

Tuberculosis (TB)

TB is a disease caused by germs called bacteria that most often affect the lungs. You can be infected with TB when you breathe in the germs. You are at a higher risk to get TB if you have a weak immune system. This system can be weakened by poor diet, illness, medicines or other causes.

Signs

There are two types of TB infection, latent or active. Latent infection is when you may have no signs of TB. The bacteria are in your body, but they are not active. Active TB is when people have signs of the bacteria, such as:

- Cough that lasts more than 3 weeks or won't go away
- Fever
- Weight loss or loss of appetite
- Feeling weak and tired
- Chest pain
- Night sweats

Testing

A skin test will be done to see if you are infected. A positive test means that you have been infected. If your test is positive, your doctor may also use a blood test, a chest x-ray and sputum tests to see if you have TB. Your family members and others living with you will also be skin tested.

A negative test often means that you are not infected. The skin test may not react if you have a weak immune system. Your doctor may check for TB if your skin test is negative, but you still have signs.

Qaaxada (TB)

TB waa cudur uu keeno jeermis loo yaqaanno bakteeriyo oo badanaa ku dhaca sanbabada. TB waxay kugu dhici kartaa marka aad ku neefsato jeermiska. Waxaad halis sarreysa ugu jirtaa in aad qaaddo TB haddii habka jidhku cudurada uu isaga difaaco ay daciifto. Habkaan waxaa daciifin kara cunto xumo, jirro, daawooyin, ama sababo kale.

Alaamatho

Mey jiran lama nooc oo TB ah. Mid mey waa madi wal aalamad oo TB in lahayna. Baktiriya ya kajarta jirka lakin si feea ma in shaqeyaayaan. Tan mewaa madi dadka qobaan alamadoyinka oo kumid ah:

- Qufo oo 3 todobaad so oda oo roogsimaayo
- Qandho
- Misanka oo yaraado mise raashin aamoga oo yaraada
- Daciiftinnimo iyo daal dareemid
- Laab xanuun
- Hamiin dhididoow

Baaritaanka

Baarid maqaar ayaa lagugu sameyn doonaa si loo arko haddii aad cudurka qabtid. Boositif mey laka jeeda wey laki daaradi. Hoo boositif negata, dhaktarka mey koo bare dhiiga iyo xundhufta sifa inii arago in qabto TB. Xubnaha qoyskaaga iyo dadka kale ee kula nool ayaa sidoo kale ayagana maqaarka laga baari doonaa.

Baaritaan lagaa waayo macnihiisu badanaa waa in uusan cudurku kugu dhicin. Baaritaanka maqaarku waxaa laga yaabaa in uusan jawaab bixin haddii habkaaga fayodhowrku uu daciif yahay. Takhtarkaagu waxaa laga yaabaa inuu kaa baaro TB haddii baaritaanka maqaarkaagu uu in lagaa waayey sheego, laakiin ay weli calaamado sii jiraan.

Your Care

If you have a positive skin test or have TB, you will be started on medicines.

- Take your medicines as directed. You may need more than one type of medicine for TB. Some bacteria are resistant to some antibiotics. You need to take all of your medicines and not stop taking them, even if you feel better. You may have to take your medicines for 6 to 24 months. Stopping medicines early can cause the spread of TB to others.
- To protect others who do not have TB, cover your mouth when you cough, sneeze or laugh. Then, wash your hands. Always wash your hands before and after meals.
- To keep your body strong, eat 3 meals and drink 6 to 8 glasses of fluid each day.
- Go to all doctor appointments.

If you are sick enough that you need to be in the hospital:

- You may be on respiratory isolation. This prevents others from getting TB.
- You will be isolated until you have been on TB medicines for 2 to 3 weeks or until your sputum is not infected.
- Anyone who comes into your room will wear a mask.
- The door to your room will be closed.
- You will need to wear a mask when you are out of your room.

Call your doctor right away if you:

- Have a worse cough.
- Cough up blood.
- Have trouble breathing.
- Lose weight even when you are eating a good diet.
- Have fevers or night sweats.

Daryeelka

Haddii maqaarka laga helo ama aad qabto TB, waxaa lagugu billaabi doonaa daawooyin.

- Daawada sidii lagu faray u qaado. Mey inbaahadaase daawa badan oo TB da lan aaamoow. Bakteria barshoow mey in dulqaadada kora antibioticska. Mey in baahanta inii dawada dhameysata oo hata sii qaadato hoo ada feelanaata. Wa intiii ada qaadataa dawadaa 6 ilaa 24 bilood. Dawada oo isku roojida dhaqsa mey sheenaasee in dadka kale ka daarata TB.
- Sidi ada dadka kale oo TB in qabin in badbadido madi qufacaas afka kar kaqabsooy. Ka dibna, gacmaha iska dhaq. Mar walba galyaaga dhag madi wal aamaasa iyo madii bogto.
- Kaweel korka awood aan rashiin sadi jeer waraab biyo 6 ilaa 8 koob maalin walba.
- Aad dhammaan ballamada takhtarka.

Haddii aad jirran tahay oo aad u baahan tahay in isbitaalka lagu dhigo:

- Waxaa laga yaabaa in lagu karitiimeeyo. Tani waxay dadka kale ka ilaalinaysaa in ay TB qaadaan.
- Dadka ya lakoo dhah saaree ilaa ada dawada TB kudhamesadaasa muso 2 ilaa 3 todobaad ilaa xandufta wal infekshon in lahaana.
- Qof kasta oo qolkaaga yimaada wuxuu xiran doonaa weji dabool.
- Albaabka qolkaaga waa la xiri doonaa.
- Waxaad u baahan doontaa in aad xirato weji dabool marka aad qolkaaga baxayso.

Inweer dhaktarka isla markiiba:

- Aad qufac xun qabto.
- Aad dhiig qufacdo.
- Ay dhibaato kaa haysato neefsashada.
- Aad caatowdo xataa adigoo cunto fiican cuna.
- Qaad qandho qabtid ama habeenkii dhididdo.

- Have brown urine or gray stools.
- Have yellow skin or yellow eyes.

Talk to your doctor or nurse if you have any questions or concerns.

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- Ay kaadidaadu baroon noqoto ama saxaradu boor noqoto.
- Uu maqaarku hurdi ku noqdo ama indhuhu jaalle ku noqdaan.

La hathil taktarka misy kalkaalisytha hady ady qabty su'aaly misy quseyng.

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Tuberculosis (TB). Somali.