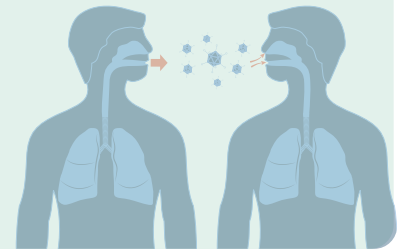


# Ewe semwenin TB

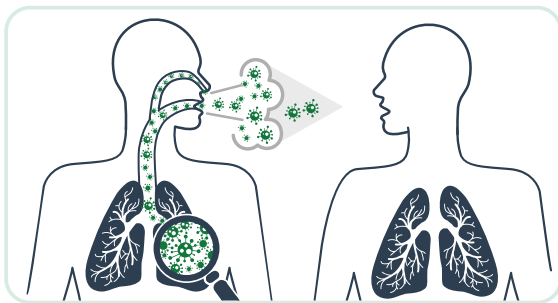
Omw ewe tes mi pwaàtà pwe mi uruk tuberculosis, ika **ewe semwenin TB**.

- Safei mei tongeni epwe **omwoii TB**.
- Ekkoch aramas mi urir **ewe semwenin TB** mi pwan tongeni an repwe pwan ngeni ekkoch aramas ena semwenin TB.



## Ee tori ei me ian ewe semwenin TB?

Ese pwan nifinifin aramas an epwe urir ewe semwenin TB. Ika pwe emon ewe mi or ewe semwenin TB non an ewe nenien ngasangas (lungs) nge re mwor, mwesi, ika fos, iwe ewe TB mi tongeni epwe fetan non àsepwàn. Emon mi nom winiorun emon ewe mi semwen mi tongeni epwe ngaseranong ewe semwen aa tongeni epwe fetanong non ewe nenien ngasangas (lungs). Ese tongeni epwe uruk ewe semwenin TB nupwen oupwe kapwong fengen me emon won peumi, ika seni mongo, sepi, uuf, me pwan ekkoch metoch.



Ewe semwenin TB nupwen an aa tonong non inisum, ra "meur." Nupwen ewe semwenin TB epwe "meur" iwe kose tongeni kopwe mefi nge ka semwen. Eii metoch sa kan aita ngeni "**latent TB infection**" ika **ewe paikingin TB mi chok opwono** iwe pwan ew itan non merika "**LTBI**." LTBI mi tongeni epwe nonom reom non mochomochen fansoun ika fen non fitu ier. Ka poputa mefi semwen nupwen ewe TB non inisum aa "nenò" iwe aa poputa me mar. Iwe ei sa kan ker ngeni **semwenin TB**.

## Ekkach ifan usun an tokter repwe chekin TB?

Repwe tongeni chekin ewe semwenin TB ren ar repwe angang cha ika cheki unuchen inisum ar repwe sinei fatei pwe aa uruk ewe paikingin TB.

Iwe ir mi pwan tongeni repwe x-ray ni fan mwarum ren ar repwe katon ika ewe semwenin TB aa tonong angawa omw ewe nenien ngasangas (lungs).

Sputum ika ewe mwongomongen non chiorom re kan angei nupwen kopwe mworau me fan mwarum. Ei metoch re kan angei nupwen repwe sinei ika ewe semwenin TB aa fokkun nom fan mwarum non omw kewe nenien ngasangas (lungs).

## Met epwe for inisi nupwen ewe semwenin TB aa uri ei?

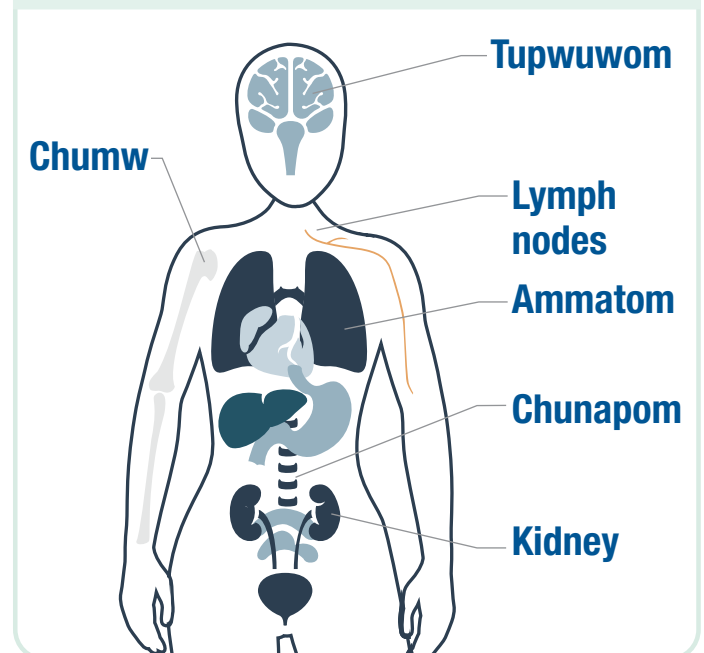
Ewe semwenin TB ekkach kon màsàni foun ammatlach ika ach kewe nenien ngasangas (pulmonary TB). Pwan ewe semwenin TB mi pwan tongeni epwe angawa pwan ekkoch masowen non inisum.

Ika pwe mi or ewe TB non omw kewe nenien ngasangas (lungs) iwe ina kopwe:

- Mwor non ukukun fitu wiik (week)
- Kopwe mwor nge epwe fiti cha
- Kopwe fokkun kichuchuno
- Ina kosapw chiwen mefi echik
- Epwe fokkun tun mononom nepwin
- Kopwe mefi pwichikar
- Kopwe mefi apwangapwang

Ika pwe ewe semwenin TB ee nom ekkis tefen inisum iwe ina epwe sokkono met kopwe mefi.

## TB mi tongeni epwe nom non



## Epwe ifa usun an upwe chikar seni?

Kopwe no churi noum tokter (doctor) iwe ka pwan angang unumom safei an epwe nieno ena paikingin TB.

Paikingin TB mi watte pochokunan. Ir mi tongeni repwe nonom non inisum non fansoun nakatam. Ina kopwe mefi ekkis pochokun mwirin fitu wik (week) omw angei safein TB. Nupwen kopwe cheki eochu nge ra fokkun mano ekkewe paikingin TB, iwe kopwe angei safeian kana non ukukun onu (6) maram ika fen fansoun nakatam.

Mi fokkun euecha omw kopwe churi noum tokter iteiten maram nupwen ka safei tori an epwe wes sonuk ena semwen.

## Met epwe fis ika pwe use angei ena safei?

Kopwe fokkun angei unumom na safei usun an noum na tokter aa urenuk. Ika pwe ese pwung angangen unumom na safei, iwe ena semwenin TB mi tongeni epwe fen pochokununo. En mi tongeni kopwe semwen sefan ika fen nom won safei non fansoun nakatam.

### Met wewen DOT?

“DOT” aa wewe ngeni directly observed therapy ika emon chon angang epwe wisen nom nupwen kopwe angei ewe safein TB. DOT aa pwan fis nupwen emon chon angang epwe kukunok iteiten ran pwe epwe ngonuk unumom foun safein TB. Sa kan fori ei sokkun pwe sipwe minafichi an kopwe angei unusen ekkewe safei mi namot ngonuk. Ika pwe mi or osukosuken unumom kewe safei, iwe kich mi tongeni fori iei chok.

## Ngang mi tongeni ngeni aramas ei semwenin TB?

Ika TB mi nom non ammatom, iwe kopwe fokkun tumuneoch pwe ete pwan tori aramas ena paikingin TB. Ika pwe ewe semwenin TB mi nom ekkis non inisum, iwe mi weires an epwe ku ekkoch aramas.

Kopwe eisini noum tokter ika kangof ika en mi tongeni spread ini ewe TB ngeni ekkoch. Ir mi tongeni urenuk ifa usun omw kopwe eppeteni seni ekkewe aramas mi kuku ngonuk.

Noum tokter ika kangof epwe urenuk inet kopwe tongeni niwiniti omw angang, sukun, ika ekkoch pwan angang.

**Chechemeni... En mi tongeni chikar seni TB!**

## Pwan met upwe pwan sinei?

Kopwe ureni noum tokter ika kangok ika ke ekiakin mokut. Ir mi tongeni repwe ngonuk unumom safein TB mwirin omw mokut.

## Met upwe sinei ren pekin safein TB?

Ekkei safei mi fokkun eochu ngonuk, nge ekkoch aramas mi ngawe ngenir. Mi fokkun euecha kopwe ureni noum tokter ika pwe mi uruk ekkei kinikinin metoch:

- » Mwuus, metek nuk
- » Kose mwon onom
- » Eningaw
- » Oneon non mesom ika unuchom
- » Mefi metekin tikek ren eutun poum ika pecheom
- » Mefi metekin tikek ika unun ren awom
- » Topwutop non mesom ika siwin nenen mesom
- » Mwanien
- » Metekitek non kupwukupwun chumw
- » Pwichikar napeseni unungat ran
- » Skin rash
- » Epwe mecheres omw kopwe nupwuchon ika inisum epwe cha

Kosapw un sakaw, ren pio, wine, ika mi pwich nupwen omw angei safein TB.

## Clinic/tokter/kangof:

Nampan Fon: \_\_\_\_\_

## Unumom foun safein TB:

- Isoniazid (INH) angei \_\_\_\_\_
- Rifampin (RIF) angei \_\_\_\_\_
- Pyrazinamide (PZA) angei \_\_\_\_\_
- Ethambutol (EMB) angei \_\_\_\_\_
- Vitamin B6 angei \_\_\_\_\_
- Pwan ekkoch: \_\_\_\_\_

**Oregon Health Authority**  
PUBLIC HEALTH DIVISION  
HIV, STD, me TB Section