

Ubusanzwe, abantu barwaye hepate B ntibabyumva cyangwa ngo base n'abarwaye, niyo mpamvu rero abantu benshi bayanduye ntibazi ko bayifite.

Muri Australia, hafi umuntu umwe kuri bane bagendana hepate B idakira ntibazi ko bayifite.

Niba umuntu arwaye hepate B ni ngombwa cyane ko abagize umuryango we, abantu bose babana nawe n'abakunzi be bayipimisha.

Haba hari imiti ivura hepate B?

Yego, hari imiti myiza yo kworoshya hepate B ariko si imiti iyivura ngo ikire burundu.

Ntabwo abantu bose banduye hepate B baba bakeneye guhabwa imiti.

Nyamara, abantu bose bagendana hepate B karande bagomba buri gihe (buri mezi 6 cyangwa 12 ndetse rimwe na rimwe inshuro zirenzeho) kwisuzumisha ku baganga babo ubuzima bwabo bwose. Ubu ni bwo buryo bwiza bwo kwirinda kurwara cirrhose y'umwijima na kanseri y'umwijima biterwa na hepate B karande.

Ni gute abantu bashobora kwirinda kwandura hepate B?

Gukingirwa hepate B nibwo buryo bwiza bwandura hepate B.

Niba utazi uko uhagaze, ni ngombwa cyane ko ubonana na muganga wawe ukipimisha hepate B vuba bishoboka.



People with hepatitis B normally don't feel or look sick, therefore, many people with hepatitis B don't know they have it.

In Australia, **around 1 in 4 people with chronic hepatitis B do not know they have it.**

If a person has hepatitis B it is **very important for all family members and other close contacts/partners** to be tested for hepatitis B.

Is there treatment for hepatitis B?

Yes, hepatitis B treatment is very effective but it is not a cure. Not all people with hepatitis B need treatment. However, **all people with chronic hepatitis B should have regular check-ups** (every 6 or 12 months and sometimes more often) **with their doctor for the rest of their life.** This is the best way to prevent liver cirrhosis and liver cancer caused by chronic hepatitis B.

How can people protect themselves from hepatitis B?

The hepatitis B vaccine is the best way to prevent people from getting hepatitis B.

If you don't know your status, it is very important for you to see your doctor to get a hepatitis B test as soon as possible.



Nyamuneka twandikire [kuri health@eccq.com.au](mailto:kuri.health@eccq.com.au) cyangwa ukure rubuga kopi z'udutabo "B Healthy" na "Let's Talk About It" kugirango urusheho gusobanukirwa n'iyi ndwara. Ushobora kandi no kudasaba kukwoherereza kopi z'utu dutabo ku buntu.

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Aka gatabo kanditswe na ECCQ itewe inkunga na QLD Health Gasubiwemo 2023

Please contact us at www.eccq.com.au/bbv or download a copy of the **B Healthy** booklet and **Let's Talk About It** booklet from the website for further information. You can also ask us to send you some hard copies for free.

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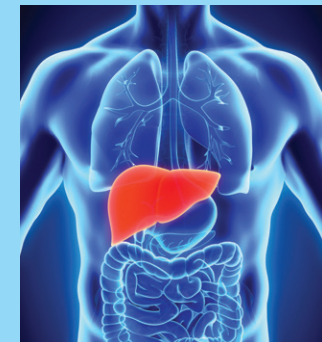
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Indwara y'umwijima

Liver Disease

Hepate B

Hepatitis B



Indwara ya Hepatite B ni iki?

Indwara ya Hepatite B ni ubwandu bw'umwijima buwangiza buterwa n.agakoko ka virusi yo mu bwoko B.

Ni imwe mu ndwara z'umwijima 5 ziterwa n'udukoko two mu bwoko bwa virusi: hepatite A, hepatite B, hepatite C, hepatite D na hepatite E

Muri zo, hepatite A, hepatite B na hepatite C ni zo zikunze kugaragara henshi.

Hepatite B ishobora kuba ikaze (ubwandu bukira mu gihe kitarenze amezi atandatu) cyangwa igahinduka karande (iyo irengeje igihe cy'amezi atandatu itarakira)

Ese Indwara ya hepatite B ikunze kuboneka muri Australia?

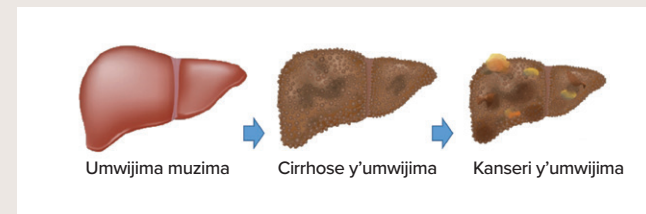
Indwara ya hepatite B ikaze ntikunze kuboneka, hepatite B karande niyo ikunze kugaragara cyane mu bantu bavukiye mu mahanga, cyane cyane mu bantu bakomoka mu bihugu by'Aziya n'iby'Afurika.

Ese abantu bapimwa hepatite B mbere yuko baza muri Australiya?

Abantu benshi ntibasabwa kwipimisha hepatite B mbere yo kwimukira muri Australia byaba ari iby'agateganyo cyangwa burundu. Niyo mpamvu wagombye kwipimisha niba utazi niba waranduye cyangwa utarandura.

Ni gute Hepatite B ifata abantu?

Indwara ya hepatite B ikaze ntitera ibibazo by'ubuzima igihe kirekire. Nyamara, hafi 25% by'abantu bafite hepatite B karande (idakira) bashobora kwibasirwa n'indwara zikomeye z'umwijima zirimo kunanirwa k'umwijima (**umwijima uhagarara gukora**), cirrhose y'umwijima (**inkovu mu mwijima**), kanseri y'umwijima **ndetse n'urupfu**. Ibi bishobora kwirindwa iyo abantu barwaye hepatite B karande bahora bisuzumisha ku baganga babo, kandi bagafata imiti iyo bibaye ngombwa.



What is hepatitis B?

Hepatitis B is a potentially life-threatening liver infection caused by the hepatitis B virus. It is one of five viral hepatitis infections: hepatitis A, hepatitis B, hepatitis C, hepatitis D and hepatitis E. Of these, hepatitis A, hepatitis B and hepatitis C are the most common.

Hepatitis B can be an acute (a short-term infection lasting less than six months) or a chronic infection (a long-term infection lasting more than 6 months).

How common is hepatitis B in Australia?

Acute hepatitis B is not common, but chronic hepatitis B is very common among people born overseas, especially people from Asian and African countries.

Are people tested for hepatitis B before they come to Australia?

Most people are not required to be tested for hepatitis B before moving to Australia either permanently or temporarily. Therefore, you should get tested if you don't know whether you have hepatitis B or not.

How does hepatitis B affect people?

Acute hepatitis B doesn't cause long term health problems. However, approximately 25% of people with chronic hepatitis B can develop serious **liver disease** including **liver failure** (the liver stops working), **liver cirrhosis** (scarring of the liver), **liver cancer** and **even death**. These can be prevented if people with chronic hepatitis B have regular check-ups with their doctors, and take treatment if required.

Ni gute abantu bandura hepatite B?

Abantu **bashobora** kwandura hepatite B binyuze mu nzira zikurikira:

- Umubyeyi yanduza umwana - umugore utwite ufite ubwandu bwa hepatite B ashobora kwanduza umwana we virusi mu gihe cyo kumubwira. Mu bihugu byinshi, nibwo buryo ahanini abantu banduriramo Hepatite B. icyakora Hepatite B ntabwo ari indwara-ndagano (indwara genetike). Kubwibyo rero, umubyeyi kwanduza umwana amubwira bishobora kwirindwa mu gihe urukingo rwa Hepatite B na Hepatite B immune-globulin bihawe umwana akimara kuvuka.
- Kwandurira mu maraso - hari inzira nyinshi abantu bashobora kwandura hepatite B binyuze mu maraso, niyo amaraso atagaragara. Urugero, guhanahana ibikoresho bikomeretsa nk'inzembe, uburoso bw'amenyo, ibikoresho bitobora umubiliri, ibyo kwishushanyaho kimwe n'ibikoresho byo kwa muganga bidasukuye mu buryo bwabugenewe.
- Kwandurira mu mibonano –mpuzabitsina idakingiye. Hepatite B ishobora no gukwirakwira mu bantu binyuze mu mibonano-mpuzabitsina, ariko ku bantu bakuru bayanduye muri ubu buryo, munsu ya 5% nibo ihinduka karande.

Abantu **ntibashobora** kwandura hepatite B binyuze mu bundi buryo nko gusangira ibiryo, guhana ibiganza, gusomana, kwonsa, guhoberana, kwicara ku intebe y'ubwihereho, kurumwa n'umubu cyangwa udukoko.

Abantu bamenya bate ko banduye hepatite B?

Uburyo bwonyine butuma abantu bamenya niba bafite hepatite B cyangwa batayifite, ni ukwipimisha amaraso hakarebwamo hepatite B. **Iki kizamini ntabwo kiri mu bizamini rusange by'amaraso**; ugomba gusaba umuganga wawe gukora ibizamini byihariye bya hepatite harimo: Hepatitis B surface antigen, Hepatitis B surface antibody na hepatitis B core antibody. Aba GP bose bashobora kwandikira abantu ibi bizamini. Ibizamini ni ubuntu niba ufite ikarita ya Medicare.



How can people get hepatitis B?

People can **get** hepatitis B through:

- Mother-to-baby transmission – a pregnant woman with hepatitis B can pass the virus to her baby during the birth process. It is the most common way to get hepatitis B in many countries.
- Blood transmission – there are many ways people can get hepatitis B through blood, even when the blood isn't visible. For example, sharing items like razors and toothbrushes; unsterile medical equipment, body piercings and tattooing.
- Sexual transmission - hepatitis B can also be spread through sex, but the chance of it becoming a chronic infection is less than 5%.

People **cannot** get hepatitis B through other contacts such as sharing food, shaking hands, kissing, breastfeeding, hugging, using toilets or mosquito/insects bite

How do people know if they have hepatitis B?

The only way for a person to know whether they have hepatitis B or not, is to have a blood test for hepatitis B.

This test is not included in the general blood tests; you need to ask your doctor to do specific hepatitis tests including: **hepatitis B surface antigen**, **hepatitis B surface antibody** and **hepatitis B core antibody**. All GPs can order these tests. The tests are free if you have a Medicare card.