

## Talooyinka Qaadashada INH:

1. Qaado dawadaada INH isku wakhti maalin kasta. Isticmaal taariikh-qore si aad isku-talab u saarid wakhti kasta oo aad qaadatid kiniin. Waxa aad mihiim u ah inaad maalin kaliya gafin dawaada.
2. Ha cabin cabbitaanada leh aalkolada ama khamriga inta aad qaadanaysid dawadan.
3. Ku kaydi ama dhig dawadaada INH meel amaan ah oo ka fog tiigsiga ilmaha.
4. Xusuuso inaad ka baaqan dhamaan ballamahaaga.
5. Haddii aad yeellatid waxyeello dawada kaaga timi, soo wac kalkaalisada waaxda caafimaadka degmada ee maamulaysa daweyntaada ama dhakhtarkaaga.

6. Fariimaha Gaarka ah:

---

---

---

---

---

---

---

---

## Ballantaada Soo Socota:

|           |         |
|-----------|---------|
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |
| Taariikh: | Wakhti: |

Haddii aad qabtid su'aalo, soo wac:

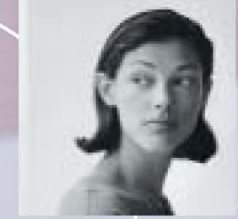
Florida Department of Health  
**TB Program**

DH 150-830, 10/04

# INH

*waxay kaa  
difaacaysaa tiibayda*

Somali Version





# Ma buko!

## Maxaan dawada u qaadanayaa?

Baadhitaankii lagaa qaaday waxa uu muujinayaa inaad qabtid jeermiga tiibayda (TB) kaasoo ku jira jidhkaaga ama dhawaan ayaa waxa kuu soo dhawaaday qof qaba cudur tiibay (TB) oo firfircon oo la is qaadsiiin karo. Wali cudurku kuguma noqon mid cudur tiibay (TB) oo firfircon. Wakhtigan, jeermiga tiibayda (TB) ee kugu jiraa waa mid "hurda", laakiin nool. Waxa jeermigu uu u socdaalay ama gaadhay qaybo badan oo ka tirsan jidhkaaga, sida sambabkaaga, laf-dhabartaada, ama kalyahaaga. Waxa aad qabtaa waxa loo yaqaano "cudur tiibay oo hurda." **Marka aad qabtid cudur tiibay (TB) oo hurda, dadka kale ma qaadsiiin kartid tiibay (TB).**

Hase yeeshee, haddii uu kugu dhaco cudur kale, ama aad tamar-daraysid, jeermiga tiibaydu (TB) waa uu ka toosi doonaa hurdada waxana uu bilaabi doonaa inuu tarmo ama sii bato isuna beddelo cudur tiibay (TB) oo firfircon. **Haddii aad yeellatid cudur tiibay (TB) oo firfircon, waxa aad qaadsiiin kartaa dadka kale, gaar ahaan kuwa aad kuugu dhow.**

## Sidee baan uga takhalusi karaa geermiga tiibayda (TB) ee ku jira jidhkaaga?

Waxa aad qaadanaysaa dawada isoniazid, oo loo yaqaano magaca kale ee INH, oo ah dawo tiibay oo dilli karta jeermiga tiibayda. Haddii dawadan loo qaato sida dhakhtarkaagu kuu sheego, waxay si aad ah u yareyn doontaa suurogalka inaad yeellatid cudur tiibay oo firfircon.

## Mudo intee leeg ayaa la doonayaa inaan qaato INH?

Dawada INH waxa caadi ahaan la qaataa hal mar maalintii ama waxa loo qaataa sida dhakhtarkaagu kuu sheegay. Mudada daweyntu socoto waxay noqon kartaa lix ilaa sagaal bilood.

### **Dawada INH waxa kaliya ee ay shaqeysaa haddii si joogto ah loo qaato—maalin kasta ama loo qaato sida u soo qoray dhakhtarkaagu.**

Waxa dhici karta in lagugu qoro dawo-qaadashada isha lagu hayo (directly observed therapy) (DOT) mudada ay socoto daweyntaadu. Macnaha DOT waxa weeye shaqaale daryeel caafimaad ayaa kula kulmi doonaa mar kasta oo la gaadho wakhtigii aad qaadan lahayn dawada INH, waxana shaqaalahaasi uu eegi doonaa inaad qaadanaysid dawadaada.

## Dawada INH ma tahay amaan?

Cilmi-baadhisyo la sameeyay ayaa muujiyay in dawada INH ay tahay mid aad amaan u ah oo waxtar u leh dhamaan dadka da' kasta oo ay yihiin. Dadka intiisa badani wax dhibaato ah ma yeeshaan marka ay qaadanayaan dawadan. Hase yeeshe sida dawooyinka kale, waxa dhici kara waxyeello. Waxyeelloyinkaasi caadi ahaan ma laha dhibaato sii raagta waana ay baaba'aan marka la joojiyo daweynta.

**Haddii aad isku aragtid mid ka mid ah dhibaatooyinka xagga hoose ku taxan, JOOJI qaadashada dawada INH, isla markiina soo wac dhakhtarkaaga ama kalkaalisada waaxda caafimadka ee degmadaada.**

## Waxyeellada INH:

1. Nafsadda ama rabitaanka cuntada oo luma iyo dareen ah daal iyadoo aanay jirin sabab.
2. Kaadi midabkeedu yahay madow (leh midabka shaaha ama kafeega).
3. Indho midabkoodu yahay hurdi ama jaale ama "dhoobo".
4. Maqaar hurdi ama jaale ah, finan, ama cuncun aan tagaynin oo ah maqaarka.
5. Jidhidhico aan tagaynin ("dareen ah irbado lagugu mudmudayo") ama kabuubyo ah gacmaha ama lugaha.
6. Qandho sare oo sababteeda aan la garanaynin.

Gacan ka geyso sidii aad iskaga badbaadin lahayd tiibayda (TB)!

