

Iyini i-hepatitis B?

I-hepatitis B iyigciwane elihlala esibindini sakho. Izigidi zabantu emhlabeni ziphila nalo.

Lidluliselwa ngegazi nangoketshezi lomzimba, ngokwesibonelo ngesikhathi uzalwa. Abantu abaningi bathola leli gcinwane ngesikhathi bezalwa noma ngesikhathi beseyizingane.

Ukuba naleli gciwane isikhathi eside kungaholela esifweni esibucayi sesibindi (cirrhosis) noma umdlavuza wesibindi. Kodwa abantu abaningi bahlala benempilo yize bene-hepatitis B.

Alikabi khona ikhambi. Igciwane lingalawulwa amasosha akho omzimba noma lilawulwe ngomuthi. Ukulilawula kusiza ekuvimbeleni izinkinga ezinkulu zempilo.

Abantu abasengozini yokuba ne-hepatitis B bangathola umgomo mahhala ukuze bathole isivikelo.



“Kwatholwa ngiseyingane ukuthi nginalo leli gciwane futhi angizange ngikuqonde lokho ngaze ngaba mdala.

Manje ngibhekana nalo ngikuchitha isikhathi nengane yami, ngokuhamba nsuku zonke, nangokukhuluma ngalo nabantu engibathembayo.”

Imininingwane nokwesekwa okudingayo

Kuvamile ukuba ube nemibuzo noma udinge ukwesekwa.

I-British Liver Trust izimisele ukukusiza.



Ukuze ukhulume nomuntu oqondayo, shayela **MAHHALA** umhlengikazi we-British Liver Trust kule nombolo yosizo **0800 652 7330**.

Sinolwazi oluningi nge-hepatitis. Ungajoyina futhi iqembu Lokusekela noma Umphakathi Oku-inthanethi.

Ukuze uthole okwengeziwe skena ikhodi noma uvakashele lapha britishlivertrust.org.uk/translate-hepb



Ipeshana lithuthukiswe ngoNovemba 2023. Ikhodi: HBV/11/23.

I-British Liver Trust liyinhlangano Ebhalisiwe Esiza Abantu e-England nase-Wales 298858, e-Scotland SC042140.



Zulu IsiZulu



Usanda kuthola ukuthi une-hepatitis B Okudingeka ukwazi

Uzoba ne-aphoyintimenti yokubonana nodokotela ongungoti noma umhlengikazi mayelana nokuxilongwa kwakho.

Kungase kudingeke ukuthi ulinde izinyanga eziningana. Kusemqoka ukuthi uye ngisho noma uzizwa uphile kahle.

Leli pheshana lenzelwe ukukusiza ngesikhathi ulindle. Likutshela ngalokhu:

- Ukuthi iyini i-hepatitis B
- Ukuthi kuzokwenzekani ngokulandelayo
- Ukuvikela abanye abantu
- Ukunakekela impilo yakho
- Ukuthi ungayithola kuphi imininingwane eyengeziwe kanye nokwesekwa

Kuzokwenzekani ngokulandelayo?

Kudingeka ubonane nongoti esibhedlela. Kungase kudingeke ulinde izinyanga eziningana. Zama ukungakhathazeki. Bhala uhlu lwemibuzo ozohamba nayo. Ungacela ukutolikelwa uma ukudinga.

Ungoti uzokwenza izivivinyo njengokuhlola igazi nokuskena isibindi ukuze ahlole:

- Ukuthi igciwane lisebenza kangakanani
- Ukuthi isibindi sakho silimele yini
- Ukuthi uyakudinga yini ukwelashwa

Ukugcina izinga legciwane liphansi kuyalivimba ukuze lingalimazi isibindi sakho. Ezimweni eziningi, amasosha akho omzimba ayakwazi ukwenza lokho. Abanye abantu badinga ukwelashwa, ngokuvamile okuba yiphilisi oluphuza nsuku zonke.

Kusemqoka ukuba uye kuwo wonke ama-aphoyintimenti ukuze uyohlolwa. Ngisho noma uzizwa ululeme noma uma ungawasebenzisi amaphilisi. Igciwane lingakwenza ube nomfutho bese ulimaza isibindi ungazi.

Imiphumela yokuhlolwa kwakho iyimfihlo. Ayinawo umthelela ethubeni lokucela indawo yokukhosela noma ukufaka isicelo sokuthuthela kwelinye izwe.

Ukuvikela abanye abantu

Abantu osondelene nabo bangayithola nabo i-hepatitis B. Noma kungenzeka sebanayo kakade. Lokhu kuhlangukisa:

- Abantu ohlala nabo endlini, kuhlangukise nezingane
- Abantu oya nabo ocansini

Ungafaka isandla ekubanakekeleni ngokukhuluma nabo ngemiphumela yokuhlolwa kwakho. Ungababonisa leli pheshana ukuze libachazele.

Abantu osondelene nabo kufanele bacele udokotela wabo ukuthi **abahlole mahhala i-hepatitis B** ukuze bathole ukuthi banayo yini. Bangakwazi nokuthola **umgomo ophephile mahhala** owusizo kakhulu ekuvikeleni abantu ku-hepatitis B.

Kumahhala ukubhalisa kudokotela.

Vakashela lapha www.nhs.uk/service-search/find-a-gp ukuze uthole udokotela oseduze nawe.

I-hepatitis B idluliselwa lapho igazi noma uketshezi lomzimba wabantu luhlangana. Lokho kusho ukuthi ngeke lidluliselwe ngokwenza noma ngokwabelana ngokudla, ukwanga, noma ukuqabula.

Ungasiza ekuvimbeni ukudluliselwa kwegciwane.

- Sebenzisa ikhondomu noma i-dam lapho uya ocansini, ngaphandle uma othandana naye egome ngokuphelele noma naye ephila ne-hepatitis B.
- Ungabelani nabanye ngezinto ezingaba negazi njengamareyiza, isixubho, inaliti.
- Yemboza ukusikeka, imihuzuko noma izilonda ngebhandishi futhi ugeze igazi elichithekile ngamanzi ane-bleach.

Ukunakekela impilo yakho

Ungenza izinto ezikusiza unakekele impilo yakho manje, ngesikhathi usalinde i-aphoyintimenti yakho.

- Yidla ukudla okunempilo
- Ungabuphuza utshwala
- Nyakazisa umzimba uphinde uzivocavoce
- Lala ngokwanele
- Yiya kukho konke ukuhlolwa kwempilo kwakho
- Tshela njalo ongoti bezokwelapha ukuthi kutholwe ukuthi une-hepatitis B, ukuze bahlole ukuthi umuthi abakunika wona uphephile yini ukuba uwusebenzise

Nakekela nempilo yakho yengqondo. Khuluma nabantu abangakusiza. Cabanga ngabantu obethembayo bese uqala ngabo. I-British Liver Trust Inamaqembu Okweseka lapho ungahlangana khona nabanye abantu abaphila ne-hepatitis B.

I-hepatitis B ngokuvamile ayibangeli zimpawu. Ungase uzwe sengathi unomkhuhlane ongemubi kakhulu noma ulunywe. Ukuze ukwazi ukulawula lezi zimpawu, khuluma nodokotela wakho noma nosokhemisi.

I-hepatitis B ingabangela izinkinga ezinkulu. Uma unenye yalezi zimpawu yiya egunjini lezimo eziphuthumayo:

- Ukuzizwa ukhathele ngokweqile
- Unesikhumba esiphuzi noma amehlo aphuzi (i-jaundice)
- Isisu esivuvukele
- Uphalaza igazi noma ukhipha indle emnyama njengotiyela