A taimaka wajen dakatar da annobar boye dake addabar mutanen a Kungiyar Yamma ta Afirka

Samucikkakkun bayanan da ya kamata game da cutar Hepatitis B

Shirin Kifin Taurari ta Montefiore Einstein

Mene ne Hepatitis B (hep B)?

Hepatitis B, muguwar cuta ce me kamuwa da hanta

Cutar kamuwa da hanta **aka fi sani** a duniya

Kashi 1 ne daga cikin kashi 10 na mutane na asali Afirka ne da aka haifa a Amurka ke da cutar Hepatitis B

Cutar Hepatitis B BA cutar Hepatitis C bace ko kuma HIV ba

Kana bukatar hanta ka ta:

- **Tsarin** abinci da abin sha
- Yi **yaki** da kamuwa da cutar
- **Cire** duk wasu cuttutuka daga jini

Ba yadda za'a kayi cikkakiyar rayuwa ba tare da lafiyayyan hanta ba!

Ta yaya cutar Hepatitis B zata shafe ka?

Cutar Hepatitis B zata iya janyo matukar illa ga hanta a lokacin gaba

Ciwon Cirrhosis
(Tabo mai tsanani)

Ciwon daji dake
ta hanta

Tabo da kuma ciwon daji ta hanta zata iya yin rauni ga lafiyar hanta

Idan kana da cutar Hepatitis B, ba zaka kyale shi ba

Kashi **2** daga cikin mutane **3**

dake da cutar ba su san suna dauke da cutar ba

Kashi **~1** daga cikin mutane **3**

ke kamuwa da ciwon cirrhosis da kuma ciwon daji hanta idan ba'a magance ta ba

Lamba #1

Ciwon daji ce dake gaba wajen sanadiyar mutuwar maza a Afirka

Hanyoyin DA zaka iya samun cutar Hepatitis B

Cutar Hepatitis B na yaduwa ne KAWAI idan aka hadu da

jini mutum mai dauke da cutar ko kuma ta hanyar yin ruwan jiki

Ta yaya ne cutar Hepatitis B ke yaduwa?

- **Iyalin ka sun fito daga yamma ta Afirka kuma**
  - Mahaifiyar ka na dauke da cutar Hepatitis B a lokacin da aka haife ka
  - Ba'a yi maka allurar rigakafin cutar ba a lokacin da kake yaro ba

- **Rabawan abun kayakin aiki** (da misali reza, magogi, da akaifa na yanke farce, dss)
- Abinda ake zanen jiki dashi **mara tsabta,** huda, allura, da kaciya da kuma kayayyakin aikin da Unguwar Zoma ke amfani dasu marasa tsabta
- Ta **hanyar yin ruwan jiki** a lokocin jima'i

Hanyoyin da BAZA ka kamu da cutar Hepatitis B ba

- Tabawa, runguma ko sumba

- Shayar da nono

- Rabawan kofuna ko farantai

- Rabawan abinci, ko shan ruwa ko shakar iska

- Yin atishawa ko tari a kusa da jama'a

Sanin yadda cutar Hepatitis B ke yaduwa zai taimaka maka wajen hana kai da iyalin ka kamuwa da cutar

Shirin Kifin Taurari ta Montefiore Einstein

Almara: Kifin da ake kira tauraron ruwa a kogi

Wani tsohon mutum yana tafiya a gefen teku dake cike da daruruwan kifayen da ake kira taurarin ruwa wadanda ruwan ya turo waje.

Sai ya wuce wani yaron dake jefa kifayen cikin igiyar tekun. Sai tsohon mutumin ya tsaya kuma ya tambayi yaron abinda yake yi.

Sai yaron ya bayyana cewa yana son ne ya taimaki kifayen.

Sai tsohon mutumin yace ai ba wani amfani da hakan zai yi tunda kifayen dake bakin tekun nada yawa.

Sai yaron ya dauki wani kifin da ake kira tauraron ruwa kuma yace, “zai ceci wannan.”

“Idan zamu iya hana jariri guda daga kamuwa da cutar Hepatitis B ko kuma hana mutum guda daga kamuwa da ciwon daji hanta, to mun ceci rayuwar wannan mutumin.”

Hanyoyin da za'a samu bayyanai

Dr. John Nnaemeka Bosah

Dr. Emmanuel U. Emeasoba

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Mai hulda da marasa lafiya

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Lambar waya: 347-899-5446

Ka tuntubi wannan Shirin Kifin Taurarin ruwa ko ka nemi likitan ka ko cibiyar lafiya ko asibiti dake kusa da kai ko kusa dake domin a gwada ka.

Ku kula da rayuwar ku sannan kuma ku taimaki al'ummar ku wajen tsare kowa daga kamuwa da cutar.

Wane mataki zan dauka game da cutar Hepatitis B?

Ka kula kuma ka yi magana da likitan ka

Idan baka san cewa kana dauke da cutar Hepatitis B...

- **Je a gwada ka**
  Gwajin jinin ka zai iya nuna ko kana da cutar Hepatitis B

Idan BAKA ka da cutar Hepatitis B...

- **Kayi allurrar rigakafi**
  Bata da lahani kuma tana da amfani

Idan KANA da cutar Hepatitis B...

- **Kayi magana da likitan ka ko akan ko ana da bukatar yin magani da kuma sa ido a gani ko akwai ciwon daji na hanta**
  Za'a iya shawo kan matsalar Hepatitis B idan an lura da shi tun da farko

Taimakawa kowa don kare jama'ar ka

- **Ka karfafawa kowa domin su tafi ayi musu gwaji**
- **Ku samu bayyanan cutar kuma ku fadawa mutane gaskiyar batun cutar Hepatitis B domin taimakawa wajen hana ta yaduwa**

Don Karin bayani ziyarci shafin yanar gizo na HEPB.COM

An kawo muku bayanin ne tare da hadin kan

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