



Qorichaa/Qorsa Dhukkuba Sombaa ittisu

Pills to Prevent TB

That's why the doctor has prescribed them for you: to protect you from TB.

Your pills are probably isoniazid (often called INH). It is the same kind of medications that many TB patients take to help them get over the disease. For you, it will help prevent disease. But-and this is important-if they are to help you, the pills must be taken regularly: as often and as long as the doctor says.

Why do you need pills?

Someone close to you may have TB. that raises the possibility you have TB germs in your body-even though you are not sick. If so, you need protection.

If you have TB germs in your body, as shown by a tuberculin skin test, the doctor may feel that you particularly need preventive pills because.....

- Your test show that you got the germs quite recently.
- You had TB once and maybe were not treated completely with the medicines we have today.
- Something on your chest X-ray makes preventive pills a good idea.

Many people have TB germs in their bodies in a resting state. These people are not sick with TB. Taking preventive pills will make sure they stay well.

Kanaaf Doktori siif ajaje: Akka dhukkuba Somba irra si ittisuuf.

Qorichi/qorsi kee isonized (INHs jedhama) Tayutu mala. Qorichumaa nameen baay'en Dhukkuba Sombaa qaban akka woyaawaniif Fudhatan..

Haa tayu male kunni haalan jab'a/cim'a- Yo ka si gargaaru taye, qorichii/qorsii osoo adaan hin muriin fudhatamuu qaba. Yeroo yerotti akkuma Doctori ajajetti.

MAALIF QORICHII/QORSII SI BARBAACHISE?

Namnii sitti dhiyaatu Dhukkuba Sombaa qabaachutu mala. Kunni Akka raamon Dhukkuba Sombaa nafaa kee keesa jiraatu – atti dhu-kkubsatu baatule godha. Yoo kun taye atti ittisa si barbaachisa.

- Yoo raamon Dhukkuba Sombaa qaama kee keesa jiraate, akkuma laalchi kal'o nafa keeti mu'isuti, Doktori ammo ittisni ni barbaachisa Yo jedhee maalif:

-ilaalchi akka atti dhiyoo kana raamon dhukkuba kana si qabe Mul'isa.

-Tanaan dura dhukkubni kun guututi waldhaansa ar'a kanaan waan hin waddhaanamiif.

- ilaalchi X-ray qomma keeti irrati qorichi/qorsi ittisu barbaachisa waan tayeef.

Nama baay'e raamo Dhukkuba Sombaa nafa/qaama isaani keesa waan teetuf. Nameen kun Dhukkuba Sombaa hin dhukkubsatan. Qoricha/qorsa Dhukkuba Sombaa fudhachuun akka isaan faya tanaan jiraatan mirkaneesa.

Things to watch

The TB preventive pills (isoniazid) are remarkable safe, as millions of people taking them have found. But once in a while they cause upset.

One side effect that happens sometimes is a possible liver reaction. It may start with loss of appetite, nausea and weakness and go on within about a week-with color (like dark tea or coffee) in the urine and then yellow color in your skin or eyeballs.

If anything like that happen, stop taking the pills and be sure to tell your doctor or clinic nurse. In fact, tell them about any illness you feel while pill-taking.

Are You a Parent?

The doctor may have told you your child need the pills to prevent TB.

Even if your child is not sick the preventive treatment may be needed. But your child can and should lead a normal life.

Children taking TB pills should not be kept apart. Let them play with others. Let them go to school if they are school age.

Because your child feels fine, it may be hard to remember the medicine every day- perhaps for a whole year. But it must be every day, or it may not work.

That applies to *you* too!

WAAN LAALAMU

Qorichi/qorsi Dhukkuba Sombaa ittisu (isonized) midhaa hin qabu, akkuma namin miliyyoonan lakkaawamu argeti. Haatawu male dabree dabree dalans Qaba/fida.

Dalansuun tokko dalanuu turruti. Nyaata jibansaan jalqabe, loloochu fi dadhabii haga torbaan tokko – bifti fincaani (shaayi diimtu takaawu bunna) fi bifti addi ijaa ni boorofti.

Yoo haali kun mul'ate, qoricha/qorsa fudhachu dhaabii doktora takaawu narsitti himmi. Kesaawu, yeroo qoricha/qorsa fudhatu dhukkuba sitti dhagayamu maraa himi.

ISSIN WARRA IJOOLETI?

Doktori qorichi/qorsi Dhukkuba Sombaa da'ima keet/teeti irraa Dhukkuba Sombaa ittisa jechutu mala.

Yoo da'imni kee/tee dhukkuba hin qabaane ille qorichi/qorsi ittisaan barbaachisaa tayutu mala. Haatawu male da'imni kee/tee jirru fay'a nagaya qabdu jiraachu dandaya/dandeeti, qabas/qadis.

Da'iman qoricha/qorsa ittisa Dhukkuba Sombaa fudhatan adaan cokamuu/fooyamu hinqaban. Kaawan waliin taphachu dandayan. Yoo umriin isaani gaye mana barnoota haa deeman.

Waan da'imni kee/tee nagayaa fayaa qabaatef, guyya qorichi/qorsi itti keennu yaadachuun namati jabaata – bara guutu. Haatawu male guyyu tayyu qaba yookan qorichi/qorsi hin hojatu.

Gorsi kun siif ille!

Ways to Remember

There are lots of ways to remember your pills. You will want to work out your own best system, but here are a few suggestions:

- Take the medicine at the same time every day.
- Mark off on a calendar every time you take your pills. You might ask the clinic or your doctor about special pill calendars. Some places have them-with the pills fastened right onto the calendar.
- Each night, put out the pills for the next day.
- Keep the pills in a place where you can't miss them - maybe in the bathroom or the kitchen, But be sure they are out of the reach of children.

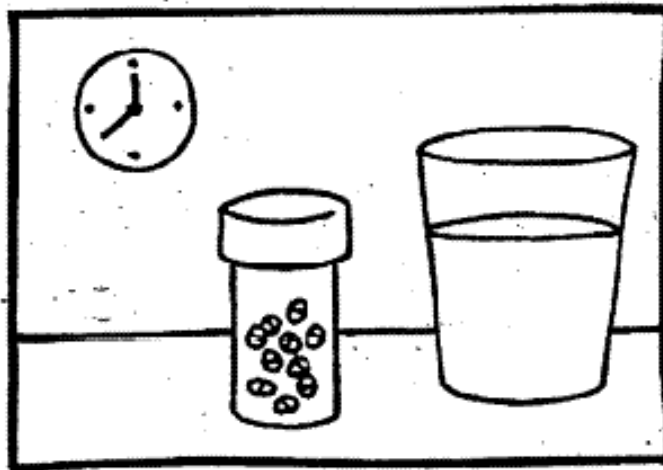
Protect yourself from TB! Take your pills regularly?

KARAA ITTI YAADATAMU

Karaan qoricha/qorsa itti yaadatamu dandayamu b'ayee. Waan siif tayu attumaan lafa kaayadhu, garuu yaadni saphlaan kunoo:

- Guyyu yeroo murteesiteeti qoricha/qorsa fudhadhu.
- Lakkobsa baraa (calendar) irrati yeroo qooricha/qorsa fuhdatu malateesi. Doktora kilinika lakkobsa baraa ka qoricha/qorsa gaafachuun hin mala. Bakka bakka ni qaban.
- Halkan maraa, qoricha/qorsa borru baasi kaayi.
- Qoricha/qorsa bakka mul'atu kaayi – takkaa mana fincaani takka kushiina. Haatawu moo bakka ijoolen dhaqabu hin dandeene tayu qaba.

-
*DHUKKUBA SOMBAA IRRA UF ITTISI
WALLI DIRIIRSII QORICHA/QORSA FUDHADHU*



EthnoMed

This publication was made possible by a contract from the Washington State Department of Health, Tuberculosis Division. The contents were translated by Harborview Medical Center Interpreter Services from an American Lung Association pamphlet and reviewed by Horn of Africa Services, Seattle, WA. Revised September 1999.