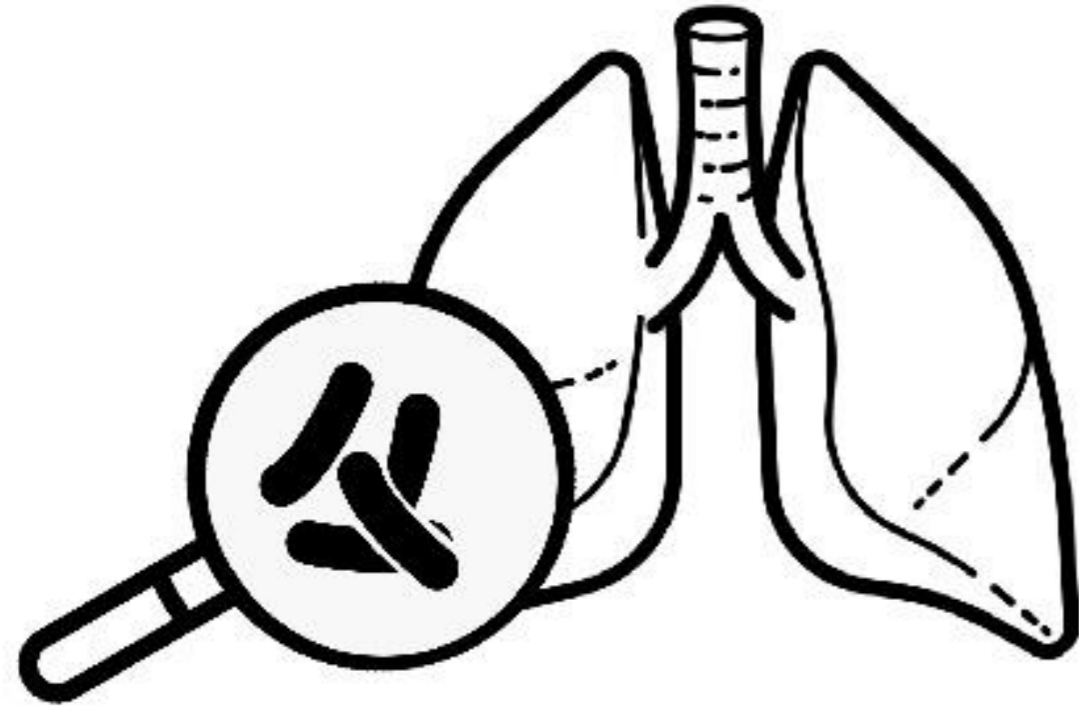


# Qaaxada (TB)

Xaashida xaqiiqada



Qaaxadu (TB) waa cudur ay sababto bakteeriyo, kaasoo inta badan ku dhaca sanbabada. Hase yeeshee, qaybaha kale ee jirka ayuu sidoo kale ku dhici karaa. Maaha in qof kasta oo qaba TB uu jirado. Arintaan awgeed, waxaa jira labo xanuun oo TB da la xariira: Caabuqa TB da ee hurda (aan qofka saamayn ku lahayn) iyo TB ga kacsan (qofka caabuqa ku ridaaya).



Marka qofka qaba TB ga kacsan ee sanbabadu uu qufaco, hindhiso, ama heeso, jeermiska TB da ayaa afkiisa ka baxaaya. Dadka ka agdhow qofkaan ayaa jeermisku geli karaa uurkooda.

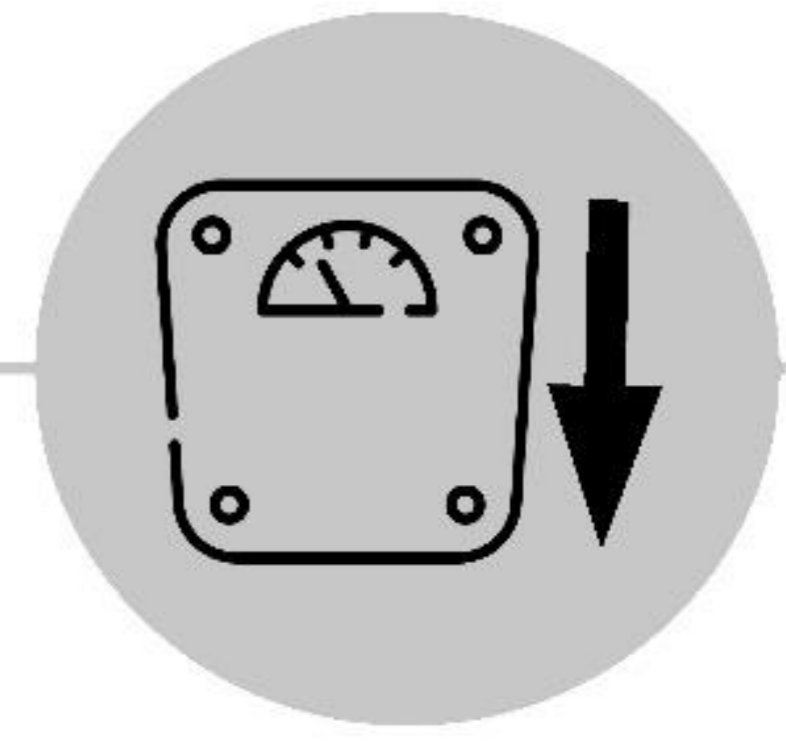
## Astaamaha iyo Calaamadaha



Qufac



Daciifnimo



Hoos u dhaca miisaanka



Dhidid habaynkii ah

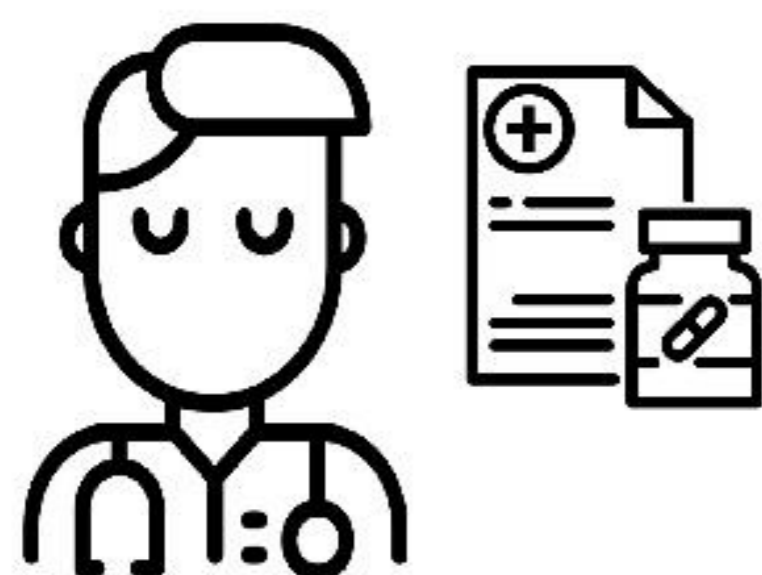


Xabadka oo ku adkaada



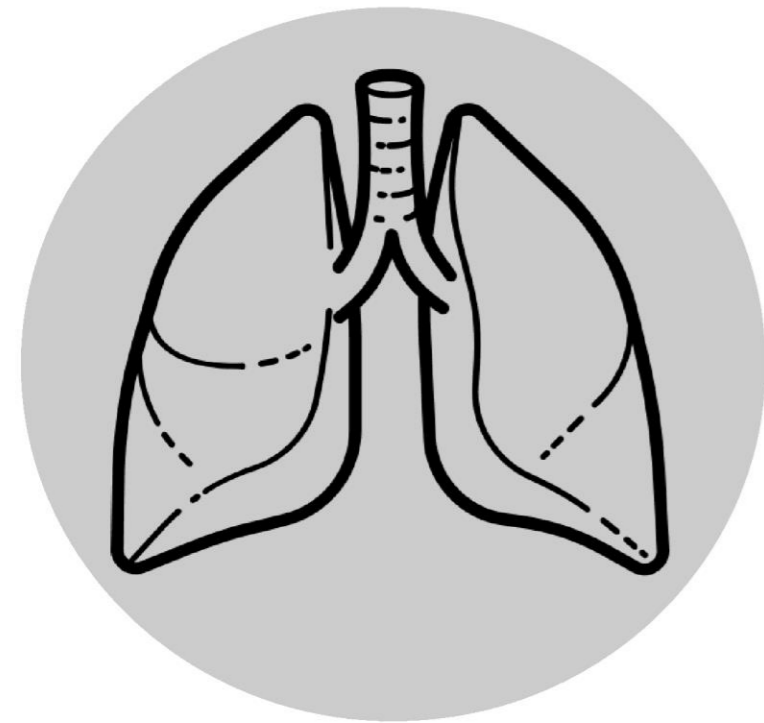
Qandho

Dadka qaba TB da sanbabada ayaa qabi kara qufac soconaaya sadex ama ka badan asbuuc, xabad xanuun, iyo/ama soo qufacida dhiig. Astaamaha kale ayaa ku xiran qaybta gaarka ah oo kamid ah jirka ee caabuqu haleelo.



La hadal dhakhtarkaaga haddii aad ka shakido inaad qabto TB. Dhakhtarkaaga ayaa amri kara baaritaanka maqaarka (TST) ama baaritaanka dhiiga (IGRA) si uu u helo caabuqa TB da ee hurda. Raajada xabadka ayaa la sameeyaa haddii midkood baaritaannadaan uu muujiyo in qofku qabo caabuqa. TB da kacsan waxaa lagu daaweeyaa anti-biyootig. Daawooyinka kahortaga ah ayaa loo heli karaa TB da huruda.

# Caabuqa Sanbabada/banaanka Sanbabada (Pulmonary/Extrapulmonary)



Cudurka TB ga ayaa keeni kara caabuqa sanbabada (pulmonary), kaasoo loo arko mid ku faafa dadka kale. Cudurka TB da ayaa sidoo kale ku dhici kara banaanka sanbabada (extrapulmonary), kaasoo aan ahayn mid dadka kale ku faafa.

## Qofkee buu ku dhacaa TB?



Qof kasta ayuu ku dhici karaa TB. Dadka khatarta wayn ugu jira waa xubnaha qoyska, saaxiibada, iyo dadka la shaqeeya ee la jooga qofka qaba cudurka TB da ee sanbabada.

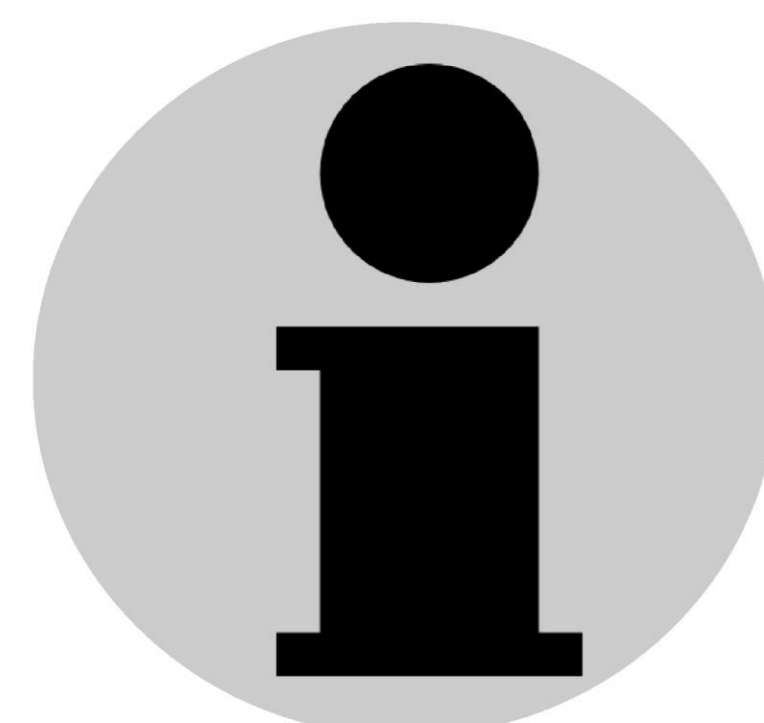
Dadka kale ee khatarta dheeraadka ah ku jira waxaa kamid ah dadka ku nool ama ka shaqeeya xarumaha kooxaha, dadka daroogada ama kahmriga isticmaalaha, dadka qaba xaaladaha Caafimaadka sida sonkoroowga, caabuqa HIV (oo ah fayraska keena AIDS ka), ama noocyo gaar ah oo kamid ah kansarka, iyo dadka miisaankoodu yaryahay. Dadka ka yimaada wadamada uu ku badan yahay cudurka TB da ayaa sidoo kale khatar dheeraad ah ugu jira.

## TB Aysan Daawooyinka Kaladuwan wax Ka tarayn



- TB Aysan Daawooyinka Kaladuwan wax Ka tarayn (MDR) waxaa keena jeermisyada TB da oo iska difaaca wareegga koobaad ee daawooyinka anti-bayootiga ah.
- Marka daawadu wax ka tari waydo, hal ama ka badan oo daawooyinka TB da ah ayaa ku fashilmay inay dilaan jeermisyada TB da.
- TB da sida daran iskaga difaacda daawada (XDR) ayaa sidoo kale la helay, waana marka jeermisyada TB du ay iska difaacan daawooyinka wareegga koobaad iyo wareega labaad ee TB da.
- Ciladaan ayaa dhalan karta marka bukaannada TB du aysan u qaadan daawada TB sidii dhakhtarku ugu qoray.
- XDR ama MDR TB way adag tahay wayna qarash badan tahay in la daaweeyo. Daawaynta ayaa sidoo kale qaadata muddo ka badan mudada TB aan daawada iska difaacin qaadato.
- Daawooyinka loo adeegsado in lagu daaweyo XDR iyo MDR TB ayaa leh cilado nolosha halis galin kara.

## Wixii xog dheeraad ah, Booqo:



1. [www.maine.gov/dhhs/tb](http://www.maine.gov/dhhs/tb)
2. [www.cdc.gov/tb](http://www.cdc.gov/tb)

Waxaad sidoo kale ka wici kartaa Maine CDC nambarka 1-800-821-5821.