HEPATITISI B NA FAMILIA YAKO

Taarifa kwa Watu kutoka Afrika

Hepatitisi B ni nini?

Hepatitisi B ni ugonjwa unaosababishwa na kirusi cha Hepatitisi B. Kinaweza kusababisha matatizo makubwa ya kiafya kadri muda unavyokwenda. Kirusi hiki kinaweza kuwafanya baadhi ya watu kuwa wagonjwa sana. Ugonjwa huu ni wa kawaida sana katika sehemu nyingi za ulimwengu, ikiwa ni pamoja na Afrika.

Hepatitisi B unaenezwaje?

Watu hupata Hepatitisi B wakati ambapo wanakutana na damu ya mtu ambaye ana kirusi hicho. Hepatitisi B kinaweza kuenezwa kutoka kwa mama aliyeambukizwa kwenda kwa mtoto wake anapozaliwa au kutoka kwa mwanafamilia kwenda kwa watoto wadogo. Kirusi hiki kinaweza pia kuenezwa kwa kufanya ngono na mtu aliyeambukizwa. Hepatitisi B kinaenezwa kwa njia sawa na VVU, lakini huenea kwa urahisi zaidi. Hepatitisi B hakienezwi kwa njia ya kunyonyesha, kukumbatiana, kupigana busu, kushikana mikono, kukohoa au kupiga chafya.

Je, watu wenye Hepatitisi B huwa wanajihisi kuumwa?

Watu wengi wanaishi na Hepatitisi B kwa miaka mingi bila kuhisi kuumwa. Baada ya muda, Hepatitisi B inaweza kusababisha kuharibika kwa ini, ini kushindwa kufanya kazi, na hata pia saratani ya ini. Kupimwa Hepatitisi B kwa kawaida ndio njia pekee ya watu kujua kama wana Hepatitisi B.

Je, watu wengine ni lazima wapime Hepatitisi B?

Ndiyo. Mtu anapokuwa na Hepatitisi B, madaktari watataka kuwapima wapenzi wote wa kingono, wanafamilia, na watu wanaoishi katika nyumba moja ili kuangalia

Kupimwa Hepatitisi B kunaweza kukusaidia kujilinda mwenyewe na kulinda familia yako.

Hepatitisi B. Ni muhimu kwa watu hawa kupimwa kwa sababu madaktari wanaweza kuwasaidia kuishi kwa afya nzuri. Watu ambao wana Hepatitisi B wanapaswa kupata matibabu ya kitabibu. Wengine ambao hawana ugonjwa huo wanapaswa kupata chanjo ya Hepatitisi B. Hii itawakinga dhidi ya kupata kirusi hicho.

Kwanini chanjo ya Hepatitisi B ni muhimu?

Chanjo ya Hepatitisi B huwakinga watu dhidi ya kupata Hepatitisi B. Watoto wote wanaozaliwa Marekani na nchi nyingine nyingi hupewa chanjo wanapozaliwa. Mwanafamilia au mwenzi mwingine wa kingono yeyote wa watu wenye Hepatitisi B anapaswa pia kupata chanjo. Chanjo hii ni salama na hufanya kazi kwa watu ambao hawajawahi kuambukizwa Hepatitisi B.

Kwa Taarifa Zaidi

Ongea na daktari wako, piga simu kwa idara ya afya ya eneo lako, au tembelea www.cdc.gov/hepatitis kwa taarifa kwa Kiingereza.

HEPATITIS B AND YOUR FAMILY

Information for People from Africa

What is Hepatitis B?

Hepatitis B is a disease caused by the Hepatitis B virus. It can cause serious health problems over time. The virus can make some people very sick. The disease is very common in many parts of the world, including Africa.

How is Hepatitis B spread?

People get Hepatitis B when they come into contact with blood from a person who has the virus. Hepatitis B can be passed from an infected mother to her baby at birth or from a family member to young children. The virus can also be spread through sex with an infected person. Hepatitis B is passed the same way as HIV, but spreads more easily. Hepatitis B is not spread through breastfeeding, hugging, kissing, holding hands, coughing, or sneezing.

Do people with Hepatitis B feel sick?

Most people live with Hepatitis B for many years without feeling sick. Over time, Hepatitis B can lead to liver damage, liver failure, and even liver cancer. Getting tested for Hepatitis B is usually the only way for people to know if they have Hepatitis B.

Should other people be tested for Hepatitis B?

Yes. When a person has Hepatitis B, doctors will want to test all sexual partners, family members, and people living in the same house for Hepatitis B. It is important for these people to get tested because doctors can help them stay healthy. People who have Hepatitis B should get medical treatment. Others who do not have the disease should get the Hepatitis B vaccine. This protects them from getting the virus.

Getting tested for Hepatitis B can help you take care of yourself and protect your family.

Why is the Hepatitis B vaccine important?

A Hepatitis B vaccine prevents people from getting Hepatitis B. All babies born in the United States and many other countries get the vaccine at birth. Any other family member or sexual partner of people with Hepatitis B should also get the vaccine. The vaccine is safe and works for people who have never been infected with Hepatitis B.

For More Information

Talk to your doctor, call your local health department, or visit www.cdc.gov/hepatitis for information in English.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/hepatitis

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