

Mambo muhimu ya kukumbuka:

- Dawa lazima ziwe zinachukuliwa kila siku na hutakiwi kuchangia dawa zako na watu wengine.
- Utahitajika kupata kipimo cha damu miezi 3 baada ya matibabu yako kumalizika. Hii itakujulisha kama tayari umepona.
- Kama una chembe za ini zilizokufa mganga wako atajadiliana na wewe mabadiliko ye yote ya maisha ambayo utahitaji kuyafanya, na atakurejesha kwa mtaalamu wa ini kwa ajili ya kufuatilia.
- Unaweza kupata maambukizo tena ya ugonjwa wa ini C. **Hakuna chanjo ya ugonjwa wa ini C** kwa hiyo unahitaji kuepuka kugusana kwa damu, kwa mfano:
 - Usigusane na damu ya mtu ye yote. Usishirikiane nyembe, miswaki au sindano..
 - Ziba mikato au majeraha yako kwa kutumia bendeji, na kuvaa glavu kwa kusafisha damu.
 - Kama una matibabu pia ya meno nje ya nchi, hakikisha kuna njia nzuri za kudhibitisha ya kutokuambukiza kwa njia ya damu kutoka kwa mtu mwingine.

Important things to remember:

- The medication must be taken every day and you cannot share your medication with other people.
- **You will need a blood test 3 months after your treatment has finished. This will tell you if you have been cured.**
- If you have liver cirrhosis your GP will discuss with you any lifestyle changes you may need to do, and refer you to a liver specialist for follow up.
- You can be re-infected with Hepatitis C. **There is no Hepatitis C vaccine** therefore you need to avoid blood contact, for example:
 - Do not have contact with anyone else's blood. You should not share razors, toothbrushes or needles.
 - Cover your cuts or wounds using band aids, and wear gloves to clean blood.
 - If having medical or dental procedures overseas, check that there is good infection control to prevent you from being infected by blood from another person.



Ugonjwa wa ini Liver Disease

Ugonjwa wa ini C Hepatitis C

Wasiliana nasi

Tovuti: www.eccq.com.au/bbv-swahili

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Rasilimali hii imetayarishwa na ECCQ na kudhaminiwa na Afya QLD.

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Je wewe na familia yako mmeshawahi kupimwa ugonjwa wa ini C hepatitis C?

Je wajua? Ugonjwa wa ini C ni ugonjwa wa ini unaosababishwa na virusi vya ugonjwa wa ini C. Watu wenye ugonjwa wa ini C mara nyingi hawaonekani kama wanaumwaa au kuhisi kuumwa. Unaweza tu kupata ugonjwa wa ini C kutokana na kupitia damu kwa damu, ikiwa ni pamoja na vifaa vya matibabu visivyo safi, lakini **SIYO** kutokana na mgusano wa jamii kama vile kushirikiana chakula, kusalimiana kwa mikono, kubusu, kukumbatiana, kupiga chafya, kushirikiana vikombe, na kadhalika.

Bila kutibiwa, ugonjwa wa ini C hepatitis C, unaweza kusababisha kufa kwa chembe za ini, saratani ya ini na ama kifo.

Have you and your family been tested for Hepatitis C?

Did you know? Hepatitis C is a liver disease caused by the Hepatitis C virus. People with Hepatitis C often don't look or feel sick. You can only get Hepatitis C from blood to blood contact, including unsterile medical equipment, but **NOT** from social contact such as sharing food, shaking hands, kissing, cuddling, sneezing, sharing cups, etc.

Untreated Hepatitis C can cause liver cirrhosis, liver cancer and death.

Unaweza kufanya nini?

- Onana na mganga wako na umueleze akufanyie kipimo cha damu cha ugonjwa wa ini C ili kujua kama unao.
- Kama una ugonjwa wa ini C, mganga wako au mtaalamu wa ini anaweza kukupangia matibabu.
- Utahitaji kupata vipimo vya ziada, vikiwemo vya ugonjwa wa ini B, kabla hujaanza kupata matibabu.
- Tiba ni rahisi, kwa watu wengi inachukua miezi 2 au 3.
- Tibabu ina madhara machache madogo madogo, na zaidi ya 95% ya watu wanapona baada ya kumaliza tibabu.

Tiba la ugonjwa wa ini C hepatitis C lina gharama kiasi gani?

- Tiba ya ugonjwa wa ini C inadhaminiwa na serikali ya Australia.
- Kama una kadi ya Medicare tiba itagharimu chini ya \$125 na kama una kadi ya mkataba (kama vile kadi ya wazee au kadi ya huduma ya afya), tibabu itagharimu chini ya \$20.
- Kama huna kadi ya Medicare huwezi kupata matibabu ya ugonjwa wa ini C iliyodhaminiwa na serikali, unaweza kununua matibabu mtandaoni kupitia tovuti kama vile www.fixhepc.com.

What can you do?

- See your GP and ask for a **Hepatitis C blood test** to find out if you have it.
- If you have Hepatitis C, your GP or a liver specialist can arrange for treatment, which can **cure** over 95% of people.
- You will need to have further tests, including hepatitis B, before you can be treated.
- Treatment is easy, for most people taking only 2 or 3 months.
- The treatment has very few side effects, and more than 95% of people will be **cured** after finishing treatment.

How much does treatment for Hepatitis C cost?

- Treatment for Hepatitis C is funded by the government in Australia.
- **If you have a Medicare Card it will cost less than \$125 for the treatment and if you have a concession card (such as a Seniors Card or Health Care Card), it will cost less than \$20 for the treatment.**
- If you don't have a Medicare card you cannot get government funded Hepatitis C treatment, you may be able to purchase treatment online through sites such as www.fixhepc.com.