

Tiibisho Tuberculosis

TIIBISHADU MAXAY TAHAY?

- Tiibisho (TB) waa cudur ka dhasha jeermiska *Mycobacterium tuberculosis*.
- TB waxay dhaawici kartaa sambabada qofka ama qaybaha kale ee jirka una keeni kartaa jirro.

SIDEE AYEY U FAAFTAA?

- TB waxay ku faaftaa hawada markii qof qabaa midda sambabada ama cunaha uu qufaco, hindhiso ama hadlo, isagoo kusii daynaya jeermis hawada.
- Markii ay dadkale ku neefsadaan jeermigaas ayey qaadaan cudurka.
- Inta badan dadku waxay jeermiga ka qaadaan dadka ay waqtiga la qaataan, sida ehelka ama saaxiib.
- TB *LAGAMA* qaado maacuunta (sida qalabka wax lagu cuno, alaabta cuntada, koobabka wax lagu cabo, firaashka, dharka ama talefoonka) sidaas darteed muhiim maaha kala sooca qalabkaas.

WAA MAXAY FARAQA U DHAXEEYA CUDURKA IYO JEERMIGA DHALIYA?

Jeermiga TB: jeermiga TB jirka ayey ku jiraan iyagoon "**fir-fircoonayn**". Badanaaba, difaaca jirka ayaa ilaaliya jeermiga. Si kastaba ha ahaatee, jeermigu "**fir-fircoon la'aan**" ayuu noolaan karaa.

- Markii jeermiga TB uusan **firfircoonayn**, dhaawac ma geysan karo, umana gudbi karo qof kale. Qofku wuu "**qaadsan yahay**", mase jirana. Badanaa (dadka boqolkiiba 90) jeermigu fir-fircooni la'aan ayuu ku sugan yahay. Qaadmadiisa waxaa lagu ogaan karaa Baaritaanka Haragga Tubarkulin.

Cudurka TB: Waxaa suurowda sanooyin badan ka dib, TBda aan **firfircoonayn** ay isu bedesho mid **firfircoon** marka difaaca jirku daciifo. Tani waxaa keeni kara duqowga, jirro xun, kadeed, daroogo ama si xun u isticmaalka qamriga, qaadista HIV (jeermiga dhaliya AIDS) ama xaalado kale.

- Markii jeermiga TB **firfircoonaado**, cudurka TB ayaa kobca.
- Boqolkiiba 10 dadka qaba TB ayaa u jirrada.
- Dadka qaba TB sambabada ama cunaha *ayaa qaadsiin kara dadka kale*.
- Badanaaba, labo toddobaad ka dib markaad dawo qaadato, dadka qaba cudurka TB ma faafiyaan jeermiga.
- Dadka ka qaba TB qaybaha kale ee jirka *ma* qaadsiyaan.

MAXAA IFAFAALO U AH?

TBdu waxau ku dhici kartaa qayb kastoo jirka ka mid ah, balse sambabada ayaa ugu badan. Dadka qabaa TB waxaa lagu arkaa dhammaan ama qaar ka mid ah ifafaalooyinkan:

- Qufac ku haynaya in ka badan seddex toddobaad
- Xummad
- Caatow nimo aan la garanayn
- Dhidid habeennimo
- Daal joogto ah
- Cuntadoon kuu dhadhamin
- Xaako hiig leh
- Qandho iyo/ ama barar goobeed haddii uusan ahayn sambabada.

Dadka qaba TBda firfircoon qaarkood ayaa muujiya ifafaalo sahlan.

YAA KHATAR UGU JIRA?

- Dadka muddada dheer xiriirka sokeeye la leh kuwa qaba TBda sambabada ama halbowlaha neefta.
- Dadka iyagu:
 - Qaba kansarka, siiba Limfooma ama cudurka Hodgkin
 - Qaata dawada waxyeelaysa habka difaaca jirka (sida corticosteroids, cyclosporin ama darooraga chemotherapy)
 - Qaba HIV/AIDS
 - Qaba jirro raagtay oo wax u dhintay habka difaaca jirka.

SIDEE LOOGA HORTAGAA?

- Dadka qaba TBda sambabada ayaa la faraa inay daboolaan sanko iyo afkaba markii ay qufacayaan ama hindhisayaan
- Dadka qaba TBda sambabada ayaa la takooraa ilaa inta ay ka raysanayaan
- Dadka qaarkii lagu arko TBda ayaa la faraa inay qaataan dawooyin ka-hortag
- Tallaalka BCG wuxuu ka dhawraa caruurta u safraysa waddamada laga helo noocyada TBda halista ah. *Laguma* taliyo aalaaba BCG halkan NSW.

SIDEE LOO OGAADAA NOOCA CUDURKA?*TBda sambabada:*

- Raajada feeraha ayaa muujisa inay cudurka TBdu waxyeelaysay
- Baaritaanka xaakada ayaa muujiya in jeermiska TBdu la socdo xaakada la tufay
- Haddii uusan qofku xaakoon Karin baaritaano kale ayaa loo baahan karaa.

TBda aan sambabada galin:

- Baaritaannada sida cirbadda unugga jirka, dheecaanka boogta, kaambiyoona qalitaanka ama baaritaanka kaadida aroortii ayaa laga arki karaa TBda.

SIDEE LOO DAWEEYAA?

- **Jeermiga TBda:** Dhaqtarka ayaa qora kiniiniyo laqaato (daaweyn ka-hortag) ama dabagal lagu sameeyo raajada feeraha.
- **Cudurka TBda:** Waxaa lagu daweyn isku dhafan ee socda ilaa lix bilood. Kal-kaaliyaha bukaan-socod eegtada feeraha ayaa hubiya qaadashada dawooyinka si loo baaro haddii wax yeelo lagala kulmo iyo in la hubiyo dhamaystirka daweynta.
- Dadka qaba TBda waa la daaweyn karaa haddii ay dhammaystaan daawada.
- Dadka qaba TBda way ku laaban karaan hawlhoodii, inta ay u socoto daweyntu haddiiba aysan qaadsiin Karin.
- Dadka qaba TBda haddii aanay qaadan dawadooda, way u jirran karaan wayna u dhiman karaan.

MACLUUMAAD DHEERI AH

- Xiriir la samee bukaan-socod eegtada feeraha deegaankaaga ama u tag dhaqtarkaaga.
- Baaritaannada TBda oo idil iyo daweynteeduba waa lacag la'aan qarsoodi ayeyna ka yihiin bukaan-socod eegtada feeraha.
- Tix-raac dhaqtareed *LOOGAMA* baahna bukaan-socod eegtada feeraha.
- Kaarka caafimaadkana *LOOGAMA* baahna.

Adeegyada bukaan-socod eegtada feeraha waxaa ka mid ah daryeelka iyo maaraynta bukanaha qaba TBda iyo hawlaha la xiriira dabagalka iyo baarista.

BUKAAN-SOCOD EEGTADA XABADKA NSW**Bukaan-socod eegtada Magaallada iyo nawaaxigeeda:
Metropolitan Clinics:****Talefoonka.
Telephone No.**

Central Sydney	Canterbury Hospital	9787 0162
	Concord Hospital	9767 5675
	Royal Prince Alfred Hospital	9515 8846
Northern Sydney	Hornsby Hospital	9477 9317
	Manly Hospital	9976 9542
	Royal North Shore Hospital	9926 7905
South Eastern Sydney	Prince of Wales Hospital	9382 4636
	St George Hospital	9350 2503
	St Vincent's Hospital	8382 3876
	Sydney Hospital	9382 7535
South Western Sydney	Liverpool Hospital	9829 4888
Wentworth	Nepean Hospital	4734 2536
Western Sydney	Parramatta Health Services	9843 3110

**Bukaan-socod eegtada Miyiga:
Rural Clinics:**

Central Coast	Gosford Hospital	4320 3388
Far West	Broken Hill Hospital	(08) 8080 1317
Greater Murray	Wagga Wagga Centre of Public Health	6933 9125
	Griffith Community Health Centre	6966 9900
	John Hunter Hospital	4921 3372
Hunter	Wollongong Hospital	4253 4138
Illawarra	Dubbo Centre of Population Health	6841 2345
Macquarie	Orange Base Hospital	6393 3480
Mid Western	Coffs Harbour Health Campus	6656 7855
Mid North Coast	Port Macquarie Health Centre	6588 2755
	Taree Health Centre	6592 9625
	Tamworth Base Hospital	6768 3392
New England	Lismore Base Hospital	6620 2280
Northern Rivers	Bega Community Health Centre	6492 9620
	Cooma Community Health Centre	6455 3201
	Goulburn Community Health Centre	4827 3913
	Narooma Community Health Centre	4476 2344
	Queanbeyan Community Health Centre	6298 9233
Southern	Young Mercy Care Centre	6382 1111

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