

Reminder Card - Get Tested and Vaccinated for Hepatitis B!



Protect yourself and your loved ones.

Hepatitis B is a virus that infects the liver and can cause liver disease, cancer, and death. Many people who are infected don't know that they have the virus.

There is no cure, but the vaccine is safe and can protect from getting hepatitis B. You must complete the two or three-dose vaccine series to be fully protected.

Finding out early and getting care from a doctor is important to help you live a long and healthy life. Get tested and if at risk, get vaccinated.



Fill in your hepatitis B vaccination dates:

1st Dose Date:

___/___/___

2nd Dose Date:

___/___/___

3rd Dose Date:

___/___/___



DOH 420-437 October 2022

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Kaarka Xasuusinta ah - Isbaar oo iska Talaal Cagaarshoowga B!



Difaac naftaada iyo ehelkaaga.

Cagaarshoowga B waa fayras ku dhaca beerka wuxuuna keeni karaa xanuunka beerka, kansarka beerka, iyo geeri.

Dad badan oo qaba caabuqa ayaan ogayn inay fayraska qabaan.

Ma lahan wax daawo ah, laakiin talaalka ayaa ah mid badqab leh wuxuuna kaa difaaci karaa inuu kugu dhaco cagaarshoowga B. Waa qasab inaad dhamaysato taxanaha labada ama saddexda kuuro ah si aad u hesho difaac buuxa.

Helitaanka caabuqa xili hore iyo qaadashada daryeel aad ka hesho dhakhtar ayaa muhiim ah si lagaaga caawiyo inaad muddo dheer noolaato nolol caafimaad leh. Isbaar oo haddii aad khatar ugu jirto, qaado talaalka.



Buuxi taariikhahaaga talaalka cagaarshoowga B:

Taariikhda Kuurada 1aad:

___/___/___

Taariikhda Kuurada 2aad:

___/___/___

Taariikhda Kuurada 3aad:

___/___/___



DOH 420-437 October 2022 Somali

Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir civil.rights@doh.wa.gov.