UK Health Security Agency

Nezve rurindi (TB)

TB chirwere chinotapuriranwa chinowanikwa mumapapu. Inokonzerwa nebacteria. Inogona kunge yakakomba, asi inokwanisa kurapwa nemishonga inorwisa mabacteria.

Mabatirwo aunoita neTB

Kana munhu ane TB akakosora kana kuhotsira, anobudisira madonhwe mashoma ebacteria mumhepo. Hazvisi nyore kubatwa neTB. Unofanira kuve pedyo nguva zhinji nemunhu ane chirwere cheTB uye kufema mweya une hutachiona. Kune mhando mbiri dzeTB, inooneka neisingaoneki.

TB inooneka

Izvi zvinoreva kuti mabacteria arikushanda mumuviri wako. Iwe:

- uriku ratidzira
- unogona kutapiurira hutachiona
- unogona kunzwa kurwara

Zviratidzo zveTB inooneka

Taura naChiremba kana uine:

- chikosoro chisingaperi
- wanga uchikosora dzihwa (dzihwa rakakora) rine ropa mukati
- kupisa muviri kana kudikitira husiku
- kusada kudya kana kupera muviri
- kuneta zvakanyanyisa

TB isingaoneki

Izvi zvinoreva kuti mabacteria haasi kutenderera mumuviri wako. Iwe:

- hauna zvinoratidzira
- hautapurire hutachiona

TB inorapika

Kana ukaita TB, unoongororwa uye kurapwa mahara muUK.

Kuongororwa TB

Unogona kuongororwa chero usina zvinoratidzira.

Chiremba anogona kushandisa ongororo imwe chete kana dzakasanganiswa kutarisa kana uine TB. Dzinosanganisira:

- X-ray yepachipfuva
- kuongororwa ganda
- kuongororwa ropa
- donhwe redzihwa (dzihwa rakakora)

Ndiani anogona kubatwa neTB

Chero ani zvake anogona kubatwa neTB, asi kazhinji unogona kuzoiwana kana:

- ukapedza nguva yakawanda nemunhu ane TB
- ukagara munyika umo TB yakatekeshera
- uine masoja ekudzivirira zvirewere akaneta
- munzvimbo dzakawandisa vanhu kana kuti dzisina hutano
- kugara uchiputa, kunwa doro kana kutora zvinodhaka
- wakamboita TB kumashure ikasarapwa nemazvo

Mushonga wekudzivirira TB

Pane mushonga wekudzivirira TB. Unonzi BCG. Iyo BCG haiwanzo kupihwa sechikamu cheNHS chekudzivirira zvirwere sezvo ichingokurudzirwa kupihwa vanhu vari panjodzi huru. Kuti uwane rumwe ruzivo nezve mushonga wekudzivirira, shanyira webhusaiti yeNHS nhs.uk/vaccinations/bcg-vaccine-for-tuberculosis-tb/.

Dzidza zvakawanda nezveTB

Ona mavhidhiyo anoratidza ruzivo rweTB yakavanzika mumitauro 7 paYouTube. Tsvaga @ChokwadiNezveTB.

Shanyira webhusaiti yeNHS kana kuti scanner QR kodhi kuti uwane rumwe ruzivo nezve TB nhs.uk/conditions/tuberculosis-tb/.

UK Health Security Agency
Kugadzirira, kudzivirira uye kudaira kune njodzi dzehutano, kuchengetedza hupenyu uye kuchengetedza raramo.