

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 harm.

Some tests require a urine sample.

SWAHILI

Taarifa kwa wagonjwa wapatao huduma kwa mara ya kwanza Uingereza

Watu wote ambao ni wageni Uingereza hufanyiwa vipimo ili kuchunguza maambukizi.

Baadhi ya maambukizi yanaweza yasikufanye ujisikie unaumwa kwa sasa ila yanaweza yakakudhuru ikiwa kama hayagunduliwi mapema.

Maambukizi tunayofanyia vipimo yana tiba kwa ajili ya kuponyesha ama kudhibiti maambukizi.

Vipimo na tiba ni bure.

Taarifa kuhusu vipimo vyako na majibu havitashirikishwa kwa watu, nje ya National Health Service (NHS), bila idhini yako.

Ikiwa kama una maambukizi haya hayatakuzuia kufanya maombi ya kubaki Uingereza.

Maeneo tofauti Uingereza hutoa anuwai tofauti za vipimo.

Chini kuna orodha ya vipimo vinavyotolewa kwa wengi wa watu wafikao Uingereza kwa mara ya kwanza.

Kupimwa ni kwa hiari.

Tunashauri upimaji ili kulinda afya yako kwa siku za mbeleni.

Vipimo vingi hufanywa kwa kutoa kiasi kidogo cha damu yako, ambacho mwili wako utarudishia haraka na kwa urahisi bila wewe kudhurika kwa namna yoyote.

Baadhi ya vipimo vinahitaji mkojo.

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.

Watu wote wanaofika Uingereza wana haki ya kujiandikisha kwa GP (mganga wa familia ambaye anaweza kukupa msaada na ushauri wa kitabibu, bure, kwenye jamii yako).

Kifua Kikuu

Je, ni nini?

Kifua kikuu (TB) ni maambukizi yanayosababishwa na vijidudu (bakteria) ambavyo vinapitia hewani wakati mtu mwenye maambukizi hayo anapokohoa au kupiga chafya.

TB ya mapafu (kwenye mapafu na koo) ndio aina ya pekee ya ugonjwa huo ambao unaambukizika, lakini TB inaweza kuathiri sehemu yoyote ya mwili.

Ukibaki bila kutibiwa, TB ni ugojwa wa hatari sana, lakini unatibika na antibayotiki.

Tutakuuliza maswali ili kutathmini kama unaweza kuwa na TB iliyo hai.

Tunaweza tukakupa uchaguzi wa kupiga eksrei ya kifua au chunguzi nyingine ili kugundua kama unayo.

Huenda hauna TB hai (inayooambukizika), ila huenda ulikuwa karibu na mwathirika katika siku za nyuma ("TB fiche").

Je ninaweza kuambukizwa vipi?

TB huambukiza kati ya watu kupitia hewani.

Waathirika wa TB wanaweza wasijue kwamba wanaumwa kwa wakati huo na unaweza ukawa karibu ya mwathirika bila kujua.

Je, kuna tiba gani zinazopatikana?

TB inaweza kuua sipotibiwa lakini inaweza kutibika kwa vidonge.

Kwa kawaida, tiba huwa ni fanisi ila inaweza ikachukuwa angalau miezi 6 na inaweza ikawa zaidi kutegemeana na sehemu TB ilipo mwilini.

Tiba ya TB kwa kawaida ni mchanganyiko wa antibayotiki 4.

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.

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.

Baada ya miezi 2 ya kutumia tiba, wagonjwa wanaweza wakabadilishiwa na kupewa dozi ya antibayotiki 2 kwa angalau miezi 4.

Uingereza, tiba ya ugonjwa wa TB ni bure kwa kila mtu, bila kujali hali yake ya uhamiaji.

Je, unaweza kuzuilika?

Ikiwa kama una TB fiche, tiba itazuia usipate maambukizi ya TB.

Ikiwa kama una TB hai (inayoambukiza), inabidi ujitenge mpaka hapo utakapokuwa hauwezi kuambukiza tena.

Kwa kawaida hii huwa ni

wiki chache tu na utapata usaidizi wakati wote utakapo kuwa umejitenga.

Maambukizi yakutwayo kwenye damu yako

Virusi vya ukimwi, Homa ya manjano B na C (Hepatitis B na C) vinaweza kutoka kwa mtu mmoja na kwenda kwa mwingine kupitia kwenye damu, shahawa na ugiligili wa uke.

Virusi hivi vinaweza kuhama:

Kutoka kwa mama kwenda kwa mtoto wakati wa kujifungua or mtoto akiwa mchanga

Kwa kujamiiana bila kondomu

Kwa kutumia pamoja vitu ambavyo vimeguswa na damu iliyo na maambukizi k.m. sindano au nyembe.

Homa ya manjano B

Je, ni nini?

Virusi vya Homa ya manjano B vinaweza kuambukiza ini.

Watu wengi huondosha virusi hivi bila kupata matibabu, lakini kwa baadhi ya watu, virusi vinaweza kusababisha uharibifu wa ini na saratani ya ini.

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.

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?

Kwa wengi wa watu, hakuna dalili zinazoonekana hivyo unaweza usijue kwamba una ugonjwa.

Je, kuna tiba gani zinazopatikana?

Homa ya manjano B haina tiba, inaweza kudhibitiwa.

Ikiwa kama una kiwango cha juu cha virusi vya Homa ya manjano B au uharibifu wa ini, utapewa tiba ya vidonge ili kudhibiti virusi.

Tiba inaweza ikazuia ini lisishindwe kufanya kazi au kuzuia saratani ya ini.

Mmganga wako au nesi mtabibu wako anaweza kukupa taarifa zaidi juu ya tiba, kama kukiwa na haja.

Je, unaweza kuzuilika?

Chanjo ya kukuinga dhidi ya ugonjwa wa Homa ya manjano B inapatikana na ni bure.

Homa ya manjano C

Je, ni nini?

Homa ya manjano C ni virusi vinavyoathiri ini.

Watu wengi huwa hawana dalili mpaka ini linapokuwa limekwisha haribika kwa kiasi kikubwa.

Kipimo cha damu ndio njia pekee ya kujua kama una virusi.

Je, kuna tiba gani zinazopatikana?

Homa ya manjano C inaweza kutibiwa na vidonge vya kuua virusi (antiviral) kwa kipindi cha wiki 8-12.

Kwa kawaida tiba hii hutibu maambukizi.

Kupata matibabu mapema kutazuia ugonjwa usiongezeke kama vile kuharibika kwa ini, ini kushindwa kufanya kazi au saratani ya ini.

Je, unaweza kuzuilika?

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?

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?

Kwa sasa hakuna chanjo wala dawa zipatikanazo za kukuzuia kuambukizwa na virusi hivi.

Kutibiwa maambukizi haya hakukuzuii kuyapata tena katika siku za mbeleni.

Virusi vya Ukimwi (VVU)

Je, ni nini?

VVU ni virusi ambavyo kadri siku zinavyokwenda vinaweza kuathiri mfumo wako wa kinga, ambao ni uwezo wa mwili wako wa kukukinga dhidi ya maambukizi.

Mara nyingi hujisikii kuumwa tangu mwanzo.

Hata hivyo, kama una maambukizi haya, unaweza kupewa tiba ambayo inadhibiti virusi.

Hii inazuia ugonjwa kukudhuru na inakuzuia kuambukiza watu wengine.

Je, kuna tiba gani zinazopatikana?

Kuna tiba tofauti zipatikanazo, kwa kawaida kidonge kimoja mara moja kwa siku.

Hii haiwezi kutibu maambukizi bali inaweza kudhibiti virusi ili tusiweze kuviona kwenye damu na haviwezi kuhama kwa watu wengine.

Ikiwa kama tiba imaanza mapema, unaweza kuwa na urefu wa maisha wa kawaida na utendakazi wa mfumo wako wa kinga utagengemaa na mara nyingi, utakuwa bora zaidi.

Je, unaweza kuzuilika?

Kwa sasa hakuna chanjo inayopatikana.

Ikiwa kama uko hatarini kupata VVU, unaweza kupata dawa ya kupunguza hatari ya kuambukizwa.

Je, nina haki ya kupata nini?

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?

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

What treatment is available?

Tiba bure ya VVU na ufuatiliaji

Ikikutwa kwamba umepata VVU hili haliathiri haki yako ya kuomba hifadhi Uingereza

Hali yako ya VVU haitaathiri haki yako ya kufanya kazi Uingereza

Utakuwa na ufikivu wa huduma ya kitaalamu ya bure na ufuatiliaji wa mara kwa mara, kwa faragha na siri, itolewayo na wataalamu wa huduma ya afya katika hali isiyo ya kiuhasama na kihukumu.

Ikiwa kama unajua tayari una ukimwi, ni muhimu kwamba umwambie mganga wako (GP) haraka iwezekanavyo ili uendelee na matibabu na kumuona mtaalamu wa maambukizi.

Kaswende (Syphilis)

Je, ni nini?

Kaswende ni maambukizi ya vijidudu (bakteria) yanayopitia kwenye kujamiiana.

Dalili hubadilika kadri siku zinavyokwenda na zinaweza kujumuisha vidonda visivyoma, kuvimba kwa tezi, homa na kupungua uzito wa mwili.

Dalili zinaweza zikajumuisha sehemu zote za mwili kwa hatua tofauti, ila baadhi ya watu huwa hawana dalili.

Ikiwa kama unamwenda unaejaamiiana nae, atahitaji pia kwenda kupimwa kaswende na atafanyiwa vipimo na kupewa tiba.

Ikiwa kama una ujauzito na kaswende, unaweza kumwambukiza mtoto kabla hajazaliwa na kuna mwongezeko wa hatari ya mimba kuharibika, mtoto kuzaliwa kabla siku hazijafika na mtoto kuzaliwa akiwa amekufa.

Je ninaweza kuambukizwa vipi?

Unaweza kuambukizwa kwa kujamiinana na mtu mwenye maambukizi kwa kupitia kwenye uke, mkunduni na kutumia mdomo.

Je, kuna tiba gani zinazopatikana?

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.

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?

Kaswende inatibika kwa antibayotiki ambayo kawaida ni kwa njia ya sindano.

Inawezekana ukahitaji kupimwa tena baada ya wiki 6 na 12 baada ya kutibiwa kuhakikisha maambukizi yametibika.

Je, unaweza kuzuilika?

Kwa sasa hakuna chanjo wala dawa zipatikanazo za kukuzuia kupatwa na maambukizi haya.

Ugonjwa wa kaswende unaweza kuzuiliwa kwa kutumia kondomu wakati wa kujamiiana na pia kwa kupimwa mara moja kwa mwaka au kama ukijamiiana na mwenza mpya.

Mchango (minyoo)

Je, ni nini?

Mchango ni minyoo minyonyaji ambayo kwa kawaida inaishi kwenye udongo (ila ni midogo sana haiwezi kuonekana) na hukuingia kupitia kwenye ngozi.

Huingia kwenye mapafu na utumbo wako kupitia kwenye njia za damu.

Inaweza kusababisha dalili kwenye ngozi au kwenye kumeng'anya chakula tumboni ambazo zinaweza kuja na kuondoka.

Baadhi ya maambukizi yanaweza kuendelea kwa muda mrefu sana na kudumu kwa miaka mingi hata kusababisha kifo.

Vipimo vya mchango ni pamoja na kupima ugiligili tofauti utokao mwilini kwa ajili ya dalili za minyoo, kama vile choo na damu.

Je ninaweza kuambukizwa vipi?

Kutembea miguu peku katika udongo ulio na uchafu katika maeneo yaliyo chini ya tropiki na tropiki (joto) au kuwa na mfumo wa kinga hafifu kunaweza kukuweka hatarini kupata maambukizi ya Mchango.

Je, kuna tiba gani zinazopatikana?

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.

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.

Mchango unatibika kwa urahisi sana na dawa za vidonge dhidi ya minyoo.

Je, unaweza kuzuilika?

Mchango hauwezi kuzuilika kila wakati.

Hata hivyo, kutotembea miguu peku wakati uko safarini katika maeneo yenye hali ya hewa ya joto au tropiki kunaweza kupunguza maambukizi.

Kichocho

Je, ni nini?

Kichocho, kijulikanacho pia kama bilharzia, ni maambukizi yanayosambabishwa na minyoo minyonyaji.

Minyoo minyonyaji hii huishi katika maji baridi (kama vile mito na maziwa) katika kanda za chini ya tropiki na tropiki.

Dalili zinaweza zikajumuisha upele mwekundu unaowasha, homa, kukohoa, kuharisha, maumivu ya tumbo na viungo.

Minyoo minyonyaji inaweza kukaa mwilini kwa muda wa miaka mingi na kusababisha uharibifu wa kibofu cha mkojo, figo na ini na aina fulani ya minyoo huongeza hatari ya kupata saratani ya kibofu cha mkojo.

Kichocho kawaida ubainiwa kwa kipimo cha damu ila pia huweza kubainiwa kwa kuwepo na mayai ya minyoo minyonyaji kwenye mkojo au choo.

Je ninaweza kuambukizwa vipi?

Unaweza kuambukizwa kama unakutana na maji baridi yaliyo na uchafu katika kanda za chini ya tropiki na tropiki, kwa mfano kwenye mabwawa ya kuogelea, vidimbwi na kuoga.

Je, kuna tiba gani zinazopatikana?

Unaweza kutibiwa na dozi fupi ya dawa za minyoo minyoyaji.

Wakati mwingine inabidika kurudia tiba baada ya wiki chache.

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 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?

Je, unaweza kuzuilika?

Kwa sasa hakuna chanjo wala dawa zipatikanazo za kukuzuia kupatwa na maambukizi haya.

Watu wanaosafiri kwenye maeneo yaliyoathirika na kichocho wanapaswa kuepuka kuogelea, kunywa na kuoga kwenye maji baridi.

Maambukizi yanayogunduliwa kwenye mkojo wako

Klamidia na Kisonono

Je, ni nini?

Klamidia na kisonono ni maambukizi ya vijidudu (bakteria) ambayo huambukizwa mara nyingi kwa kujamiiana.

Dalili za maambukizi yote mawili ni pamoja na maumivu wakati wa kukojoa, kutokwa na ugiligili usio wa kawaida kwenye uke, mboo au mkundu, maumivu ya tumbo, maumivu kwenye pumbu au macho mekundu.

Hata hivyo, pia inawezekana kusiwe na dalili (yasionyeshe dalili zozote).

Kipimo cha klamidia na kisonono ni rahisi na hakiumi.

Hufanywa kwa kuchukua sampuli kwa kupangusa na pamba iliyokwenye kijiti eneo lililoathirika (uke, mkundu, koo) na/au kipimo cha mkojo.

Unaweza kuchukua sampuli ya kupangusa mwenye na utaelekezwa namna ya kufanya hivyo wakati wa miadi yako.

Je ninaweza kuambukizwa vipi?

Magonjwa yote mawili huambukizwa kupitia kujamiiana bila kinga (bila kondomu) kupitia kwenye uke, mkundu au mdomo.

Je, kuna tiba gani zinazopatikana?

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.

Interpretation and Translation

This leaflet may be made available in a larger print, Braille or your community language and, if necessary, we will provide an appropriate interpreter for appointments.

Please speak to a member of staff.

Klamidia na kisonono hutibiwa na antibayotiki ila kama hayakutibiwa yanaweza yakaambukiza wenza wa kujamiiana wengine.

Epuka na kujamiiana kwa muda wa wiki 1 baada ya wewe na mwenzako kutibiwa.

Baadhi ya aina za kisonono zimekuwa sugu kwa antibayotiki na inawezekana ukahitaji kurudia vipimo wiki 3 baada ya kutibiwa ili kuhakikisha antibayotiki zimefanya kazi.

Je, unaweza kuzuilika?

Klamidia na kisonono zinaweza kuzuiliwa kwa kutumia kondomu wakati wa kujamiiana.

Kupimwa mara moja kwa mwaka au kama una mwenza wa kujamiiana mpya kunaweza kuzuia kusambaa kwa maambukizi.

Kupima, kutibiwa na aina zote za kinga ikiwemo na kondomu ni bure Uingereza.

Unaweza kuvifika kutoka kwa mganga wako au kwenye kliniki ya afya ya ngono ya mtaani.

Ukalimani na Tafsiri

Kijitabu hiki kinaweza kutolewa kwenye maandishi makubwa, breli au lugha ya jamii yako na kama kuna hitaji, tutakupatia mkalimani stahiki wakati wa miadi.

Tafadhali omba kuongea na mmojawapo wa wafanyakazi.