to a specialist doctor, they will examine you and discuss a plan: this may be further chest x-rays for some years or a course of treatment with an antibiotic called Isoniazid. This medicine will reduce the chance of you ever becoming sick with active TB.

Once you have a positive skin test, it is likely to remain positive if you have the test again in the future. If you are ever asked to have another TST, advise the doctor or nurse of your previous positive result and always keep a record of your skin test result.

Remember:

- You are not sick with TB, there is no reason to stop any of your daily activities
- You cannot pass sleeping TB germs on to your family and friends
- A Department of Health TB Nurse will be in contact with you and you will be advised if further follow-up is required.

For further information contact the TB Control Section on 1300 651 160.

