

Yintoni ihepatitis B?

Ihepatitis B yintsholongwane ehlala esibindini sakho. Kukho iimiliyoni zabantu emhlabeni wonke eziphila nesi sifo.

Yosuleleka ngegazi nangamanye amanzi omzimba, ngokomzekelo xa umntu ebeleka. Abantu abaninzi bafumana esi sifo xa babezalwa okanye besengabantwana.

Ukosuleleka yile ntsholongwane kangangexesha elide kungabangela ubani abe nesifo sesibindi esimandundu (icirrhosis) okanye abe nomhlaza wesibindi. Kodwa abantu abaninzi bahlala besempilweni ngoxa benehepatitis B.

Alikabikho iyeza lokuyinyanga. Esi sifo singakwazi ukulawulwa ngamajoni omzimba wakho okanye ngonyango. Ukusilawula kunceda ekubeni singakonzakalisi.

Abantu abasemgciophekweni wehepatitis B bangafumana isigonyo simahla ukuze bakhuseleke ukuba bangayifumani.



“Ndafunyaniswa ukuba ndinesi sifo ndisengumntwana kwaye zange ndisiqonde ncam de ndamdadlana.

Ngoku ndiyaphila nje kamnandi ndihlale nabantwana bam, ndithathe uhambo yonke imihla, ndize ndithethe ngaso ebantwini endibathembayo.”

Inkcazelo nenkxaso eyenzelwe wena

Kuqhelekile ukuba nemibuzo okanye ukufuna inkxaso.

I-British Liver Trust ikhona ukuze ikuncede.



Ukuze uthethe nomntu oza kuyiqonda imeko yakho, fowunela **SIMAHLA** unesi weBritish Liver Trust **ku-0800 652 7330**.

Sinenqwaba yenkcazelo ngehepatitis B. Ungayiyo nenxalenye yeQela Lenkxaso okanye ungene kwiQela Lethu Leintanethi.



Ukuze ufunde ngakumbi skena le khowudi okanye undwendwele u [britishlivertrust.org.uk/translate-hepb](https://www.britishlivertrust.org.uk/translate-hepb)

Eli phepha libhalwe ngoNov 2023 Ikhawudi HBV/11/23.

I-British Liver Trust Liqela Lokuxhasa Uluntu Elibhalisiweyo eNgilani naseWales 298858, eScotland SC042140.



Xhosa IsiXhosa



Usandokufunyaniswa unehepatitis B

Izinto ekufuneka uzazi

Uza kubekelwa ixesha lokudibana nogqirha oyingcali okanye nonesi oza kuthetha nawe ngokufunyaniswa kwakho unesi sifo.

Kusenokufuneka ulinde iinyanga ezininzi. Kubalulekile ukuba uye, enokuba uziva njani.

Eli phepha lenzelwe ukukunceda ngoxa usalindile. Likuxelela malunga:

- Nokuba yintoni ihepatitis B
- Yintoni elandelayo eza kwenzeka
- Nokukhusela abanye abantu
- Ukunyamekela impilo yakho
- Indawo yokufumana inkcazelo nenkxaso

Yintoni elandelayo eza kwenzeka?

Kuza kufuneka udibane nengcali esibhedlele. Kusenokufuneka ulinde iinyanga ezininzi. Zama ukungabi naxhala. Bhala phantsi imibuzo oza kuya nayo. Usenokucela itoliki ukuba uza kuyidinga.

Ingcali iza kukwenza uvavanyo njengokuvavanya igazi lakho kunye nokuskena isibindi sakho ukuze ijonge:

- Ukusebenza kwentsholongwane
- Enokuba isibindi sakho asonakalanga kusini na
- Enokuba uyaludinga na unyango

Ukwenza intsholongwane ihlale ikwizinga eliphantsi kuyenza iyeke ukonakalisa isibindi sakho. Kwiimeko ezininzi, amajoni akho omzimba ayakwazi ukuyenza le nto. Abanye abantu baye badinge unyango, nyango olo oludla ngokuba yipilisi eselwa yonke imihla.

Kubalulekile ukuba uye qho xa ubekelwe umhla wokudibana nogqirha ukuze uhlolwe. Enokuba awuziva kamnandi okanye awusebenzisi mayeza. Le ntsholongwane inganda kakhulu ize yonakalise isibindi sakho nangona wena ungayazi loo nto.

Iziphumo zovavanyo lwakho zigcinwa ziyimfihlo. Azilichaphazeli ithuba lokufumana ukhuseleko lokungabuyiselwa kwilizwe lakho okanye elokusombulula ibango lokufudukela kwelinye ilizwe.

Ukukhusela abanye abantu

Abantu abasondele kuwe bangayifumana nabo ihepatitis B. Okanye kungenzeka ukuba sele benayo. Oku kuquka:

- Abantu ohlala nabo endlini, kuquka abantwana
- Abantu owabelana nabo ngesondo

Ungancedisa ekubahoyeni ngokubaxelela ngeziphumo zakho zovavanyo. Ungababonisa eli phepha xa ubacacisela.

Abantu abasondele kuwe kufuneka bacele iiGP **zibenze uvavanyo lwehepatitis B simahla** ukuze bajongwe ukuba abanayo kusini na. Bangafumana **nesigonyo sasimahla, nesikhuselekileyo** esiluncedo kakhulu ekukhuseleni abantu ekufumaneni ihepatitis B.

Ubhalisa simahla xa ufuna ukudibanana neGP. Yiya ku-www.nhs.uk/service-search/find-a-gp ukuze ufumane ekufutshane nawe.

IHepatitis B yosuleleka xa kudibana amagazi okanye amanzi omzimba phakathi kwabantu. Le nto ithetha ukuba ayinokosuleleka xa abantu besabelana ngokutya, besangana, okanye bencamisana.

Ungakwazi ukuyinqanda le ntsholongwane ekusuleleni abanye abantu.

- Sebenzisa ikhondom idam xa usabelana ngesondo, ngaphandle kokuba lo mntu uwela naye iziko ugonye ngokupheleleyo okanye unehepatitis B.
- Ungabelani nabanye abantu ngento enokuba negazi njengeebleyidi, ibrashhi yamazinyo, okanye iinaliti.
- Yogqume imikrwelo nezilonda ngeplasta uze uwacoce ngeblitshi amachaphaza egazi lakho.

Ukunyamekela impilo yakho

Ungenza izinto ezibonisa ukuba uyikhathalele impilo yakho ngoku, ngoxa ulinde ixesha oza kudibana ngalo nogqirha.

- Yitya ukutya okusempilweni
- Ungabuseli utywala
- Jima
- Lala ngokwaneleyo
- Yiya qho xa kufuneka uhlolwe ngugqirha
- Baxelele ngalo lonke abasebenzi bezempilo odibana nabo ukuba ufunyaniswe unehepatitis B, ukuze bajonge ukuba iyeza abafuna ukukunika lona likhuselekile na kuwe

Yihoye nempilo yakho yezengqondo. Thetha nabantu abanokukunceda. Cinga ngomntu onokumthamba uze uqalise ngokuthetha naye. IBritish Liver Trust inamaQela Enkxaso apho unokudibana khona nabanye abantu abanehepatitis B.

IHepatitis B ayidli ngakuba neempawu zesigulo. Ungaziva ngathi unefiva engekho mandundu kangako okanye uzibhaze urhawuzelelwa. Ukuze ufumane uncedo ngendlela yokulawula ezi mpawu, thetha neGP yakho yotyando okanye uye kwivenkile yamayeza.

IHepatitis B ingabangela iingxaki ezimandundu. Ukuba unayo nayiphi kwezi mpawu zesigulo yiya kuA&E:

- Uziva udinwe kakhulu
- Unolusu okanye amehlo atyheli (ijandice)
- Isisu esidumbileyo
- Ugabha igazi okanye ilindle lakho limnyama tsu oku kwetha