

Dhammaan dhakhaatiirta way dalban karaan baaritaanadaan.

Baaritaandaan waa mid bilaash ah haddii aad heysato kaarka loo yaqaano Medicare.

Dadka qaba cagaarshowga nooca B sida caadiga ah ma dareemaan ama uma muuqdaan kuwa xannuunsan, sidaa darteed, dad badan oo qaba cagaarshowga nooca B ma oga iney qabaan. Gudaha Australia, qiyaastii 1 qof oo ka mid ah 3-dii qof ee qabta cagaarshowga nooca B ee dabadheer ma oga iney qabaan.

Haddii uu qofka qabo cagaarshowga nooca B aad ayey muhiim ugu tahay dhammaan xubanaha qoyska iyo dadka kale ee xiriirka dhow/lamaanayaasha in laga baaro cagaarshowga nooca B.

Daaweyn ma leeyahay cagaarshowga nooca B?

Haa, daaweynta cagaarshowga B waa mid waxtar leh laakiin meesha kama saareyso cudurka oo dhan. Dhammaan dadka qaba cagaarshowga B uma baahna daaweyn. Si kastaba ha ahaatee, dhammaan dadka qaba cagaarshowga nooca B waa in dhakhtarkooda ku sameeyaa baaritaan (6 ama 12 bilood kasta iyo mararka qaar intaas ka badan) inta ka dhiman noloshooda. Tani waa qaabka ugu wanaagsan ee looga hortagi karo dhaawaca beerka iyo kansarka beerka ee uu sababo cagaarshowga B.

Sidey dadka naftooda uga ilaalin karaan cagaarshowga nooca B?

Tallaalka cagaarshowga nooca B waa qaabka ugu wanaagsan oo ay dadka uga hortagi karaan inuu ku dhaco cagaarshowga nooca B.

Haddii aadan ogeyn xaaladaada, aad ayey muhiim utahay inaad dhakhtarkaaga la kulanto si lagaaga baaro cagaarshowga nooca B sida ugu dhakhsiyaha badan.



All GPs can order these tests. The tests are free if you have a Medicare card.

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, **nearly 1 in 3 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.



Fadlan nagala soo xiriir www.eccq.com.au/health ama websaydka ka soo degso nuqul ka mid ah buuga yar ee lagu magacaabo **B Healthy** iyo buuga yar ee lagu magacaabo **Let's Talk About It** si aad u hesho macluumaad dheeraad ah. Sidoo kale waxaad naga codsan kartaa inaan kuu soo dirno buuga oo daabacan si bilaash ah.

Na la soo Xiriir

Websaydka: www.eccq.com.au/bbv

Lambarka: **07 3844 9166**

Fakis: **07 3846 4453**

limayl: health@eccq.com.au

Macluumaadkaan waxaa soo saaray ECCQ waxaana maalgeliyey Queensland Health

Please contact us at www.eccq.com.au/health 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.

Contact Us

Website: www.eccq.com.au/bbv

Phone: **07 3844 9166**

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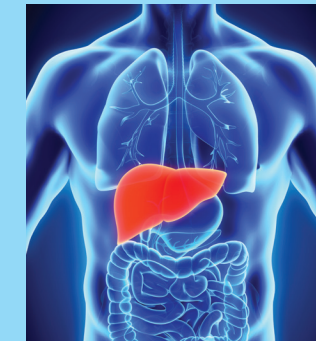


Cudurka Beerka

Liver Disease

Cagaarshowga nooca B

Hepatitis B



Waa maxay Cagaarshowga nooca B?

Cagaarshowga nooca B waa caabuq nafta halis galin kara oo uu sababao fayraska cagaarshowga nooca B. Waa mid ka mid ah shanta caabuq ee cagaarshowga ee uu fayraska sababo: cagaarshowga nooca A, cagaarshowga nooca B, cagaarshowga nooca C, cagaarshowga nooca D iyo cagaarshowga nooca E. Kuwaas, cagaarshowga nooca A, cagaarshowga nooca B iyo cagaarshowga nooca C waa kuwa ugu badan.

Cagaarshowga nooca B wuxuu noqon karaa mid darran (caabuq wakhti yar jira kaasoo jirayo in ka yar lix bilood) ama caabuq daba-dheer (caabuq daba-dheeraada kaasoo jirayo in ka badan 6 bilood).

Sidee buu ugu badanyahay cagaarshowga nooca B gudaha Australia?

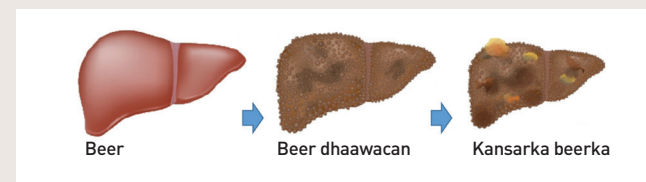
Cagaarshowga nooca B ee wakhtiga yar jiraya ma ahan mid badan, laakiin cagaarshowga nooca B ee dabadheeraada waa mid ku badan dadka dibadaha ku dhashay, gaar ahaan dadka ka soo jeeda waddamada Aasiya iyo Afrika.

Dadka malaga baaraa cagaarshowga nooca B ka hor intaysan imaanin Australia

adka badankooda uma baahna in laga baaro cagaarshowga nooca B ka hor inta aysan usoo guurin Australia deganaansho ahaan ama ku meel gaar intaba. Sidaa darteed, waa in lagu baaraa haddii aadan ogeyn in aad qabto cagaarshowga nooca B iyo inkale.

Sidee buu cagaarshowga nooca B u saameyaa dadka?

Cagaarshowga nooca B ee wakhtiga yar ma sababo dhibaatooyin caafimaad oo daba-dheeraada. Si kastaba ha ahaatee, qiyaastii boqolkiiba 25% dadka qaba cagaarshowga nooca B ee darran waxaa ku dhici kara xannuuno dhanka beerka ah oo darran oo ay ku jiraan **hawl-gabnimada beerka** (beerka oo shaqada joojiya), **dhaawac dhanka beerka** (beerka oo waxyeelo gaara), **kansarka beerka** iyo **xitaa dhimasho**. Kuwan waxaa looga hortagi karaa haddii dadka qaba cagaarshowga nooca B ay dhakhaatiirtooda ku sameeyaan baaritaan joogto ah, oo ayna qaataan daaweyn haddii loo baahdo.



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.

Siduu dadka ugu dhacaa cagaarshowga nooca B?

Dadka waxay cagaarshowga nooca B ka qaadi karaan dhanka:

- Hooyada waxay ugudbisa canugeeda – dumarka uurka leh ee qaba cagaarshowga nooca B waxay fayraska ugudbin kartaa canugeeda inta lagu guda jiro hawsha dhalmada. Waa qaabka ugu badan ee lagu qaado cagaarshowga nooca B waddamo badan.
- Isku gudbin dhanka dhiiga – waxaa jiro qaabab badan oo dadka ku qaadi karaan cagaarshowga nooca B oo dhanka dhiiga ah, xitaa marka uu dhiigu yahay mid aan la arki karin. Tusaale ahaan, wadaagista alaabta sida qalabka tinta lagu xiirto iyo cadayga ilkaha; qalab caafimaad oo aan la jeermis dillin, duleelinta jirka iyo shabada.
- Isku gudbin dhanka galmada - cagaarshowga nooca B waxaa sidoo kale lagu faafin karaa dhanka galmada, laakiin fursadda inuu noqdo caabuq daba-dheer waa mid ka yar boqolkiiba 5%.

Dadka kama qaadi karaan cagaarshowga nooca B dhanka xiriirada kale sida wadaagista cuntada, salaan gacan qaad ah, dhunkasho, naas nuujin, hab siin, isticmaalidda musqulaha ama qaniinyada.

Dadka sidey ku ogaan karaan haddii ay qabaan cagaarshowga nooca B?

Qaabka kaliya ee qofka ku ogaan karo inuu qabo cagaarshowga nooca B iyo inkale, waa in baaritaan dhanka dhiigga ah lagu sameeyaa iyadoo laga baarayo cagaarshowga nooca B. **Baaritaankaan laguma daraayo baaritaanada dhiiga ee guud**; waa inaad dhakhtarkaaga weydisaa inuu sameeyo baaritaano gaar ah oo loogu tala galay cagaarshowga oo ay ku jiraan: **unugyada dhaliya difaaca ee cagaarshowga nooca B, unugyada dhaliya dusha sare ee cagaarshowga nooca B iyo xudunta unugyada uu dhalo jirka bani'adamka.**



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.**