

Viral Hepatitis

Hepatitis is a disease of the liver most often caused by a virus. In severe cases, it can damage the liver. There are different types of hepatitis.

Most cases of hepatitis can be spread to other people. It is spread by sexual contact or by contact with stool, urine, blood or other body fluids of an infected person.

Signs

Common signs include:

- Body aches, weakness, tiredness
- Loss of appetite
- Nausea or vomiting
- Diarrhea or constipation
- Dark urine
- Light colored stool
- Fever
- Headache
- A dull ache in the right upper side of the abdomen
- Yellow color to the skin called jaundice
- Itchy skin
- Joint pain and rashes

Some people with hepatitis have no signs.

Cagaarshowga/Jooniska Fayraska (Viral Hepatitis)

Cagaarshowgu/Joonisku waa cudur ku dhaca beerka inta badan waxa keena fayras. Marka ay jiraan xaalado daran, waxa uu dhaawici karaa beerka. Waxa jira noocyo kala duwan oo ah cagaarshow/joonis.

Cagaarshowga/jooniska intiisa badan waxa la qaadiin karaa dadka kale. Waxa la isugu tebiyaa xidhiidh galmo ama taabashada saxaro, kaadi, dhiig ama dheecaan jidh oo kale oo ka yimi qofka cudurka qaba.

Calaamadaha

Calaamadaha caamka ah waxa ka mid ah:

- Xanuun jidhka ah, tamar-daro, daal
- Rabista cuntada oo lunta
- Lallabo ama matag
- Shuban ama calool adag
- Kaadi madow
- Saxaro leh midab khafiif ah
- Qandho
- Madax-xanuun
- Xanuun khafiif ah oo kaa haya dhinaca midig sare ee caloosha
- Maqaarka oo yeesha midab ah hurdi/jaale loona yaqaano joonis
- Maqaar cuncun leh
- Xanuun ah laabatooyinka iyo finan

Dadka qaba cagaarshowga/jooniska qaarkood ma laha wax calaamado ah.

Your Care

A blood test will show your doctor what type of hepatitis you have. Your treatment will be based on your type of hepatitis and may include:

- Rest.
- Take only the medicines ordered by your doctor. Other medicines can affect your liver.
- Do not drink alcohol since it can further damage your liver.
- Do not smoke. Avoid second hand smoke.
- Eat small portions of low fat foods to decrease nausea.
- Apply cream often to itchy, dry skin.

How to Prevent the Spread of Hepatitis

If you have hepatitis or are caring for a person with hepatitis:

- Wash your hands often with soap and water. Be sure to wash your hands after contact with blood, stool, urine or saliva. Hand washing must always be done before fixing and eating food.
- The person with hepatitis should not handle food other people will eat. Throw away his or her leftovers.
- Wash dishes well with hot, soapy water and rinse.
- Wash clothing, sheets and towels used by the person with hepatitis separately.
- The person with hepatitis should not have sexual contact, including kissing, until his or her doctor says that it is safe.

Daryeelkaaga

Baadhitaan dhiig ayaa dhakhtarkaaga u muujin doona nooca cagaarshow/joonis ee aad qabtid. Daweyntaadu waxay ku xidhnaan doontaa nooca cagaarshow/joonis ee aad qabtid waxana ka mid noqon kara:

- Nasasho.
- Qaado kaliya dawooyinka uu amray dhakhtarkaagu. Dawooyinka kale waxay saameyn karaan beerkaaga.
- Ha cabin khamri sababta oo ah waxa uu waxyeelo dheeraad ah gaadhsiin karaa beerkaaga.
- Ha cabin sigaar. Iska ilaali qiiqa sigaarka qofka kale cabay.
- Cun qaybo yaryar oo ah cunto dufan yar si ay kaaga yaraato lallabadu.
- Marrar badan mari labeen maqaarka qalalan ee cuncunka leh.

Si Looga Hortago Fidista Cagaarshow/Joonis

Haddii aad qabtid cagaarshow/joonis ama aad daryeeshid qof qaba cagaarshow/joonis:

- Gacmahaaga ku dhaq marrar badan saabuun iyo biyo. U hubso in aad gacmahaaga dhaqidid ka dib marka aad la kulantid dhiig, saxaro, kaadi ama candhuuf. Waa in gacmo dhiqista mar kasta la sameeyo ka hor diyaarinta iyo cunista cuntada.
- Waa inaan qofka qaba cagaarshow/joonis aanu gacmaha la galin ama diyaarin cuntada ay dadka kale cunayaan. Iska tuur hanbadiisa.
- Saxamada si wacan ugu dhaq biyo kulul, oo saabuun leh ka dibna biyo raaci.
- Gooni u dhaq dharka, go'yaasha iyo tuwaalada/shukumaanada uu isticmaalay qofka qaba cagaarshow/joonis.
- Waa inaan qofka qaba cagaarshow/joonis yeelan galmo, oo ay ku jirto dhunkasho, ilaa dhakhtarkiisu sheego inay amaan tahay inuu sidaa yeelo.

Call your doctor if you have:

- Vomiting where you cannot keep down any fluids
- Vomit that is bloody or looks like coffee grounds
- Black bowel movements
- Changes in behavior
- Increased bruising

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Wac dhakhtarkaaga haddii aad qabtid:

- Matag keenaya in aanad xejisan karin wax cabitaan ah
- Matag leh dhiig ama u eeg midabka kafee la shiiday
- Saxaro leh midab madow
- Isbeddel ah xagga dabeecadda
- Burbur maqaarka ah oo soo kordhay

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