

Kam gud bakegen

Sipos yu kasem sik TB long lang o long trot bae yu mas stap yu wan. Taem se yu dring gud meressin blong yu blong samfala wik bae yu save joinem ol fren mo famili bakegen mo mekem ol nomol aktiviti bakegen. Sipos yu stap dring gud meressin olsem we dokta i talem bae yu no save pasem sik ia TB long ol narafala man.

Sipos yu kasem sik TB long wan narafala pat blong bodi o yu kasem 'TB we i Silip', yu no nid blong stap yu wan mo yu save gohed blong mekem ol nomol aktiviti blong yu. Yu mas dring meressin blong yu nomo olsem we Pablik Helt Nes i talem.

Olgeta we oli kolosap long yu

Olgeta we oli stap kolosap long wan man we i kasem sik TB blong lang o blong trot maet oli kat janis blong kasem sik TB.

Wan dokta bae i kontaktem yu sipos i gat nid blong yu kasem tes.

Ol tes blong olgeta we oli stap wanples wetem sikman

Tes blong TB hemi fri sipos wan dokta i sendem yu blong yu jekap.

Ol tes difdifren mo oli dipen long ol ej:

- Ol smol pikinini oli kasem Mantoux tes. Hemia i wan smol stik we oli jekem afta long tri dei.
- Ol bigfala pikinini mo ol bigman oli kasem wan tes we oli singaot Quantiferon.

Afta we oli testem yu bae Pablik Helt Nes i jes givim sam moa infomesen long ol nekis step.

Blong kasem moa infomesen

Tubekulosis (TB) – info.health:

info.health.nz/conditions-treatments/infectious-diseases/tuberculosis

Stik blong BCG – info.health:

info.health.nz/immunisations/vaccines-aotearoa/tuberculosis-bcg-vaccine

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This resource is available from health.govt.nz or your local Authorised Provider: health.govt.nz/pages/contact-us

Health New Zealand
Te Whatu Ora

Bislama



Tubekulosis (TB)

Health New Zealand
Te Whatu Ora

TB hemi wan rabis sik we hemi save pas aot long wan sik man i go long ol narafala man.

TB i save mekem ol man i sik bigwan, be i gat meressin blong hem we i save mekem yu kam gud bakegen.

Ol difren kaen TB

Sistem long bodi we i faetem ol sik oli wok difren long ol man. Hemia i minim se samfala man we pepet blong TB i pas long olgeta oli save sik long hem, be samfala man oli no save sik.

TB we i Silip i stap long Bodi

Bodi blong samfala man i save kontrolem ol pepet blo TB mo mekem ol pepet ia oli 'silip'. Sipos hemia i hapen, i minim se bodi blong yu hemi no bin kilim ded ol pepet blong TB, be yu no save sik, mo yu no save pasem sik blong TB ia long ol narafala man. Hemia oli singaotem se 'TB we i Silip' [Latent TB infection]. Sipos 10 man oli pulum win long pepet blong TB, 3 aot long olgeta man ia bae oli kasem 'TB we i Silip'.

Sik TB

Samfala man we oli pulum win long pepet blong TB, bodi blong olgeta i no save kontrolem pepet ia mo oli kasem sik. Hemia oli singaotem sik TB.

Sipos 'TB we i Silip' i stap long bodi blong yu, afta bodi blong yu i kam slakslak mo i nomo save faetem ol sik, hemia bae i mekem se ol pepet blong TB oli 'wekap', mo bae yu save kasem sik TB.

Sipos ol pepet blong TB i go insaed long lang blong yu o long trot blong yu, bae yu save pasem ol pepet blong TB long ol narafala man.

Sipos pepet blong TB i no go long lang o long trot be i go long ol narafala pat blong bodi blong yu, bae yu no save pasem sik TB long ol narafala. Be evri kaen sik blong TB hemi nidim meressin.

Olsem wanem nao TB hemi pas.

Yu save kasem TB long ol man we oli gat sik blong TB long lang o long trot blong olgeta. Oli save pasem ol pepet taem se oli kof, oli sniz o sipos oli singsing kolosap long ol narafala man.

Olgeta man we oli liv wetem sikman we hemi kasem TB i gat bigfala janis se oli save kasem TB.

I no isi blong TB i pas long ol man, mo i pas nomo sipos yu stap kolosap long wan man wetem TB blong wan longfala taem.

Ol Saen blong sik TB

Ol saen we yu save luk sipos yu kasem TB:

- Bodi i drop
- No wantem kakae
- Fiva
- Swet (swet plante lo naet)
- Filim se yu wik o yu taed oltaem
- Saedsaed blong nek i solap
- Ol pat blong bodi we i kasem TB oli so.

Sipos sik TB i stap long trot blong yu o long lang blong yu, maet yu:

- Kofkof plante bitim 3 wik
- Kof o spet blad
- Filim se jes i so o yu sotwin

Sipos yu kasem 'TB we i Silip', bae yu no save luk ol saen ia.

Sipos yu nidim samfala advaes ringim dokta blong yu o ringim fri Heathline enitaem long 0800 611 116.

Olgeta we janis blong kasem sik TB i hae

I gat moa janis blong kasem sik TB sipos sistem we i faetem ol sik long bodi i no strong. Maet hemia ol man olsem:

- Ol bebe mo ol smol pikinini
- Ol olfala
- Olgeta we oli gat ol sik we i stap finis, olsem sik suga, sik long kidni, kansa o HIV
- Olgeta we oli dring meressin blong blokem sistem blong bodi.
- Olgeta we oli smok o oli dring tumas alkohol

Ol Meressin

Yu save tritim TB wetem wan meressin we i kilim pepet blong TB. Ol meressin ia oli fri blong eniwan we oli liv long Niu Silan. Wan Nes blong Pablik Helt bae i save kivim hemia long yu mo folemap wetem yu oltaem. Yu save mekem ol jekap long ol TB helt speselis tu.

Yu mas dring flatem evri meressin blong yu blong kilim ol pepet blong TB. Sipos yu stap dring meressin wanwan taem nomo bambae oli pepet blong TB oli kam strong mo oli save laef i stap. Hemi minim se bae i had blong tritim mo bae yu save sik bakegen.

Stik meressin

Long Niu Silan i gat wan stik meressin blong TB we hemi fri blong olgeta bebe mo ol smol pikinini we oli no kasem faev yia yet mo oli haerisk. Nem blong stik meressin hemi BCG. Hemi protektem ol smol pikinini agensem sam long olgeta rabis sik blong TB. Blong save moa, go long websaet ia:

info.health.nz/tuberculosis-bcg-vaccine