

Macluumaadka loogu talagalay la kulanka Tiibijada

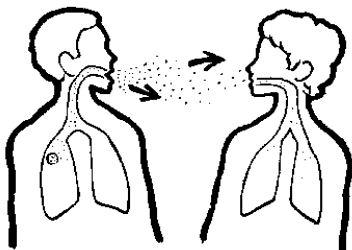
Macluumaadka Caafimaadka Bulshada

Waa maxay Tiibijadu?

Tiibijada, ama TB marka la soo gaabiyo, waa infagshank bakteeriyada. Waxay saamayn kartaa guud ahaan qayb kasta oo ka mid ah jirka hase ahaatee sida badan sanbabada, taas oo loo yaqaan TB Sanbabada. Halkan Australia waxaa jira ilaa 1000 kays oo TB ah oo sannadka kasta la daaweeyo, ugu yaraan 400 ka mid ahna Victoria yihiin.

Sidee bay u faaftaa TB?

TB waxay ku faaftaa hawada marka qofka ka qaba cudurka TB firfircoon sanbabada ama dhuunta uu qufaco, hindhiso ama uu heeso. Taas waxay keeni kartaa dhibco ay ku jiraan bakteeriyadu inay ku faafaan hawada ayna fadareeyaan dadka ku neefsada hawadaas. TB kama qaadi kartid gacan ka salaamid ama dharka, cuntada, suxuunta ama sheeyo la taabto. TB degdeg layskuma qaadsiiyo si aad u qaadana waxaad badanaa u baahan tahay inaad weji ka weji ugu dhawaato saacado badan qof sanbabada ama dhuunta ka qaba TB firfircoon. Badanaa dadka ay u badan tahay inay qaadaan waa kuwa isla guriga nool ama isla qoyska ah.



Faraq ayaa u dhaxeeya infagshanka TB iyo cudurka TB.

Qof kasta oo qaba jeermiska TB ma xanuunsado. Keliya inta u dhaxaysa 5% iyo 10% oo ah dadka qaba ayey ku kacdaa TB, taas oo ay dhici karto dhowr sano ka dib. Inta soo hartay ee 90% ilaa 95% ma muujiyaan wax astaamaheeda ah guud ahaan way ladan yihiin, taasna waxaa loo yaqaan TB daahsoon ama jiifta jeermiskuna kuma faafaan dadka kale. Dadka leh nadaamka difaaca oo liita waxay leeyihiin fursad weyn oo ugu xanuunsan karaan TB. Keliya dadka u xanuunsan TB sanbabada ama dhuunta ayaa dadka kale qaadsiiya. TB waa la daaweyn karaa ayadoo la qaato daawada antibiyootig gaar ah. Astaamaha TB waxaa ka mid ah; qufac ka badan ilaa 3 toddobaad, xummad, dhididka habeenkii, hoos-u-dhaca miisaanka, daalka iyo marmar dhiig la qufaco.

Haddii aad la kulanto qof qaba TB, ma jirto wax sabab ah oo aad u joojiso howlahaaga maalmeed, oo ay ka mid yihiin shaqada ama dugsiga oo aad aado.

Sidee baad u baari kartaa TB?

Baarista fudud ee loo yaqaan baarista maqaarka ee Tuberculin ama Mantoux ayaa sheegi karta haddii qofku qabo jeermiska TB. Baaristan waxaa ka mid ah durriin yar oo maqaarka hoostiisa ee gacanta bidix lagu sameeyo. Dadka yeesha baarista maqaarka oo togan (Positive) waxay maraan baarisyo dheeraad ah sida raajada xabbadka, si loo eego sanbabada, ama baarista dhiigga si loo xaqiijiyo natiijada. Waxaa muhiim ah in la ogaado in dadka hore u qabey infagshanka TB, ama tallaalka TB, (oo loo yaqaan tallaalka BCG), wuxuu kaloo yeelan karaa baarista maqaarka oo togan (positive). dadka hore u qabey infagshanka TB, waxaa la siin karaa daaweynta ka-hortagga ee antibiyootigga si loo yareeyo suurtagalnimada inay ku soo laba-kaclayso cudurku, ama waxay mari karaan raajada xabbadka si loola socdo sababooda.

TB way korta oo u weynaataa tartiib-tartiib, sidaa awgeed ma jiro halis degdeg ah ee caafimaadkaaga, ama caafimaadka dadkaas adiga kaa ag-dhow. Laga bilaabo waqtiga uu qofku qaado cudurka ilaa inta infagshanka lagu soosaarayo baarista maqaarka waana ilaa laba ilaa saddex bilood. Taas macnaheedu waa in waqtiga ugu fiican oo ah in la baaro infagshanka TB waa ugu yaraan 8 ilaa 10 toddobaad ka dib dabool-ka-qaadista.

Khulaasadda Dhibcaha ugu muhiimsan:

- Tiibijada, ama TB ee muddada gaaban, waa infagshanka ay sababto bakteeriyada (jeermiska)
- Halista in qof qaadsiiyo TB qof kale waa mid hoosayso.
- Ma jiro wax halis ah oo degdeg ah, ama caafimaadka dadkaas kaa ag-dhow sababtoo ah TB way kortaa waana badataa.
- Dadka qaba TB jiifta uma faafin karaan dadka kale.
- Keliya dadka u xanuunsan TB ee sanbabada ama dhuunta ayaa dhici karta inay dadka kale qaadsiiyaan.
- Dadka la kulmay xaalad TB kuwaas oo la ogaadey inay qabaan cudurka waxaa la siin karaa daaweynta ka-hortagga, raajada daba-gal ah waa lagu siinayaa.

Haddii aad qabto su'aalo dheeraad ah ama wax dareeno ah, waxaad la xiriiri kartaa Wasaaradda Caafimaadka, Qaybka Ka-hortagga TB taleefanka 1300 651 160.

Information for contacts of Tuberculosis

Public health information

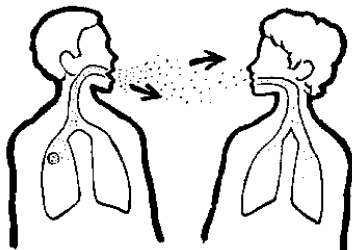
What is Tuberculosis?

Tuberculosis, or TB for short, is a bacterial infection. It can affect almost any part of the body but most often the lungs; this is called pulmonary TB. In Australia there are just over 1000 cases of TB diagnosed each year, with approximately 400 of these in Victoria.

How is TB spread?

TB can be spread through the air when a person with active TB disease in the lungs or throat coughs, sneezes or sings. This may cause droplets that contain the bacteria to spray into the air and infect people who breathe them in. You cannot get TB from shaking hands or from clothes, food, dishes or touching things.

TB is not highly contagious and to be infected you usually need close, face to face contact over many hours with someone with active TB in the lungs or throat. Often the people who are most likely to be infected are those in the same house or family.



There is a difference between TB infection and TB disease

Not everyone who is infected with TB germs gets sick. Only between 5% and 10% of people who are infected go on to develop TB, which could happen many years later. The remaining 90% to 95% don't show any symptoms and are completely well; this is called latent or dormant TB and the germs can't be spread to others. People with weakened immune systems have a greater chance of getting sick with TB. Only those people who are sick with TB in the lungs or throat might be infectious to others. TB can be treated and cured by taking specialised antibiotics. Symptoms of TB include; a cough for more than 3 weeks, fever, night sweats, weight loss, fatigue and occasionally, coughing up blood.

If you have had contact with someone with TB, there is no reason to stop any of your usual daily activities, including going to work or school.

How do you test for TB?

A simple test called a Tuberculin or Mantoux skin test can tell if someone has been infected with the TB germ. This test involves a small injection under the skin of the left forearm. People who have a positive skin test can have further tests such as a chest x-ray, to look at the lungs, or a blood test to confirm the result. It is important to know that people who have previously had infection with TB, or even a vaccination for TB, called a BCG vaccination, could also have a positive skin test. People who are infected with TB can be given preventative treatment with antibiotics to reduce the possibility of developing the disease, or they can have follow-up chest X-rays to monitor their lungs.

TB grows and develops slowly, so there is no immediate risk to your health, or the health of those people close to you. From the time a person is infected to when the infection can be detected by skin testing is about two to three months. This means that the best time to test for TB infection is at least 8 to 10 weeks after the exposure.

Important points in summary:

- Tuberculosis, or TB for short, is an infection caused by a bacteria (germ).
- The risk of TB transmission from one person to another is low.
- There is no immediate risk to your health, or the health of those people close to you because TB grows and develops slowly.
- People who have dormant infection cannot spread TB to others.
- Only those people who are sick with TB in the lungs or throat may be infectious to others.
- People who have been infected because they have been in contact with TB can be given preventative treatment, or X-ray follow-up.

If you have any further questions or concerns you can contact the Department of Health, TB Control Section on 1300 651 160.