UK Health Security Agency

Nezve hepatitis A

Hepatitis A chirwere chinotapuriranwa chinokanganisa chiropa. Haigoni kurapwa, asi vanhu vazhinji vanoita zvirinani mukati memwedzi mitanhatu. Muzviitiko zvisingawanzoitika, vamwe vanhu vanogona kuwana chirwere chakakomba chechiropa. Kudzivirira uye hutsanana ndidzo nzira dzakanaka dzekudzivirira kubatwa nehutachiona.

Zvikonzero uye kupararira

Hepatitis A inokonzerwa nehutachiona. Hutachiona hunogara mutsvina yemunhu ane hepatitis A. Inokwanisa kurarama panzvimbo kwemaawa akati wandei uye inogona kugara mumaoko kana muchikafu kwenguva yakareba. Inopararira zviri nyore muvanhu.

Zviratidzo

Zviratidzo zvehepatitis A zvinosanganisira:

- kupisa muviri
- zviratidzo zvedzihwa
- kurwara
- jaundice (ganda nemeso zvinotsvukuruka)
- Tsvina yakacheneruka kana weti yakasvibira

Vamwe vana havaratidze zviratidzo asi vanogona kutapurira vamwe.

Kuti unobatwa sei

Unogona kuwana hepatitis A kubva pa:

- kunwa mvura isina kuchena
- kudya chikafu chine hutachiona
- kuve pedyo nemunhu ane hutachiona, kusanganisira kuita bonde kana kugoverana tsono dzekushandisa mishonga

Dzivirira kupararira

Geza maoko ako nesipo nemvura:

- kana wabva kuchimbuzi
- usati watanga kudya kana kugadzira chikafu
- mushure mekubata manapukeni ane tsvina kana vanhu varikurwara nembatya dzavo

Unonyanya kutapurira hutachiona kwemazuva manomwe mushure mekunge watanga kuratidzira.

Kudzivirira

Unogona kuwana mushonga wekudzivirira hepatitis A kana:

- wakamboenda pedyo nemunhu ane hutachiona mukati memavhiki maviri apfuura
- uri kuenda kunyika uko hepatitis A yakatekeshera
- uine chirwere chechiropa kwenguva refu kana haemophilia
- uri murume anoita bonde nevamwe varume
- uchishanda pabasa rinokuisa munjodzi huru yekutapurirwa hutachiona, semushandi wemumasuweji

Dzidza zvakawanda nezve hepatitis A

Shanyira webhusaiti yeNHS kuti uwane rumwe ruzivo maererano nezve hepatitis A nezviratidzo zvayo pa nhs.uk/conditions/hepatitis-a/ kana kuti scanner QR kodhi.

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Kugadzirira, kudzivirira uye kudaira kune njodzi dzehutano, kuchengetedza hupenyu uye kuchengetedza raramo.