

Sik TB fekt sit

Sik TB

Sik TB i infeksen i kamap long rot bilong bakteria na em inap kamap long bodi bilong yumi, maski em i wanem wanem hap bodi. Tasol, planti taim, em i "palmoneri TB" i save kamap long ol lewa bilong yumi.

Sik TB i kalap kalap namel long ol man tasol, na maski em i gat hamas krismas, em bilong wanem hap, sik TB inap kalap long em. Wan wan man tasol i kisim sik TB long Queensland na klostu olgeta bilong ol manmeri em sik TB i painim ol long Queensland ol i kisim dispela sik long kantri we planti man i kisim sik TB.

Sik TB i ken i stap hait long bodi inap sampela mun o planti yia, na bihain, dispela sik bai i kamap ples klia.

Taim sik TB i stap hait, dispela man i no gat ol mak bilong sik - ol i kolim dispela olsem "letent (i makim "i stap hait") TB". I no olgeta man i gat letent TB i mas kisim tritmen, tasol sampela taim, sapos dokta i luksave olsem dispela sik bai kamap, em bai tok, i gutpela long mekim samting bilong pasim sik. Sik TB bai i kamap ples klia long 5 inap 10% tasol bilong ol man i gat letent TB insait long laip taim bilong ol.

Sik TB inap bagarapim ol man sapos ol i no painim hariap na kisim tritmen long en.

Yu ken oraitim sik TB taim yu kisim tritmen bilong spesol antibaioitiks. Lain bilong Queensland Health i ken givim ol sevis bilong painim na tritim sik TB long liklik pe tasol.

Ol mak bilong sik TB

Ol mak bilong sik TB i no save kamap ples klia pastaim. Isi isi ol mak bilong sik TB i wok long kamap ples klia inap sampela wik o sampela mun na bai yu kisim tupela tingting, "Nogut mi kisim sik TB"; tasol yu bai i lukim ol kain mak olsem:

- kof inap 2-pela o 3-pela wik o moa
- wok long spet (phlegm)
- kof na spetim blut
- fiva
- swet taim yu slip
- wok long lusim weit
- no gat laik long kaikai
- taiet
- nek bilong yu i no krai gut
- pen long bros i stap longpela taim o kamap planti taim
- ol limf glend i solap moa yet long nek

Tritmen

Sik TB em i kamap ples klia

Ol i save tritimen sik TB inap 6-pela mun, tasol, sampela taim, ol i save mekim longpela taim moa. Ol i save kolim dispela tritimen olsem TB kemoterapi (na em i narapela kain long kemoterapi long ol narapela sik). Long Queensland, ol dokta i gat ekspiriens long tritimen sik TB ol tasol i save givim ol dispela medikesen.

Ol i save yusim ol medikesen **wantaim** ol narapela medikesen bilong tritimen Sik TB. Em ol dispela tritimen i olsem:

- Aisoniazid (Isoniazid)
- Rifampisin (Rifampicin)
- Etambiutol (Ethambutol)
- Pirezinemaid (Pyrazinamide)

Ol i save givim tu vitamin B6 (pyridoxine) bilong pasim ol said-efekt em aisoniazid inap kamapim.

Sampela taim, ol i save yusim ol narapela medikesen sapos em i wanpela kain sik TB we antibiotiks i no wok long en o sikman i no ken kisim wanpela o moa medikesen em mipela raitim antap.

Sampela taim, em i wankain medikesen, tasol narapela nem i stap long pekeji we lain bilong wokim marasin i putim nem bilong ol.

Planti man i gat sik TB i no gat wok long admit long haus sik, tasol sampela i mas mekim olsem.

Bilong oraitim olgeta na pasim sik long kamap gen, em i impoten long sikman i mas bihainim stret stretpela wei bilong tritimen aninit long wok bilong dokta. Em bai i was long yu mas kisim tritimen long hamas mun stret, i no ken stop namel long tritimen maski yu pilim orait.

Ol i save givim medikesen long olgeta de. Klostu olgeta taim, lain bilong Queensland Health bai i lukautim wok bilong givim tritimen olsem: ol bai i was long ol sikman i kisim medikesen bilong ol (DOT-Directly Observed Therapy) o ol bai i redim ol medikesen long spesol bokis na bai sikman i ken kisim hamas ol stretpela marasin ol i makim long olgeta de. Ol i ken mekim DOT long haus bilong sikman o long klinik - ol i ken makim wanpela bilong ol i wok gut.

Olsem long olgeta medikesen, ol said efekt inap kamap. Sapos kamap, wantu, ripotim dispela samting i go long dokta, nes o lokol jeneral praktisiona. Bihain long wok aua, imejensi dipatmen bilong haus sik i mas lukim dispela sikman sapos said efekt i nogutim em tru.

Letent TB

Ol i save givim wanpela medikesen inap 6-pela inap long 9-pela mun. Ol i save yusim aisoniazid (isoniazid) na givim vitamin B6 wantaim. Ol i save givim ol pikinini sotpela kos bilong tritimen, tasol givim tupela medikesen wantaim.

Kalap i go long ol narapela man

Palmoneri TB i save kalap long narapela man taim man i gat sik TB i kof, kus, lap o toktok na liklik spet bilong em i go aut long win na narapela man i pulim dispela win. Ol man i stap long seim haus wantaim man i gat sik TB inap kisim sik TB, winim ol narapela, bikos i mas i gat longpela taim bilong dispela sik i ken kalap long ol narapela man.

Sik TB inap kalap moa yet long ol pikinini i yangpela tru (aninit long 5-pela krismas) na ol man, em imiun sistem bilong ol i no strong, bihain long ol i stap wantaim ol man i gat sik TB.

Sik TB i no kalap long narapela man long rot bilong holim samting. Olsem na, yu ken yusim ol seim samting (olsem naip, pok, ol glas o bed-sit) wantaim ol sikman.

Ol i statim tritmen na 2-pela o 3-pela wik i lus pinis, sik TB bilong dispela sikman i no inap kalap moa long ol narapela. Bihain long dispela hap taim, sikman i ken mekim ol samting em i save mekim, tasol em i mas wok yet long kisim tritmen. Olgeta taim, triting-tim bai i toksave taim dispela hap taim, em sik i ken kalap long narapela, i pinis.

Sapos sik TB i no i stap long ol lewa bilong man, dispela sik i no save kalap long ol narapela man.

Wok yet long was long sik

Bihain long tritmen i pinis, i gutpela tru sapos ol i ken sekim gen sampela taim olsem sik i stap o nogat insait long 2-pela yia o moa na bai ol i ken painimaut hariap sapos sik i stap.

Hau ol i painimaut sik TB

Wei bilong painimaut sik TB i olsem:

- skelim wanem wanem sik man i bin kisim bipo
- sekim bodi
- Ol spesol tes olsem:
 - x-rei long bros
 - testim spet (sputum test)—Ol bai i salim spet i go long spesol laborator: wanpela o tupela de bihain, ol bai i toksave long namba wan taim olsem sik i stap o nogat. Tasol, ol bai i toksave gen sampela wik bihain.
 - medikol baiopsi olsem bilong limf glend
- Ol tes bilong painimaut letent TB (sik TB i stap hait) i olsem:
 - tuberkulin skin tes (Mantu tes)
 - “Quantiferon” TB Tes – blut test em i senis bilong skin tes
 - Sampela taim, yu mas kisim tes inap tupela taim o moa bilong painimaut stret olsem yu gat sik TB o nogat.

Skrining long sik TB

Sapos wanpela man i ting, "Mi bungim man i gat sik TB, nogut mi kisim pinis dispela sik", orait em i mas kontektim lokol GP o TB sevis i stap klostu long hap bilong em.

Sapos dokta i luksave olsem em i gat sik TB pinis, i gat ol wei bilong painimaut na kontektim ol man em dispela man i bin bungim, olsem famili o ol man i stap wantaim long haus, ol pren na ol wanwok bilong em.

Planti taim, kain manmeri olsem i stap daunbilu i kisim skrining bikos i gat bikpela sans long kisim sik TB:

- ol manmeri i bin bungim man i gat sik TB i no longtaim i go pinis
- ol man i kam long kantri we planti man i kisim sik TB
- ol manmeri em imiun sistem bilong ol i no strong
- ol manmeri i wok long haus sik o klinik

- ol manmeri i bin go long kantri we planti man i kisim sik TB na i stap long en inap 3-pela mun o moa

Pasim sik TB

Nambawan bikpela wei bilong pasim sik TB, em long painimaut ol man i gat sik TB na tritim ol gut tru. Sapos komiuniti yet i ken daunim namba bilong ol manmeri i gat sik TB inap kalap long ol narapela man, sans bilong ol man i kisim sik TB bai i go daun.

Sapos ol mak bilong sik TB i kamap long wanpela man, kwiktaim, em i mas go lukim dokta bilong painimaut hariap em i gat sik TB o nogat.

Ol sikman i gat sik TB i ken mekim ol samting daunbilo na bai sik TB bilong em i no ken kalap long ol narapela man:

- bihainim ol stretpela wei bilong tritmen, em dokta i makim, maski sikman i pilim orait
- bihainim ol isipela wei bilong pasim gems bilong sik long kalap i go aut olsem pasim maus long sliv o laplap samting taim em i laik kof o kus.

Ol i bin yusim veksins long TB (BCG veksins) inap planti yia, tasol em i wok gut liklik. Em i wok gut long ol pikinini i yangpela tru. Long Queensland, i gutpela tru long givim BCG veksins long ol pikinini bilong Aborijini na Torres Strait Islander bihain stret long ol mama i karim ol. I gutpela tu long givim dispela veksins long ol pikinini i yangpela tru sapos ol i go i stap long ol kantri, we planti man i kisim sik TB, inap 3-pela mun o moa.

Kirap long 2012, lain bilong wokim BCG i no salim moa BCG - lain bilong TB kontrol i ken givim infomesen long hau yu ken kisim BCG.

Ol helpim

Kontektim [tuberculosis control unit](https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/diseases/tuberculosis/contact-a-service) i stap klostu long hap bilong yu <https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/diseases/tuberculosis/contact-a-service>

Infomesen long Tok Pisin

Painim ol trenslesen (ol tok ol i tanim i go long Tok Pisin) bilong

- [Migrant skrining](https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/diseases/tuberculosis/screening/migrants)
- [Ol medikesen](https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/diseases/tuberculosis/treatment/medications)
- [BCG Veksinesen](https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/diseases/tuberculosis/treatment/bcg-vaccination)
- [Tuberkulin skin tes](https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/diseases/tuberculosis/screening/skin-test)