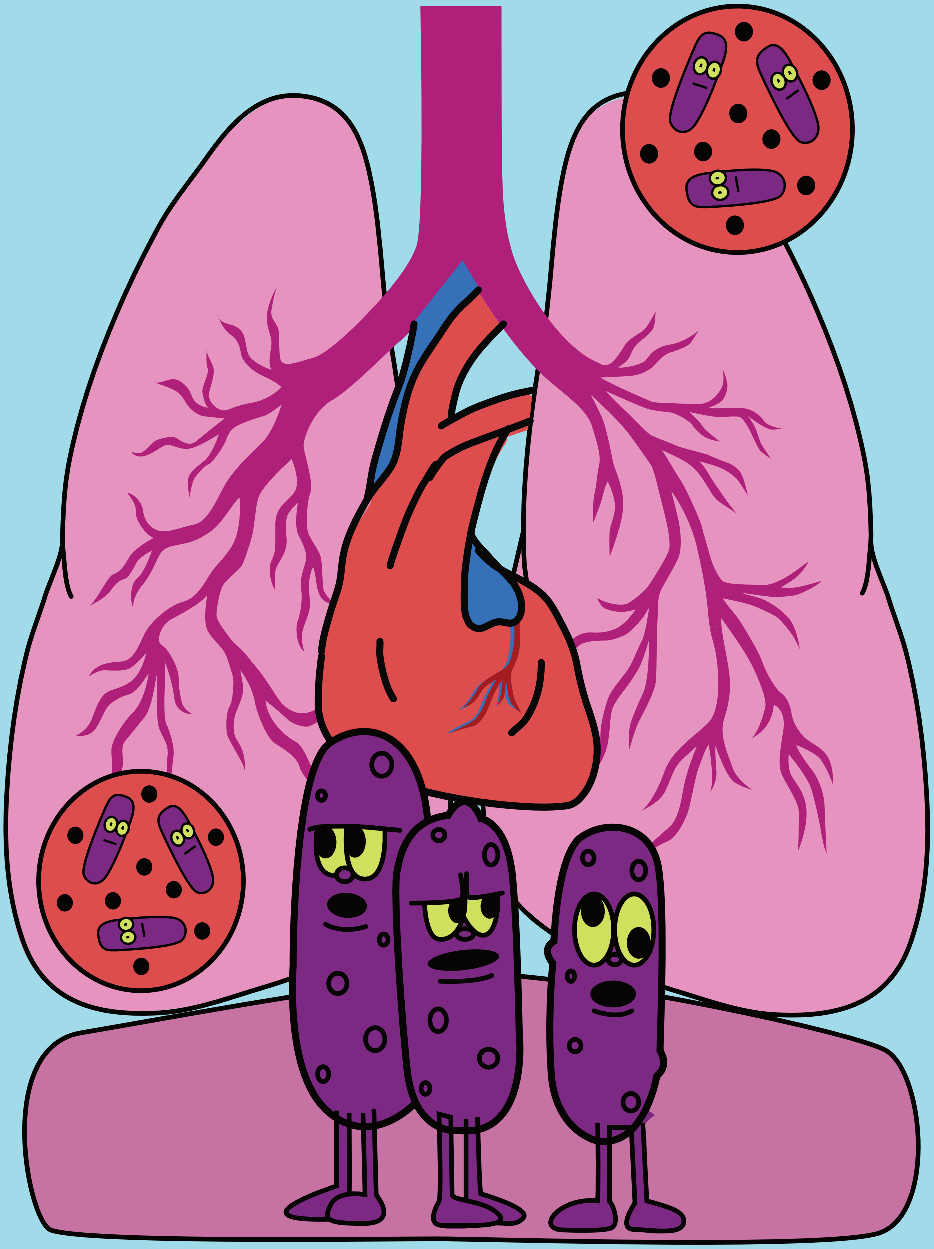
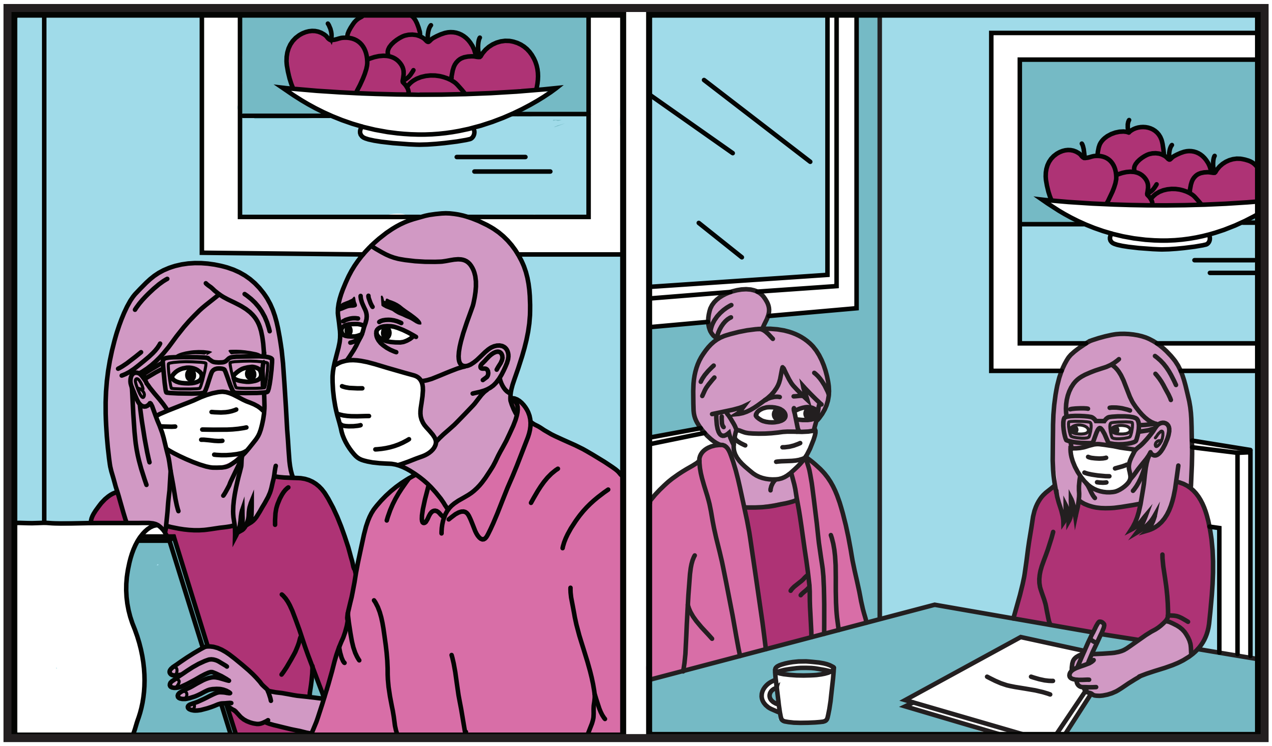


XA AY TAHAY IN AAD KA OGAATO QAAXADA

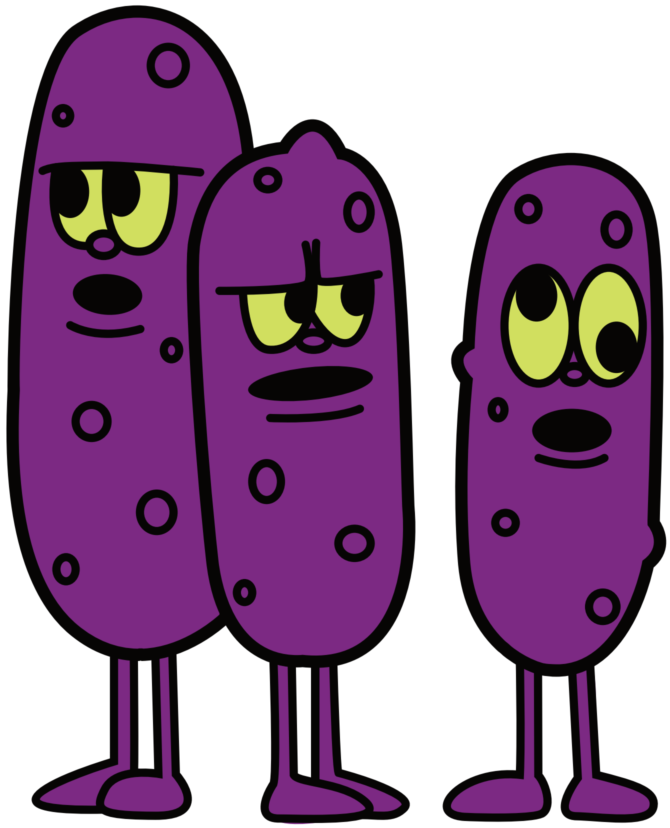
Multnomah County
Health Department



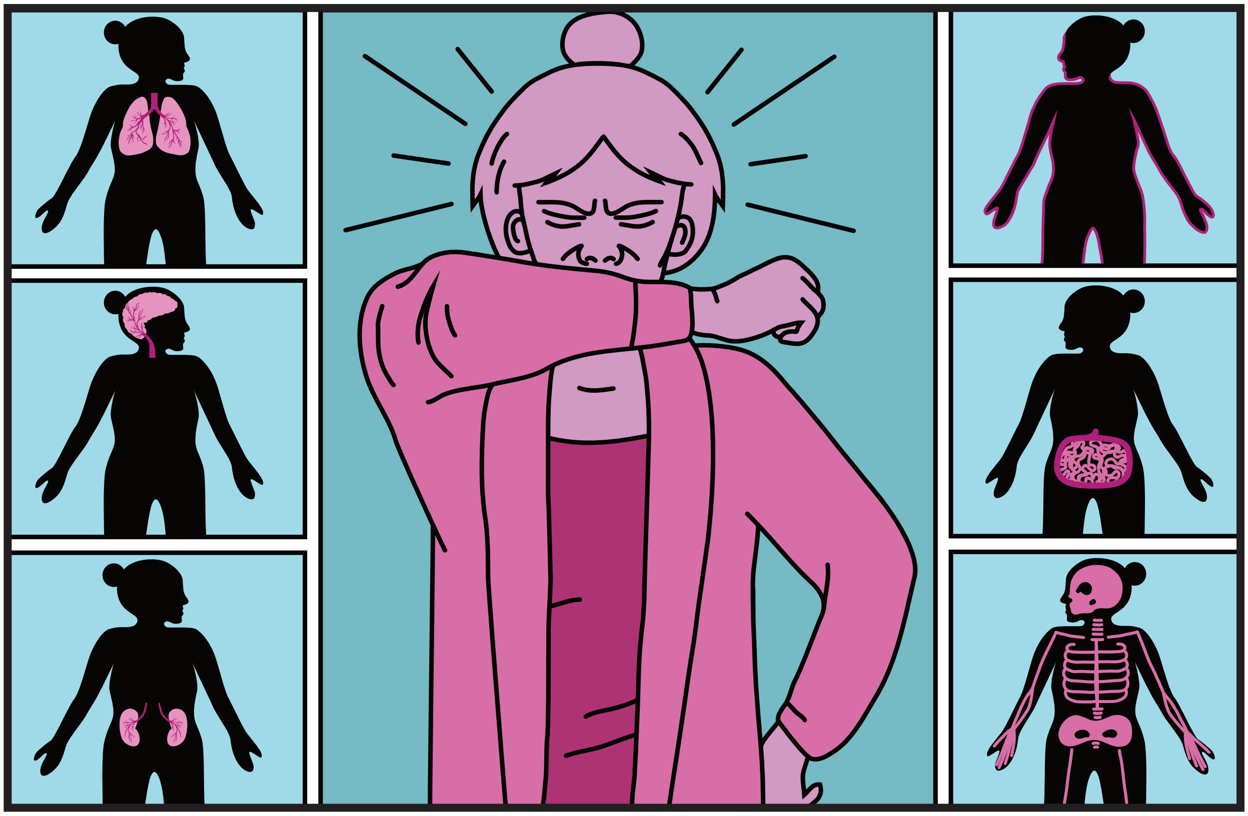
MAGACAAGA:

MAGACA MAAMULAHA KIISKA:

TELEFOON LAMBARKA MAAMULAHA KIISKA:

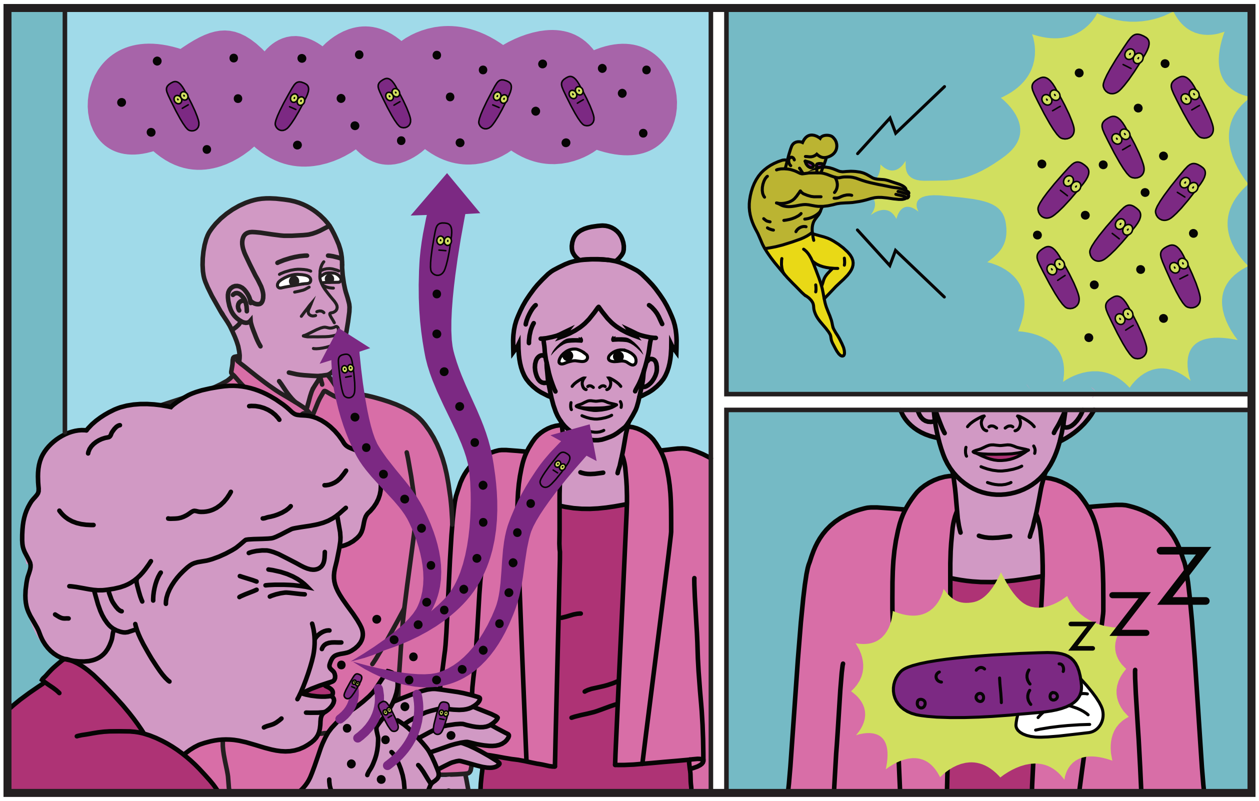


HORDHAC



KU SAABSAN TB-DA

TB waxay u taagan tahay Qaaxada. Waxaa laga yaabaa in aad sidoo kale maqashay in loogu yeero cudurka TB-da. Cudurka TB-da waxaa keena jeermiska Qaaxada, kaas oo ah nooc ka mid ah bakteeriyada. Jeermiska TB-du wuxuu dadka ka dhigi karaa in ay la jiradaan TB-da. Sida caadiga ah cudurka TB-du wuxuu ku dhacaa sambabada, laakiin jeermisku sidoo kale wuxuu qaybaha jirka ee kale ka dhigi karaa kuwo jiran.



SIDA AAD U QAADAY TB-DA

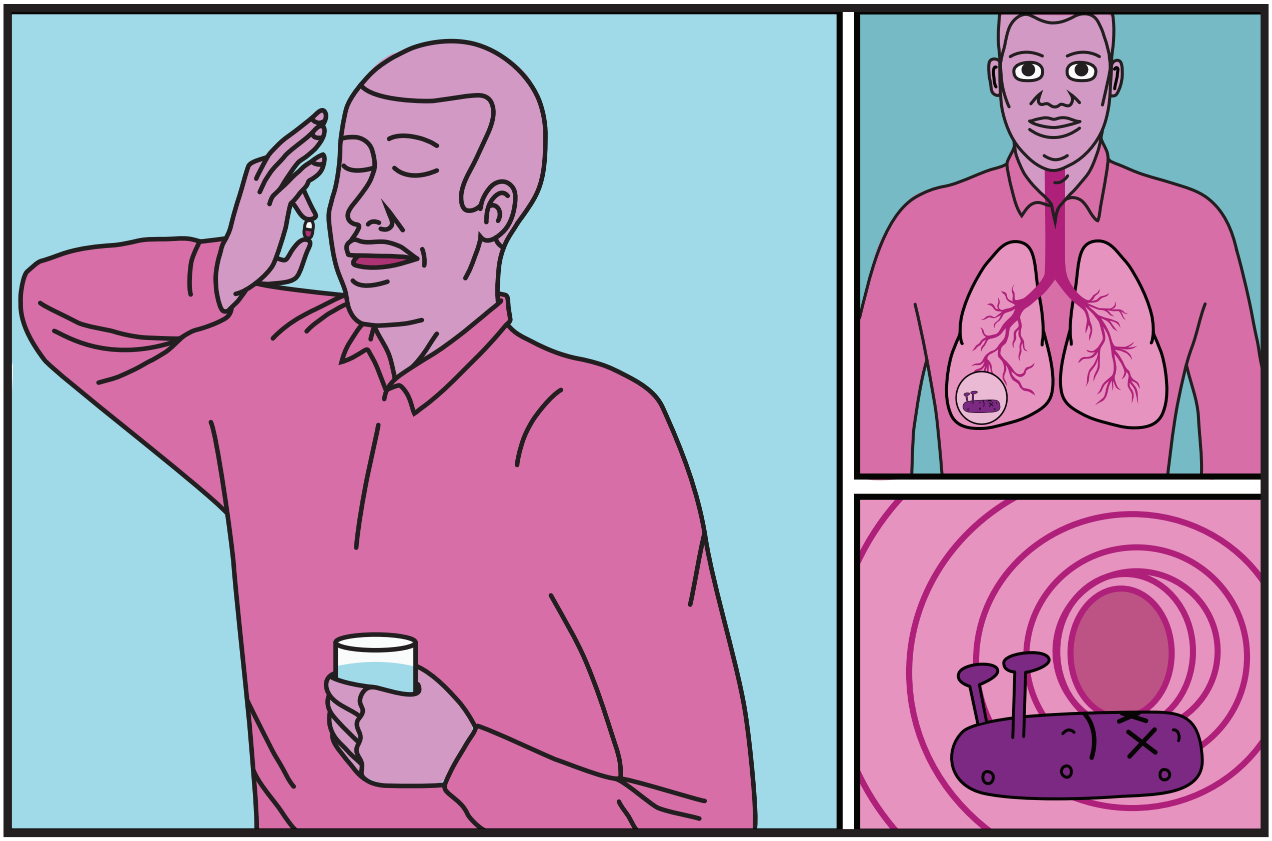
TB-du waxay ku faaftaa hawada. Waxaad ku qaaday jeermiska TB-da iyada oo uu qof kugu neefsaday, malaha waqti hore oo dheer. Markii uu jeermiska TB-du galay jirkaaga, jirkaagu wuxuu isku dayay in uu la dagaalamo isaga oo dhisay derbi ku wareegsan jeermiska. Marka jirku dhiso derbi ku wareegsan jeermiska waxaa dhahnaa jeermiskii TB-du waa "huradaa", sababtoo ah ma dhaawici karto jirkaaga,. Marka jeermiska TB-du uu "hurdo" waxaa loo yaqaan jeermiska cudurka TB-da ee qarsoon ama aan firfircoonayn ama LTBI.

JEERMISKA TB-DA "HURUDA"

Jeermiska "hurda" kaama dhigayo in aad jirato. Jeermiska "hurda" ma qaadsiin kartid dadka kale. Waxaad dili kartaa jeermiska TB-da ee "hurda" adiga oo qaata kaniiniyada ka hor inta aanu jeermisku "toosin." Aad bay u yar tahay in aad jirato haddii aad qaadato kaniiniyada inta uu jeermisku hurdo.

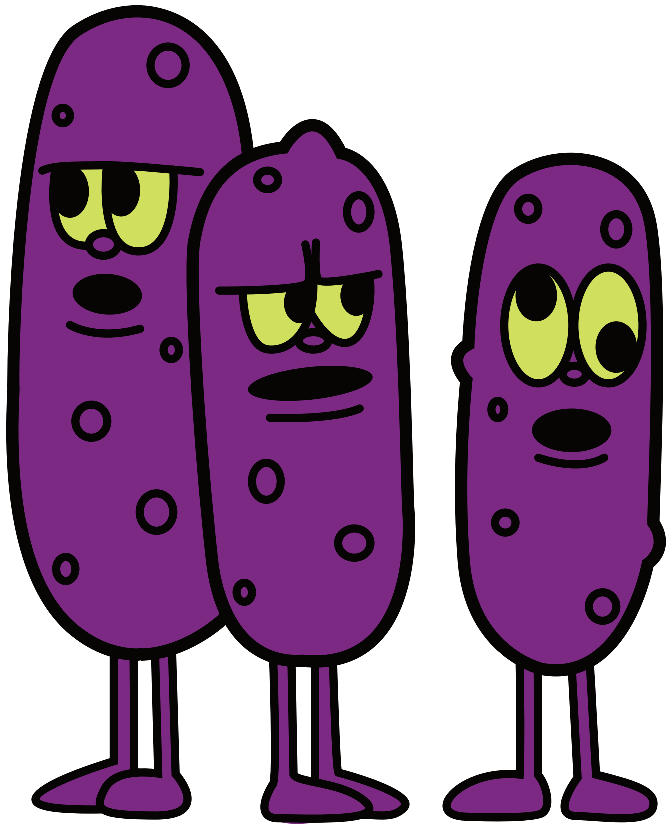
SABABTA AAD JIRADA U QAADAY

Waxaad jirada TB-da qaaday markii jirkaagu mar dambe uu la dagaalami kari waayo jeermiska. Ee jeermisku "tooso" isla markaana bilaabo in uu koro oo dhaawaco jirkaaga. Waxaa tani loo yaqaan "cudurka TB-da ee firfircoon" tanina waa waxa kaa dhiga in aad jirato.

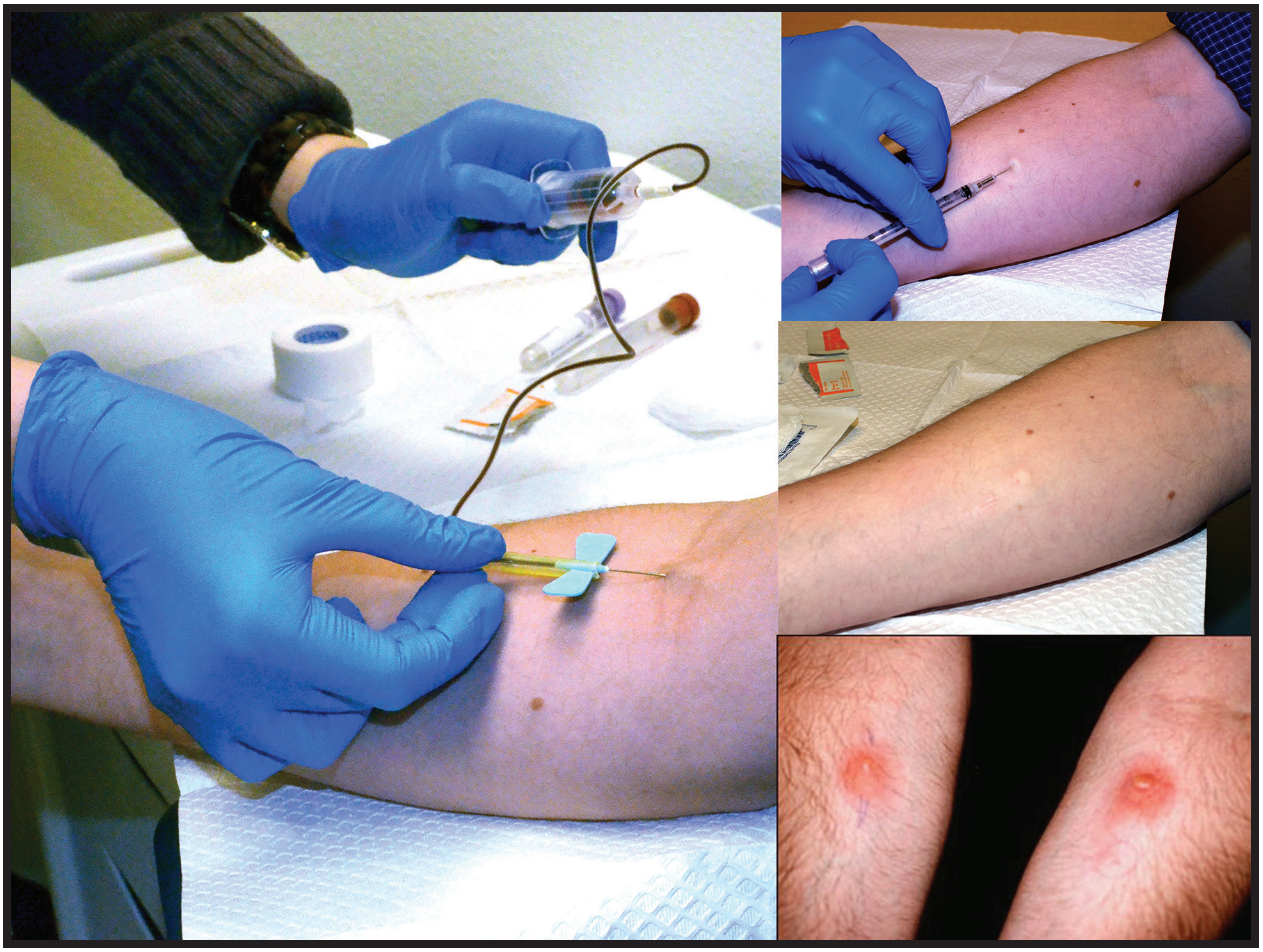


WAA LAGU DAAWEYN KARAA

Waa in aad qaadato kaniiniyo si lagaaga daaweeyo cudurka TB-da. Sidoo kale waa in qaadato kiniiniyada si aadan jeermiska ugu faafin dadka kale.

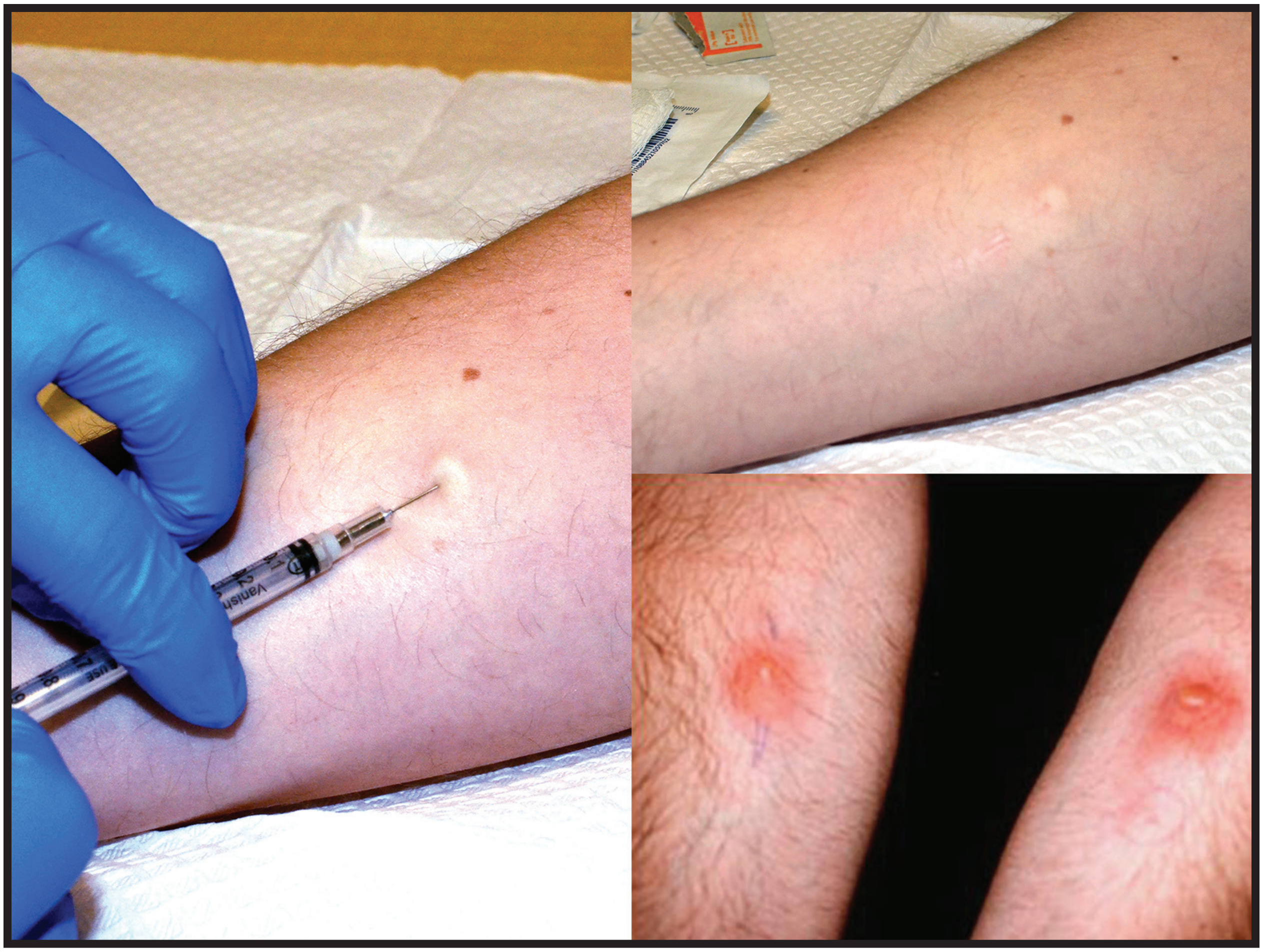


BAARITAANKA QAAXADA



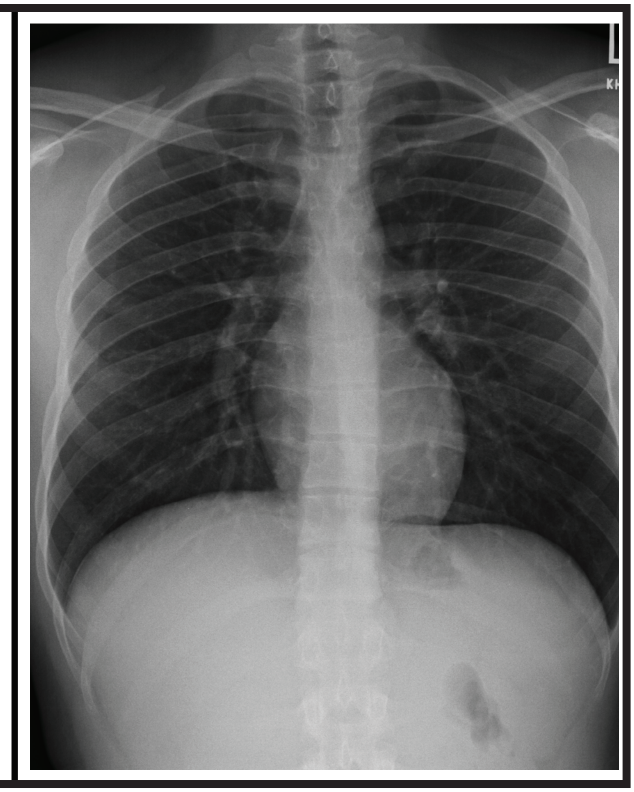
SIDA AAN KU GARANAYNO IN JEERMISKAAGU SOO "JEEDO"

Waxaa jira dhowr baaritaanno oo aan samayno si aan u ogaano in jeermiskaaga TB-du yahay mid soo "jeeda" ama "hurda." Waxaad waxyaabo ku saabsan baaritaannadani ka ogaan kartaa boggaga dhowrka ah ee soo socda.



BAARITAANKA MAQAARKA EE TB-DA

Baaritaanka maqaarka ee TB-du wuxuu noo sheegaa haddii aad horay jirkaagu u qabay jeermiska TB-da. Baaritaankan wuxuu sidoo kale noqon karaa in uu tilmaamo in ay jirto 'posistive' calaamada jirada oo kaa muuqata haddii aad qaadatay tallaalka BCG. Sida caadiga ah waxaan samaynaa baaritaanka dhiiga halkii aan ka samayn lahayn baaritaanka maqaarka ee dadka qaatay tallaalka BCG ama laga yaabo in ay qaateen tallaalka BCG.



RAAJATADA XABADKA “X-RAYS”

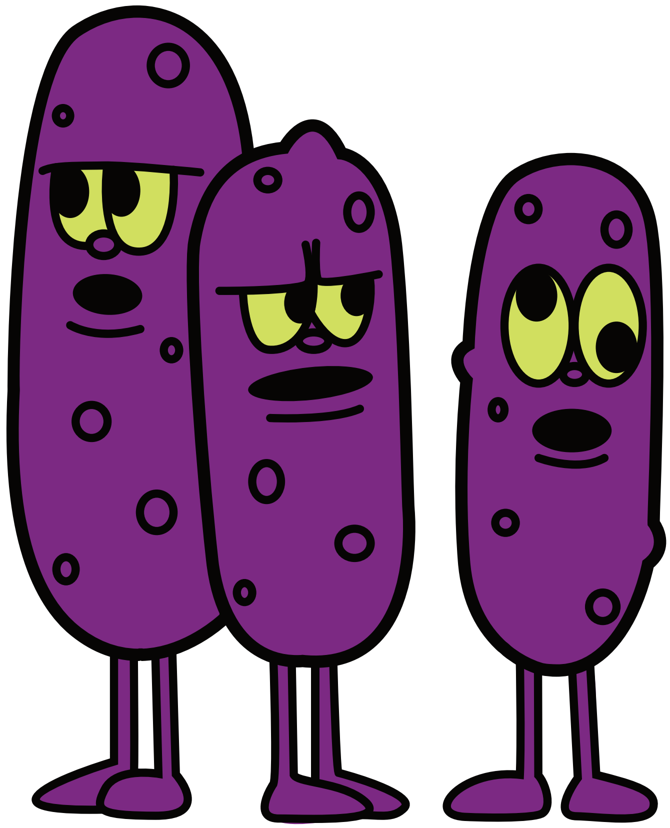
Waxaan qaadnaa raajatada xabadka “x-rays” si aan u ogaano in sambabadu caafimaad qabaan ama dhaawac ka soo gaaray jeermiska TB-da. Haddii jeermiska TB-du dhaawaco sambabadaada waxaan awoodnaa in aan ka aragno raajatada xabadka “x-ray”. Tani waxaanu u samaynaa sababtoo ah waxaanu rabnaa in aanu xaqiijino in ay sambabadaadu caadi yahay isla markaana wuxuu naga caawiyaa in aanu fahamno sida aad u jiran tahay.

QAADIDA XAAKADA

Dheecaanka adag ee aad qufacdo ee ka soo go’a sambabadaada waxaa loo yaqaan “xaako.” Ma aha wax la soo tufo ama candhuuf. Waxaan baarnaa dheecaanka si aan u ogaano haddii uu jiro jeermiska TB-da oo ku dhex koraya sambabadaada.

Si loo qaado xaakada waxaad soo qufuci doontaa dheecaanka adag ee sambabadaada ku jira adiga oo afkaaga iskugu keenaya, ka dibna ku ridaya tuubo. Qaar ka mid ah natiijooyinku si degdeg ah ayay u soo laabtaan iyada oo qaar kale oo ka mid ah natiijooyinku ay qaataan dhowr bilood in ay ku soo laabtaan.

Waxaanu kaa codsan doonaa in aad tani samayso dhowr maalmood oo xiriir ah bilowga daaweynta, iyo ka dibna hal mar ama laba jeer bishiiba inta lagu jiro daaweynta.



MAAREYNTA
XAALADA

MAAREYNTA XAALADA

Qof kasta oo qaba cudurka TB-da oo firfircoon oo ku nool Degaanka Multnomah wuxuu helaa kalkaaliso maamusha kiiska. Qofkani wuxuu si dhow kuula shaqayn doonaa dhowr bilood si:

- Loo sameeyo baaritaanno dheeraad ah si loo xaqiijiyo in jirkaaga uu si fiican ula qabsanayo kiniiniyada TB-da.
- Loo sameeyo baaritaanno si loo xaqiijiyo TB-da lagaa daaweeyay.
- Aad dhakhtarkaaga TB-da ugala hadasho daaweyntaada.
- Laguu siiyo kiniiniyada TB-da oo aadan wax lacag ah bixinayn.
- Laguugu keeno kiniiniyada TB-da.

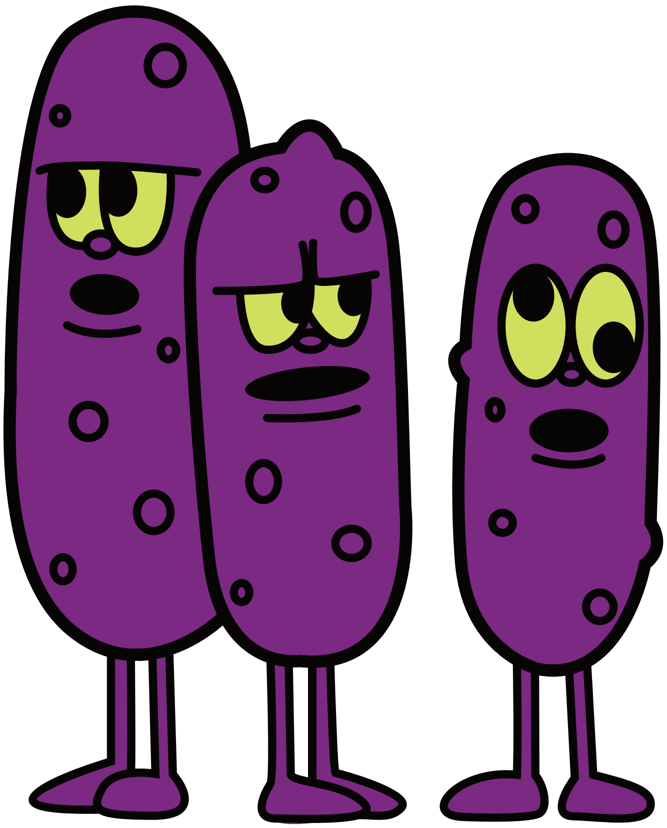
Waxaa laga yaabaa in aan ballanta ku yeelano gurigaaga ama xarunta caafimaadka TB-da.

DHAKHTARKAAGA TB-DA

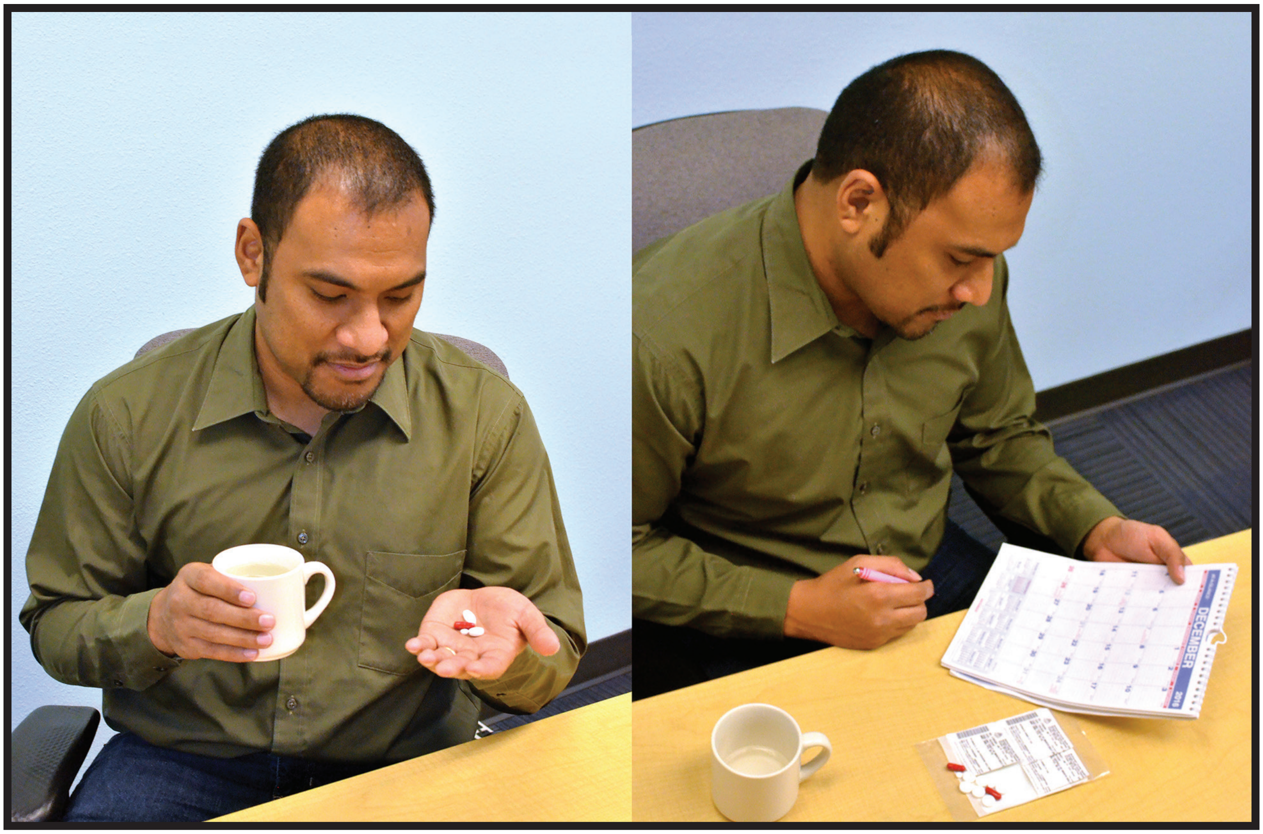
Waxaan dhakhtarkaaga kala shaqayn doona qorshaha daaweyntaada. Haddii aadan qabin dhakhtar, waxaa laga yaabaa in aad aragto dhakhtarka aan leenahay ee TB-da. Waxaad kalkaaliso maamusha kiiska arki doontaa bishiiba mar waxaanad sidoo kale yeelan doontaa ballamo joogta oo aad la leedahay dhakhtar.

BALLAMAHA BISHIIBA

Waxaanu kuu qaban doonaa baaritaannada bil kasta lagugu samaynayo si loo xaqiijiyo in aad ka soo raynayso. Kalkaalisada maamusha kiiskaaga ayaa imaan doonta gurigaaga si ay bil kasta kuula kulanto. Marka aadan hada ka dib jeermiska ku faafinayn dadka kale, waxa kale oo aad ballamahaaga u imaan kartaa xarunta caafimaadka.

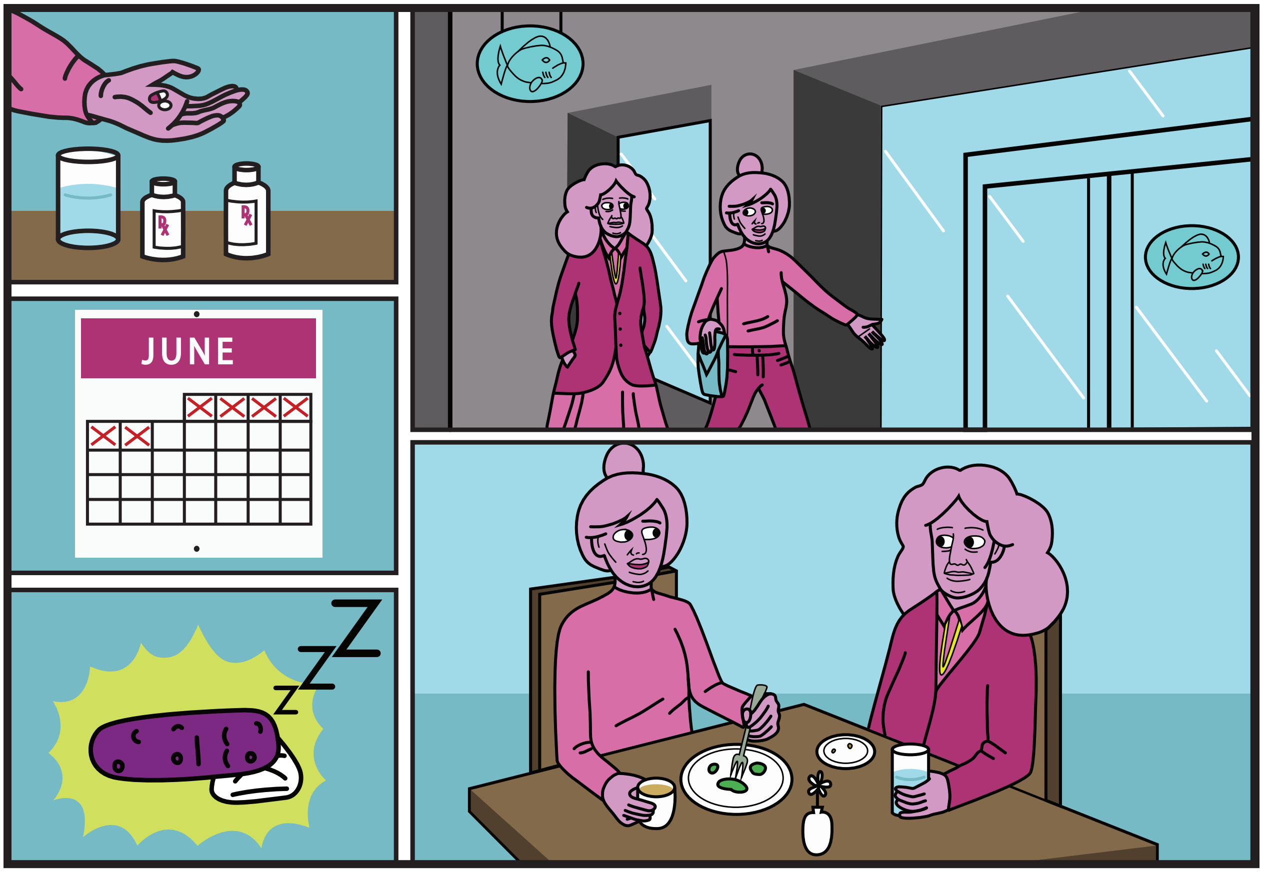


MACLUUMAAD DHEERAAD AH OO KU SAABSAN QAAXADA



WAXYAALO DHEERAAD AH OO KU SAABSAN CUDURKAAGA TB-DA

TB-du maaha mid caadi ah oo ku badan Oregon. Waa mid khatar ah, laakiin sidoo kale waa la daaweyn karaa. Cudurka TB-da waxaa lagu daaweyn karaa qaadashada kiniiniyada muddo dhowr bilood ah. Waxaad ladnaansho dareemi doontaa dhowr toddobaad ka dib marka aad bilowda qaadashada kiniiniyadaada.



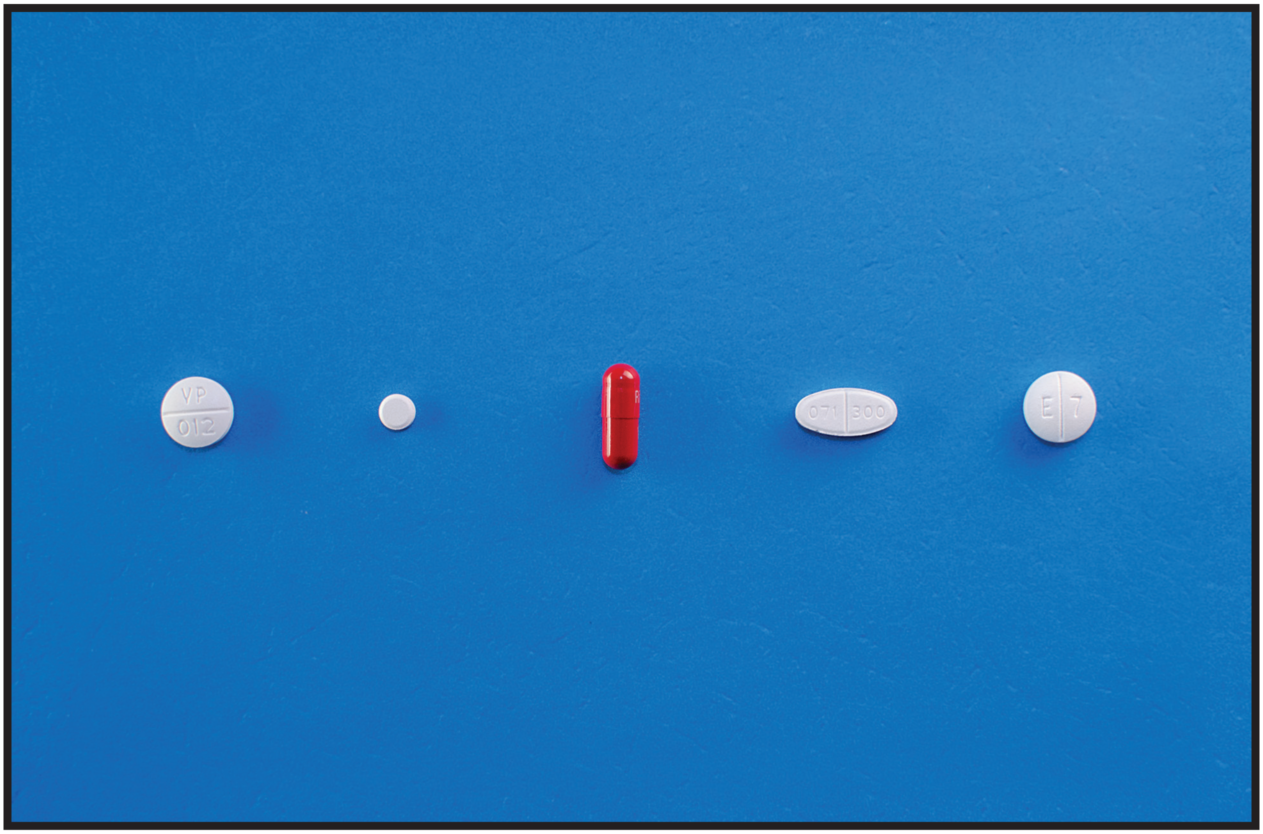
KA DHIGIDDA DADKA KALE KUWO CAAFIMAAD QABA

Haddii sambabadaadu qabaan TB-da, markaasi waxaad TB-da u gudbin kartaa dadka kale. Wuxuu ku faafi karaa marka aad qufaco, hindhisto, hadasho ama heesto. TB-da kuma qaadi kartid is gacan qaadka ama wadaagista cuntada, suxuunta ama waxyaabo kale. Waxaad cudurka ka qaaday qof kale oo jiran oo qaba TB-da, iyada oo ay suurtagal tahay in ay ahayd waqti hore oo dheer.

KA DHIGIDDA DADKA KALE KUWO CAAFIMAAD QABA

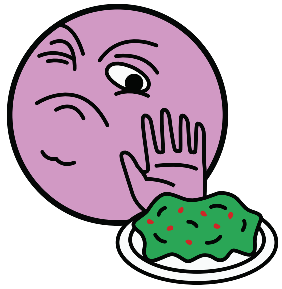
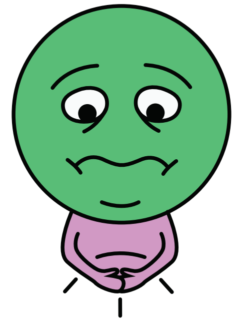
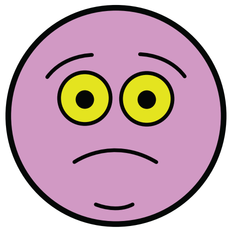
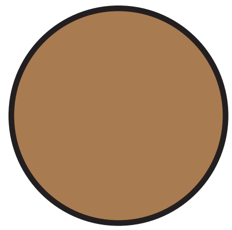
Waxaanu rabnaa in aanu xaqiijino in aanay dadka kale jiran sidaa darteed waxaan kaa codsanaynaa in aad joogto guriga, ka fogaato dadka inta aad weli jeermiska TB-da ku faafin karayso dadka. Tani waxaa loo yaqaan go'doomin. Waxaanu aad uga shaqayn doonaa in aad sida ugu dhaqsaha badan kaaga saarno go'doominta. Waxaanu kuu sheegi doonaa marka ay caadi tahay in aad guriga ka baxdo.

Inta aad ku jirto go'doominta maaha in aad aado shaqo ama dugsiga. Maaha in aad aado goobaha dadweynaha sida dukaanka laga adeegto ama adeegyada diimeed. Maaha in aad booqato guryaha saaxiibada ama guryaha xubnaha ka tirsan qoyska ama aad keento dadka aan gurigaaga ku noolayn.



QORSHAHA KINIINKA

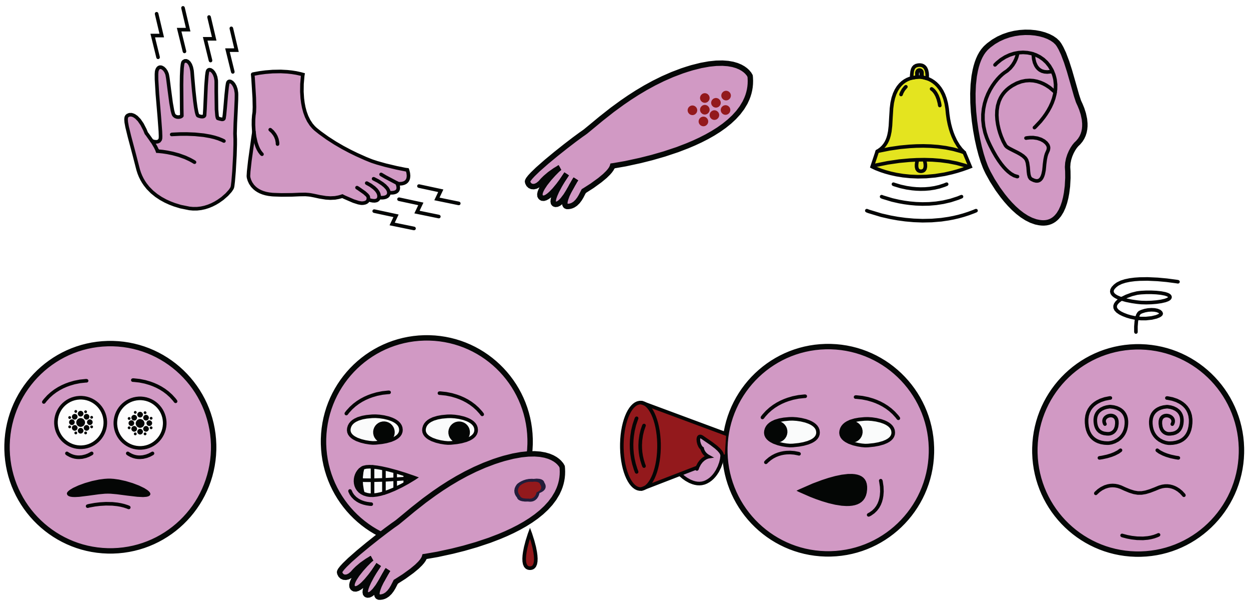
Waxaad kiniiniyadan qaadan doontaa ugu yaraan lix ilaa sagaal bilood, ama waxaa suurtagal in aad qaadato 12 ilaa 18 bilood. Tixraac "Xaashidaada Kiniiniga" ee loogu talagalay daaweyntaada iyo tilmaamaha aad raacayso ee ku saabsan sida aad adiga laftaadu kiniiniyadaada u qaadanayso toddobaadka dhammaadkiisa.

RAADADKA UU LEEYAHAY

Waxaa laga yaabaa in aad dhibaatooyin kala kulanto kiniiniyada TB-da. Haddii aad kala kulanto, waxaan rabnaa in aanu wax ka ogaano. Wac kalkaalisada maamusha kiiskaaga haddii aad leedahay mid ka mid ah, ama calaamad kasta oo kale oo cusub.

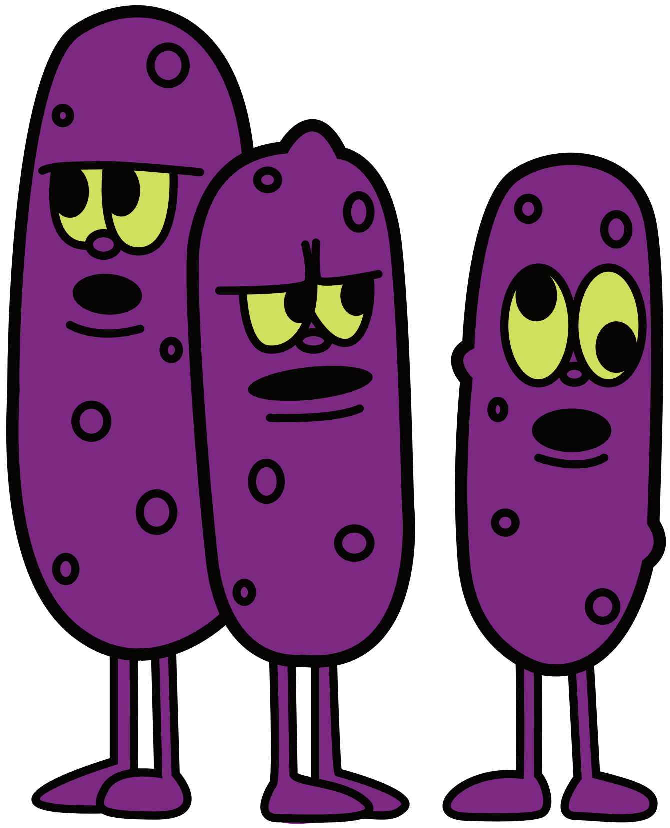
- lalabo
- matag
- nafsad la'aan
- calool xanuun
- indhaha ama maqaarka oo jaalle/huruud noqda
- daal aan la sharixi karin
- kaadi madow



RAADADKA UU LEEYAHAY

Wac kalkaalisada maamusha kiiskaaga haddii aad leedahay mid ka mid ah, ama calaamad kasta oo kale oo cusub.

- gacmaha ama cagaha oo jiriiricooda/kabuubyooda
- finan ama cuncun
- maqalka oo luma / dhagahaaga oo dhawaq dareema
- arraga oo isbeddela / arrag aan caadi ahayn
- nabar aan caadi ahayn ama dhiig
- halka muruqu iska galo oo xanuuna
- madax xanuun ama wareer



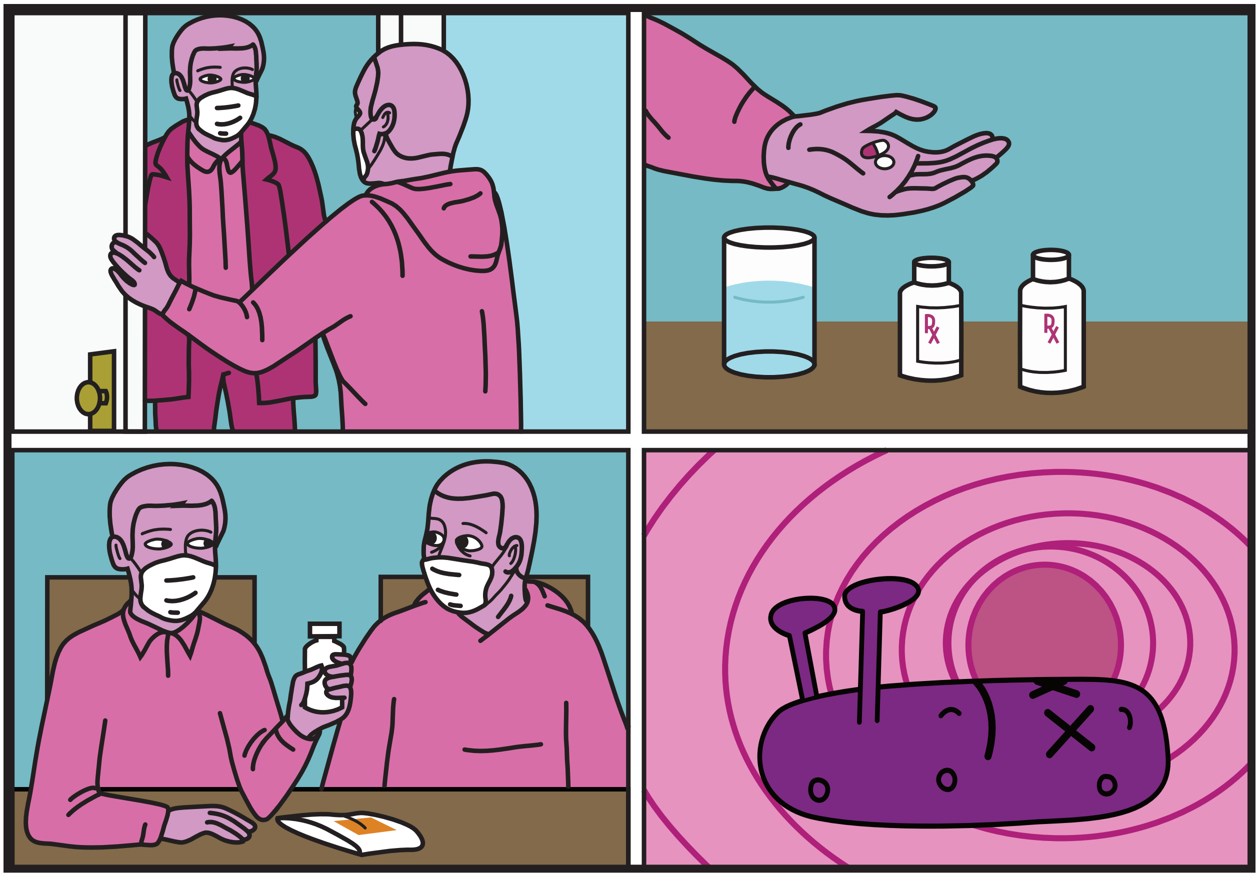
QAADASHADA KINIINIYADA

DAAWEYNTA TOOSKA LOOLA SOCDO

Jeermiska TB-du waa mid awood badan, sidaa darteed kiniiniyada TB-du waqti dheer ayay qaataan si ay shaqeeyaan. Waan ognahay waxa ay noqon kartaa wax adag in kaniiniyo badan la qaato maalin kasta muddo bilo ah, sidaa darteed waxaan halkan u joognaa si aad kaaga caawino daaweyntaada.

Shaqaalahaaga Caafimaadka Bulshada ee Degaanka Multnomah ayaa maalin kasta kuu keeni doona kiniiniyadaada, Isniinta ilaa Jimcaha. Waxay ku waydiin doonaan sida aad dareemayso iyaga oo isla markaana ku fiirinaya in aad qaadato kiniiniyadaada, Tani waxaa loo yaqaan “Daaweynta Tooska loola Socdo.” Jimcayaasha waxay ku siin doonaan kiniiniyada TB-da oo dheeraad ah oo loogu talagalay toddobaadka dhammaadkiisa.

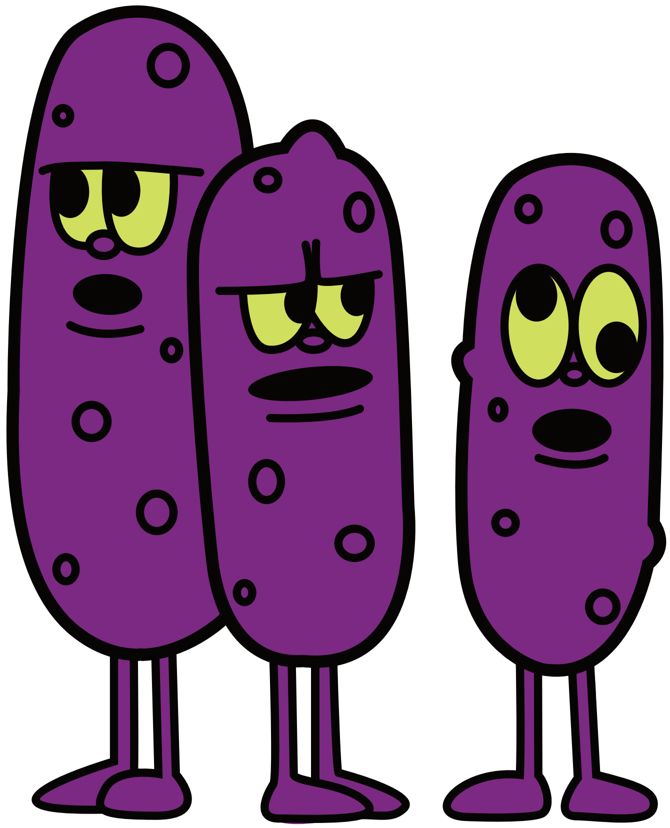
Shaqaalaha Caafimaadka Bulshada sidoo kale waxay kaa caawin doonaan in aad la xiriirto kalkaalisada maamusha kiiskaaga haddii aad hayso su’aalo.



SABABTA AAN KUUGU KEENAYNO KINIIINIYADA

Waan kuu keenaa kiniiniyada TB-da maxaa yeelay tani waa sida ugu fiican ee aan ku xaqiijin karno in aad hesho daawada aad u baahan tahay oo dhan isla markaana loo xaqiijiyo in daawadu shaqaynayso. Tani waxay sidoo kale naga ka caawisaa in aanu ogaano haddii ay jirto dhibaato la xiriirta kiniiniyadaada si aanu isla markiiba wax uga qaban karno.

Fiirsashada la fiirsanayo in bukaanku maalin kasta qaataan kiniinigooda TB-da waa mid caadi ah. Qof walba ayaa tani sameeya, adduunka oo dhan.



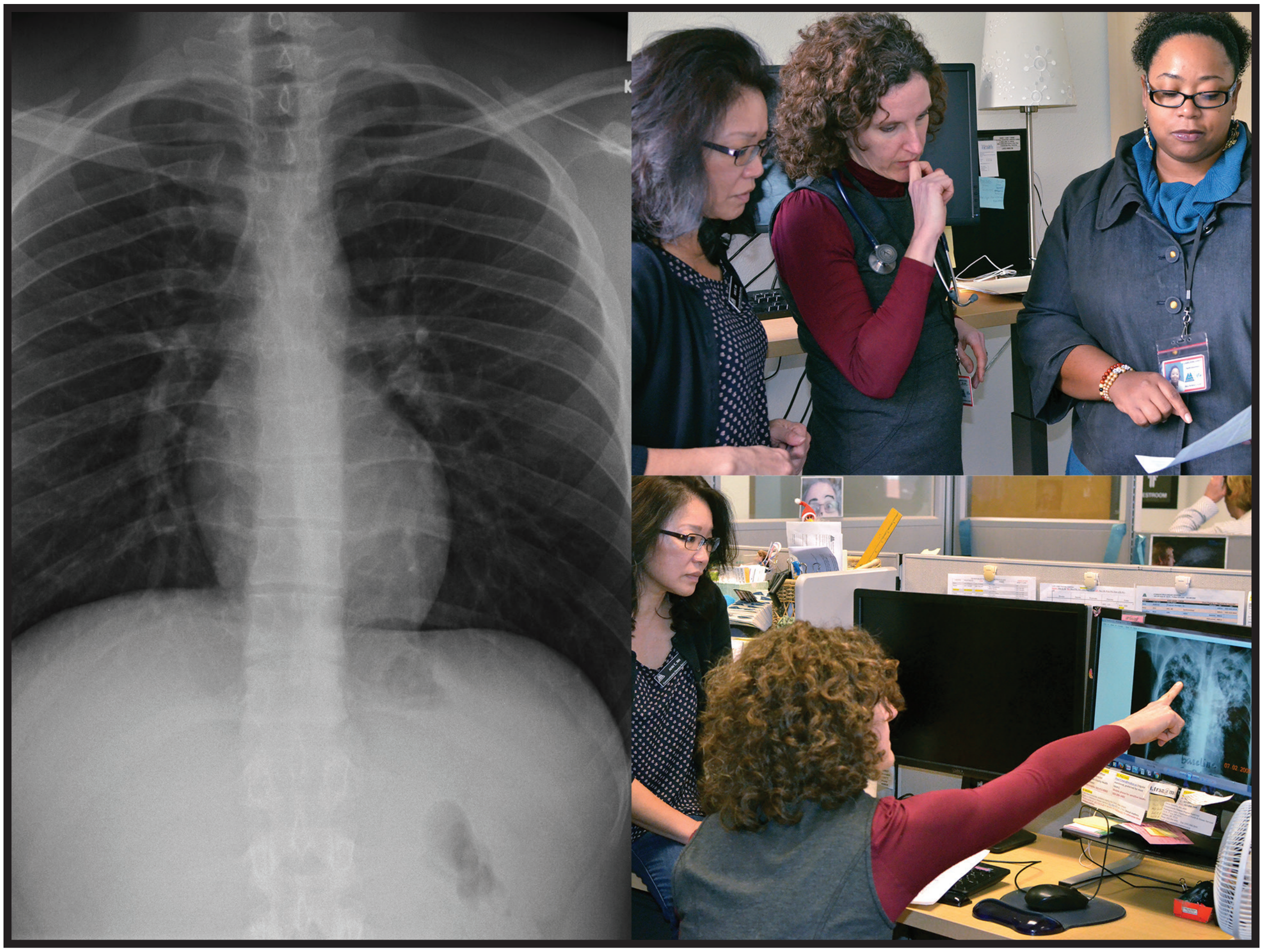
BAARITAANNO

DHEERAAD AH

BAARITAANNO DHEERAAD AH INTA LAGU JIRO DAAWEYNTAADA

Waxaanu kuu sheegi doonaa marka aadan hada ka dib jeermiska ku faafinayn dadka kale. Tani waxaanu ogaan doonaa anaga soo sameyna baaritaanno dheeraad ah. Waxaa laga yaabaa in aanu kaa codsano in aad soo qufacdo xaako isla markaana ku rido tuubo si loo baaro. Tani waxay naga caawin doontaa in aanu ogaano in aad weli jeermiska ku faafin karayso dadka kale.

Marka aanu baarno xaakadaada waxaan siinaa dhibco ka bilaabma eber ilaa afar. Afar macnaheedu waa in aad si sahlan jeermiska TB-da ugu faafin karayso dadka kale. Eber macnaheedu waa in aadan si sahlan jeermiska ugu faafin karayn dadka kale. Dadka intooda badan, marka aad hesho saddex baaritaan xaako oo xiriir ah oo natiijadu dhibicdu noqoto eber, markaasi waxaad ka soo bixi kartaa go'doonka isla markaana ku noqon kartaa hawlahaagii caadiga ahaa.



BAARITAANNO DHEERAAD AH INTA LAGU JIRO DAAWEYNTAADA

Waxaanu sidoo kale qaadi doonaa raajatada xabadka “x-rays”. Sida caadiga ah waxaan tani samaynaa laba bilood ka dib iyo mar kale marka la gaaro dhammaadka daaweyntaada. Tani waxay naga caawisaa in aanu fahamno haddii sanbabadaadu ay bogsanayaan.

KU SOO NOQOSHADA HAWLAHA

Dhakhtarka aan leenahay ee TB-da ayaa kuu sheegi doona marka aad ku noqon karto shaqada, dugsiga, ama hawlaha kale.

Ka dib markaad qaadanaysay kiniiniyada muddo bilo ah, waxaa laga yaabaa in aad awoodo in aad qaadato kiniiniyo intii hore ka yar ama qaadato kaniiniyo inta badan yar. Waanu kuu sheegi doonaa haddii aad taasi samayn karto.

XIRIIRKA BAARISEED

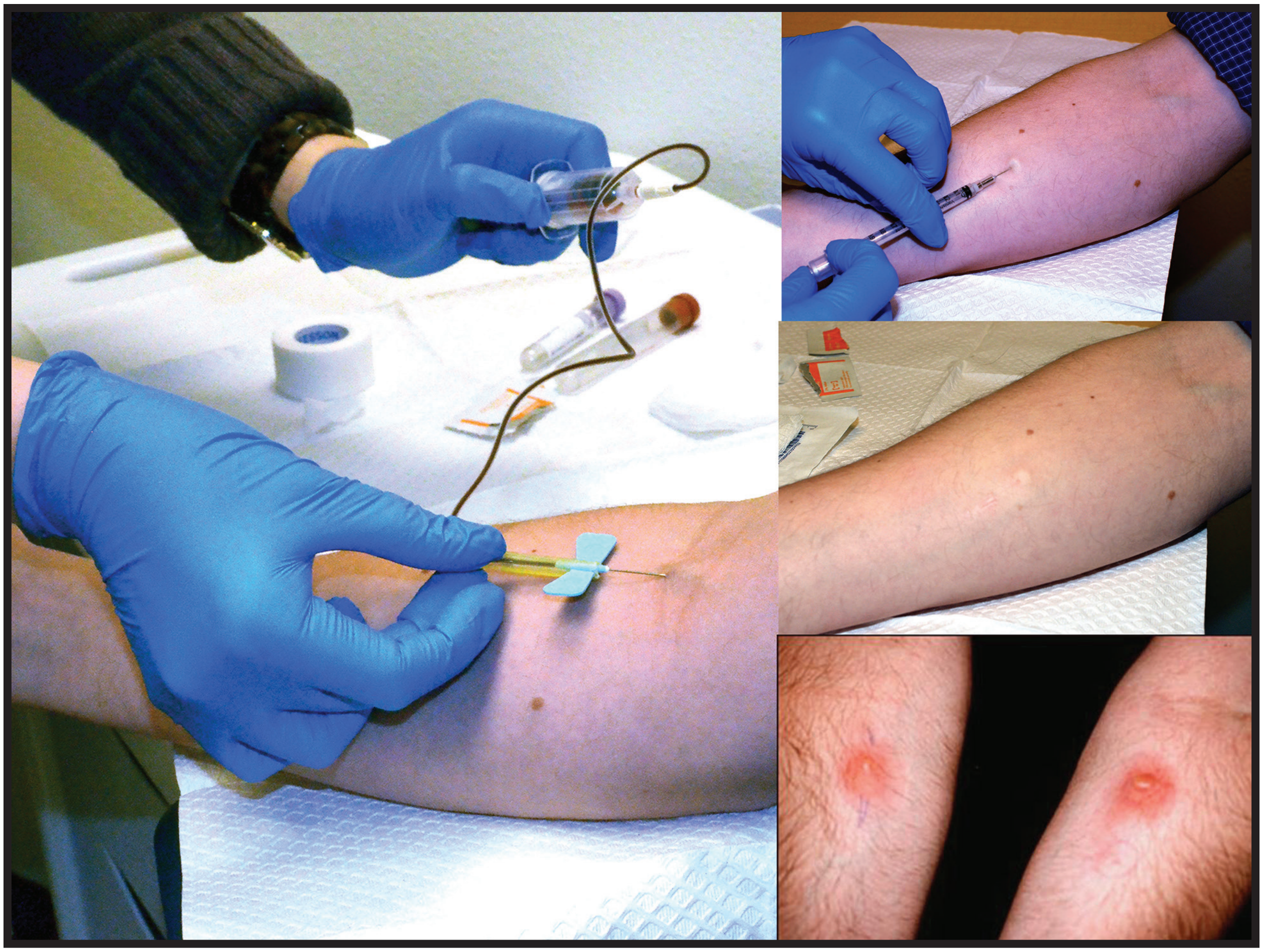
Waxaanu si dhaqso u ah baaritaan ugu samayn doonaa qoyskaaga iyo dadka kale ee laga yaabo in aad waqti badan la qaadato si loo ogaado in ay qabaan TB-da. Haddii ay qabaan jeermiska TB-da, laakiin aanay weli jiranayn, waxaa la siin doonaa kiniiniyo si looga daaweeyo jeermiska TB-da ee "hurda" isla markaana loo xaqiijiyo in aanay jiran. Waxaanu ku weydiin doonaa su'aalo ku saabsan qoyskaaga iyo saaxiibadaa si aanu u go'aamino sida loo caawinayo iyaga.

Su'aalahani waxay noqon karaan:

- Immisa qof ayaa adiga kula nool?
- Miyay jiraan wax carruur ah oo ka yar shan sano jir ah oo guriga ku nool?
- Ma jiraa qof ku nool guriga oo qaba dhibaato la xiriirta habka difaaca jirka?
- Maxaad qabataa shaqo ahaan?
- Haddii ilme ka tirsan qoyskaagu qabo TB-da, waa halkee dugsiga uu ilmahaagu aado isla markaana sidee ayuu u aadaa dugsiga?
- Ma jiraa qof ku nool guriga oo qaba qufac, qandho ama miisaankiisu/keedu hoos u dhacay?

GUUDMARKA DAAWEYNTAADA

- Shaqaalahaaga caafimaadka bulshada ayaa maalin kasta kuu keeni doona kiniiniyada.
- Kalkaalisada maamusha kiiskaaga ayaa ku soo booqan doonta bishiiba mar si ay u ogaato xaaladaadu sida ay tahay. Waxaa laga yaabaa in aanu bishiiba mar kaa codsano in aad soo qufacdo xaako lagu ridayo tuubo.
- Shaqaalahaaga caafimaadka bulshada ama kalkaaliso maamusha kiiska ayaa qaadi doonta tuubooyinka.
- Waxaanu kaa codsan doonaa in aad mar kale marto raajatada xabadka “x-ray” inta lagu jiro daaweyntaada.
- Waxaan la shaqayn doonaa dhakhtarkaaga si uu kuu siiyo daryeelka aad u baahan tahay.
- Waxaa laga yaabaa in aad u baahan tahay baaritaan dhiig haddii aad qabto dhibaato ama si loo xaqiijiyo in aanay kaniiniyadu keenayn dhibaato.
- Waxaad wici kartaa kalkaalisada maamusha kiiskaaga haddii aad hayso su’aal ama aad qabto dhibaato.



BAARITAANNADA SHEYBAARKA

Halkan waxaa ku qoran qaar ka mid ah macluumaadka ku saabsan baaritaannada sheybaarka ee aan ka fiirino dhiigaaga:

- Baaritaanka QuantiFERON Gold wuxuu naga caawiyaa in aanu wax ka ogaano jeermiska TB-da ee ku jira jirkaaga.
- Tirinta Dhiiga Ee Buuxda (CBC) waxay nagaa caawisaa in aanu ogaano haddii aad leedahay tiro caafimaad qaba oo ah dhammaan noocyada kala duwan ee unugyada ee dhiigaaga. Tani waxay wax nooga sheegtaa caafimaadkaaga guud.
- Baaritaanka Dhiiga Ee Dhamaystiran (CMP) wuxuu naga caawiyaa in aanu ogaano haddii kelyahaaga iyo beerkaagu si fiican u shaqaynayaan si ay u xamili karaan kaniiniyada TB-da.
- Waxaan samayn doonaa baaritaanka HIV si loo xaqiijiyo in aanu si sax ah kaaga daaweynayno TB-daada. Xanuunka HIV wuxuu bedeli karaa habka jirkaagu uu jawaabta uga bixiyo kaniiniyada TB-da.

FARRIIMO

Ku saabsan Waaxda Caafimaadka Degaanka Multnomah Barnaamijkeeda Adeegyada Cudurada la isku Gudbiyo

Barnaamijka Adeegyada Cudurada la isku Gudbiyo wuxuu si toos ah u bixiyaa adeegyo yareeya faafida cudurrada faafa ee nafta halista gelin kara. Waxaan samaynaa baaritaanno lagu ogaado dadka ay soo gaareen cudurro halis ah si loo xaqiijiyo in ay heli karaan macluumaadka iyo daryeelka ay u baahan yihiin si ay caafimaad ugu waaraan. Si looga hortago cudurrada ka hor inta aysan bilaabmin, waxaan la shaqaynaa bulshada si loo siiyo waxbarasho isla markaana loo baaro. Dadka isla hadaba qaba cudurro sida TB-da, waxaan xaqiijinaa in ay helaan daawada. Shaqada aan hayno, waxaan ku dadaalnaa in aanu noqono meel ay ku kalsoon tahay bulshadu, kor u qaadno isla markaana ilaalino caafimaadka dadka iyo bulshada iyada oo la kaashanayo dadka bulshada u adeega.

Xuquuqda qoraalka © 2017-ka ee Waaxda Caafimaadka Degaanka Multnomah

Dhammaan xuquuqdu way dhowran tahay. Buugani ama qayb kasta oo ka mid waxyaalaha la tilmaamay dib looma soo saari karo ama looma isticmaali karo wax kasta ha ahaadeen iyada oo la muujiyo oggolaansho qoraal ah oo laga haysto daabacaha maahane marka laga reebo isticmaalka soo xigashada kooban ee dib u eegis buugga.

Waxaa lagu daabacay Maraykanka

Waaxda Caafimaadka Degaanka Multnomah
426 SW Stark St.
Portland, OR 97204

www.multco.us

Multnomah County
Health Department

COMMUNICABLE DISEASES SERVICES
(ADEEGYADA CUDURADA LA ISKU GUDBIYO)
426 SW STARK ST., THIRD FLOOR
PORTLAND, OR 97204

503-988-3406