KIRUNDI

EPATITE B

HEPATITIS B

N'iki bita Epatite B (Hepatitis B)?

- Epatite n'indwara ituma igitigu kivyimba (ububare n'ukuvyimba).
- Epatite ishobora guterwa n'ubucafu bwo mu nganda, ibiyayuramutwe, inzoga zikaze nyinshi canke ico bita 'viruses'.
- Epatite B iterwa n'agacafu bita "hepatitis B virus'. Ikunda kuba cane cane mu bice vyo muri bumanuko bushira ubuseruko vyo muri Aziya canke mu bice vyo muri Afrika.
- Benshi mu banduye bazorwanya iyo "virus' gushika ibavemwo, hanyuma baronke inkomezi zirwanya indwara ubuzima bwabo bwose. Abo bantu nti bazoba bacandukije abandi Epatite B.
- Abandi bantu bazokwandura iyo ndwara epatite B, hanyuma bamwe muribo igitigu cononekare canke barware kanseri y'igitugu haciye imyaka myinshi. Abantu bitwa 'ibitwazi'(carriers), barashobora kwanduza abandi.

Ibimenyetso vyerekana k'umuntu yanduye iyo ndwara n'ibihe?

Iyo bafashwe ubwambere na Epatite B, ku bantu ntabimenyetso vyerekena ko barwaye.

Ibimenyetso vyerekana ko banduye bishobora kuba ibikwirikira:

- Ico bita 'jaundice' (umubiri n' amaso birahinduka bigasa n'umuhondo)
- Amasobe agahinduka ibara, akamera nkayije
- Umwanda mukuru usa n'umutoto ubenjuye
- Uburuhe
- Kuribwa mu nda
- Kubura akabayagu
- Iseseme n'ukuyorwa
- Ububabare mu ngingo z'umubiri.

Umuntu yandura gute epatiteB (Hepatitis B)?

Virusi ya Epatite B uzoyisanga mu maraso, mu gitigu no mu bicevy' umibiri birimwo amazi k'umuntu yanduye.

Iyo ndwara ishobora kwandukira uruyoya rw'umukenyzi afise Epatite B mu gihe yibungenze canke akivuka. Muri Australiya inzoya zose ziracandarwa kugira bazikingire epatite B iyo zavutse.

Virus ya Epatite B irashobora kandi kwandukira mu buryo bukwirikira:

- Ivyuma bidasukuye bakoresheje mu gutera ishinge, mu kubaga, mu gukura amenyo, canke mu kwicisha amagagwe (tattooing).
- Amaraso bahaye uwundi afise virusi ya hepatitis B. Amaraso bakoresha mu guha abandi muri Australiya babanza kuyapima Epatite B.
- Ukoresheje ibintu vy'uwundi, asanzwe afise epatite B nk'inzembe n'imijigiti (bishobora kuba biriko amaraso).
- Mu gihe barangura amabanga y'abubatse harimwo uwanduye badakoresheje agafuko.

KIRUNDI

Bapima gute Epatite B ?

- Iyo bapimye amaraso barashobora kumenya ko wigeze kwandura ivirusi ya Epatite B.
- Iyo bapimye amaraso barashobora kumenya ko ata virusi ya Epatite B bagifise mu mubiri. Ibifasha gukingira umubiri vya Epatite B (biva mu ngaburo zifasha gukingira indwara) bizoguma mu maraso yawe naho uzoba utagifise iyo virusi.
- Iyo ibipimo vyerekana ko ugifise Epatite B, muganag azogusaba kusubiramwo ibipimo canke akurungike kwa muganga kabuhariwe canke ku bitaro.

Bavura gute Epatite B?

- Bavura kugira bakure mu mubiri wawe EpatiteB. Amavuriro asanzwe apima ibitigu niyo ashobora kuvura.

Iyo ufise epatite B uzomererwa neza:

- Wirinze kunywa inzoga zikaze
- Ufunguye indya zitunganijwe ku rugero, at'amavuta menshi zifise
- Ugira imyimenyerezo myinshi
- Uruhuka iyo wumvako unaniwe.

Ni nkenerwa cane ko wokwama wisuzumisha ku muganga wawe.

Wokwirinda gute kwandura epatite B?

- Kwama ukoresha agafuko iyo urangura amabanga y'abubatse hamwe n'umuntu mushasha canke abandi batatewe incandago zikingira epatite B.
- Ntusangire n'uwundi igikwashi, urushinge canke ivyuma bikoreshwa n'abafata ibiyayura mutwe.
- Ntusangire n'uwundi imijigiti canke inzembe.
- Niwicandagishe wirinde epatatite B nimba utakingiwe. Umuntu abana hamwe n'uwufise epatite B arashobora guhabwa urucanco na muganga wiwe ata mafaranga atanze.
- Inzoya zavutse ku bakenyezi bafise iyo virusi, zishobora gukingirwa kuruta n'urushinge bita 'hepatitis B immunoglobulin' bamaze kuvuka.

Inyigisho zindi mushobora kuzisanga ahakwirikira