

## 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 benedeji, 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 at least 4 weeks after you finish treatment, to tell 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 when cleaning up any 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.



## Wasiliana nasi

Tovuti: [www.eccq.com.au/bbv-swahili](http://www.eccq.com.au/bbv-swahili)

Simu: **07 3844 9166**

Faksi: **07 3846 4453**

Barua pepe: [health@eccq.com.au](mailto:health@eccq.com.au)

Rasilimali hii imetayarishwa na ECCQ na kudhaminiwa na Afya QLD.

## Contact Us

Website: [www.eccq.com.au/bbv](http://www.eccq.com.au/bbv)

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# Ugonjwa wa ini Liver Disease

# Ugonjwa wa ini C Hepatitis C



## 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, dental, and cosmetic equipment, as well as unsterile tools used for traditional and cultural practices that break the skin, 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 inadhminiwa na serikali ya Australia.
- Kama una kadi ya Medicare tiba itagharimu chini ya \$100 na kama una kadi ya mkataba (kama vile kadi ya wazee au kadi ya huduma ya afya), tibabu itagharimu chini ya \$25.
- 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](http://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, a GP, specialist or a trained nurse practitioner can arrange treatment for you.
- 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 \$100 for the treatment and if you have a concession card (such as a Seniors Card or Health Care Card), it will cost less than \$25 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](http://www.fixhepc.com).