- Lallabada waa waxyeello caadi ah ee daawoyinka badankooda. Hase-yeeshe, haddii aad matagto, daawada sii fiican jirkaaga u gali maayo. Haddii aad matagto ama calool xanuun qabtid fadlan hubi inaad si deg-deg ah la xiriirto takhtarkaaga ama kaaliyahaada TB.
- Firiiricyada jirka iyo cuncun ayaa kugu dhici karo, laakiin keligooda ayeey iska fiicnaadaan. Marar dhif ah maqaarka iyo faruuraha iyo gudaha afka ayaa casaan noqon karo iyo diirmi kara. Haddii aad kani isku aragto, fadlan jooji kaniinigaaga TB iyo si deg-deg ah la xiriir takhtarkaaga ama kaaliyahaada caafimaad ee TB.

Daawoyinka isku qasan

Voractiv

Voractiv waa afar daawo TB oo la isku qasey (Rifampicin, Isoniazid, Pyrazinamide, Ethambutol) oo laga dhigey hal kaniini.

Rifater

Rifater waa seddax daawo TB oo la isku qasey (Rifampicin, Isoniazid iyo Pyrazinamide) oo laga dhigey hal kaniini.

Rifinah

Rifinah waa labo daawo TB oo la isku qasey (Rifampicin iyo Isoniazid) oo laga dhigey hal kaniini.

Halkee ka heli karaa taageerid?

Haddii aad qabtid TB, waxaa jiro caawinaad aad heli kartid sidii aadan u dareemin keli ahaan.

Kaaliyahaada TB ayaa halkaas joogto si ay kugu taageerto daaweynta qaaxada. Hubi inaad tegto dhammaan ballamada iyo u sheeg xirfadlayaasha caafimaad haddii aad dhibaato ku qabtid qaadashada kaniiniyaashaada.

Waxaa faa'iido lahaan karo inaad la hadasho qof kale oo TB qabo oo iminka roonaadey. Digniin-bixinta TB (TB Alert), waa urur samafal qarameed ee horyaal ku ah qaaxada dalka UK, waxayna kula xiriirin karaan xubin ka mid ah **Kooxda Wax-qabadka Qaaxada (TB Action Group (TBAG))** oo ku farxi doono inuu kula sheekeysto iyo kugu caawiyo daaweyntaada.

Si aad u hesho macluumaad ka badan ee ku saabsan qaaxada iyo daaweyntiisa, weydii shaqaalaha rugta caafimaad haddii ay ku siin karaan buug-yare kale ee TB Alert ee lagu magacaabo Tuberculosis (TB) Treatment (Daaweynta Qaaxada).

Xasuuso: Kaaliyahaada TB waxay halkaas u joogtaa si ay talo iyo caawinaad kuu siido intii daawada kuu socoto. Fadlan la xiriir Kaaliyahaada TB haddii aad ku xanuunsato daawadaada ama haddii ay jirto wax aadan hubin oo ku saabsan daawoyinka TB.

Kaaliyahaada TB waa:

Takhtarkaaga isbitaalka waa:

Telefoon:

Email:

TB Alert, Community Base, 113 Queens Road,
Brighton, BN1 3XG
Tel: 01273 234029 **www.tbalert.org**

Si aad u hesho macluumaad dheeraad ah oo khuseeya TB iyo si aad u akhriso sheekooyinka dhabta ah ee dadka kale ku dhacey cudurka, fadlan u booqo *The Truth About TB* (Runta Ku Saabsan Qaaxada) www.thetruthabouttb.org

Haddii aad su'aalo ka qabtid TB, ama rabtid inaad ogaato warar ka badan oo ku saabsan TB Action Group (TBAG) fadlan wac 01273 234770.

TB Alert waa urur samafal qarameed ee horyaal ku ah qaaxada. Barnaamajyadeena waxaa laga qabtaa UK, Hindiya iyo Afrika, waxaana xittaa si iskaashato ah la shaqeynaa qolooyin caalam ah si aan adduunka oo dhan ka hortagno TB'da. Wax-qabadyadeena waxay diiradda saaraan seddax qayb wayn:

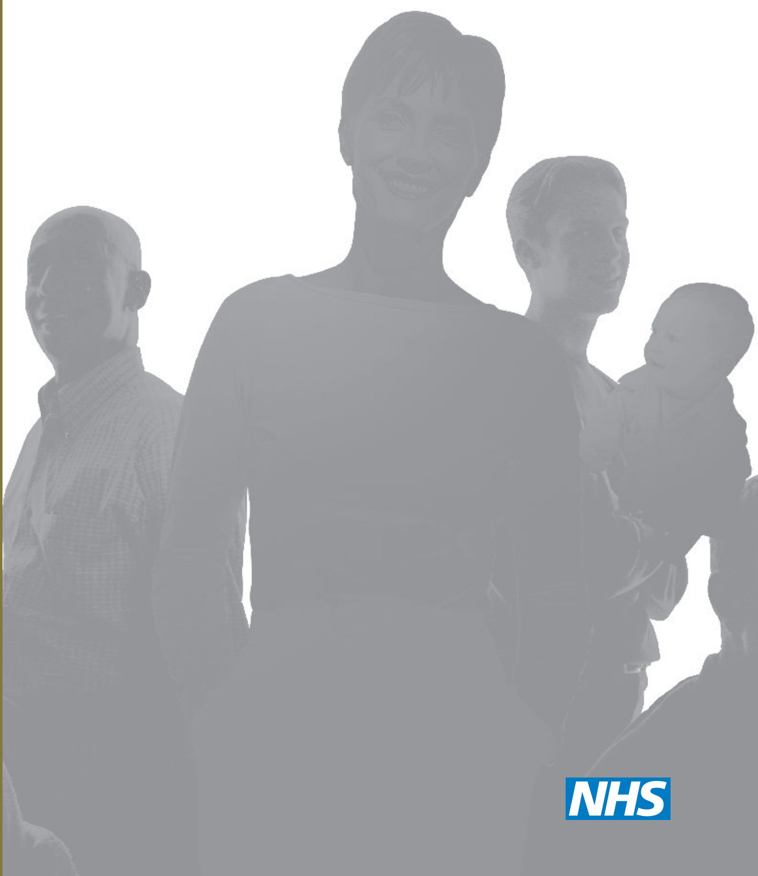
- Kor u qaadida aqoonta u shacbiga ka qabo TB, iyo taageerida bukaanka intii ay daawada u socoto
- Isku keenida sharciyada adeegyada caafimaadka, ururyada mutaddaawiciinta iyo dadka uu TB saamayn ku yeeshey si loo qorsheeyo iyo bixiyo adeeg TB ka fiican
- Siyaasadaha wax soo saarka iyo codsiga iloyin lagu wanaajiyo xannaanada bukaanada, laga hortago iyo la xakameeyo qaaxada

Hawsheena waxaan ku taageerna ujeddada ururkeena oo ah in la kordhiyo helidda daaweyn wax-tar leh ee lagu daaweeyo dhammaan dadka qabo TB.

Macluumaad walba ee ku qoran buug-yarahaan kuna saabsan cudur-aqoonsiga iyo daaweynta qaaxada waxaa loogu talagalay oo kaliya in cudurka laga baxsho macluumaad guud. Looguma talagalin inay beddel u noqoto cudur-oaqoonsiga, xirfadda, khibradda iyo aqoonta takhaatiirta, farmashiistayaalka ama xirfadlayaasha caafimaad ee kale ee bukaanka xannaaneeyo. Dhammaan macluumaadka ku qoran buug-yarahaan looguma talagalin in lagu go'aamiyo cudur-aqoonsi ama daaweyn. Su'aal iyo wel-wel walba laga qabo cudur-aqoonsiga iyo daaweynta waa in loola tego xirfadlayaasha caafimaadka.

TB Alert waa shirkad dammaaano ku xadeysan, ku diiwaangashan Ingiriiska Lamb. 3606528. Hay'ad samafal diiwangashan lamb. 1071886. design: **worksong**, london 020 8352 8300 Revised 2013

Ku Saabsan Daawoyinka Qaaxadaada (TB)



Haddii adiga ama qof aad jeceshahay lagu ogaadey qaaxo (TB), ha wel-welin. Qaaxadu waa cudur la daaweyn karo.

Habka kaliya ee lagu daaweyn karo TB waa markii la qaato daawo gaar ah iyo in la sii qaato ilaa uu takhtarka jooji ku yiraahdo. Kani wuxuu ku qaadan karaa ilaa lix bilood, markaas ka dib ayaa la ogaan karaa in jirkaaga TB ka baxey.

Daawoyinka TB'da waxay mar-mar sababi karaan waxyeello, sida daawoyinka kale. Buug-yarahaan waxaa loogu talagaley in lagugu macneeyo wax intaa ka badan ee ku aabsan daawoyinka lagu daaweeyo qaaxada.

Ka hor intii aadan qaadanin daawadaada TB

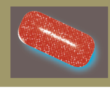
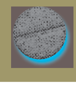
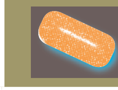
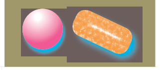
U sheeg takhtarkaaga:

- Dhammaan daawoyinka kale aad qaadato ay ku jirto daawada aad ka iibsato farmashiiyaha jaaliyadda
- Wixii xasaasiyad ah aad ka qabtid daawoyinka aad horey u qaadatey
- Haddii weligaa beerka cudur kaaga dhacey
- Haddii weligii kugu dhacey cudur kale oo aad u xun

Daaweynta TB waxaa la qaban karaa intii uur la leeyahay. Hase-yeeshe waa muhiim in tahtarkaaga u sheegto haddii aad uur leedahay, u maleyso inaad uur leedahay ama aad cunug naas-nuujineyso sababtoo ah waxay ku qori karaan daawo habboon.

Gormaan qaataa kaniiniyaasheeda?

Takhtarkaaga ama kaaliyahaada caafimaad ayaa kaala hadli doonto waqtiga ugu habboon ee la qaato kaninnigaaga TB, laakiin halkaan ka eeg tilmaam caawinaad leh:

	Rifampicin 	Isoniazid 	Pyrazinamide	Ethambutol 400mg 100mg	Voractiv 	Rifater	Rifinah 150mg 300mg 
U fiican yahay in la qaato markii caloosha eber yahay – qaado ugu yaraan **hal saac ka hor** cunto-cunid ama **labo saac ka bacdi**	✓	✓			✓	✓	✓
Waxaa lagu qaadan karaa cunto ama cunto la'aan			✓	✓			
Waxyeelloyinka caadi ahaan la dareemo							
Xanuunka caloosha sida lalabbo, matag ama shuban	✓	✓	✓	✓	✓	✓	✓
Astaamaha hergabka, sida dhaxan, qandho, madax wareer iyo xanuunka kalagoysada xubnaha jirka	✓		✓		✓	✓	✓
Firiiricyada jirka ka soo baxo iyo cuncun	✓	✓	✓	✓	✓	✓	✓
Dhibaatada xagga caadada	✓				✓	✓	✓
Jirka oo loo maleeyo in cirbado ku mudaayaan		✓		✓	✓	✓	✓
Dareeraha ka soo baxo jirka (kaadi, candhuuf, shahwo, dareerka siilka) ayaa noqon karo midabka oraanj casaan	✓				✓	✓	✓
Waxuu yareeya saamaynta daawada hormoonka ee uurka looga hortago (kaniini, ama wax kale ee daawada ku jirta)*	✓				✓	✓	✓

*Haweenada waa inay isticmalaan hab kale ee uurka looga hortago markii ay isticmaalaayaan daawoyinkaan TB. Talo ka codso takhtarkaaga ama kaaliyahaada caafimaad.

Waxyeello muhiim ah

- Voractiv, Rifater, Pyrazinamide iyo Isoniazid waxay si dhif ah sababi karaan cagaarshow (maqaarka ama indhaha oo huruud noqonaayo). **Haddii aad kani isku aragto, fadlan jooji kaniinigaaga TB iyo si deg-deg ah takhtar u teg.** Takhtarkaaga ama kaaliyahaada caafimaad ayaa kuu qaban-qaabin doono in baaritaanka beerka lagugu sameeyo ka hor intii aadan bilaabin daawadaan TB adigana waa lagu baari doonaa intii ay daawada kuu socoto.
- Voractiv, Ethambutol iyo Isoniazid si dhif ah ayuu u sababi karaa dhibaato dhinaca aragga (mugdi ama dhax galka midabyada casaanka/cagaarka). **Haddii dhibaato dhinaca aragga kugu dhaco, fadlan jooji kaniinigaaga TB iyo si deg-deg ah u sheeg takhatarkaaga ama kaaliyahaada caafimaad.** Takhtarkaaga ama kaaliyahaada caafimaad ayaa kuu qaban-qaabin doono in baaritaanka indhaha lagugu sameeyo ka hor intii aadan bilaabin daawada TB.