

ENGLISH

Information for new patients in the United Kingdom

AFRIKAANS

Inligting vir nuwe pasiënte in die Verenigde Koninkryk

All people who are new to the UK are offered tests to look for infections.

Almal wat nuut in die Verenigde Koninkryk (VK) is, word toetse aangebied om na infeksies te soek.

Some infections may not make you feel unwell now but could harm you if not found early.

Sommige infeksies laat jou dalk nie nou siek voel nie, maar kan skadelik vir jou wees as dit nie vroeg opgespoor word nie.

The infections we test for have treatments to cure or control the infection.

Die infeksies waarvoor ons toets, het behandelings om dit te genees of te beheer.

The tests and treatments are free.

Die toetse en behandelings is gratis.

Information about your tests and your results will not be shared with people, outside the National Health Service (NHS), without your consent.

Inligting oor jou toetse en uitslae sal nie sonder jou toestemming met mense buite die nasionale gesondheidsdiens (National Health Service, of NHS) gedeel word nie.

If you have any of these infections it will not prevent you applying to remain in the UK.

As jy een van hierdie infeksies het, sal dit jou nie verhoed om aansoek te doen om in die VK te bly nie.

Different areas of the UK offer a different range of tests.

Verskillende areas in die VK bied 'n verskillende reeks toetse.

Below is a list of tests offered to most people arriving in the UK for the first time.

Hier onder is 'n lys toetse wat aangebied word aan die meeste mense wat vir die eerste keer in die VK aankom.

Being tested is optional.

Om getoets te word is opsioneel.

We advise tests to protect your health in the future.

Ons beveel toetse aan om jou gesondheid in die toekoms te beskerm.

Most tests are done by taking a small amount of blood from you, which your body will easily and quickly replace without you coming to any harm.

Die meeste toetse word gedoen deur 'n klein hoeveelheid bloed van jou te neem, wat jou liggaam maklik en vinnig sal vervang sonder dat jy enige skade ly.

Some tests require a urine sample.

All new arrivals to the UK have the right to register for a GP (a family doctor who can give you medical help and advice, for free, in your local community).

Tuberculosis

What is it?

Tuberculosis (TB) is an infection caused by bacteria which are released into the air when someone with an infection coughs or sneezes.

Pulmonary TB (in the lungs or throat) is the only form of the illness that is infectious, but TB can affect any part of the body.

If left untreated, TB is a serious illness, but it is curable with antibiotics.

We will ask you questions to assess if you could have active TB.

We may offer you a chest x-ray or other investigations to find out if you have it.

You may not have active (infectious) TB, but you may have been exposed to it in the past ('latent TB').

How could I catch it?

TB spreads between people in the air.

People with TB may not know they are ill at the time and you may have been exposed to the illness without knowing it.

What treatment is available?

TB can be fatal without treatment but can be cured with tablets.

Treatment is usually effective however it lasts at least 6 months and may be longer depending on where TB is found in the body.

Treatment for TB is usually a mixture of 4 antibiotics.

After 2 months of being on this treatment, patients may then be moved on to a course of 2 antibiotics for at least 4 months.

Sommige toetse vereis 'n urienmonster.

Alle nuwe aankomelinge in die VK het die reg om vir 'n AP (algemene praktisyn, 'n huisdokter wat jou gratis mediese hulp en advies in jou plaaslike gemeenskap kan gee) te registreer.

Tuberkulose

Wat is dit?

Tuberkulose (TB) is 'n infeksie wat deur bakterieë veroorsaak word wat in die lug vrygestel word wanneer iemand met 'n infeksie hoest of nies.

Pulmonêre TB (in die longe of keel) is die enigste vorm van die siekte wat aansteeklik is, maar TB kan enige deel van die liggaam raak.

TB is 'n ernstige siekte as dit nie behandel word nie, maar dit kan met antibiotika genees word.

Ons sal jou vrae vra om te bepaal of jy moontlik aktiewe TB het.

Ons kan jou dalk 'n x-straal van die borskas of ander ondersoek aanbied om uit te vind of jy dit het.

Jy het dalk nie aktiewe (aansteeklike) TB nie, maar jy was dalk in die verlede daaraan blootgestel ("latente TB").

Hoe kan ek dit opdoen?

TB versprei in die lug tussen mense.

Mense met TB weet dalk nie op daardie stadium dat hulle siek is nie en jy is dalk reeds aan die siekte blootgestel sonder dat jy dit weet.

Watter behandeling is beskikbaar?

TB kan dodelik wees as dit nie behandel word nie, maar dit kan met tablette genees word.

Behandeling is gewoonlik effektief, maar dit duur egter minstens 6 maande en kan langer wees afhangende van waar TB in die liggaam gevind word.

Die behandeling vir TB is gewoonlik 'n mengsel van 4 antibiotika's. Ná 2 maande op hierdie behandeling kan pasiënte oorgeskakel word na 'n kursus van 2 antibiotika's vir minstens 4 maande.

In the UK, TB treatment is free to everyone, regardless of immigration status.

Can it be prevented?

If you have latent TB, treatment will prevent you from developing infectious TB.

If you have active (infectious) TB, you should isolate until you are no longer infectious.

This is usually only a few weeks and you will be supported throughout your isolation.

Infections found in your blood

HIV, Hepatitis B and Hepatitis C viruses can pass from person to person through blood, semen or vaginal fluids.

These viruses can pass:

From mother to baby during birth or infancy

By having sex without a condom

By sharing items contaminated with infected blood e.g. needles, or razors.

Hepatitis B

What is it?

Hepatitis B virus can infect the liver.

Many people will clear the virus without treatment, but in some people, the virus can cause liver damage and liver cancer.

In most people it will cause no symptoms so you may not know if you have it.

TB-behandeling in die VK is gratis vir almal, ongeag hul immigrasiestatus.

Kan dit voorkom word?

As jy latente TB het, sal behandeling voorkom dat jy aansteeklike TB ontwikkel.

As jy aktiewe (aansteeklike) TB het, moet jy isoleer totdat dit nie meer aansteeklik is nie.

Dit neem gewoonlik net 'n paar weke en jy sal regdeur jou isolasie ondersteun word.

Infeksies wat in jou bloed gevind word

MIV-, Hepatitis B- en Hepatitis C-virusse kan deur bloed, semen of vaginale vloeistowwe van persoon tot persoon oorgedra word.

Hierdie virusse kan oorgedra word:

Van moeder na baba tydens geboorte of babajare

Deur seks sonder 'n kondoom te hê

Deur items te deel wat met geïnfekteerde bloed besmet is, bv. naalde of skeermesse.

Hepatitis B

Wat is dit?

Hepatitis B virus kan die lewer infekteer.

Vir baie mense sal die virus sonder behandeling opklaar, maar by sommige mense kan die virus lewerskade en lewerkanker veroorsaak.

In die meeste mense sal dit geen simptome veroorsaak nie, so jy kan moontlik nie weet of jy dit het nie.

What treatment is available?

Hepatitis B does not have a cure, but it can be controlled.

If you have a high level of Hepatitis B virus or any liver damage, you will be offered treatment with tablets to control the virus.

Treatment can prevent liver failure and liver cancer.

Your doctor or nurse specialist will give you more information about treatment if it is required.

Can it be prevented?

A vaccine to protect you from Hepatitis B is available and is free of charge.

Hepatitis C

What is it?

Hepatitis C is a virus which affects the liver.

Many people do not have symptoms until the liver has been significantly damaged.

A blood test is the only way to know you have the virus.

What treatment is available?

Hepatitis C can be treated with antiviral tablets over 8–12 weeks.

This usually cures the infection.

Early treatment will prevent serious complications such as liver damage, liver failure or liver cancer.

Can it be prevented?

There is currently no vaccine or medications available to prevent you being infected with this virus.

Watter behandeling is beskikbaar?

Hepatitis B kan nie genees word nie, maar dit kan beheer word.

As jy 'n hoë vlak van Hepatitis B-virus of enige lewerskade het, sal jy behandeling met tablette aangebied word om die virus te beheer.

Behandeling kan lewersversaking en lewerkanker voorkom.

Jou dokter of verpleegspesialis sal jou meer inligting oor behandeling gee indien dit nodig is.

Kan dit voorkom word?

'n Entstof om jou teen Hepatitis B te beskerm is beskikbaar en is gratis.

Hepatitis C

Wat is dit?

Hepatitis C is 'n virus wat die lewer aantast.

Baie mense toon geen simptome totdat die lewer beduidend beskadig is nie.

'n Bloedtoets is die enigste manier om te weet of jy die virus het.

Watter behandeling is beskikbaar?

Hepatitis C kan oor 8–12 weke met antivirale tablette behandel word.

Dit genees gewoonlik die infeksie.

Vroeë behandeling sal ernstige komplikasies soos lewerskade, lewersversaking of lewerkanker voorkom.

Kan dit voorkom word?

Daar is tans geen entstof of medikasie beskikbaar om te verhoed dat jy met hierdie virus besmet word nie.

Being treated for the infection does not prevent you from acquiring it again in future.

Human Immunodeficiency Virus (HIV)

What is it?

HIV is a virus which over time can affect your immune system, which is your body's ability to protect you from infections.

You often do not feel unwell straight away.

However, if you have this infection, you can be given treatment which controls the virus.

This stops it from causing you harm and prevents you from passing it on to other people.

What treatment is available?

There are different treatments available, usually a single tablet once a day.

This cannot cure the infection but can control the virus so that we can no longer detect it in the blood, and it cannot pass on to other people.

If treatment is started early, you can have a normal life expectancy and your immune system function will stabilise and, in most cases, improve.

Can it be prevented?

There is no vaccine currently available.

If you are at risk of HIV, you can get medication to reduce the risk of infection.

Om vir die infeksie behandel te word, verhoed nie dat jy dit in die toekoms weer opdoen nie.

Menslike Immuniteitsgebreksvirus (MIV)

Wat is dit?

MIV is 'n virus wat mettertyd jou immuunstelsel kan aantast, wat jou liggaam se vermoë is om jou teen infeksies te beskerm.

Jy voel nie altyd onmiddelik siek nie.

As jy egter hierdie infeksie het, kan jy behandeling ontvang wat die virus kan beheer.

Dit keer dat dit jou skade berokken en verhoed dat jy dit aan ander mense oordra.

Watter behandeling is beskikbaar?

Verskillende behandelings is beskikbaar, gewoonlik 'n enkele tablet eenmaal per dag.

Dit kan nie die infeksie genees nie, maar kan die virus beheer sodat ons dit nie meer in die bloed kan opspoor nie, en dit nie aan ander mense oorgedra kan word nie.

As behandeling vroeg begin word, kan jy 'n normale lewensverwachting hê en jou immuunstelsel funksie sal stabiliseer en, in die meeste gevalle, verbeter.

Kan dit voorkom word?

Daar is tans geen entstof beskikbaar nie.

As jy 'n risiko vir MIV het, kan jy medikasie kry om die risiko van infeksie te verminder.

What am I entitled to?

Free HIV treatment and follow-up

If you are found to have acquired HIV this does not affect your right to apply for asylum in the UK

Your HIV status will not affect your right to work in the UK

You will have access to free specialist care with regular, private and confidential follow up from non-hostile and non-judgmental health care professionals.

If you already know you have HIV, it is important that you tell your GP as soon as possible so you can continue treatment and see an infection specialist.

Syphilis

What is it?

Syphilis is a bacterial infection passed through sexual contact.

Symptoms change over time and can include painless sores or ulcers, swollen lymph glands, fever and weight loss.

Symptoms can involve all parts of the body at different stages, but some people do not have any symptoms.

If you have a sexual partner, they will also need to be tested for syphilis and they will be offered testing and treatment.

If you are pregnant and have syphilis, you can pass it onto the baby before it's born and increase the risk of miscarriage, premature birth and stillbirth.

How could I catch it?

Waarop is ek geregtig?

Gratis MIV-behandeling en opvolg

Indien daar bevind word dat jy MIV opgedoen het, beïnvloed dit nie jou reg om in die VK vir asiel aansoek te doen nie

Jou MIV-status sal nie jou reg om in die VK te werk beïnvloed nie

Jy sal toegang hê tot gratis spesialissorg met gereelde, private en vertroulike opvolg van nie-vyandige en nie-veroordelende gesondheidsorgpersoneel.

As jy reeds weet dat jy MIV het, is dit belangrik dat jy so gou as moontlik jou huisdokter vertel sodat jy met behandeling kan voortgaan en 'n infeksiespesialis kan sien.

Sifilis

Wat is dit?

Sifilis is 'n bakteriële infeksie wat deur seksuele kontak oorgedra word. Simptome verander oor tyd en kan pynlose sere of maagsere, geswelde limfkliere, koors en gewigverlies insluit.

Simptome kan alle dele van die liggaam in verskillende stadiums aantast, maar sommige mense het geen simptome nie.

As jy 'n seksmaat het, sal hulle ook vir sifilis getoets moet word en hulle sal toetsing en behandeling aangebied word.

As jy swanger is en sifilis het, kan jy dit voor geboorte aan die baba oordra en die risiko van miskraam, voortydige geboorte en stilgeboorte verhoog.

Hoe kan ek dit opdoen?

You can get syphilis by having vaginal, anal or oral sex with someone who has the infection.

What treatment is available?

Syphilis is curable with antibiotics which are usually given by injection.

You may need to get repeat testing at 6 and 12 weeks after treatment to ensure the infection has been cured.

Can it be prevented?

There is currently no vaccine or medication available to prevent you from getting this infection.

Syphilis can be prevented by using condoms when you have sex, and also by getting tested once a year, or if you have a new sexual partner.

Strongyloides

What is it?

Strongyloides is a parasitic worm which usually lives in soil (but is too small to see) and infects you through your skin.

It enters your lungs and intestines through your bloodstream.

It can cause skin or digestive symptoms that can come and go.

Some infections can become chronic and last for years or even be fatal.

Tests for Strongyloides include testing different bodily fluids for signs of the worm, such as stool and blood.

Jy kan sifilis kry deur vaginale, anale of orale seks te hê met iemand wat die infeksie het.

Watter behandeling is beskikbaar?

Sifilis kan genees word met antibiotika wat gewoonlik deur inspuiting toegedien word.

Jy sal dalk 6 en 12 weke ná behandeling weer toetse moet ondergaan om te verseker dat die infeksie genees is.

Kan dit voorkom word?

Daar is tans geen entstof of medikasie beskikbaar om te verhoed dat jy hierdie infeksie opdoen nie.

Sifilis kan voorkom word deur kondome te gebruik wanneer jy seks het, en ook deur een keer per jaar getoets te word, of as jy 'n nuwe seksmaat het.

Strongyloides

Wat is dit?

Strongyloides is 'n parasitiese wurm wat gewoonlik in die grond leef (maar te klein is om te sien) en jou deur jou vel infekteer.

Dit beland deur jou bloedstroom in jou longe en ingewande.

Dit kan vel- of spysverteringsimptome veroorsaak wat kan kom en gaan.

Sommige infeksies kan chronies word en jare lank duur of selfs dodelik wees.

Toetse vir strongyloides sluit in om verskillende liggaamsvloeistowwe soos stoelgang en bloed te toets vir tekens van die wurm.

How could I catch it?

Walking barefoot in contaminated soil in tropical and subtropical locations or having a weakened immune system can put you at risk of getting Strongyloides infection.

What treatment is available?

Strongyloides is easily treated with an anti-parasitic medication in tablet form.

Can it be prevented?

Strongyloidiasis can't always be prevented.

However not walking barefoot when traveling to warm or tropical climates can reduce your risk of infection.

Schistosomiasis

What is it?

Schistosomiasis, sometimes known as bilharzia, is an infection caused by a parasitic worm.

The parasite lives in fresh water (such as rivers and lakes) in subtropical and tropical regions.

Symptoms may include a red itchy rash, high temperature, cough, diarrhoea, abdomen and joint pain.

The parasite can remain in the body for many years and cause damage to the bladder, kidneys and liver and some types increase your risk of developing bladder cancer.

Hoe kan ek dit opdoen?

Om kaalvoet in besmette grond in tropiese en subtropiese gebiede te loop of om 'n verswakte immuunstelsel te hê, kan jou in gevaar stel om strongyloides-infeksie op te doen.

Watter behandeling is beskikbaar?

Strongyloides word maklik met 'n teenparasitiese medikasie in tabletvorm behandel.

Kan dit voorkom word?

Strongyloides-infeksie kan nie altyd voorkom word nie.

Hoewel, om nie kaalvoet te loop wanneer jy na warm of tropiese klimaat reis nie, kan jou risiko van infeksie verminder.

Skistosomiase

Wat is dit?

Skistosomiase, ook bekend as bilharzia, is 'n infeksie wat deur 'n parasitiese wurm veroorsaak word.

Die parasiet leef in vars water (soos riviere en mere) in subtropiese en tropiese streke.

Simptome kan 'n rooi jeukerige uitslag, hoë temperatuur, hoes, diarree, en buik- en gewrigspyn insluit.

Die parasiet kan vir baie jare in die liggaam bly en skade aan die blaas, niere en lewer veroorsaak, en sommige soorte verhoog jou risiko om blaaskanker te ontwikkel.

Schistosomiasis is usually diagnosed by a blood test but can also be diagnosed by finding parasite eggs in your urine or stool sample.

How could I catch it?

You become infected if you come into contact with contaminated fresh water in subtropical and tropical regions, for example when swimming, paddling or washing.

What treatment is available?

It can be cured with a short course of an anti-parasitic medication. Sometimes treatments may need to be repeated after a few weeks.

Can it be prevented?

There is currently no vaccine or medication available to prevent you from getting this infection.

People who travel to areas affected by schistosomiasis should avoid swimming, drinking and washing in fresh water that is likely to be contaminated.

Infections detected in your urine

Chlamydia and Gonorrhoea

What is it?

Chlamydia and gonorrhoea are common sexually transmitted bacterial infections.

Symptoms of both include pain when urinating, unusual discharge from the vagina, penis or anus, stomach pain, pain in the testicles or red eyes.

However they can also be asymptomatic (show no symptoms).

Skistosomiase word gewoonlik met 'n bloedtoets gediagnoseer, maar kan ook gediagnoseer word deur parasieteiers in jou urien- of stoelmonster te vind.

Hoe kan ek dit opdoen?

Jy kan die infeksie opdoen as jy in kontak kom met besmette vars water in subtropiese en tropiese streke, byvoorbeeld wanneer jy swem, roei of was.

Watter behandeling is beskikbaar?

Dit kan met 'n kort kursus teenparasitiese medikasie genees word. Behandelings moet soms ná 'n paar weke herhaal word.

Kan dit voorkom word?

Daar is tans geen entstof of medikasie beskikbaar om te verhoed dat jy hierdie infeksie opdoen nie.

Mense wat na gebiede reis wat deur skistosomiase geraak word, moet vermy om in vars water wat waarskynlik besmet is te swem, te was, en dit te drink.

Infeksies wat in jou urien bespeur word

Chlamydia en gonorrhoe

Wat is dit?

Chlamydia en gonorrhoe is algemene seksueel oordraagbare bakteriële infeksies.

Simptome van beide sluit in pyn tydens urinering, ongewone afskeiding uit die vagina, penis of anus, maagpyn, pyn in die testikels of rooi oë.

Dit kan egter ook asimptomaties wees (geen simptome toon nie).

The test for chlamydia and gonorrhoea is simple and painless.

It involves swabbing the affected areas (vagina, anus, throat) and/or giving a urine sample.

You can perform the swab yourself and it will be explained to you how to do this at your appointment.

How could I catch it?

They are both passed on through unprotected (without a condom) vaginal, anal or oral sex.

What treatment is available?

Chlamydia and gonorrhoea are treated with antibiotics but if left untreated can be passed on to other sexual partners.

You should avoid having sex for 1 week after you and your partners have been treated.

Some strains of gonorrhoea have become resistant to antibiotics, and you may require repeat testing 3 weeks after treatment to make sure the antibiotics have worked.

Can it be prevented?

Chlamydia and gonorrhoea can be prevented by using condoms when you have sex.

Getting tested once a year, or if you have a new sexual partner, can prevent the spread of infection.

Testing, treatment and all forms of contraception including condoms are free in the UK.

You can get access to them from your GP or local sexual health clinic.

Die toets vir chlamydia en gonorree is eenvoudig en pynloos.

Dit behels om 'n deppermonster van die aangetaste areas (vagina, anus, keel) te neem en/of 'n urienmonster te gee.

Jy kan self die deppermonster neem en daar sal tydens jou afspraak aan jou verduidelik word hoe om dit te doen.

Hoe kan ek dit opdoen?

Beide word deur onbeskermd (sonder 'n kondoom) vaginale, anale of orale seks oorgedra.

Watter behandeling is beskikbaar?

Chlamydia en gonorree word met antibiotika behandel, maar indien onbehandeld gelaat, kan dit aan ander seksmaats oorgedra word.

Jy moet seks vir 1 week vermy nadat jy en jou maats behandel is.

Sommige stamme van gonorree het weerstandig teen antibiotika geword, en jy kan moontlik 3 weke ná behandeling weer toetse benodig om seker te maak dat die antibiotika gewerk het.

Kan dit voorkom word?

Chlamydia en gonorree kan voorkom word deur kondome te gebruik wanneer jy seks het.

Om een keer per jaar getoets te word, of as jy 'n nuwe seksmaat het, kan die verspreiding van infeksie voorkom.

Toetsing, behandeling en alle vorme van voorbehoeding, insluitend kondome, is gratis in die VK.

Jy kan deur jou huisdokter of plaaslike seksuele gesondheidskliniek toegang daartoe kry.

