

Hepatitis B Hab Koj



**Tsua cov quspuj kws cev tseem xeeb tub hab
cov nam tshab**



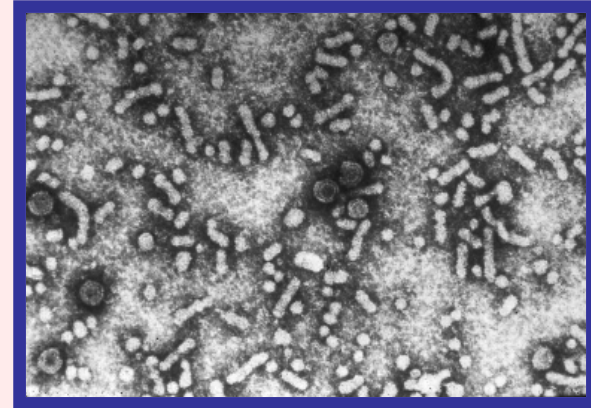
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National Center for Infectious Diseases
Centers for Disease Control and Prevention

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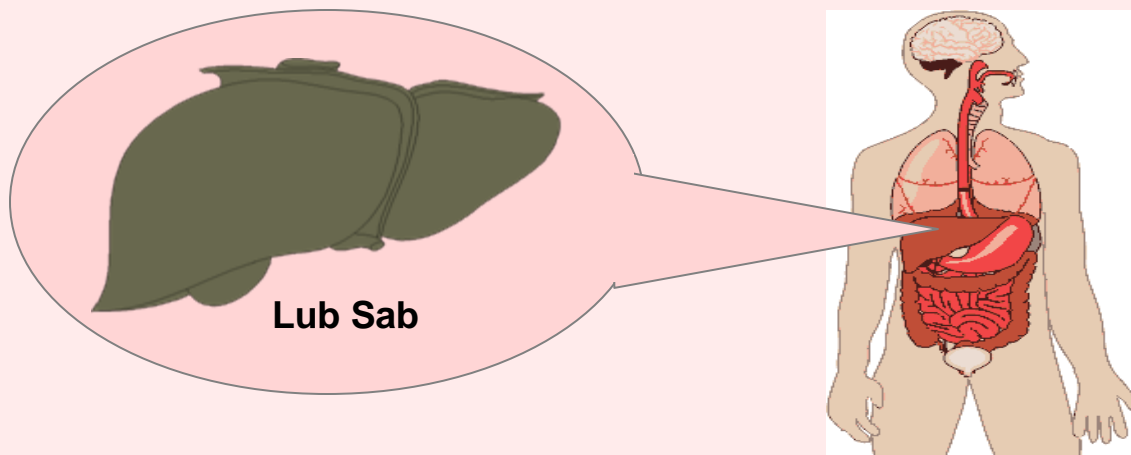
Kaabmob sab dlaaj B yog dlaab tsi?

Kaab mob sab dlaaj B yog ib tug kaabmob kws nkaag tau moog rua huv koj lub cev es ua tau mob rua koj lub sab



Hepatitis B Virus

Koj lub sab paab koj lub cev zum cov zaub mov kws koj noj hab muab zug rua koj lub cev. Nwg paab lim cov kuab tshuaj tsis zoo tawm.



Kuv puas yuav tuag taug yog has tas kuv muaj kaab mob sab dlaaj B?

Feem ntau tuabneeg yeej tsis tuag.

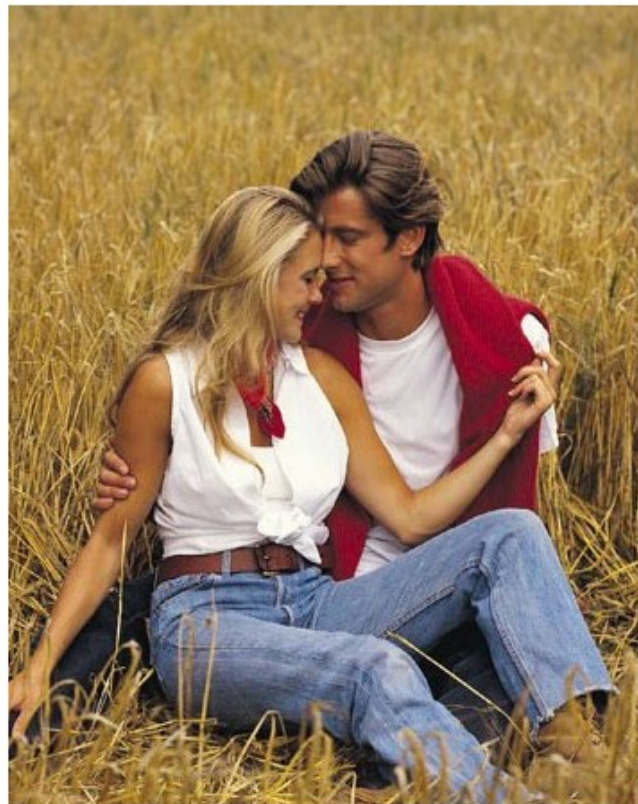
Yeej muaj qee tug tuabneeg
kws hepatitis B ua rua nwg
lub sab muaj kavtxhaab es
tsis txhawj zoo ntxiv.

Hepatitis B muaj peevxwm
ua tau rua koj mob
kheesxawj sab, kws txu tau
txuj sa. Yog tau kev khu mob
zoo yuav paab tau koj kuas
koj muaj feem tsawg kws
yuav tau tug mob nuav.



Ua le caag koj txhaj le kis tau tug kaab mob sab dlaaj B?

Koj yuav kis tau tug kaabmob nuav lug ntawm cov nrhaav los yog lub cev tej kua dlej ntawm ib tug tuabneeg kws muaj tug kaabmob.



Cov kev kws kis tau kaab mob sab dlaaj B

1 Tsis siv naab looj thaum nrug ib tug tuabneeg kws muaj hepatitis B pw

2 Yog koj nam muaj hepatitis B thaum yug koj

3 Koom siv ib tsaab koob nkaug tshuaj

Lwm tug yuav kis tau kaab mob sab dlaaj B ntawm koj yog has tas koj nyam qhuav muaj tug kaabmob (acute hepatitis) los yog koj yeej muaj tug kaabmob lug ntev lawm (chronic hepatitis).

Kuv puas yuav tsiv dlim ntawm tug kaabmob nuav le?

- Yuav siv sij hawm le 2 lub hlis tug kaabmob maam le ntshwm nyob rua huv cov ntshaav. Tej zag nwg yuav nyob le ob peb hlis los yog ntau lub xyoos.

Acute Hepatitis B.

- 9 leeg ntawm 10 leej tuabneeg quas laug twg lub cev yuav ntaus tau tug kaabmob tawm ob peb hlis tom qaab. Peb has tau has tas puab muaj *acute* hepatitis B.

Chronic Hepatitis B.

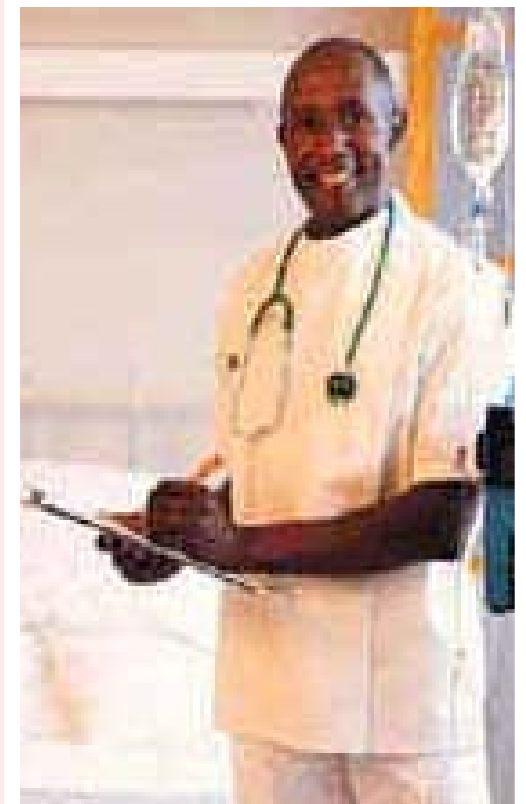
- 1 leeg ntawm 10 leej tuabneeg quas laug twg lub cev yuav ntaus tsis tau tug kaabmob tawm. Peb has tau has tas puab muaj *chronic* hepatitis B. Tug kaabmob nuav yuav nyob huv puab lub cev moog le.

Kev Khu Rua Chronic Hepatitis B

Nrug koj tug kws khu mob thaam txug kev khu rua chronic hepatitis B. Feem ntau tug kaabmob nuav yuav nyob huv tuabneeg lub cev yog tsis moog khu.

Yaam kws zoo rua koj uas yog koj muaj tug kaabmob lawm:

- ✓ Cov mivnyuas yuav tsum tau nkaug taag nrho cov tshuaj tiv thaiv hepatitis B
- ✓ Tsis txhob kis rua lwm tug tuabneeg
- ✓ Ntshav kev khu kuam zoo



Ua le caag kuv tug mivnyuas txhaj le kis tau kaab mob sab dlaaj B ntawm kuv?

- Yog has tas koj muaj hepatitis B hab koj cov ntshaav miv aiv moog tau rua huv koj tug mivnyuas lub cev thaum yug.

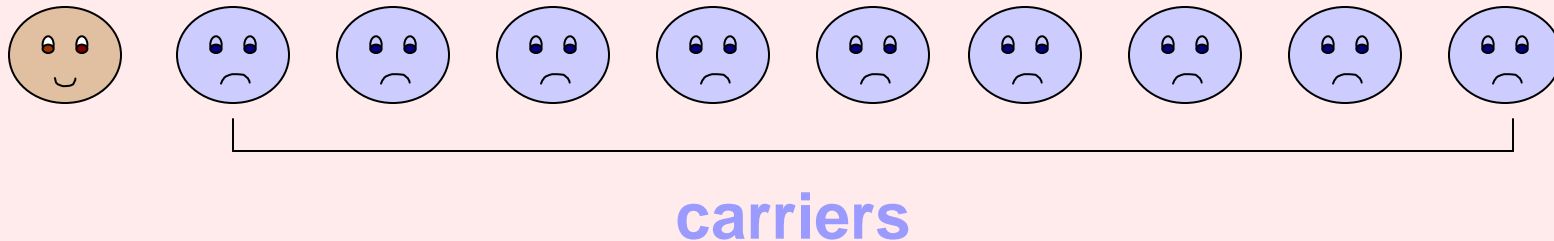


Kuv pub mig puas tau rua kuv tug mivnyuas yog kuv muaj hepatitis B?

- **Tau!** Yog has tas tug kws khu mob nkaug koob tshuaj **H-BIG** hab koob tshuaj tiv thaiv kaabmob **kaab mob sab dlaaj B** ua ntev 12 teev tom qaab yug lug. Koj yuav pub tau koj lub mig rua tug mivnyuas noj.
- Koj yuav tsum tau tu koj lub txiv mig hab ib ncig ntawm koj lub txiv mig kuam tsis txhob tawg pleb hab lug ntshaav.

Kuv tug mivnyuas puas yuav tuag taug yog has tas nwg muaj Hep. B?

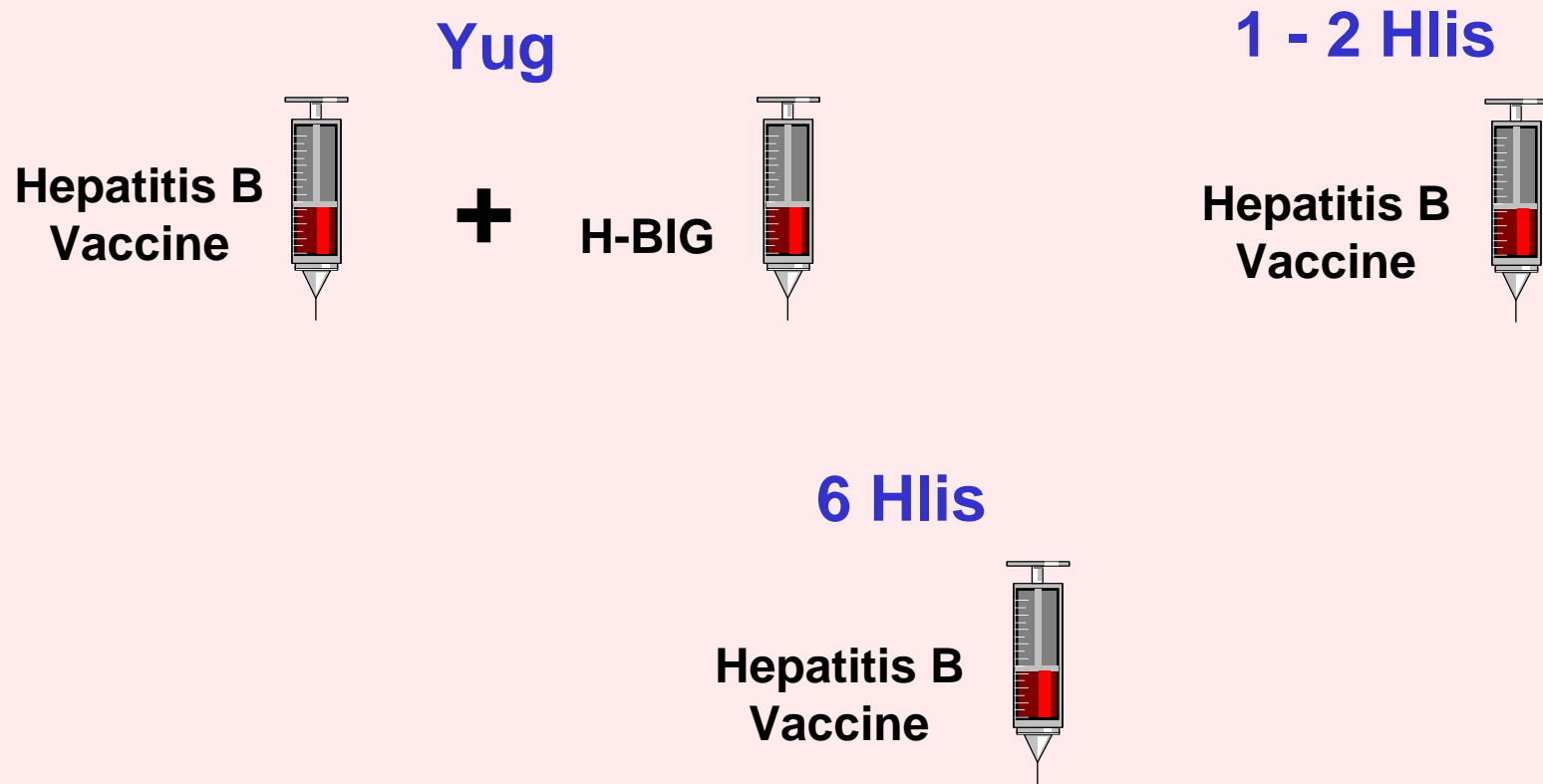
- Feem ntau cov mivnyuas yeej tsis tuag lug ntawm tug kaab mob hepatitis B.
 - 9 leeg ntawm 10 tug mivnyuas twg yog leej nam muaj tug kaabmob nuav tes nwg yuav muaj nyob rua huv nwg lub cev (**carriers**) taag ib sim neej, yog has tas nwg tsis nkaug tshuaj tiv thaiv.



- Yog koj cov mivnyuas nkaug 3 koob tshuaj nuav hab koob tshuaj **H-BIG**, puab yuav muaj 95% kws yuav tsis muaj tug kaab mob sab dlaaj B taag sim neej.

Tug Mivnyuas Cov Koob Tshuaj Kws Nkaug rua Hepatitis B

Yog leej nam muaj Hepatitis B



Cov koob tshuaj nuav paab tug mivnyuas le caag?

- Koob tshuaj nuav paab tug mivnyuas lub cev xeeb ib co antibodies kws yuav tiv thaiv kuam tsis muaj kaab mob sab dlaaj B.
- Yog thaum twg ib tug quas laug los yog ib tug mivnyuas lub cev muaj antibodies rua kaab mob sab dlaaj B, nwg yuav paab tawm tsaam tug kaab mob.
- Ob peb hlis tom qaab koj tug mivnyuas nkaug **H-BIG hab 3 koob tshuaj tiv thaiv**, tug kws khu mob yuav kuaj nwg le ntshaav. Qhov kev kuaj nuav yuav qha seb koj tug mivnyuas lub cev puas xeeb cov antibodies.
- Ncu nroov nug koj tug kws khu mob txug qhov kev kuaj ntshaav nuav.

Yog has tas kuv tug mivnyuas tsis tau nkaug cov tshuaj nuav?



9 leeg ntawm 10 tug mivnyuas twg yog leej nam muaj tug kaabmob nuav tes nwg yuav muaj nyob rua huv nwg lub cev (**carriers**) taag ib sim neej, yog has tas nwg tsis nkaug tshuaj tiv thaiv



1 leeg ntawm 4 tug mivnyuas twg yuav muaj feem tuag taug lug ntawm kev muaj teebmeem rua lub sab.



19 leeg ntawm 20 tug mivnyuas kws tau nkaug tshuaj yuav tiv thaiv tau tug mob taag sim neej

Kuv txhawj has txug nkaug tshuaj tiv thaiv kaab mob sab dlaaj B rua kuv tug mivnyuas.

- Nkaug tshuaj tiv thaiv kaab mob sab dlaaj B yuav tsis muaj teebmeem rua koj tug mivnyuas. Nwg yuav tsis ua le caag rua nwg txuj kev luj hlub.
- Yog has tas koj tug mivnyuas tsis nkaug tshuaj es tau tug kaab mob. Koj tug mivnyuas yuav muaj teebmeem rua nwg lub sab.



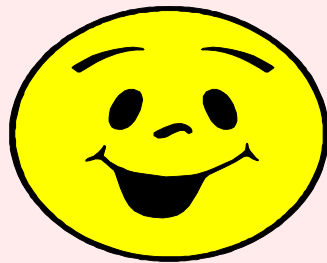
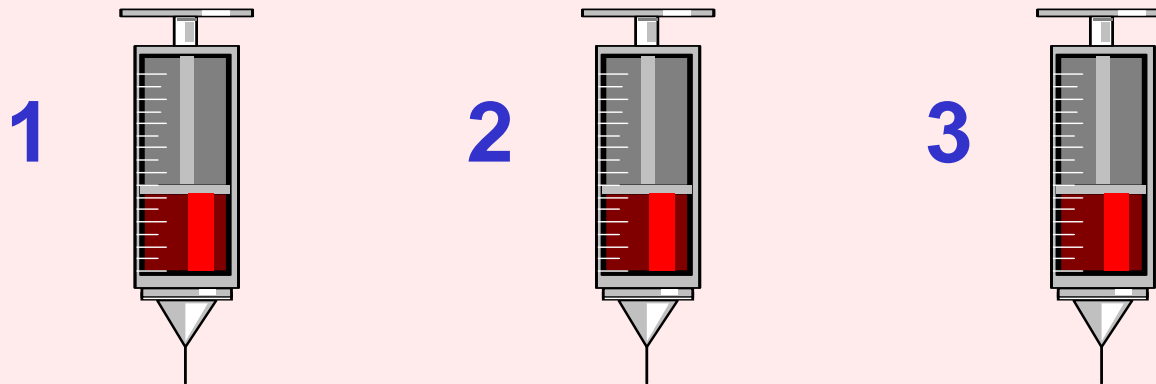
Vim le caag tug tuabneeg nrug kuv pw hab cov tuabneeg nrug kuv nyob yuav tau moog kuaj ?

- Vim tug kaabmob sab dlaaj B nuav yuav kis tau rua puab, puab yuav tsum tau moog kuaj seb puab lub cev puas muaj.
- Yog has tas puab tsis muaj tug kaabmob hepatitis B, puab yuav tsum tau moog nkaug cov tshuaj tiv thaiv tug kaabmob nuav.



Yuav tsum tiv thaiv tau Hepatitis B!

Yog koj yeej tsis tau muaj hepatitis B dlua le,
koj yuav nkaug tau peb koob tshuaj . . .



. . . hab yuav tiv thaiv tau koj.