Ani dhukkuba tiruu yoniin qabaadhe akkamitiin ilmoo kiyyarraa ittisa?

- Akka dhiigni ke ilmoo ketiin walhintuqne eguu tu sirra jira.
- Eerga dhiiga, bishaan qaamaa, ykn bishaan saala dubartii tuqxeen boodde akka gaartitii harka ke dhiqachu qabda.
- Muraa qaamaa fi madaa (kan sirraa fi ilmoo) akka bishaan qaamaa tiin walhin'agare akka gaaritti waan akka baandegi dhaan mari.
- Dhiiga faca'e hunda xaragi. Summii akka blichii (bleach) dhaan dhiqi (harka tokko blichii manaa harka kudhan bishaaniin walitti makte).
- Nyaata ilmoo ketii hin alanfatiin.
- Burusha ilke kan ilmoon ke itti rigatu ykn waan biroo kan ilmoon ke dhimma itti baatu/bahu.
- Harma garuu nagayaan luugsisu ni dendeeysa yo isiin ykn inni marfee hepatitis B (marfee dhukkuba tiruu) fudhate, garuu yo harmi si baqaqe ykn muraa qabaate, ykn si itawe harma kennu dhahaabu qabda.

Maxxansaa tana bifa birootiin gaafachuuf, adaraa bilbilchi
1-800-525-0127

Washington State Department of Health
Hepatitis B Program
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Seattle-King County
Department of Health

HEPATITIS B

Hepatitis B/Sabatta waqqa

IRRAA AKKAMITTI AKKA ILMOO KE ITTIFTU

How to Protect Your Baby

Oromo

Nama dhukkuba tiruu qabaatee ofitti hin beeyne tahuun ke nimala! garuu amma tarkaanfi fudhachuun akka ilmoon ke dhukkubni kuni hinqabne godhuu ni dendeeysa. Tarkaanfi hin barbaachisne en Haala gaaga'a kana ofitti fudhate akka ilmoon ke tura keessa dhukkuba dawaa hin qabne kanaan dhibamu hin godhin.

Dhukkubni hepatitis B kuni maali?

Hepatitis B kuni dhukkuba cimaa kan tiruu nama iteeysu. Vaayrasi hepatitis B ja'amu kan haadharraa gara ilmoo amma haarawa dhalate ykn yeroo dhalootaa dabru.

Haali nama hepatitis B kana qaburratti mul'atu maali?

Haala mul'atu keessaa nyaata nyaachu barbaadu dhabu, dadhabu, haqisuu ykn loloocci, dhukkuba shinbiroo (gogaa fi ija kan boora godhu), fincaan guraacha. Haatahu malee, namootni dhukkubni kuni isaan qabe gariin haala tokkolle garsiisu ykn dhukkubsachu ykn dhukkubsataa fakkaachu dhabuun ni mala. Namootni tokko tokko ji'oota xinnaa keessati fayyani ittisa qaamaa akka lammada dhukkubni kuni isaan hinqabne qabaachuun ni mala. Gariin ammoo virusi kana qaamatti yeroo dheeraaf ykn umrii dhaaf qabachuun ni mala.

Ilmoon kiyya yo dhukkuba kanaan qabame maaliin godha?

Ilmaan dhukkubni kuni qabe hedduun haala dhukkuba kana garsiisu hin qaban. Haatahu male, dhukkuba hepatitis B kana qabaachuun ni mala. Namootni dhukkuba kana qaban dhukkuba tiruu inni cimaan kanneen akka cirrhosis fi Kaansariin (cancer) joolummaan ykn umrii boodaatti qabaachuun ni mala.

Dhukkubni natti dhagayamuu baatulle hepatitis B kana ilmoo kiyyatti dabarsuu niin dendayaa?

Eeni, dubartiin ulfaa kan dhukkuba kana qabdu dhukkuba kana gara ilmoo isii dabarsuu ni dendeeysi. Kuni yeroo heddu kan tahu yeroo tartiiba dahuumsaa ti. Ilmoon dhalate yeroo haadhaatti maxxante virusi bishaan haadhaa tiin dhukkuba kana qabachuun ni nala.

Akkamitiin ilmoo kiyyaaf ittisa godha?

Dooktora keetiin dhiiga of laalchisi. Yo hepatitis biidhaan qabamte, ilmoon ke marfee hepatitis B ykn talaala dhukkuba tiruu walitti aansuun kennamaaf. Ilmoon ke dhalootarraa irraa dhoorgama Globulin (HBIG) ja'amu fi marfee hepatitis B tu kennamaaf, sana booda ganna ykn amata jaha otuu hin gehin yeroo lamaaf marfeen hepatitis B kennuutu barbaachisa. Yo marfeen kanneen tokkolleen hin fudhatamiin ykn irra dabrame ilmoon ke itti barbaachisu hin qabu. Ilmoon ke akka talaala ykn marfee hunda yeroon akka argatu godhuun sirraa baa'ee barbaachisa.

Akkamittiin warra kiyya kan biroo ittisa?

Qajeelfama duubbe xalayaa tanarra jiru hordofi. Ammaas, miseensootni warra ketii hundi dooktora bira dhaqanii oflaalchisu fi talaala ykn marfee hepatitis B fudhachu tu irra jira.

Washington State Department of Health

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Health Education Resource Exchange Web Team

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