

INFAKSHANKA TIIBISHADA DAAHSOON (LTBI)

(LATENT TUBERCULOSIS INFECTION (LTBI))



Tiibisho, ama "TB," waa cudur ay keento jeermiska loo yiraahdo bakteeriyada *Maaykobakteeriya tuubarkuloosis*. Waxaa jira laba xaaladood oo ay noqoto bakteeriyada TB: latent TB infection (TB daahsoon ama LTBI) iyo [TB caadi ah](#). Tiibishada ama cudurka TB waxaa la arkaa marka uu jeermisku jirka ku tarmaayo sababta oo ah habdhiskka difaaca ayaan joojin karin ama waxba ka qaban karin. Markaas ayaa lagu xanuunsanayaa.

LTBI macneheedu waa in ay jirka ku jirto jeermiska tiibishada qofka oo uu ku xanuunanayo. Haddii aad qabto LTBI, ma xanuusan kartid oo jeermiska TB uma gudbin kartid dadka kale. Hase ahaatee, jeermiska TB ayaa jirka ku dillaaci kara oo sidaas ugu sii tarmi kara. Haddii ay sidaas dhacdo waad ka gudbeysaa LTBI ka dibna TB ayaad u xanuunsan doontaa. Haddii aad qabto TB, aad ayaad ugu xanuunsan doontaa oo dadka ayaad TB qaadineysaa.

Sidee bay iigu dhacaysaa LTBI?



- ▶ Jeermiska TB wuxuu ku sii faafaa hawo qof oo u sii gudubta qof kale. Jeermiska TB hawada ayuu galayaa marka uu qofka qaba TB qufaco, qoslo, heeso ama hindhiso. Haddii neef ahaan lagugu qaadsiiyo jeermiska TB, waxaa kugu dhacaya LTBI.
- ▶ Laguma **kala** qaadi karo TB gacanta in dadka lagu salaamo, in musqul lala isticmaalo, ama cunto iyo cabitaan in lala wadaago.
- ▶ Ma ogaan kartid in aad qabto LTBI ilaa TB laga baaro maqaarkaaga ama dhiiggaaga.
- ▶ Haddii aan lagaa daaweyn, LTBI waxay noqon doontaa TB caadi ah.

Maxay kala yihiin noocyada baarista LTBI?



- ▶ Baarista TB ee maqaarka gacanta (Cirbadda gacanta) ama dhiigga in TB laga baaro ayaa lagu ogaadaa marka jeermisku uu jirka ku jiro.
- ▶ Haddii TB lagaaga helo baarista maqaarka ama dhiig ah baarista TB, dhakhtarka ayaa kaa qaadi kara raajada xabadka si loo eego calaamadaha TB.
- ▶ Haddii raajada laga waayo calaamado ah TB oo aadan xanuunsaneyn, waxaa lagu sheegayaa in aad qabto nooca daahsoon ee LTBI.

Sidee baan ku ogaanayaa in aan qabo LTBI?



- ▶ Badanaa jeermiska TB in laga helo maqaarka ama baaris TB ah dhiigga
- ▶ Badanaa in ay raajada xabadka caadi tahay
- ▶ Jeermiska TB in laga waayo baarista candhuufta (xaakada)
- ▶ Jeermiska TB in aadan u gudbin karin dadka kale
- ▶ In aadan ku xanuunsan karin

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Sidee baa loo daweyyaa LTBI?

Waxaa jira daawooyin looga hortago si aysan kuugu dillaacin tiibishada daahsoon. Daawadaas waxa ay dileysaa jeermiska tiibishada ka hor inta uusan kugu kicin. Hadda waxa jira saddex daawo oo la kala dooran karo:

- ▶ Isoniazid (INH) iyo rifapentine oo la qaato toddobaadkiiba hal mar muddo ah 3 bilood.
- ▶ Rifampin oo la qaato maalin kasta ilaa 4 bilood.
- ▶ Isoniazid (INH) oo la qaato maalin kasta 6-9 bilood.

Daaweyntaas kala duwan oo dhan waa kuwa waxtar leh. Kala hadal dhakhtarka si aad u fahamto nooca kugu fiican. Raajo ah xabadka ayaa la iska qaadayaa ka hor inta aan la bilaabin daaweynta, mararka qaarkoodna waxaa la iska qaadayaa dhiig la soo baarayo si loo eego shaqada beerka. Ha cabbin khamri, aalkolo, ama wax la mid ah inta ay kuu socoto daaweynta.



Waa maxay waxyeellada daawooyinka ee aan sii ogaanayo?

Sida daawooyinka kale, daawooyinka loo qaato LTBI waxa ay leeyihiin waxyeello. Dadka qaarkood daaweynta tiibishada dhib la'aan ayey qaadan karaan. **Taleefan u soo dir ama u imow dhakhtarka haddii aad isku aragto mid ka mid ah dhibaatooyinka soo socda:**

- | | | |
|--|---|---------------------------------------|
| ▶ Lallabbo* ama matag | ▶ Indhaha ama maqaarka oo hurdi noqda | ▶ Qufac socda in ka badan 3 toddobaad |
| ▶ Calool-xanuun | ▶ Kabuubyo ama xatoxato ah faraha gac-maha ama lugaha | ▶ Dhidid ah habeenkii |
| ▶ Kaadi madow (midabka shaaha ama kafeega) | ▶ Maqaarka oo finan yeesha ama cuncun | ▶ Neefsashada oo adag ama hiinraagid |

*Dadka qaar ayaa yeesha lallabbo yar markay bilaabaan qaadashada kiniinka. Haddii aad sidaas isku aragto, isku day wax yar oo cunto ah kaniinka ka hor ama qaado markaad seexaneyso. Haddii ay lallabadu ku sii hayso saddex maalmood ka dib, la xirii dhakhtarka.



Maxaa la iga rabaa in aan xasuusto markaan qaadanayo daawada LTBI?

- ▶ Waxaa aad muhiim u ah inaad daawada tiibishada u qaadato siduu dhakhtarku kuugu qoro. Haddii aad hilmaanto maalmo badan, daawadu kuuma shaqeyn doonto. Haddii aadan qaadan maalmo, qoro si aad ugu sheegto dhakhtarka iyo kalkaalisada marka aad la kulanto.
- ▶ Qaado daawada ilaa uu dhakhtar kuu sheego in aad iska joojin karto.
- ▶ Qaado daawada tiibishada oo dhan si aad u ilaaliso naftaada, qoyskaaga, iyo asxaabtaada.
- ▶ Sida keliya ee looga takhaluso jeermiska tiibishada waa adiga oo qaata daawada tiibishada.

