

Tuberculosis (TB)

TB is a disease caused by germs called bacteria that most often affect the lungs. You can be 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, or other causes.

Signs

People with TB may have some or all of these signs:

- Cough
- Fever
- Weight loss
- Coughing up blood
- Feeling weak and tired
- Chest pain

Testing

A skin test will be done to see if you are infected. A positive test means that you have been infected by the germ. Your doctor will do a chest x-ray and sputum tests to see if you have TB. Your family members and others living with you will also be skin tested.

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.

Qaaxada (TB)

TB waa cudur uu keeno jeermis loo yaqaanno bakteeriyo oo badanaa ku dhaca sanbabada. TB waxay kugu dhici kartaa marka aad ku neefsato jeermiska. Waxaad halis sarreysa ugu jirtaa in aad qaaddo TB haddii habka jidhku cudurada uu isaga difaaco ay daciifto. Habkaan waxaa daciifin kara cunto xumo, jirro, daawooyin, ama sababo kale.

Calaamadaha

Dadka qaba TB waxaa laga yaabaa in ay qabaan qaar ama dhammaan calaamadahaan:

- Qufac
- Qandho
- Caatoobid
- Dhiig quficid
- Daciiftinnimo iyo daal dareemid
- Laab xanuun

Baaritaanka

Baarid maqaar ayaa lagugu sameyn doonaa si loo arko haddii aad cudurka qabtid. Baaritaan lagaa helay macnihiisu wuxuu yahay in uu jeermisku kugu dhacay. Takhtarkaaga ayaa raajo feedhaha kaa saari doona candhuuftana kaa baari doona si uu u arko haddii aad TB qabto. Xubnaha qoyskaaga iyo dadka kale ee kula nool ayaa sidoo kale ayagana maqaarka laga baari doonaa.

Baaritaan lagaa waayo macnihiisu badanaa waa in uusan cudurku kugu dhicin. Baaritaanka maqaarku waxaa laga yaabaa in uusan jawaab bixin haddii habkaaga fayodhowrku uu daciif yahay. Takhtarkaagu waxaa laga yaabaa inuu kaa baaro TB haddii baaritaanka maqaarkaagu uu in lagaa waayey sheego, laakiin ay weli calaamado sii jiraan.

Your Care

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

- Take your medicines as directed. Take your medicines at the same time each day and do not stop taking them. You may have to take your medicines for 6-24 months. If you do not take your medicines, your TB may return and be harder to treat. You may also infect others if you do not take all of your medicines.
- Do not drink alcohol while on these medicines because the alcohol may cause liver problems.
- One of the medicines used to treat TB also may turn your urine and other body fluids orange.

If you are sick enough that you need to be in the hospital:

- You may be on respiratory isolation. This prevents others from getting TB.
- You will be isolated until you have been on TB medicines for 2-3 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.

If you have a positive skin test or have TB:

- Cover your mouth when you cough, sneeze or laugh. Then, wash your hands.
- Wash your hands before meals.
- Eat 3 meals and drink 6-8 glasses of liquids each day.
- Go to all doctor appointments.

Daryeelkaaga

Haddii maqaarka laga helo ama aad qabto TB, waxaa lagugu billaabi doonaa daawooyin.

- Daawada sidii lagu faray u qaado. Daawooyinkaaga isku waqti qaado maalin kasta hana joojin qaadashadooda. Waxaa laga yaabaa in ay tahay in aad qaadato daawooyin 6-24 bilood. Haddii aadan daawooyinka qaadannin, TB-daadu way kugu soo laaban kartaa wayna adkaanaysaa in lagaa daaweeyo. Waxaa sidoo kale laga yaabaa in aad dadka kalena ku riddo haddii aadan daawooyinka oo dhan wada qaadannin.
- Ha cabbin aalkolo inta aad daawooyinkaan qaadanaysid maxaa yeelay aalkoladu waxay keeni kartaa dhibaatooyin beerka ku dhaca.
- Mid ka mid ah daawooyinka loo isticmaalo in lagu daaweeyo TB-du waxaa laga yaabaa in ay kaadidaada iyo dheecaannada kale ee jidhka ka dhigto casaan.

Haddii aad jirran tahay oo aad u baahan tahay in isbitaalka lagu dhigo:

- Waxaa laga yaabaa in lagu karitiimeeyo. Tani waxay dadka kale ka ilaalinaysaa in ay TB qaadaan.
- Waa lagu karintiimayn doonaa ilaa aad ka qaadanayso daawooyinka TB-da 2-3 toddobaad ama ilaa candhuuftaadu ay ka noqoto mid aan jeermis lahayn.
- Qof kasta oo qolkaaga yimaada wuxuu xiran doonaa weji dabool.
- Albaabka qolkaaga waa la xiri doonaa.
- Waxaad u baahan doontaa in aad xirato weji dabool marka aad qolkaaga baxayso.

Haddii baaritaanka maqaarkaaga laga helo ama aad qabto TB:

- Afka iska dabool marka aad qufacayso, hindhiseyso ama qosleyso. Ka dibna, gacmaha iska dhaq.
- Gacmaha iska dhaq cuntada ka hor.
- Cun 3 cunto oo cab 6-8 koob oo cabitaanno ah maalin kasta.
- Aad dhammaan ballamada takhtarka.

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.

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Tuberculosis. Somali

Isla markiiba takhtarka wac haddii:

- Aad qufac xun qabto.
- Aad dhiig qufacdo.
- Ay dhibaato kaa haysato neefsashada.
- Aad caatowdo xataa adigoo cunto fiican cuna.
- Qaad qandho qabtid ama habeenkii dhididdo.
- Ay kaadidaadu baroon noqoto ama saxaradu boor noqoto.
- Uu maqaarku hurdi ku noqdo ama indhuhu jaalle ku noqdaan.

Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su'aalo ama walaac ah qabtid.

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