

# HEPATITISI B: JE, UKO HATARINI?



## Taarifa kwa Watu kutoka Afrika

### Hepatitis B ni nini?

Hepatitis B ni ugonjwa unaosababishwa na kirusi cha Hepatitis B. Kinaweza kusababisha matatizo makubwa ya kiafya kadri muda unavyokwenda. Kirusi hiki kinaweza kuwafanya baadhi ya watu kuwa wagonjwa sana. Ugonjwa huu ni wa kawaida sana katika sehemu nyingi za ulimwengu, ikiwa ni pamoja na Afrika.

### Hepatitis B unaenezwaje?

Watu hupata Hepatitis B wakati ambapo watu wanakutana na damu ya mtu ambaye ana kirusi hicho. Hepatitis B unaweza kuenezwa kutoka kwa mama aliyeambukizwa kwenda kwa mtoto wake anapozaliwa au kutoka kwa mwanafamilia kwenda watoto wadogo. Kirusi hiki kinaweza pia kuenezwa kwa kufanya ngono na mtu aliyeambukizwa. Hepatitis B kinaenezwa kwa njia sawa na VVU, lakini huenea kwa urahisi zaidi. Hepatitis B haienezwi kwa njia ya kunyonyesha, kukumbatiana, kupigana busu, kushikana mikono, kukohoa au kupiga chafya.

### Je, watu wenye Hepatitis B wanajihisi kuumwa?

Watu wengi wanaishi na Hepatitis B kwa miaka mingi bila kuhisi kuumwa. Baada ya muda, Hepatitis B inaweza kusababisha kuharibika kwa ini, ini kushindwa kufanya kazi, na hata pia saratani ya ini.

### Watu wanajuaje kama wana Hepatitis B?

Njia pekee ambayo watu wanajua kuwa wana Hepatitis B ni endapo watapimwa damu ili kuangalia Hepatitis B. Hiki ni kipimo rahisi ambacho hutoa damu kidogo kutoka kwenye mkono wa mtu. Watu wanapaswa kuwauliza madaktari wao endapo wanapaswa kupimwa Hepatitis B.



Kama wewe au wazazi wako walizaliwa Afrika, ongea na daktari wako kuhusu kupimwa Hepatitis B

### Ni nani anapaswa kupimwa Hepatitis B?

Kipimo cha Hepatitis B kinapendekezwa kwa:

- Watu waliozaliwa katika nchi nyingi za Afrika, hasa nchi za Afrika kusini mwa Jangwa la Sahara
- Watu ambao wazazi wao walizaliwa katika nchi za Afrika kusini mwa Jangwa la Sahara
- Watu wanaoishi na mtu ambaye ana Hepatitis B

### Kwanini watu wanapaswa kupimwa Hepatitis B?

Ni muhimu kwa watu kujua kama wana Hepatitis B. Kuna matibabu yanayopatikana ya Hepatitis B ambayo yanaweza kusaidia kuzuia matatizo makubwa ya afya. Watu ambao wanajua wana Hepatitis B wanaweza pia kuchukua hatua za kuzuia kuambukiza kirusi hicho kwa wengine, kama vile kutumia kondomu wakati wa kufanya ngono na wapenzi wao ambao hawana Hepatitis B. Wale ambao hawajawahi kuwa na Hepatitis B wanaweza kupata chanjo ya kuwakinga dhidi ya kupata kirusi hicho.

### Kwa Taarifa Zaidi

Ongea na daktari wako, piga simu kwa idara ya afya ya eneo lako, au tembelea [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis) kwa taarifa kwa Kiingereza.



U.S. Department of  
Health and Human Services  
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[www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis)

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# HEPATITIS B: ARE YOU AT RISK?



## Information for People from Africa

### What is Hepatitis B?

Hepatitis B is a disease caused by the Hepatitis B virus. It can cause serious health problems over time. The virus can make some people very sick. The disease is very common in many parts of the world, including Africa.

### How is Hepatitis B spread?

People get Hepatitis B when they come into contact with blood from a person who has the virus. Hepatitis B can be passed from an infected mother to her baby at birth or from a family member to young children. The virus can also be spread through sex with an infected person. Hepatitis B is passed the same way as HIV, but spreads more easily. Hepatitis B is not spread through breastfeeding, hugging, kissing, holding hands, coughing, or sneezing.

### Do people with Hepatitis B feel sick?

Most people can live with Hepatitis B for many years without feeling sick. Over time, Hepatitis B can lead to liver damage, liver failure, and even liver cancer.

### How do people know if they have Hepatitis B?

The only way people know if they have Hepatitis B is if they get a blood test for Hepatitis B. This is a simple test that takes only a little bit of blood from a person's arm. People should ask their doctors if they should be tested for Hepatitis B.



If you or your parents were born in Africa, talk to your doctor about getting tested for Hepatitis B

### Who should be tested for Hepatitis B?

Hepatitis B testing is recommended for:

- People born in most African countries, especially countries in Sub-Saharan Africa
- People whose parents were born in Sub-Saharan Africa
- People who live with someone who has Hepatitis B

### Why should people be tested for Hepatitis B?

It's important for people to know if they have Hepatitis B. There are treatments available for Hepatitis B that can help prevent serious health problems. People who find out they have Hepatitis B can also take steps to prevent passing the virus to others, such as using a condom when having sex with a partner who does not have Hepatitis B. Those who have never had Hepatitis B can get a vaccine to protect them from getting the virus.

### For More Information

Talk to your doctor, call your local health department, or visit [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis) for information in English.



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