Sida loo Ilaaliyo Caafimaadka Ilmahaaga iyo Caafimaadkaaga Haddii Aad Qabto Cagaarshowga B oo aadna Uur Leedahay

Cagaarshowga B waa xanuun halis ah oo uu canugaagu qabi karo inta uu nool yahay. Haddii aad uur leedahay oo aadna qabto cagaarshowga B, fayrasku waxa uu dhallaanka ugu gudbi karaa taabashada dhiigaaga marka uu dhalanayo. Si aad cunugaaga uga hortagto caabuqa oo aadna u ilaaliso caafimaadkaaga, arag goorhore daryeel bixiyahaaga caafimaadka inta aad uurka leedahay oo kala hadal cagaarshowga B.

Isticmaal jaantuuskan hoose si ula socoto daryeelkaaga iyo daryeelka canugaaga inta aad uurka leedahay iyo kaid!

Hooyada

Inta aad Uurka Leedahay

- ✓ Arag dhakhtarka caafimaadka si aad horraanta uurkaaga u hesho daryeelka cagaarshowga B si aad u hubiso heerka fayraska cagaarshow B iyo shaqada beerkaaga.
  - Dhakhtarkaaga caafimaadka waxa uu kuu qori karaa daawada cagaarshowga B, haddii loo baahdo.

Markuu Dhasho

- ✓ Hubi in shaqaalaha ku sugan isbitaalka ay ogaadaan inaad qabto cagaarshowga B.
- ✓ Hubi in daryeel bixiyaha caafimaadka ee daryeeli doona canugaaga uu ogyahay inaad qabto cagaarshowga B.

Dhalashada kadib iyo wixii ka dambeeya

- ✓ Marka ay tahay 1- 2 billood, dabagal bixiyaha daryeelka caafimaadkaaga si aad uga hesho daryeelka cagaarshowga B.
  - Tani waxa ay si gaar ah muhiim ugu tahay haddii aad daawo qaadashada bilowday xilligi uurka.
- ✓ Dabagal bixiyaha daryeelka caafimaadkaaga si aad uga hesho la socoshada cagaarshowga B ugu yaraan 6 dii billoodba mar.

Hubi in lamaanahaaga iyo dadka kula nool la baaro lagana tallaalo cagaarshowga B inta aad uurka leedahay.

Ilmaha

Markuu Dhasho

Canugu waa in la siiyaa 2 tallaal muddo 12 saacadood gudahooda ah marka uu dhasho si looga ilaaliyo caabuqa:

- ✓ Hal tallaal oo difaaca jirka ee cagaarshowga B (HBIG)
- ✓ Kuurada 1aad ee tallaalka cagaarshowga B

1-2 Bilood

- ✓ Canugaaga ayaa looga baahan yahay tallaalka 2aad ee cagaarshowga B.

6 Billood

- ✓ Canugaaga ayaa looga baahan yahay tallaalka 3aad ee cagaarshowga B.

9-12 Billood

- ✓ Canugaaga waxa uu ubaahan yahay in laga baaro dhiigga si loo hubiyo xaaladiisa cagaarshowga B lana qiimeeyo heerka difaaca jirkiisa.

Naasnuujinta

- ✓ Kalahadal dhakhtarkaaga caafimaadka wixi kusaabsan taageerada naasnuujinta iyo sida looga hortago ama loo maareeyo ibta naaska dillaacsan ama dhiigeysa si hoos loogu dhigo in canuga uu soo gaaro dhiigaaga.
- ✓ Haddii dhallaanka uu qaatay tallaalka cagaarshowga B iyo kan difaaca jirka ee cagaarshowga B markii uu dhashay, halista in hooyada ay cagaarshowga B canuga ugudbiso naasnuujinta waa mid aad u hooseysa. Marka uu canugaagu qaato tallaaladaan, naasnuujintu waa mid ammaan ah.

Hep B Hub
doh.wa.gov/hepbhub

Washington State Department of Health

DOH 420-441 October 2022 Somali

Si aad u codsato dukumiintigaan oo qaab kale ah, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimayl u dir civil.rights@doh.wa.gov. Waxaa laga soo xigtay North East Medical Services, www.nems.org.