

Kimeta: Mambo Unayohitaji Kufahamu

Anthrax: What You Need to Know

What Is Anthrax?

Anthrax is a serious disease caused by bacteria that forms spores. Anthrax can make you sick by getting into your skin, lungs or digestive system. It can be deadly if untreated.

How Do You Get Anthrax?

The most common and also the most deadly form of anthrax is inhalation anthrax, which is caused by breathing in anthrax spores. People can also get anthrax from touching or eating an infected animal or breathing in spores from an infected animal. Anthrax can also be used as a weapon. In 2001, 22 people got sick when anthrax was put into the mail.

You cannot catch anthrax from another person or spread it to others.

What Happens If I Get Anthrax?

People usually get sick within 1 to 7 days of exposure to anthrax, but if it is in your lungs it may take 42 days before you get sick.

It may cause your skin to blister or have sores. You may have a sore throat, mild-fever, headache, cough and breathing problems.

Kimeta ni nini?

Kimeta ni ugonjwa hatari unaosababishwa na bakteria ambayo huunda viiniyoga. Ugonjwa wa kimeta unaweza kukufanya uwe mgonjwa kwa kuingia katika ngozi, mapafu au mfumo wako wa mmeng'enywa wa chakula. Unaweza kusababisha maafa iwapo hautatibiwa.

Je, Unaweza Kupata Vipi Ugonjwa wa Kimeta?

Muundo wa kawaida na pia hatari zaidi wa kimeta ni kuvuta hewa ya kimeta, unaosababishwa na kuvuta hewa ya viiniyoga vya kimeta. Watu wanaweza pia kupata ugonjwa wa kimeta kutokana na kugusa au kula mnyama aliyeambukizwa au kuvuta hewa ya viiniyoga kutoka kwa mnyama aliyeambukizwa. Ugonjwa wa kimeta unaweza pia kutumika kama silaha. Mwaka wa 2001, watu 22 walishikwa na ugonjwa kimeta kilipowekwa kwenye barua. Huwezi kupata ugonjwa wa kimeta kutoka kwa mtu mwingine au kuusambaza kwa watu wengine.

Itakuwaje Iwapo Nitapata Ugonjwa wa Kimeta?

Kwa kawaida watu huwa wagonjwa baada ya siku 1 hadi 7 za kuambukizwa ugonjwa wa kimeta, lakini iwapo upo katika mapafu yako huenda ikachukua siku 42 kabla ya kuwa mgonjwa.

Unaweza kusababisha ngozi yako kuwa na uvimbe au majipu. Unaweza kuwa na koo linalowasha, homa kidogo, kuumwa na kichwa, matatizo ya kukohoa na kupumua.

You will need to be treated with medicine because anthrax can cause serious illness or death.

How Is Anthrax Treated?

There is no way to test for anthrax before you get sick.

Antibiotics are used to treat all types of anthrax. Health-care workers will give you medicine (doxycycline or ciprofloxacin). This medicine can help prevent an anthrax infection, even if you don't feel sick.

You may have to take this medicine for 60 days. The medicine can cause nausea, diarrhea, headache or a yeast infection (women only), but it is important that you keep taking the medicine until it is gone.

Children have to take different amounts of the medicine than adults. Health-care workers have information on how to give medicine to children and babies.

Is There An Anthrax Vaccine?

There is an anthrax vaccine, which is recommended for adults 18 through 65 years of age **who are at risk of exposure to anthrax bacteria**, such as certain laboratory workers and people who handle potentially infected animals. These people should get three doses of vaccine: the first dose when risk of a potential exposure is identified, and the remaining doses at one and six months after the first dose. After the six-month dose, the vaccine recipient is considered protected and can work in areas where there is a risk of exposure to anthrax. Boosters at 12 and 18 months, and annually thereafter, are recommended for ongoing protection.

Utahitaji kutibiwa kwa dawa kwa sababu kimeta kinaweza kusababisha ugonjwa hatari au kifo.

Ugonjwa wa Kimeta Hutibiwa Vipi?

Hamna njia ya kupima ili kutambua ugonjwa wa kimeta kabla hujawa mgonjwa.

Viuu vijasumu hutumika kutibu aina zote za kimeta. Wafanyakazi wa huduma za afya watakupa dawa (doxycycline au ciprofloxacin). Dawa hii inaweza kusaidia kuzuia maambukizi ya kimeta, hata kama hujihisi kuwa mgonjwa.

Huenda ukatakiwa kutumia dawa hii kwa siku 60. Dawa inaweza kusababisha kichefuchefu, kuhara, kuumwa na kichwa au maambukizi ya chachu (wanawake pekee), lakini ni muhimu kuwa uendeleo kutumia dawa hadi kitakapotoweka.

Watoto wanatakiwa kutumia viwango tofauti vya dawa kuliko watu wazima. Wafanyakazi wa huduma za afya wana maelezo kuhusu jinsi kuwapa dawa watoto wachanga na wadogo.

Je, Kuna Chanjo ya Ugonjwa wa Kimeta?

Kuna chanjo ya kimeta, ambayo inapendekezwa kwa watu wazima walio na umri wa miaka 18 hadi 65 **ambao wako katika hatari ya kuambukizwa bakteria ya kimeta**, kama vile wafanyakazi fulani wa maabara na watu wanaoshughulikia wanyama walio na uwezekano wa kuambukizwa. Watu hawa wanapaswa kupata vipimo vitatu vya chanjo: kipimo cha kwanza wakati hatari ya uwezekano wa kuambukizwa inapotambulika na vipimo vilivyosalia katika mwezi mmoja na sita baada ya kipimo cha kwanza. Baada ya kipimo cha mwezi wa sita, mpokeaji wa chanjo huchukuliwa kuwa amelindwa na anaweza kufanya kazi katika maeneo ambako kuna hatari ya kuambukizwa kimeta. Viongeza nguvu kwa miezi 12 na 18 na kisha baadaye kila baada ya mwaka, vinapendekezwa kwa ulinzi endelevu.

Anthrax vaccine is also recommended for **unvaccinated people of all ages who have been exposed to anthrax**. The vaccine has not been studied or used in children less than 18 years of age and its use in exposed children must be under an Investigational New Drug (IND) program and requires informed consent from a parent or legal guardian. These people should get three doses of vaccine together with recommended antimicrobial drugs: the first vaccine dose as soon after exposure as possible, and the remaining doses two and four weeks after the first.

Chanjo ya kimeta inapendekezwa pia kwa **watu wa umri wote ambao hawajapata chanjo ambao wameambukizwa na kimeta**. Chanjo haijafanyiwa uchunguzi au kutumika kwa watoto walio na umri usiozidi miaka 18 na matumizi yake kwa watoto walioambukizwa yanapaswa kuwa chini ya mpango wa Dawa Mpya ya Uchunguzi (IND) na inahitaji idhini inayofaa kutoka kwa mzazi au mlezi halali. Watu hawa wanapaswa kupata vipimo vitatu vya chanjo pamoja na dawa zinazopendekezwa za kuua vijiumbe: kipimo cha kwanza cha chanjo haraka iwezekanavyo baada ya kuambukizwa na kipimo kilichosalia wiki mbili au nne baada ya kipimo cha kwanza.