ENGLISH

Information for new patients in the United Kingdom

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

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

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

The tests and treatments are free.

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

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

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

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

Being tested is optional.

We advise tests to protect your health in the future.

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

SHONA

Mashoko evanhu vatsva muUnited Kingdom

Vanhu vose vachangosvika kuUK vanoitwa ongororo dzekutarisa zvirwere.

Zvimwe zvezvirwere izvi hazviite kuti unzwe kurwara parizvino asi zvinogona kukukuvadza kana zvisina kuwanikwa nenguva.

Zvirwere zvatinoongorora zvine mishonga inorapa kana kudzora chirwere.

Ongororo nemarapiro ndezvemahara.

Mashoko pamusoro peongororoo yako uye zvabuda muongororo haazogovanwi nevanhu kunze kweNational Health Service (NHS) pasina mvumo yako.

Kana uine chimwe chezvirwere izvi hazvizokudzivisi kunyoresa kuramba uri muUK.

Nzvimbo dzakasiyana dzeUK dzinopa mhando dzakasiyana dzeongororo.

Pazasi pane rondedzero dzeongoro dzinopihwa kuvanhu vakawanda vanenge vachangosvika muUK kekutanga.

Kuongororwa hakumanikidzwi.

Tinokukurudzira kuongororwa kuti tidzivirire utano hwako mune ramangwana.

Ongororo zhinji dzinoitwa nekutora ropa shoma kubva kwauri, iro muviri wako unokurumidza zviri nyore kuridzorera pasina kukuvara.

harm.

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).

Dzimwe ongororo dzinoda kutorwa weti.

Vose vachangosvika kuUK vane kodzero yekunyoresa kuna GP, (chiremba wemhuri anokupa rubatsiro nemazano ezvehutano mahara munharaunda yako.)

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.

Tuberculosis (TB)

Chii ichocho?

Tuberculosis (TB) chirwere chinokonzerwa nemabhakitiriya anoenda mumhepo kana munhu ane chirwere ichi achikosora kana kuhotsira.

TB yemumapapu kana pahuro ndiyo chete inotapuriranwa, asi TB inogona kubata chero chikamu chemuviri.

Kana ikasarapwa, TB chirwere chakakomba, asi chinorapika nemishonga inorwisa mabhakitiriya (*antibiotics)*.

Tichakubvunza mibvunzo kuti tiongorore kana uine TB iri kupararira mumuviri inoda kurapwa.

Tinogona kukutora x-ray yemuchipfuva kana dzimwe ongororo kuti tione kana uinayo.

Unogona kunge usina TB iri kuparapira mumuviri inotapuriranwa asi wakambosangana nayo kare (TB isiri kuparapira mumuviri inonzi "latent TB").

Ndingabatwa nayo sei?

TB inotapuriranwa kuburikidza nemumhepo.

Munhu ane TB anogona kusaziva kuti ari kurwara panguva iyoyo uye unogona kunge wakasangana nechirwere ichi usina kuzviziva.

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

Kurapwa kuripo ndekupi?

TB inogona kuuraya kana isina kurapwa asi inorapika nemapiritsi.
Kurapwa kunowanzobatsira asi kunowanzotora mwedzi 6 kana kupfuura zvichienderana nepaonekwa TB mumuviri.
Kurapwa kweTB kunowanzotanga nemusanganiswa wemapiritsi anorwisa mabhakitiriya mana kwemwedzi miviri.
Pashure pemwedzi miviri, panozoteverwa nemapiritsi anorwisa mabhakitiriya maviri kweinenge mwedzi mina kana kupfuura.
MuUK, kurapwa TB ndekwemahara kune munhu wese, zvisinei nemamiriro ekupinda munyika.

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.

Inogona kudziviririka here?

Kana uine TB isiri kupararira mumuviri, kurapwa kunodzivirira kuti irege kushanduka kuita TB inotapuriranwa.
Kana uine TB inotapuriranwa, unofanira kuzvivharira mumba kusvikira usisiri kutapurira vamwe.
Izvi zvinowanzotora mavhiki mashoma,

uye uchatsigirwa panguva yekuzvivharira iyi.

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

Utachiona hunowanika muropa rako

HIV, Hepatitis B neHepatitis C zvinogonawo kutapurika kubva pamunhu kuenda kumunhu kuburikidza neropa, huronyo kana mvura yesikarudzi yechikadzi.
Utachiona uhu hunogona kutapurika:
Kubva kuna amai kuenda kumwana panguva yekuzvara kana panguva yeucheche
Nekuita bonde usina kushandisa kondomu

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.

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.

Nekugoverana zvinhu zvine ropa rine utachiona semuenzaniso majekiseni kana mareza.

Hepatitis B

Chii ichocho?

Hepatitis B utachiona hunobata chiropa.

Vanhu vakawanda vanochibvisa mumuviri vasina kurapwa, asi kune vamwe hunogona kukonzera kukuvara kwechiropa uye gomarara rechiropa.

Kuvanhu vakawanda hauna zviratidzo, saka unogona kunge usingazivi kuti une utachiona uhwu.

Kurapwa kuripo ndekupi?

Hepatitis B haina mushonga unorapa zvachose, asi inogona kudzorwa.

Kana uine uwandu hweutachiona hweHepatitis B hwakakwirira kana kukuvara kwechiropa, uchapihwa mapiritsi ekudzora utachiona.

Kurapwa kunogona kudzivirira kukundikana kushanda kwechiropa uye gomarara rechiropa.

Chiremba kana mukoti ane unyanzvi wako achakupa rumwe ruzivo nezvemarapirwo kana rwuchidikanwa.

Inogona kudziviririka here?

Vhakisini rinokudzivirira kuHepatitis B rinowanikwa uye rinopiwa mahara.

Hepatitis C

Chii ichocho?

Hepatitis C utachiona hunokanganisa chiropa.

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.

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?

Vanhu vazhinji havaratidzi zviratidzo kusvika chiropa chakanganiswa zvakanyanya.

Kuongororwa ropa ndiko chete kunoratidza kuti une utachiona uhwu.

Kurapwa kuripo ndekwupi?

Hepatitis C inorapwa nemapiritsi e*antiviral* kwemavhiki 8 kusvika 12.

Kazhinji anorapa chirwere zvachose.

Kurapwa nekukasika kunodzivirira kukuvara kwechiropa, kukundikana kwechiropa kana gomarara rechiropa.

Inogona kudziviririka here?

Parizvino hapana vhakisini kana mushonga wekudzivirira kubatwa neHepatitis C.

Kurapwa utachiona hakukudziviriri kuti usazobatwazve mune ramangwana.

Human Immunodeficiency Virus (HIV)

Chii ichocho?

HIV utachiona hunopedzisira hwakanganisa hurongwa hwemasoja emuviri wako, ayo anova kukwanisa kwemuvuri wako kukudzivirira pautachiona.

Hauwanzonzwa kurwara pakarepo.

Kunyange zvakadaro, kana uine utachiona uhwu, unogona kupihwa kurapwa kunodzora utachiona.

Izvi zvinokudzivirira pakukuvadzwa uye zvinodzivirira kuti urege kuuparadzira kune vamwe.

Kurapwa kuripo ndekupi?

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.

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

Pane marapirwo akasiyana anowanikwa, anowanzoita piritsi rimwe pazuva.

Izvi hazvipedzi utachiona asi zvinodzora uwandu hwevhairasi kusvika paunenge husingachaoneki muropa, uye izvozvo zvinoita kuti urege kutapurira vamwe.

Kana kurapwa kukatangwa nekukasika unogona kuva neupenyu hwakareba hwakajairika uye masisitimu ekudzivirira zvirwere anogadzikana uye kakawanda anowanzovandudzika.

Inogona kudziviririka here?

Parizvino hapana vhakisini.

Kana uri panjodzi yeHIV, unogona kuwana mishonga inoderedza njodzi yekutapukirwa nayo.

Zvii zvandinokodzera Kuwana?

Kurapwa HIV uye kuteverera pasina kwemahara

Kana ukaonekwa uine HIV izvi hazvikanganisi kodzero yako yekukumbira hupoteri muUK

Mamiro ako eHIV hazoakanganisi kodzero yako yekushanda muUK

Uchawana rubatsiro rwenyanzvi rwemahara, kuongororwa kwekudzokororwa nguva nenguva, kwakavanzika uye kunochengetedza zvakavanzika kubva kuvanachiremba nevashandi vezvehutano vasina rusaruro kana kushora.

Kana uchitove uchiziva kuti uine HIV, zvakakosha kuzivisa GP wako nokukurumidza kuti urambe uchipiwa mishonga uye woona nyanzvi yezviutachiona.

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?

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.

Chii ichocho?

Syphilis chirwere chemabhakitiriya chinotapuriranwa pabonde. Zviratidzo zvinogona kuchinja nekufamba kwenguva uye zvinosanganisira maronda asingarwadzi, kuzvimba *kwemalymph glands*, fivha nekuderera kwehuremu.

Zviratidzo zvinogona kubata zvikamu zvakasiyana zvemuviri panguva dzakasiyana, asi vamwe vanhu havaratidzi zviratidzo.

Kana uine mudiwa wepabonde, anofanirawo kuongororwa *syphilis* uye achapihwa kuongororwa nekurapwa.

Kana uine pamuviri uye uine *syphilis*, unogona kuitapurira kumwana asati aberekwa uye kuwedzera njodzi yekubva pamuviri, kubereka nguva isati yakwana kana kufa kwemwana asati aberekwa.

Unoibata sei?

Unogona kubata syphilis nekuita bonde resikarudzi, rekunobuda tsvina kana kuita bonde nemuromo nemunhu ane utachiona.

Kurapwa kuripo ndekupi?

Syphilis inorapika nemapiritsi anorwisa mabhakitiriya anowanzoitwa zvekubayiwa jekiseni.

Unogona kudikanwa kuongororwazve pamavhiki 6 ne12 mushure mekurapwa kuitira kuona kuti chirwere chapera.

Inogona kudziviririka here?

Parizvino hapana vhakisini kana mushonga unodzivirira *syphilis*.

Shandisa makondomu paunoita bonde uye ongororwa kamwe pagore kana kana uine mudiwa mutsva.

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.

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.

Strongyloides

Chii ichocho?

Strongyloides ihonye diki inowanzogara muvhu (asi idukusa kuoonekwa nemaziso) uye inopinda mumuviri kuburikidza neganda.
Inopinda mumapapu uye mudumbu kuburikidza neropa.
Inogona kukonzera zviratidzo zveganda kana zvekugaya chikafu zvinouya nekuenda.

Humwe utachiona hunogona kuva hwenguva refu uye hunogona kuuraya.

Ongororo yeStrongyloides inosanganisira kuongorora mvura dzemuviri dzakasiyana dzakaita setsvina kana ropa pachitariswa zviratidzo zvehonye yacho.

Unoibata sei?

Kufamba usina shangu muvhu rine utachiona munzvimbo dzinodziya kunzvimbo dzinonyanya kunaya, kana kuva nehurongwa hwekudzivirira zvirwere husina kusimba, zvinowedzera ngozi yekubatwa neStrongyloides.

Kurapwa kuripo ndekupi?

Strongyloides inorapwa nyore nemushonga wekurwisa utachiona unenge uri mapiritsi.

Inogona kuudziviririka here?

Strongyloidiasis haigoni kudzivirirwa nguva dzose.
Zvisinei, kusafamba usina shangu kana uchifamba munzvimbo dzinodziya dzinonaya mvura yakawandisa kunoderedza ngozi.

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.

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.

Schistosomiasis

Chii ichocho?

Schistosomiasis, inozivikanwawo sebilharzia, chirwere chinokonzerwa nehonye

inogara mumvura yakachena senge nzizi nemadziva munzvimbo dzinonyanya kunaya nekunyanya kudziya.

Zviratidzo zvinosanganisira ganda rinotsvuka riine mapundu, kupisa muviri, kukosora, manyoka, kurwadziwa mudumbu nemajoini.

Honye inogona kugara mumuviri kwemakore mazhinji uye yokuvadza dundira, itsvo nechiropa uye mamwe marudzi anowedzera ngozi yegomarara redundira.

Inowanzoonekwa nekutarisa ropa asi inogonawo kuonekwa nekuwana mazai ehonye muweti kana mutsvina.

Unoibata sei?

Unobatwa kana waenda mumvura yakasviba munzvimbo dzinodziya dzinonaya mvura yakawanda, semukushambira, kukwasva chikepe kana kugeza.

Kurapwa kuripo ndekupi?

Inorapika nekutorwa kwemapiritsi anorwisa utachiona kwechinguvana.

Dzimwe nguva kurapwa kunodzokororwa mushure memavhiki mashoma.

Inogona kudziviririka here?

Parizvino hapana nhomba kana mushonga wekudzivirira kubatwa iasis uhu.

Vanhu vanoenda kunzvimbo yakakangansiwa neschistosomiasis vanofanira kudzivisa kushambira, kunwa kana kugeza mumvura inofungidzirwa kuti ine makonye.

Infections detected in your urine

Chlamydia and Gonorrhea

What is it?

Chlamydia and gonorrhea 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).

The test for chlamydia and gonorrhea 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 gonorrhea 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.

Zvirwere zvinowanika muweti

Chlamydia uye Gonorrhea

Chii ichocho?

Chlamydia neGonorrhea utachiona hwebhakitiriya hunotapuriranwa nezvepabonde .

Zviratidzo zvinosanganisira kurwadziwa kana uchiita weti, kubuda zvinhu zvisina kujairika pasikarudzi, panhengo yechirume, kana kunobuda tsvina, kurwadziwa mudumbu, kurwadza kwemabhora emurume kana kutsvuka maziso.

Zvisinei, zvinogonawo kusaratidza zviratidzo.

Kuongororwa kuri nyore uye hakurwadzi.

Kunosanganisira kutora mvura panzvimbo dzakabatwa neutachiona (sikarudzi, kunobuda tsvina, pahuro) uye kana kutora weti.

Unogona kutora mvura yacho iwewe pachako uye uchatsanangurirwa maitiro panguva yako yekuonekwa.

Unozvibata sei?

Zvinotapukira kuburikidza nekuita bonde nesikarudzi yemunhukadzi, nepanobuda tsvina kana nemukanwa pasina kondomu.

Kurapwa kuripo ndekupi?

Chlamydia negonorrhea zvinorapwa nemapiritsi anorwisa bhakitiriya. Kana zvisina kurapwa zvinogona kuparadzirwa kune vamwe vaunoita bonde navo.

Dzivisa kuita bonde kwemazuva manomwe mushure mekunge iwe nemudiwa marapwa.

Some strains of gonorrhea 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 gonorrhea 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.

Mamwe marudzi egonorrhea ave kuramba kurapika nemapiritsi anorwisa bhakitiriya, saka unogona kudiwa kuongororwazve mushure memavhiki matatu kuona kana kurapwa kwakashanda.

Inogona kudziviririka here?

Chlamydia uye gonorrhea inogona kudzivirirwa nekushandisa makondomu paunoita bonde.

Kuongororwa kamwe pagore, kana paunenge uine mudiwa mutsva wepabonde kunobatsira kudzivirira kupararira kwechirwere.

Kuongororwa, kurapwa uye nzira dzose dzekudzivirira pamuviri kusanganisira makondomu ndezvemahara muUK.

Unogona kuzviwana kuburikidza naGP wako kana kuchipatara chezvepabonde chemunharaunda.