



Kaniiniyada Loga Hortago Tibishada

Pills to Prevent TB

That's why the doctor has prescribed them for you: to protect you from TB.

Your pills are probably isoniazid (often called INH). It is the same kind of medications that many TB patients take to help them get over the disease. For you, it will help prevent disease. But-and this is important-if they are to help you, the pills must be taken regularly: as often and as long as the doctor says.

Why do you need pills?

Someone close to you may have TB, that raises the possibility you have TB germs in your body-even though you are not sick. If so, you need protection.

If you have TB germs in your body, as shown by a tuberculin skin test, the doctor may feel that you particularly need preventive pills because...

- Your test show that you got the germs quite recently.
- You had TB once and maybe were not treated completely with the medicines we have today.
- Something on your chest X-ray makes preventive pills a good idea.

Many people have TB germs in their bodies in a resting state. These people are not sick with TB. Taking preventive pills will make sure they stay well.

Waa taas sababta uu takhtarka kugu qorey kaniiniyadaan: inuu kaa difaaco Tibisho.

Kaniiniyadaada waxey u badantahay iney yihiin isoniazid (sida badanna loo yaqaan INH). Waxey la mid tahay daawooyinka ay qataan badanaa dadka qabo Tibishada si ay ugu caawiso cudurka. Lakiin-waana muhiim-haddii adiga ay ku caawinayaan, kaniiniyada waa qasab in si joogta ah loo qaato: intii jeer iyo intii muddo uu takhtarka ku yiri.

Mazaad Ugu Baahantahay Kaniiniyada?

Qof kuu dhaw ayaa dhici karta inuu qabo Tibisho. Taas waxey kordhinee iney suurta gal noqoto in jeermigii Tibishada jirkaaga uu ku jiro, inkastoo addan jiraneyn. Haddii ay saa tahay, waxaad u bahan tahay difaac.

Haaddii jeermiga Tibiishada uu jirkaaga ku jiro, sida uu soo saaray baaristii maqaarka gacanta lagu suubiyay (tubercolin), takhtarka waxaa dhici karta inuu dareemo inaad si gaar ah ugu baahan tahay, kaniiniyada ka hor-tagga maxaayeelay...

- Baaristii lagu baaray waxey caddeysay inuu jeermiga ku galay dhawaan.

- Mar hore ayey kugu dhacday Tibisho oo waxaa suurta gal ah inaan gabi ahaan loogu daaweyn daawada aan maanta heysano.

- Waxyaabo ka muuqda Raajadadii (sawirkii) feeraha lagaa saarey ayaa dhaliyay iney tahay figrad fiican inaad qaadato kaniiniyada ka hortagga.

Dad badan ayey jirkooda ku jirtaa jeermiga Tibishada, uu jeermigana ku sugan yahay xaalad nasiino. Daadkaan lama jirana Tibisho. Qaashada kaniiniyada ka hortagga waxey xaqiijindoonaan iney dadkaa ay caafimaad qabi doonaan.

Wasayaabaha Aad Iska Ilaalneysid

Things to watch

The TB preventive pills (isoniazid) are remarkable safe, as millions of people taking them have found. But once in a while they cause upset.

One side effect that happens sometimes is a possible liver reaction. It may start with loss of appetite, nausea and weakness and go on-within about a week-with color (like dark tea or coffee) in the urine and then yellow color in your skin or eyeballs.

If anything like that happen, stop taking the pills and be sure to tell your doctor or clinic nurse. In fact, tell them about any illness you feel while pill-taking.

Are You a Parent?

The doctor may have told you your child need the pills to prevent TB.

Even if your child is not sick the preventive treatment may be needed. But your child can and should lead a normal life.

Children taking TB pills should not be kept apart. Let them play with others. Let them go to school if they are school age.

Because your child feels fine, it may be hard to remember the medicine every day-perhaps for a whole year. But it must be every day, or it may not work.

That applies to *you* too!

Kaniiniyada ka hortagga Tibishaba (isoniazid) ammankeeda wuu sarreya, sida ay ku arkeyn malaayinta dad ee isticmaashay. Lakiin mar-mar dhif ah ayuu xanuuno keena.

Waxyeellada ay keento mar-mar waxaa ka mid ah beerka inuu ka jawaabo. Tasoo ku bilaabmi karta baahi la'aan, la-lab iyo tabar-dari, tasoo ku heysa muddo todobaad ah, ay la socoto kaadida oo midab (sida shaahama qaxwaha) yeelata, hadana midab hurdi ah(jallo)inuu noqdo maqaarkaaka ama indhaha meesha cad.

Haddii ay dhacdo waxhaabahaas wax ka mid ah, jooji qaadashada kaniiniyada ee hubi inaad u sheegto takhtarkaaga ama kalkaliyayaasha kliniga. Waxaad u sheegtaa dhammaan xanuunadii ad darentay intaad qaadanaysay kaniiniyada.

Waalid Miyaad Tahay?

Waxaa suurta gal ah in takhtarka ku yiri, cunugaaga wuxuu u bahan-yahay kaniiniyada ka hortagga Tibishada

Xataa cunugaga hadduusan jiraneyn daawada ka hortagga waxaa suurta gal ah in loo baahanyahay. Lakiin cunugaaga noloshiisa ahaneysaa caadi .

Caruurta qaadato kaniiniyada ka hortagga Tibishada ma aha in gooni loo hayo. U ogolow iny la dheelaan ilmaha kale. U ogolow iney adaan dugsiga, haddii ay gareen da'da dugsi dhigashada.

Bacdamaa uu cunugaaga caafimaad qabo, waxaa suurta gal ah iney noqoto dhib sidii lagu xasuusan lahaa daawada maalin walba ama sanad ka oo dhan. lakiin waa in la qaataa daawada maalin walba, haddii kale waxaa surta gal ah ineysan waxba tarin.

Adigana waa ku quseysaa!

Ways to Remember

There are lots of ways to remember your pills. You will want to work out your own best system, but here are a few suggestions:

- Take the medicine at the same time every day.
- Mark off on a calendar every time you take your pills. You might ask the clinic or your doctor about special pill calendars. Some places have them-with the pills fastened right onto the calendar.
- Each night, put out the pills for the next day.
- Keep the pills in a place where you can't miss them - maybe in the bathroom or the kitchen, But be sure they are out of the reach of children.

Protect yourself from TB! Take your pills regularly?

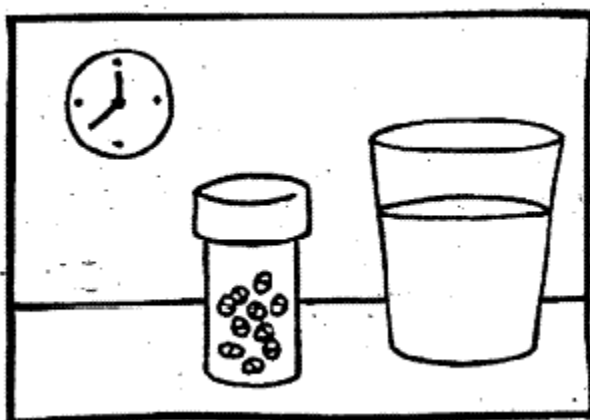
Habablagu Xasuusto

Waxaa jira habab badan aad ku soo xasuusato kaniinigaaga.

Waxaad isticmaalidoontaa habka kugu fiican, lakiin waxaa halkaan (hoos ku taxan) dhowr ra'yi :

- Qaado daawadada maalin walba isla waqti.
- Ku calamadee kalendarka inaad qaadatay kaniiniyadaada markii walba aad qaadato. Waxaad warsan-kartaa kliniga ama thakhtarkaaga iney ku siyaan kalendar gaar ah oo kaniiniyada loogo tala galay. Meelaha qaar waxey hayaan kalendarka isagoo si toos ah ugu dhaggan kaniiniyada.
- Habeen walba, soo bixi (diyaarso) kaniiniyada maalinta xigta.
- Ku xafid kaniiniyada meel aan kaa qarsaneyn, musqusha ama jikada. Lakiin hubi inaad dhigtay meel ilmaha aneysan ka gaari karin.

Iska difaac tibisho. U qaado kaniiniyadaada si joogta ah!



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