

Waganga wote wanaweza kuagiza vipimo hivi. Vipimo hivi ni bure kama una kadi ya Medicare.

Watu wenye ugonjwa wa ini B kwa kawaida hawajisikii au kuonekana wanaumwa, kwa hiyo, watu wengi wenye ugonjwa wa ini B hawajui kuwa wanao. Australia, kila mtu mmoja kati ya watu 3 wanye ugonjwa wa ini B sugu hawajijui kama wanao.

Kama mtu ana ugonjwa wa ini B ni muhimu sana kwa wana familia wote na kwa watu wengine wa karibu / washirika kupimwa ugonjwa wa ini B.

## Je, kuna tibabu ya ugonjwa wa ini-B hepatitis B?

Ndio, matibabu ya ugonjwa wa ini B, ni ya ufasaha sana lakini sio tibu. Siyo watu wote wenye ugonjwa wa ini B wanahitaji matibabu. Hata hivyo, watu wote wenye ugonjwa wa ini B sugu, wanapaswa kupata uchunguzi daima (kila baada ya miezi 6 au 12 na wakati mwingine mara nyingi zaidi) kwa maganga wao kwa maisha yao yote. Hii ndiyo njia bora zaidi ya kuzuia kufa kwa chembe za ini na sratani ya ini inayosababishwa na ugonjwa wa ini B sugu.

## Je jinsi gani watu waweza kujikinga na ugonjwa wa ini B hepatitis B?

Chanjo ya ugonjwa wa ini B ndiyo njia bora zaidi ya kuzuia watu wasipate ugonjwa wa-B.

Kama wewe hujui hali yako, ni muhimu sana kumuona mganga wako akupime vipimo vya ugonjwa wa ini-B haraka iwezekanavyo.



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.**



Tafadhali wasiliana nasi kupitia [www.eccq.com.au/bbv](http://www.eccq.com.au/bbv) au pakua nakala ya kijitabu cha 'B Healthy' na kijitabu 'Let's Talk About It' kupitia tovuti kwa habari zaidi. Unaweza pia kutuambia tukutumie nakala ya bure.

Please contact us at [www.eccq.com.au/health](http://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.

## Wasiliana nasi

kwenye **Ethnic Communities Council ya Queensland (ECCQ)**

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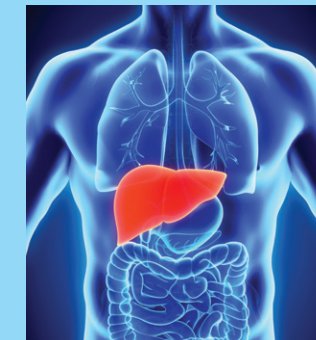
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# Ugonjwa wa ini Liver Disease

# Ugonjwa wa ini B Hepatitis B



## Nini Haswa Ugonjwa wa ini B hepatitis B?

Ugonjwa wa ini B ni uwezekano wa kuhatarisha uambukizo wa ini unaosababishwa na virusi vya ugonjwa wa-ina B. Ni moja ya aina tano ya virusi vinavyo ambukiza ini: ugonjwa wa ini A, ugonjwa wa ini B, ugonjwa wa ini C, ugonjwa wa ini D, na ugonjwa wa ini E. Kati ya hizi, ugonjwa wa ini A, ugonjwa wa ini B na ugonjwa wa ini C hupatikana mara nyingi.

Ugonjwa wa ini B unaweza ukawa ni maambukizi ya papo kwa hapo (kipindi kifupi cha maambukizi cha muda mfupi chini ya miezi sita) au sugu (kipindi kirefu cha maambukizi kinachodumu zaidi ya miezi sita).

## Kwa kawaida Ugonjwa wa ini B hepatitis B ukoje Australia?

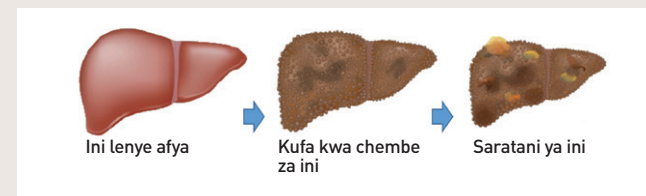
Ugonjwa wa ini B wa papo hapo sio wa kawaida sana, lakini ugonjwa wa ini B waaina ya sugu ni wa kawaida miongoni mwa watu waliozaliwa inchi za, haswa watu kutoka Asia na Afrika.

## Je, watu wanapimwa virusi vya ugonjwa wa ini B hepatitis B kabla ya kuja Australia?

Watu wengi hawa hitajiwi kupimwa ugonjwa wa ini B kabla ya kuja Australia ama kwa muda wa kudumu au kwa muda mfupi. Kwa hivyo, unapaswa kupimwa ili kujua kama una ugonjwa wa ini B au hapana.

## Jinsi gani ugonjwa wa ini B hepatitis B unawaathiri watu?

Ugonjwa wa ini B wa muda mfupi hausababishi matatizo ya muda mrefu ya afya. Hata hivyo, takribani ya 25% ya watu wenye ugonjwa wa ini B sugu wanaweza kupata matatizo makubwa ya ugonjwa wa ini ikiwa ni pamoja na **kushindwa kwa ini** (ini kuacha kufanya kazi), **kufa kwa chembe za ini** (makovu kwenye ini), **saratani ya ini** na **hata kifo**. Hii inaweza kuzuiwa kama watu wenye ugonjwa wa ini B sugu wakiwa na utaratibu wa kwenda kupimwa afya zao mara kwa mara kwa waganga wao, na kupata matibabu kama itahitajika.



## 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.

## Je watu hupataje ugonjwa wa ini B hepatitis B?

Watu wanaweza kupata ugonjwa wa ini B kupitia:

- Maambukizi ya mama kwa mtoto-mama mjamzito mwenye ugonjwa wa ini B anaweza kupitisha virusi kwa mtoto wake kipindi chakujifungua. Ni njia ya kawaida ya kupata ugonjwa wa ini B katika nchi nyingi.
- Uhamishaji wa damu-kuna njia nyingi watu wanaweza kupata ugonjwa wa ini B kwa njia ya damu, hata wakati damu haionekani. Kwa mfano, kushirikiana vitu kama nyembe na miswaki, vifaa vya matibabu visivyo safi, kutoboa mwili na kujichora ngozi.
- Maambukizi ya kupitia ngono-ugonjwa wa ini B pia unaweza kuenea kwa njia ya ngono, lakini uwezekano maambukizi kuwa sugu ni chini ya 5%

Watu hawawezi kupata ugonjwa wa ini B kwa njia nyingine za kama vile kushirikiana chakula, kwa kupeana mikono, kubusiana, kunyonyesha, kukumbatiana, kutumia vyoo au kuumwa na mbu/wadudu.

## Je jinsi gani watu wanajua kama wana ugonjwa wa ini-B hepatitis B?

Njia pekee ya watu kujua kama wana ugonjwa wa ini B au la, ni kwa kupima damu kama ina maambukizi ya ini B. Kipimo hiki hakimo kwenye vipimo vya damu; unatakiwa umuulize daktari/mganga wako afanye kipimo maalumu cha ugonjwa wa ini, ikiwa ni pamoja na **antijeni ya ugonjwa wa ini B**, **antiptitis yauso wa ugonjwa wa ini B** na **antibody ya msingi ya ugonjwa wa ini B**.



## 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.**