Waxyaabo ay muhiim tahay in la xasuusnaado:

- Daawada waa in la qaataa maalin kasta mana la wadaagi kartid daawadaada qof kale.
- **Waa in lagugu sameeyaa baaritaan dhanka dhiiga ah 3 bilood kadib marka ay daaweynta kuu dhamaato. Tani waxay kuu sheegeysaa haddii aad caafimaaday.**
- Haddii aad qabto dhaawac dhanka beerka ah Dhakhtarkaaga ayaa kaala hadli doono haddii ay jiraan is beddelo dhanka hab nololeedka ah oo laga yaabo inaad ubaahantahay inaad sameyso, wuxuuna kuu gudbinayaa takhasusue dhanka cudurada beerka si xaaladaada looga sii war hayo.
- Dib ayaad uqaadi kartaa Cagaarshowga nooca C. **Ma jiro tallaal loogu tala galay Cagaarshowga nooca C** sidaa darteed waxaad ubaahantahay inaad iska ilaaliso taabashada dhiiga, tusaale:

  - Xriir hala sameynin qof kale dhiigiisa. Waa inaadan wadaagin qalabyada tinta lagu xiirto, cadayga ilkaha ama cirbadaha.

  - Dabool dhaawacyadaada ama nabaradaada adigoo adeegsanaayo faashado, waxaadna gashataa galoofis si aad u nadiifiso dhiiga.

  - Haddii bannaanka laguugu sameeynayo hawlo caafimaad ama daaweyn dhanka ilkaha ah, iska hubi iney jirto xakameyn dhanka jeermiska ah oo wanaagsan si looga hortago inaad cudur ka qaado dhiig qof kale leeyahay.

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.

Na la soo Xiriir

Websaydka: **www.eccq.com.au/bbv**

Lambarka: **07 3844 9166**

Fakis: **07 3846 4453**

Iimayl: **health@eccq.com.au**

Macluumaadkaan waxaa soo saaray ECCQ waxaana maalgeliyey Queensland Health

Contact Us

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Ethnic Communities Council of Queensland

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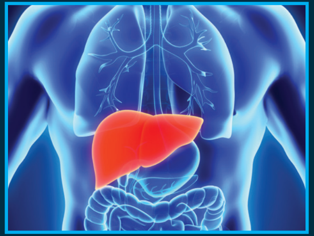
Somali/English

Cudurka Beerka

Liver Disease

Cagaarshowga nooca C

Hepatitis C



Adiga iyo qoyskaagaba mala idinka baaray Cagaarshowga nooca C?

Ma ogeed? Cagaarshowga nooca C waa **cudur ku dhaca beerka** oo uu sababo fayraska Cagaarshowga nooca C. Dadka qaba Cagaarshowga nooca C badanaa uma muuqdaan ama ma dareemaan xannuun. Wuxuu Cagaarshowga nooca C kugu dhici oo kaliya inuu dhiigaaaga taabto dhiig kale,oo ay ku jirto qalabka daawooyinka ee aan la jeermis dilin, laakin **LAGUMA KALA QAADO** xiriir dhanka bulshada ah sida cunto wadaagid, salaan gacan qaad ah, dhunkasho, hab in la isa siiyo, hindhiso, in la wadaago koobabka, iwm.

Cagaarshowga nooca C ee aan la daaweynin wuxuu sababi karaa dhaawac dhanka beerka ah, kansarka beerka iyo dhimasho.

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.

Maxaad sameeyn kartaa?

- La kullan Dhakhtarkaaga oo ka codso inuu kugu sameeyo **baaritaan dhanka dhiiga oo Cagaarshowga nooca C** ah si loo ogaado inaad qabto.
- Haddii aad qabto Cagaarshowga nooca C, Dhakhtarkaaga ama takhasuse dhanka cudurada beerka ayaa kuu sameyn kara daaweyn.
- Waxaad ubaahan doontaa baaritaano dheeraad ah, oo uu ku jiro cagaarshowga nooca B, ka hor inta aan lagu daaweyn.
- Daaweynta waa mid fudud, dadka badankood waxay ku qaadataa kaliya 2 ama 3 bilood.
- Daaweynta waxay leedahay waxyeelo oo aad u yar, in ka badan boqolkiiba 95% oo dadka ka mid ahna wey **caafimaadaan** marka ay daaweynta dhamaato.

Waa imisa qiimaha lacageed ee daaweynta Cagaarshowga nooca C?

- Daaweynta Cagaarshowga nooca C waxaa maalgeliyo dowladda Australia.
- **Haddii aad heysato Kaarka ee loo yaqaano Medicare waxaad daaweynta ku heli kartaa in ka yar $125 haddii aad heysato kaarka qiima dhimista (sida Kaarka Waayeelada (Seniors Card) ama Kaarka Daryeelka Caafimaadka (Health Care Card), waxaad daaweynta ku heli kartaa in ka yar $20.**
- Haddii aadan heysanin Kaarka loo yaqaano Medicare ma heli kartid daaweynta ay dowladda maal geliso ee Cagaarshowga nooca C, waxaad awoodi kartaa inaad daaweynta ku iibsato qaab onlaayn ah dhanka websaaydyada sida *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.*