

## The Tuberculosis Skin Test (Somali)

In many countries, medicines are not used for tuberculosis (TB) until people become sick. Here in the U.S., we try to keep your family healthy by using medicine before you get sick. That's why we use the TB skin test as a part of regular checkups.

The TB skin test is to find out if you have TB germs in your body. Even if you are feeling well, you could have TB germs in the body in a sleeping state, like dormant seeds in a field. As long as they are dormant, they will not make you sick. But someday, even years from now, these dormant seeds could start growing and make you sick. Fortunately there is a medicine that can kill the sleeping TB germs, like killing the seeds in a field before they grow into weeds. The arm test is to find out if you should have the medicine to stay healthy and strong.

The skin test works by having a small amount of fluid injected with a needle just underneath the skin on your arm. The fluid does not contain any germs and will not make you sick or give you TB. Though it is given with a needle, it is not an immunization and will not protect you from illness. After two or three days, come back to the clinic to have a nurse look at your arm. By looking at the skin where the test was injected, the nurse will be able to tell whether you have TB germs sleeping in your body. If you do, the doctor may recommend a chest x-ray to see if your lungs are healthy. The doctor will also talk with you about taking medicines to kill any TB germs in your body and to keep you healthy.

Please ask your doctor or nurse any questions you have about TB or the TB skin test. They will be happy to answer them for you.

## Baaritaanka Qaaxada ee Maqaarka

Dowladaha badankooda, lama isticmaalo daawada qaaxada ilaa qofku jirado. Halkan cariga mareykanka., waxaan isku daynaa in qoyskaaga caafimaad joogta ah helo iyadoo la isticmaalayo daawo intaadan jiran. Sidaa daraadeed waxaan isticmaalnaa baaritaanka qaaxada iyadoo ah qeyb ka mid ah baaritaanka caadiga ah.

Baaritaanka qaaxada ee maqaarka waa jid lagu helo haddii qaaxada jeermigeeda jirkaaga ku jiro. Xitaa haddii aad caafimaad qabto, waxaad ku qabi kartaa jeermiga qaaxada asoo jirkaaga hurda, sida abuurka jiifa beerta. Si kasta ee u jiifaanba kuma jiran doontid. Laakin maalin ka mid ah maalmaha, ha ahaataba sanooyin hadda ka dib ah, abuurkan jiifa waxey bilaabi doonaan iney koraan oo jiro kuu keenaan. Nasiib wanaag waxaa jira daawooyin dili kara jeermiska qaaxada ee hurda, sida dilida abuurka beer inta eysan cows noqon. Baaritaanka gacanta waa sida lagu helo haddii daawada aad qaadan karto si aad u caafimaado awoodna u yeelato

Baaritaanka maqaarka waxey u shaqeysaa iyadoo xoogaa dareero ah oo cirbad ku jira lagu duro maqaarka gacanta hoosteeda. Dareerahan kuma jiraan wax jeermis ah kumana jiran doonto, qaaxana kuuguma ridi doonto. Maadaama cirbad laguugu siiyay ma aha talaal kaamana difaaceyso cudur. Labo ama saddex maalmood ka dib, ku soo noqo faydhoorka {kiliinikada} si kalkaaliyaha caafimaad {neersis} u aqriso gacantaada iyadoo fiirineysa maqaarka meesha lagaa duray, neersiska waxey sheegi kartaa haddii jeermisku jirkaaga hurdo. Haddii taas jirto, taqtarku wuxuu kuu diri raajada feeraha si loo fiiriyo haddii sambabadaadu caafimaad qabaan. Taqtarku wuxuu kaloo kaala hadli doonaa qaadasho daawo disha jeermiska jirkaaga ku jira si aad u caafimaado.

Fadlan weydii su'aal kasta ee aad ka qabto qaaxada iyo baaritaanka qaaxada ee maqaarka taqtarkaaga ama kalkaaliyahaaga caafimaad {neersiskaaga}. Aad ayey ugu faraxsanaan doonaan iney ka jawaabaan su'alahaaga.