

CUDURKA TIIBISHADA (TB)

(TUBERCULOSIS DISEASE (TB))



Tiibisho, ama "TB," waa cudur ay keeno jeermiska loo yiraahdo bakteeriyada *Maaykobakteeriya tuubarkuloosis*. Qof kasta oo jirkiisa ku jirto jeermiska TB kuma xanuunsado. Waxaa jira laba xaaladood oo ay noqoto bakteeriyada TB: **latent TB infection (TB daahsoon ama LTBI)** iyo TB caadi ah. LTBI macneheedu waa in ay jirka ku jirto jeermiska tiibishada qofka oo aan xanuun qaban. Tiibishada ama cudurka TB waxaa la arkaa marka uu jeermisku jirka ku dillaaco sababta oo ah habdhiskka difaaca ayaan joojin karin ama waxba ka qaban karin.

Markay TB ku dillaacdo qofa macnuhu waa in qofku yeelanayo calaamado iyo astaamo jirro. Caadi ahaan, TB waxa ay gashaa sambabada, laakiin waxa kale oo ay gashaa nudeennada qanjirrada, lafaha, kalagoosyada, iyo qaybaha kale ee jirka. Haddii ay TB qof ka gasho sambabada ama dhuunta, waxaa laga yaabaa in uu qofkaasi u sii gudbiyo jeermiska TB qoyska, asxaabta, iyo dadka ay inta badan wada joogaan. Haddii ay TB kaaga dhacdo qeybaha kale ee jirkaaga sida nudeennada qanjirrada, lafaha, ama kalagoosyada, caadi ahaan dadka kuma sii faafin kartid jeermiska TB.



Sidee la ii qaadsiin karaa TB?

- ▶ Jeermiska TB wuxuu ku sii faafaa hawo qof oo u sii gudubta qof kale. Dadka TB qaba ayaa u sii gudbiya dadka kale markay qufacaan, qoslaan, heesaan ama hindhisaan. Haddii neef ahaan lagugu qaadsiyo jeermiska TB, waxaa kugu dhacaya LTBI. Muddo ka dib, dadka qaba LTBI waxaa ku soo baxaya cudurka TB.
- ▶ Laguma kala qaadi karo TB gacanta in dadka lagu salaamo, in musqul lala isticmaalo, ama cunto iyo cabitaan in lala wadaago.



Waa maxay calaamadaha iyo astaamaha aad ku garaneyso markaad TB qabto?

Haddii aad qabto TB, waxaad isku wada arkeysaa calaamadaha soo socda ama qaarkood:

- ▶ Qufac qaadanaya in ka badan saddex toddobaad
- ▶ Xabad-xanuun
- ▶ Qarqaryo iyo qandho
- ▶ Dhidid ah habeenkii
- ▶ Caatoobid aadan ka war hayn
- ▶ Qufac dhiig la socdo
- ▶ Tabar la'aan iyo daal



Waa maxay baarista lagu ogaado cudurka TB?

- ▶ Baarista TB ee maqaarka gacanta (Cirbadda gacanta) ama dhiigga in TB laga baaro ayaa lagu ogaadaa marka jeermisku uu jirka ku jiro.
- ▶ Raajada xabadka ayaa lagu garan karaa haddii uu jeermiska TB ku jiro sambabada.
- ▶ Candhuufo (xaako) ayuu jeermiska TB ku jiraa oo waa laga heli karaa.
- ▶ Dhakhtarka ayaa baaris kale sameyn kara si TB looga sii baaro jirka qeybihiisa kale oo dhan.



Sidee baan ku ogaanayaa haddii uu cudurka TB iiga jiro sambabada?

- ▶ Jeermiska tiibishada in laga helo maqaarka ama baaris TB ah dhiigga
- ▶ Raajo aan caadi ahayn oo ah xabadka
- ▶ Calaamadaha iyo astaamaha aad ku garaneyso markaad TB qabto

BUREAU OF COMMUNICABLE DISEASES

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Sidee baa loo daweyaa tiibishada?

Tiibishadu waa cudur halis ah oo lagu daaweyn karo daaweynta saxda ah iyo daawooyin loogu talagalay. Haddii lagaa helo tiibisho, waa in aad u qaadato daawooyinka tiibishada gaarka u ah ee lagu dilo jeermiskeeda.

- ▶ Jeermiska tiibishada waa mid xoog badan oo noolaan kara muddo dheer. Waxaa laga yaabaa in aad daawo qaadato in muddo ah ka hor inta aadan roonaan.
- ▶ Waa in aad qaadato daawadaada tiibishada ugu yaraan 6-9 bilood.
- ▶ Xataa haddii aad fiicnaato, waa in aadan joojin daawada ilaa uu dhakhtar kaa joojiyo.
- ▶ Waxaa muhiim ah in **aadan ka maqnaan ballamaha** dhakhtarka ilaa aad dhammeysato daaweynta tiibishada. Dhakhtarka ayaa si dhow kuula socon doona oo kugu sameyn doona baaritaan dheeraad ah si loo hubiyo in lagaa dilay jeermiska tiibishada.
- ▶ Maalin kasta waa in aad isku wakhti qaadato daawooyinka tiibishada
- ▶ Ha cabbin khamri, aalkolo, ama wax la mid ah inta aad qaadanayso daawada tiibishada.

Shaqaale ka socda waaxda caafimaadka deegaanka ayaa kugu caawin doona daaweynta. Si joogto ah ayey kula kulmi doonaan si ay kuu arkaan adiga oo qaadanaya daawooyinka. Habkan waxaa la yiraahdaa **directly observed therapy (hubinta qaadashada daawada ama DOT). DOT waa hab kugu caawinaya in ay daaweyntu kuugu dhammaato wakhtiga ugu yar.**



Waa maxay waxyeellada daawooyinka ee aan sii ogaanayo?

Sida daawooyinka kale, daawooyinka loo qaato tiibishada 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 oo caad fuulo ama aragtida oo is beddesha | ▶ Xanuun ah laabatooyinka |
| ▶ Cunta-xumo | ▶ Dhegaha oo qeylinaya | ▶ Qandho ka badan saddex maalmood |
| ▶ Qarqaryo iyo qandho | ▶ Maqalka oo dhub noqda | ▶ Finan ah maqaarka |
| ▶ Indhaha ama maqaarka oo jaalle noqda | ▶ Wareerid | ▶ Dhiigbixid ama dhaawacmid fudud |
| ▶ Kabuubyo ama xatoxato ah faraha gacmaha ama lugaha | | |

*Dadka qaar ayaa yeesha lallabo yar marka ay 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.

