



## Waa maxay Cagaarshowga B?

Cagaarshoowga B waa caabuq xun oo ku dhaca beerka uuna keeno fayraska Cagaarshoowga B. Wuxuu noqon karaa xanuun fudud oo soconaaya dhowr asbuuc, ama xanuun xun oo intaad nooshahay kula socda.

1 kamid ah 4 tii qof oo qaba Cagaarshoowga B ayaa qaadi doona xanuunnada xun ee beerka, xataa kansar, laakiin daawayn iyo la socosho ayaa la heli karaa marka xili hore lagaa helo.

## Sidee ayuu ku faafaa Cagaarshoowga B?

Cagaarshoowga B ayaa iskaga gudba dadka marka uu jirkooda galo dhiiga ama dheecaanka jirka qofka fayraska sida. Wuxuu iskaga gudbi karaa:

- Hooyada uurka leh ee ku rida ilmaheeda markuu dhalanaayo
- Taabashada dhiiga qofka qaba caabuqa Cagaarshoowga B
- Wadaagista agabka daryeelka shaqsiga ah sida buraashka cadayga, sakiinta, cidiyo jarta, ama qalabka caafimaadka (sida aalada la socota heerka sonkorta) ood la isticmaasho qof qaba Cagaarshoowga B
- Samaynta galmada
- Wadaagista cirbadaha, saliingeyaasha, ama qalabka diyaarinta daawada

## Cagaarshoowga B KUMA faafo:

- La wadaagista cunto ama maacuunta cuntada
- Taabashooyinka caadiga ah sida xabad isa saarida, shumiska, ama gacmaha oo la isqabsado
- Biyaha ama hawada

## Si aad u hesho macluumaad dheeraad ah:

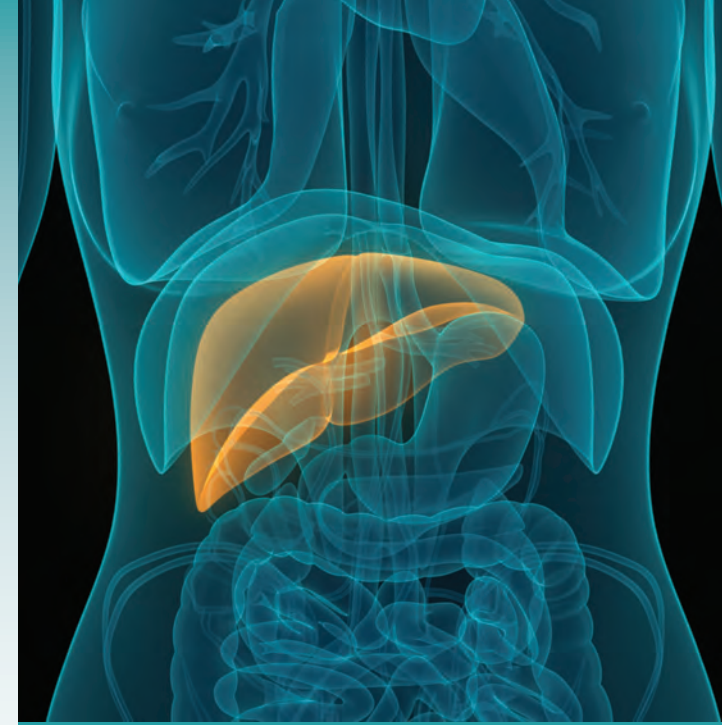
**Centers for Disease Control and Prevention (CDC, Xarumaha Ka hortaga iyo Xakameynta Xanuunka)**  
[www.cdc.gov/hepatitis/hbv/](http://www.cdc.gov/hepatitis/hbv/)



[doh.wa.gov/hepbhub](http://doh.wa.gov/hepbhub)

DOH 420-405 May 2022 Somali

Si aad u codsato dukumiintigaan oo qaab kale ah, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimayl u dir [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov). Isha xogta: Minnesota Department of Health, Hepatitis B



# Cagaarshoowga B Waxa ay tahay in qof kasta uu ogaado





## Qofkee ayay tahay in la baaro?

Halka qaab oo lagu ogaan karo inaad qabto Cagaarshoowga B waa in lagu baaro.

- Dhammaan dadka uurka leh waa in si joogto ah looga baaro Cagaarshoowga B. Haddii qof uur leh laga helo Cagaarshoowga B, talaal waqtiga saxda ah la siiyo ayaa kahortagi kara in fayrasku ku dhaco ilmaha.
- Dadka la nool qof qaba caabuqa Cagaarshoowga B.
- Dadka halista dheeraadka ah ugu jira Cagaarshoowga B, dadkaan waxaa kamid ah:
  - Dadka ku dhashay dhulka cagaarshoowga B uu ku badan yahay ama dadka waalidkood ku dhasheen dhulkaas, sida qaarada Afrika ama Eeshiya.
  - Dadka isku dura daroogooyinka
  - Ragga u galmooda raga kale:



## Qofkee ayay tahay in la talaalo?

Centers for Disease Control and Prevention (CDC, Xarumaha Ka hortaga iyo Xakamaynta Xanuunka) waxay ku talinaysaa in Tallaalka Cagaarshoowga B la siiyo dadka intooda badan, ayna ku jiraan:

- Dhammaan ilmaha dhashay
- Dhammaan carruurta aan qaadan talaalka iyo dadka waawayn ee jira illaa da'da 59 sano, ayadoon laga eegayn khatarta ay u geli karaan
- Dadka waayeelka ah ee jira 60 sano iyo ka wayn ee khatarta wayn ku jira:
  - Dadka khatarta ugu jira inay caabuqa ka qaadaan galmada
  - Dadka khatarta ugu jirada inay ka qaadaan cudurka taabashada dhiiga qof qaba caabuqa
  - Dadka u safra goobaha caabuqa Cagaarshoowga B uu yahay heerarka dhexe illaa sare
  - Dadka qaba cudurka beerka ee muddada-dheer
  - Dadka qaba caabuqa HIV
  - Dadka naafada ah
  - Dhammaan dadka kale ee doonaaya difaaca ka dhan ah Cagaarshoowga B



**Qiyaastii 296 milyan oo qof ayaa la nool cagaarshoowga B aduunka oo dhan, laakiin qaar badan ayaan ogayn inay qabaan waayo ma dareemayaan xanuun ama uma muuqdaan kuwo jiran.**



## Talaalku ma yahay mid ammaan ah?

Tallaalka Cagaarshoowga B waa mid badqab iyo waxtar leh. Waxaa lagu isticmaalayay Maraykanka ilaa sanadkii 1982.

In ka badan hal bilyan oo talaalka cagaarshoowga B ayaa la siiyay dadka daafaha aduunka.

Xanuunnada ugu badan ee talaalku keeno waa kuwo fudud ilaa kuwo dhex-dhexaad ah ayna ku jiraan qandho iyo xanuunka meesha cirbada lagu dhuffay. Ciladahaan ayaa socon kara 1-2 maalmood.



## Xagee ayaan ka heli karaa talaalka cagaarshoowga B?

Waydii farmashiyahaaga, dhakhtarka, ama waaxda caafimaadka ee deegaanka qaadashada talaalka. Qaar kamid ah rugaha caafimaadka ayaa baxsha talaallada Cagaarshoowga B oo bilaash ah ama qiimo jaban.

Caymiska caafimaadka ayaa dabooli kara qarashka talaalka dhammaan dadka ilaa da'da 59, iyo dadka ka wayn 60 sano ee khatarta ugu jira.

Haddii aad ilmo dhasho, ilmahaaga ayaa talaalka ku qaadan kara isbitaalka kahor intaadan bixin. Tallaalka lacag la'aan ayay ku helayaan ilmaha dhashay.