

Qaaxo (Tiibey)

Tuberculosis (TB)

Tuberculosis or TB is a disease caused by germs called bacteria that most often affects the lungs. You can get 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, stress and other causes.

Types of infection

There are two types of TB infection, latent and active.

Latent infection is when you may have no signs of TB. The bacteria are in your body, but they are not active. You will not feel sick or spread TB to others. Skin or blood tests will be positive for TB. Treatment is still needed to prevent you from getting active TB later.

Active infection is when you have signs of the disease. You are able to spread the disease to others when you breathe, cough, sing or laugh and other people breathe in the TB germs. Without treatment, TB can cause serious damage to the lungs and death.

Signs

TB in the lungs can cause these signs:

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

Qaaxada ama Tiibeydu waa cudur uu sababo jeermis loo yaqaan bakteeriya kaasoo inta badan saameeya sanbabka. Waxaad qaadi kartaa qaaxada marka aad qaadato neef uu jeermisku la socdo. Waxaad khatar sarreysa ugu jirtaa in aad qaaxada qaaddo haddii hannaankaaga difaaca uu liito. Hannaanka waxaa daciifin kara cunto xumida, xanuun, daawooyin, murugo iyo sababaha kale.

Noocyada caabuqa

Waxaa jira laba nooc oo caabuqa qaaxada ah, mid qarsoon iyo mid muuqda.

Caabuqa **qarsoon** waa marka laga yaabo in aadan lahayn calaamadaha qaaxada. Bakteeriyadu jirkaaga ayay ku jirtaa, laakiin maahan mid muuqata. Ma dareemaysid inaad xanuunsan tahay ama aad gudbinaysid qaaxada dadka kale. Tijaabooyinka maqaarka ama dhiiggu waxay noqonayaan in qaaxadu ay kugu jirto. Daaweyn ayaa wali loo baahan yahay si lagaaga hor istaago in aad qaaddo qaaxada muuqata hadhow.

Caabuqa **muuqdawaa** marka aad leedahay calaamadaha cudurka. Waxaad awooddaa in aad cudurka ku faafiso dadka akle marka aad neefsato, qufacdo, heesto ama qosasho dadka kalana ay qaataan neef uu la socdo jeermiska qaaxadu. Haddii aan la daaweyn, qaaxadu waxa ay ku sababi kartaa waxyeello khatar ah sanbabada iyo dhimasho.

Calaamadaha

Qaaxada sanbabku waxa ay sababi kartaa calaamadahaan:

- Qufac soconaya in kabadan 3 asbuuc ama aan baxayn
- Qandho iyo qarqaryo
- Miisaanka oo luma ama oomateedka oo luma
- Dareemidda tabar darro iyo daal
- Xanuun xabadka ah
- Dhidi habaynkii ah

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 tests of the sputum you cough up to see if you have TB. Your family members and others living with you will also be skin tested to check if they also are infected.

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.

Medicines

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

- For latent infection, you may need to take medicine for 3 to 9 months.
- For active TB, medicine treatment may be needed for 6 to 12 months or more.

Take your medicines as directed. You may need more than one type of medicine for TB.

- **You need to take all of your medicines for as long as your doctor orders.**
- **Do not stop taking them, even if you feel better.**

Skipping doses or stopping medicines early can cause:

- The spread of TB to others.
- The infection to come back.
- The germs to become resistant to the medicine. This means the germs are harder to stop with the medicines available, making it harder to treat.

Baaritaan

Tijaabo maqaarka ah ayaa la samayn doonaa si loo fiiriyo in aad qabto. Tijaabo muujinaysa jiritaanka waxa ay la micno tahay in aad qabto. Haddii tijaabadaadu ay tahay in uu jiro cudurku, dhaqtarkaagu waxa uu sidoo kale isticmaali karaa tijaabada dhiigga, raajada xabadka iyo tijaabooyinka candhuufta aad qufacdo si uu u arko in aad qaaxo qabto. Xubnaha qoyskaaga iyo dadka kale ee kula nool ayaa sidoo kale tijaabada maqaarka laga qaadi doonaa si loo hubiyo in ay sidoo kale qabaan.

Tijaabo muujinaysa in uusan cudur ku jirin waxa ay had iyo jeer muujisaa in aadan qabin. Tijaabada maqaarku waxaa laga yaabaa in aysan falgal samayn haddii aad hannaan difaac oo daciif ah aad leedahay. Dhaqtarkaaga ayaa laga yaabaa in uu kaa hubiyo qaaxada haddii tijaabada jirkaagu muujinayso in aan cudurku jirin, laakiin wali aad muujinayso calaamadaha.

Daawooyinka

Haddii aad leedahay tijaabada jirka oo muujinaysa jiritaanka cudurka ama aad qabto qaaxada, waxaad bilaabi doontaa daawo.

- Caabuqa qarsoon, waxaad u baahnaan doontaa in aad daawo qaadato 3 ilaa 9 bilood.
- Qaaxada muuqata, la tacaalka daaweynta waxaa looga baahan karaa 6 ilaa 12 bilood ama ka badan.

U qaado daawadaada sida lagu sheegay.

Waxaad u baahan kartaa wax kabadan hal nooc oo daawada qaaxada ah.

- **Waxaad u baahnaan doontaa in aad u qaadato dhammaan daawooyinkaaga sida dhaqtarkaagu kuu amray.**
- **Ha joojin qaadashadooda, xataa haddii aad soo kabasho dareento.**

Ka boodidda kuurada ama joojinta daawooyinka waqti hore waxa ay sababi kartaa:

- In aad ku faafiso qaaxada dadka kale.
- In caabuqu kugu soo laabto.
- In jeermisku adkaysi u yeesho daawada. Tani waxay lamicno tahay in jeermisyadu ay adkaanayso in lagu joojiyo daawada la heli karo, taasoo adkaynaysa in la daaweeyo.

Most often, after 2 to 3 weeks of medicine treatment for active TB, you are no longer contagious. This means you will not pass TB germs to others, but you still need to take your medicine as ordered.

Protect yourself and others

- Wash your hands well with soap and water or use alcohol based hand sanitizer before and after meals.
- Keep your body strong. Eat 3 meals and drink 6 to 8 glasses of fluid each day.
- Go to all your doctor appointments.
- **Always cover your mouth** when you cough or sneeze with a tissue, then throw it away. You can also cough into your sleeve if you do not have a tissue. Then, wash your hands.

Hospital care

If you are sick enough that you need to be in the hospital, steps will be taken to prevent others from getting TB.

- You will be isolated in your room 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.

Inta badan, 2 ilaa 3 asbuuc ee tacaalka daaweynta qaaxada muuqata kaddib, ma tihid mid gudbinaya. Tan micneheedu waa in aadan u gudbinayn jeermiska qaaxada dadka kale, laakiin waxa aad wali u baahan tahay in aad daawadaada u qaadato sida laguugu amray.

Ilaali naftaada iyo dadka kale

- Si wanaagsan gacmahaaga ugu dhaq saabuun iyo biyo ama gacmo nadiifiye ka samaysan alcohol kahor iyo kaddib cuntada.
- Jirkaaga ka dhig mid xoogga. Cun 3 jeer cabna 6 ilaa 8 galaas oo dareere ah maalin kasta.
- Aad dhammaan ballamaha dhaqatar kaaga.
- **Had iyo jeer ku dabool afkaaga** marka aad qufacayso ama hindhisayso tiish, kaddibna tuur. Waxaad sidoo kale ku qufuci kartaa maradaada haddii aadan tiish haysan. Kaddib dhaq gacmahaaga.

Xannaanada isbitaalka

Haddii aad u xanuunsan tahay taasoo ka dhigan in aad isbitaalka joogto, tilaabooyin ayaa la qaadi doonaa si looga hor istaago dadka kale in ay qaadaan qaaxada.

- Waxaa laguugu karantiili doonaa qolkaaga ilaa aad ka qaadato daawada qaaxada 2 ilaa 3 asbuuc ama ilaa candhuuftaadu noqoto mid aan qabin.
- Qof kasta oo qolkaaga yimaada waxa uu xiran doonaa maas karaati.
- Albaabka qolkaagu waa uu xirnaan doonaa.
- Waxaad u baahan dontaa in aad maaskare xirato marka aad qolka kasoo baxdo.

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.
- 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.

Isla markiiba wac dhaqtarkaaga haddii aad:

- Leedahay qufac daran.
- Qufac dhiig wata.
- Neefsi dhibaato ah.
- Miisaanka aad luminayso xataa markii aad cunto wanaagsan cunayso.
- Aad qandho ama dhidid habaynkii ah leedahay.
- Aad kaadi bunnii ah ama saxaro cawlan aad leedahay.
- Aad leedahay jir jaalle ah ama indho jaalle ah.

La hadal dhakhtarka kaaga ama kalkaaliyahaaga haddii aad qabto wax suaalo ah ama welwel ah.