

## ENGLISH

### Patient Information Leaflet for New Patients in the United Kingdom

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

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).

## TIGRINYA

### ወረቆት ሐበሬታ ሕሙማት ንናይ ዓባይ ብሪጣንያ ሓደስቲ ተሓክሞቲ

ኩሎም ኣብ ዓባይ ብሪጣንያ ሓደስቲ ዝኾኑ ሰባት ዋላ ሕጂ ሕማም ዘይስመዓኩም እንተኾነ ግን ከኣ ብኣግሑ እንተዘይተረኽቡ ከንድኣኩም ዝኸለል ረኽሲ ከይህልወኩም ንምድላይ መርመራታት ይግበረሎም።

እቶም እንምርምርም ረኽሲታት ኑቲ ረኽሲ ንምፍዋስ ወይ ንምቁጽጻር ዝሕግዙ ፍወሳታት ኣለዎም።

እቲ መርመራታትን ሕክምናታትን ብነጻ ዝወሃብ እዩ።

ብዘዕባ መርመራታትካን ውጽኢትካን ዝምልከት ሐበሬታ፡ ብዘይ ፍቓድካ፡ ካብ ሃገራዊ ኣገልግሎት ጥዕና (NHS) ወጻኢ ምስ ካልኣት ሰባት ኣይክካፈልን እዩ።

ካብዘም ረኽሲታት ዝኾነ እንተሃልዩካ ኣብ ዓዲ እንግሊዝ ከትጸንሕ ንክተመልከት ኣይዓግተካን እዩ።

ዝተፈላለዩ ክባቢታት ዓባይ ብሪጣንያ ዝተፈላለዩ ደረጃ መርመራታት የቐርቡ።

ኣብ ታሕቲ ንመብዛሕትኦም ንመጀመርታ ግዜ ናብ ዓዲ እንግሊዝ ዝመጹ ሰባት ናይ ዝቐርቡ መርመራታት ዝርዝር ኣሎ።

መርመራ ኣማራጺ እምበር ግዴታ ኣይኮነን

ኣብ መጻኢ ጥዕናኻ ንምሕላው ግን መርመራታት ምግባር ንመክር።

መብዛሕትኦ መርመራታት ውሑድ መጠን ደም ካብኻ ብምውሳድ እዩ ዝፍጸም፡ እዚ ድማ ኣካላትካ ብቐሊሉን ብቐልጡፍን ናብ ዝኾነ ጉድኣት ከየምራሕካ ክፍውዕ እዩ።

ንገለ መርመራታት ናሙና ሸንቲ የድሊ።

ኩሎም ሓደስቲ ናብ ዓዲ እንግሊዝ ዝመጹ ንሓኪም ሓፊሻዊ ሓኪም (ሕክምናዊ ሓገዝን ምኽርን ክህበካ ዝኸለል ሓኪም ስድራቤት፡ ብነጻ፡ ኣብ ክባቢኻ ዝርከብ ማሕበረሰብ) ናይ ምምዝጋብ መሰል ኣለዎም።

# 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 six months and maybe longer depending on where TB is found in the body.

Treatment for TB is usually a mixture of four antibiotics.

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

# ሕመም ሳንባ ነቀርሳ

## እንታይ እዩ?

ሕመም ሳንባ ነቀርሳ (TB) ብባክተርያ ዝመጽእ ረኽሲ ኮይኑ፡ ረኽሲ ዘለዎ ሰብ ምስ ሰዓል ወይ ምስ ዘሆንጥስ ናብ ኣየር ዝፍኖ እዩ።

ቲቢ ሳንቡእ (ኣብ ሳንቡእ ወይ ጎርሮ) እቲ እንኮ ተላባዒ ዝኾነ ዓይነት እቲ ሕመም ኮይኑ፡ ቲቢ ግን ንዝኾነ ክፋል ኣካላትና ከጥቅዕ ይኽእል።

ቲቢ እንተዘይተሓኪሙ ከቢድ ሕመም ኮይኑ፡ ብእንቲባዮቲክ ግን ይፍወስ እዩ።

ንጡፍ ቲቢ ክህልወካ ይኽእል እንተኾይኑ ንምርማር ሕቶታት ክንጥቀስ ኢና።

እንተሃልዩካ ንምፍላጥ ድማ ራጂ ኣፍልቢ ወይ ካልእ መርመራታት ክነቕርበልካ ንኽእል ኢና።

ንጡፍ (ተላባዒ) ቲቢ ዘይክህልወካ ይኽእል እዩ፡ እንተኾነ ግን ኣብ ዝሓለፈ እዋን ተቓሊዕካሉ ክትኸውን እትኽእል ('ሕቡእ ቲቢ) ክህልወካ ይኽእል።

## ከመይ ጌሩ ክሕዘኒ ይኽእል?

ቲቢ ኣብ ኣየር ካብ ሰብ ናብ ሰብ ይላባዕ።

ቲቢ ዘለዎም ሰባት ኣብቲ እዋን ከም ዝሓመሙ ዘይክፈልጡ ይኽእሉ እዮም ንስኻ ድማ ከይፈለጥካ ነቲ ሕመም ተቓሊዕካ ክትኸውን ትኽእል ኢኻ።

## እንታይ ዓይነት ሕክምና ኣሎ?

ቲቢ ብዘይ ሕክምና ቀታሊ ክኸውን ይኽእል እዩ ግን ብከንድ ክፍወስ ይኽእል።

ሕክምና መብዛሕትኡ ግዜ ውጽኢታዊ እዩ፡ ይኹን እምበር ከከምቲ እቲ ቲቢ ዝርከበሉ ክፋል ኣካላትና እንተወሓደ ንሽዱሽተ ወርሒ ይጸንሕ ምናልባት እውን ካብኡ ንዝነውሐ እዋን ክጸንሕ ይኽእል።

ሕክምና ቲቢ መብዛሕትኡ ግዜ ኣርባዕተ ኣንቲባዮቲክስ ዝተሓዋወሰ እዩ።

ድሕሪ ክልተ ወርሒ ጸንሒት ሕክምና፡ ሕመማት ብውሑዱ ንኣርባዕተ ኣዋርሕ ናብ ክልተ ኣንቲባዮቲክስ ምውሳድ ክሰጋገሩ ይኽእሉ።

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.

### What treatment is available?

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

ኣብ ዓዲ እንግሊዝ፡ ኩነታት ኢሚግሬሽን ብዘየገድስ፡ ሕክምና ቲቢ ንኹሉ ሰብ ብነጻ እዩ።

### ከከላኸሎ ይኸእል ድዩ?

ስዉር ቲቢ እንተሃልዩካ፡ ሕክምና ናብ ተላባዒ ቲቢ ንኺይምዕብል ይከላኸለካ።

ንጡፍ (ተላባዒ) ቲቢ እንተሃልዩካ፡ እቲ ተላባዒ ሕማም ክሳብ ዝፍወስ ካብ ሰብ ክትንጸል ይግባእ።

እዚ ድማ መብዛሕትኡ ግዜ ንውሑዳት ሰሙናት ጥራይ ዝጸንሕ ኮይኑ ኣብ ምሉእ እዋን ተነጽሎኻ ድማ ድጋፍ ክትረክብ ኢኻ።

## ኣብ ደምካ ክርከብ ዝኸእል ረኽሲ

ቫይረሳት HIV፡ ሄፓታይተስ ቢን ሄፓታይተስ ሲን ብደም፡ ዘርኢ ወዲ ተባዕታይ ወይ ፈሳሲ ርሕሚ ካብ ሰብ ናብ ሰብ ክመሓላለፉ ይኸእሉ።

እዞም ቫይረሳት እዚኦም በዞም ዝስዕቡ መገድታት ክመሓላለፉ ይኸእሉ፡-

ካብ ኣደ ናብ ህጻን ኣብ እዋን ሕርሲ ወይ ዕሽልነት

ብዘይ ኮንዶም ጸታዊ ርክብ ብምፍጻም

ብዝተለኸፈ ደም ዝተበከሉ ነገራት ምስ ሰባት ብምክፋል ንኣብነት መርፍእ፣ ወይ መላጸ።

## ሄፓታይተስ ቢ

### እንታይ እዩ?

ቫይረስ ሄፓታይተስ ቢ ንጸላም ከብዲ ከጥቕዕ ይኸእል።

ብዙሓት ሰባት ብዘይ ሕክምና ነቲ ቫይረስ ካብ ኣካላቶም ክጽርይዎ ይኸእሉ እዮም፡ ኣብ ገለ ሰባት ግን እቲ ቫይረስ መግዳኣቲ ጸላም ከብድን መንሸሮ ጸላም ከብድን ክስዕብ ይኸእል።

ኣብ መብዛሕትኦም ሰባት ዝኾነ ምልክት ስለዘየሰዕብ እንተሃልዩካ እውን ኣይትፈልጥን ትኸውን።

### እንታይ ዓይነት ሕክምና ኣሎ?

ሄፓታይተስ ቢ መድሃኒት የብሉን፡ ግን ክቆጸር ይኸእል እዩ።

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.

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

## Human Immunodeficiency virus (HIV)

ልዑል መጠን ቫይረስ ሄፓታይቲስ ቢ ወይ ዝኾነ ይኹን ጉድኣት ጸላም ከብዲ እንተሃልዩክ፡ ነቲ ቫይረስ ንምቁጽጻር ብከነና ሕክምና ክቐርበልካ እዩ።

ሕክምና መጉዳእቲ ጸላም ከብድን መንሸሮ ጸላም ከብድን ክከላኸል ይኸእል።

ብዛዕባ ሕክምና ዝያዳ ሓበሬታ እንተድኣ ኣድልዩ ሓኪምካ ወይ ክኢላ ነርስካ ክህበካ እዩ።

### ክትከላኸሎ ይከኣል ድዩ?

ካብ ሄፓታይቲስ ቢ ዝከላኸለልካ ከታብት ኣሎ፡ ብነጻ ድማ እዩ።

### ሄፓታይቲስ ሲ

#### እንታይ እዩ?

ሄፓታይቲስ ሲ ንጸላም ከብዲ ዘጥቕዕ ቫይረስ እዩ።

ብዙሓት ሰባት ጸላም ከብዲ ብዓቢኡ ክሳብ ዘይተጎድኦ ምልክታት ኣየርእዩን።

እቲ ቫይረስ ከም ዘለካ ንምፍላጥ እቲ እንኮ መንገዲ መርመራ ደም እዩ።

#### እንታይ ዓይነት ሕክምና ኣሎ?

ሄፓታይቲስ ሲ ብጸረ-ቫይረስ ከኒን ኣብ ግዜ 8 – 12 ሰሙን ክሕክም ይኸእል።

እዚ መብዛሕትኡ ግዜ ነቲ ረኽሲ ይፍውሶ እዩ።

ብእግሩ ምሕካም ከም መጉዳእቲ ጸላም ከብዲ፡ ውድቀት ጸላም ከብዲ ወይ መንሸሮ ጸላም ከብዲ ዝኣመሰሉ ክበድቲ ጸገማት ይከላኸል እዩ።

### ክትከላኸሎ ይከኣል ድዩ?

ኣብዚ ሕዚ እዋን በዚ ቫይረስ ከይትልከፍ ዝከላኸል ከታብት ይኹን መድሓኒት የለን።

ነቲ ረኽሲ ምሕካም እውን ኣብ መጻኢ ዳግማይ ንኺይሕዘካ ኣይከላኸለልካን እዩ።

## ኤችኣይቪ ቫይረስ (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.

## Your Entitlements

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.

## እንታይ እዩ?

ኤችአይቪ ንስርዓተ ምክልኻል ሕግም ክጸሉ ዝኸለል ቫይረስ ኮይኑ፡ እዚ ድማ ኣካላትካ ካብ ረኽሱታት ናይ ምክልኻል ዓቕሙ ዘዳኸም እዩ።

ሙብዛሕትኡ ግዜ ብኡንብኡ ሕግቕ ኣይስምዓካን እዩ።

ይኹን እምበርእዚ ረኽሲ እንተሃልዩካ ነቲ ቫይረስ ዝቆጻጸር ሕክምና ክወሃበካ ይኸእል እዩ።

እዚ ድማ ጉድኣት ከየብጽኡልካን ናብ ካልኣት ሰባት ንክይትሓልፎን ይሕግዘካ።

## እንታይ ዓይነት ሕክምና ኣሎ?

ዝተፈለለዩ ሕክምናታት ኣለዉ፡ ሙብዛሕትኡ ግዜ ኣብ መዓልቲ ሓደ ግዜ ሓደ ክኒና ብምውሳድ።

እዚ ነቲ ረኽሲ ክፍውስ ኣይክእልን ግን ነቲ ቫይረስ ክቆጻጸር ስለ ዝኸለል ብድሕሪኡ ኣብ ደም ውሽጢ ክርከብ ስለዘይክእል፡ ናብ ካልኣት ሰባት እውን ክሓልፍ ኣይክእልን።

ሕክምና ብኣግኡ እንተተጀመሩ፡ ንቡር ዕድመ ክህልወካ ይኸእል እዩ፡ ዓቕሚ ስርዓተ ምክልኻልካ ድማ ክረጋጋእን ኣብ ሙብዛሕትኡ እዋን ድማ ክመሓየሽ ይኸእልን እዩ።

## ክትከላኸሎ ይክኣል ድዩ?

ኣብዚ እዋን እዚ ዝኾነ ክታቦት የለን።

ናይ ኤችአይቪ ተቓላዓይ ናይ ምዃን ሓዲጋ እንተሃልዩካ ንሓዲጋ መልከፍቲ ንምንካይ መድሃኒት ክትወስድ ትኸእል ኢኻ።

## መሰላትኩም፤

ነጻ ሕክምና ኤችአይቪን ክትትልን

ኤችአይቪ እንተተረኺቡካ እዚ ኣብ ዓባይ ብሪጣንያ ዐቕባ ናይ ምሕታት መሰልካ ኣይክጸልምን እዩ።

ናይ ኤችአይቪ ኩነታትካ ኣብ ዓዲ እንግሊዝ ናይ ምስራሕ መሰልካ ኣይጸልምን እዩ።

ካብ ዘይተጻባእትን ሓንጎፋይ ኢሎም ዝቕበሉን ሰብ ሞያ ክንክን ጥዕና ብስሩዕ፣ ብሕታውን ምስጢራውን ክትትል ነጻ ክንክን ስፔሻሊስት ክትረከብ ኢኻ።

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.

አቆይምካ ኤችአይቪ ከምዘለካ እንተፈለጥካ፣ ሕክምና ንክትቅጽልን ናብ ክኢላ ረኽሲ ንክትከይድን ብዝተኻለል መጠን ቀልጢፍካ ንሓኪምካ ምሕባር ኣገዳሲ እዩ።

## Syphilis

## ሕማም ፍንጣጣ

### What is it?

### እንታይ እዩ?

Syphilis is a bacterial infection passed through sexual contact.

ፍንጣጣ ብጾታዊ ርክብ ዝሓልፍ ረኽሲ ባክተርያ እዩ።

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

ምልክታት ምስ ግዜ ዝቆየሩ ኮይኖም ቃንዛ ዘይብሉ ቁስሊ፣ ሕብጥ ጽክታት ሊምፍ፣ ሰዓልን ምጉዳል ክብደት ሰብነትን ከጠቓልሉ ይኸእሉ።

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

ምልክታት ኣብ ዝተፈላለዩ ደረጃታት ንኹሉ ክፍሊ ኣካላትና ከጠቓልል ይኸእል እዩ፣ ገለ ሰባት ግን ዝኾነ ምልክት ኣየርእዩን።

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

ጾታዊ መጻምድቲ እንተሃልዩካ፣ ንሳቶም እውን ምርመራ ፍንጣጣ ምግባር ከድልዮም እዩ፣ መርመራን ሕክምናን ድማ ክቐርቡሎም እዩ።

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.

ነፍሰጾር እንተኾይንኪን ሕማም ፍንጣጣ እንተሃልዩኪን፣ ቅድሚ ምውላድኪ ናብቲ ህጻን ናይ ምትሕልላፍ፣ ናይ ጥንሲ ምውራድ፣ ቅድሚ ግዜኡ ናይ ምውላድን ሙወት ሕርስን ሓደጋታት ክውሰኽ ይኸእል እዩ።

### How could I catch it?

### ከመይ ጌሩ ክሕዘኒ ይኸእል?

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

ምስ ሓደ እቲ ረኽሲ ዘለዎ ሰብ ብርሕሚ፣ ብመሃንቱስ ወይ ብኣፍ ጾታዊ ርክብ ብምፍጻም ሕማም ፍንጣጣ ክሓልፈካ ይኸእል እዩ።

### What treatment is available?

### እንታይ ዓይነት ሕክምና ኣሎ?

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

ሕማም ፍንጣጣ ብኣንቲባዮቲክስ ዝፍወስ ኮይኑ መብዛሕትኡ ግዜ ብመርፍእ ዝወሃብ እዩ።

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

እቲ ረኽሲ ከም ዝሓወዩ ንምርግጋጽ ድሕሪ ሕክምና ኣብ 6ን 12ን ሰሙን ተደጋጋሚ መርመራ ክትገብር ከድልዮካ ይኸእል እዩ።

### Can it be prevented?

### ክትከላኸሎ ይከኣል ድዩ?

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

ኣብዚ እዋን እዚ፣ እዚ ረኽሲ ንኺይሕዘካ ዝከላኸል ክታብት ይኹን መድሃኒት የለን።

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.

ጾታዊ ርክብ ከትግበር ከለኝ ኮንዶም ብምጥቃም፣ ከምኡ'ውን ሓድሽ መጻምድቲ ጾታዊ ርክብ እንተሃልዩካ ኣብ ዓመት ሓደ ጊዜ መርመራ ብምግባር፣ ሕማም ፍንጣጣ ከትከላኸል ትኽእል።

## 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 via 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 bare foot 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?

## ስትሮንግይሎይድስ

### እንታይ እዩ?

ስትሮንግይሎይድስ መብዛሕትኡ ጊዜ ኣብ ሓመድ ዝኸተበር (ግን ንምርኣይ ኣዝዩ ንእሽቶ) ጽግዕተኛ ሓሰኻ ኮይኑ፣ ብቆርብትካ ኣቢሉ ይለኽፈካ።

ብደምካ ኣቢሉ ናብ ሳንቡእካን መዓንጣኻን ይኣቱ።

ክመጽእን ከኸይድን ዝኸእል ናይ ቆርብት ወይ ናይ ምሕቃቕ መግቢ ምልክታት ከስዕብ ይኽእል።

ገለ ረኽስታት ሕዳር ከኹን ንዓመታት ከጸንሑን ወይ ድማ ቀተልቲ ከኹኑ ይኽእሉ።

መርመራታት ስትሮንግይሎይድስ ዝተፈለለዩ ፈሳሲታት ኣካላት ምልክታት ናይቲ ሓሰኻ ከም ሰገራን ደምን ምፍታሽ የጠቓልል።

### ከመይ ጌሩ ከሕዘኒ ይኽእል?

ኣብ ትሮፒካውን ትሕተ-ትሮፒካውን ቦታታት ኣብ ዝተበከለ ሓመድ ጥራይ እግርኻ ምጉዓዝ ወይ ድኹም ስርዓተ ምክልኻል ሕማም ምህላው፣ ብረኽሲ ስትሮንግይሎይድስ ናይ ምጥቃዕ ሓደጋ ከእትወካ ይኽእል።

### እንታይ ዓይነት ሕክምና ኣሎ?

ስትሮንግይሎይድስ ብመልክዕ ከኒና ብጸረ - ጽግዕተኛ መድሃኒት ብቐሊሉ ይፍወስ።

### ከትከላኸሎ ይከኣል ድዩ?

ስትሮንግይሎይድያሲስ ኩሉ ጊዜ ከተከላኸሎ ኣይከኣልንዮ።

ይኹን እምበር ናብ ውዑይ ወይ ትሮፒካዊ ክሊማ ከትገይሽ ከለኻ ጥራይ እግርኻ ዘይምጉዓዝ ንሓደጋ ረኽሲኻ ከንክዮ ይኽእል።

## ስኪስቶሶሚያሲስ

### እንታይ እዩ?

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

ስኪስቶሶሚያሲስ ሓዲሓደ ጊዜ ቢልሃርዝያ ተባሂሎ ዝፍለጥ ኮይኑ፡ ብጽግዕተኛ ሓሰኻ ዝመጽእ ረኽሲ እዩ።

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

እቲ ጽግዕተኛ ኣብ ትሮፒካውን ሓውሲ ትሮፒካውን ከባቢታት ኣብ ጽሩይ ማይ (ከም ሩባታትን ቀላያትን) ይነብር።

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

ምልክታት ቀይሕ ስሓ፡ ልዑል ሙቕት፡ ሰዓል፡ ተምላስ፡ ቃንዛ ከብድን መላግቦን ክኾኑ ይኽእሉ።

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.

እቲ ጽግዕተኛ ኣብ ኣካላትና ንዝዊሕ ዓመታት ክጸንሕን ኣብ ሸንቲ ምፍሳስ፡ ኩሊትን ጸላም ከብድን ጉድኣት ከስዕብን ገለ ዓይነታት ድማ መንሸሮ ፍሒኛ ሸንቲ ናይ ምምዕባል ተኽእሎኻ ይውሰኽ።

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

ስኪስቶሶሚያሲስ መብዛሕትኡ ጊዜ ብመርመራ ደም ዝፍለጥ ኮይኑ ግን ኣብ ናሙና ሸንቲኻ ወይ ሰገራኻ ናይ ጽግዕተኛ እንቋቋሖ ብምርካብ እውን ክፍለጥ ይከኣል።

### How could I catch it?

### ከመይ ጌሩ ክሕዘኒ ይኽእል?

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

ኣብ ትሮፒካውን ሓውሲ ትሮፒካውን ከባቢታት : **ንኣብነት** ክትሕንብስ ከለኻ ወይ ክትሕጸብ ከለኻ ምስ ዝተበከለ ማይ እንተተራኺብካ ክትልከፍ ትኽእል ኢኻ።

### What treatment is available?

### እንታይ ዓይነት ሕክምና ኣሎ?

It can be cured with a short course of an anti-parasitic medication.

ብናይ ሓጺር ጊዜ ጸረ-ጽግዕተኛ መድሃኒት ክፍወስ ይኽእል።

Sometimes treatments may need to be repeated after a few weeks.

ሓዲሓደ ጊዜ ድሕሪ ሓደገት ሰሙናት ሕክምናታት ምድጋም ከድልዮም ይኽእል እዩ።

### Can it be prevented?

### ክትከላኸሎ ይከኣል ድዩ?

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

ኣብዚ እዋን እዚ፣ እዚ ረኽሲ ንኺይሕዘካ ዝከላኸል ክታበት ይኹን መድሃኒት የለን።

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

ናብ ብስኪስቶሶሚያሲስ ዝተጠቐሙ ከባቢታት ዝጓዓዙ ሰባት፡ ኣብቲ ክብከል ዝኽእል ጽሩይ ማይ ካብ ምሕንባስ፡ ምስታይን ምሕጻብን ክቐጠቡ ይግባእ።

## Infections detected in your urine

## ኣብ ሸንቲኻ ክርከብ ዝኽእል ረኽሲ

### Chlamydia/Gonorrhea

### ክላሚድያ/ጎኖርያ

#### What is it?

#### እንታይ እዩ?

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 be asymptomatic.

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.

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.

ክላሚዲያን ጎኖርያን ልሙዳት ብጾታዊ ርክብ ዝመሓላለፉ ረኽሲ ባክተርያ እዮም።

ምልክታት ናይ ክልቲኦም ኣብ እዋን ሸንቲ ቃንዝ፡ ካብ ርሕሚ፡ ብልዕቲ ወይ መሃንቱስ ዘይልሙድ ፈሳሲ ምፍሳስ፡ ቃንዝ ከብዲ፡ ቃንዝ ኣብ ጽግዖት ወይ ቀይሕ ዓይን ይርከብዎም።

ይኹን እምበር ምልክታት ዘይብሎም እውን ክኾኑ ይኽእሉ።

መርመራ ክላሚዲያን ጎኖርያን ቀሊልን ቃንዝ ዘይብሉን እዩ።

ነቲ ዝተጎድአ ቦታታት (ርሕሚ፡ መሃንቱስ፡ ጎሮሮ) ምሕጻብን/ወይ ድማ ናሙና ሸንቲ ምሃብን የጠቓልል።

ነቲ ሰዋብ ባዕልኻ ክትገብር ትኽእል ኢኻ፡ ኣብ ቆጶራኻ ድማ ከመይ ጌርካ ከም እትገብር ክግለጸልካ እዩ።

### ከመይ ጌሩ ክሕዘኒ ይኽእል?

ክልቲኦም ብዘይ መከላኸሊ (ብዘይ ኮንዶም) ርሕሚ፡ ብመሃንቱስ ወይ ብአፍ ብዝግበር ጾታዊ ርክብ ይመሓላለፉ።

### እንታይ ዓይነት ሕክምና ኣሎ?

ክላሚዲያን ጎኖርያን ብጸረ-ነፍሳት ዝሕከሙ ኮይኖም እንተዘይተሓኪሞም ግን ናብ ካልኣት መጻምድቲ ጾታዊ ርክብ እውን ክመሓላለፉ ይኽእሉ።

ንሰኻን መጻምድትኻን ድሕሪ ሕክምና ን1 ሰሙን ጾታዊ ርክብ ካብ ምፍጻም ክትቁጠቡ ይግባእ።

ገለ ዓይነታት ሕክምና ጎኖርያ ንጸረ-ነፍሳት ዝጻወሩ ኮይኖም ኣለዉ፡ ድሕሪ 3 ሰሙን ሕክምና ድማ እቶም ጸረ-ነፍሳት ከም ዝሰርሑ ንምርግጋጽ ተደጋጋሚ መርመራ ምግባር ክድልየካ ይኽእል እዩ።

### ክትከላኸሎ ይከኣል ድዩ?

ክላሚዲያን ጎኖርያን ጾታዊ ርክብ ኣብ እትፍጽሙሉ እዋን ኮንዶም ብምጥቃም ምክልኻል ይከኣል።

ኣብ ዓመት ሓደ ጊዜ፡ ወይ ሓድሽ መጻምድቲ ጾታዊ ርክብ ኣብ ዝሓዘካሉ መርመራ ምግባር፡ ምስፍሕፋሕ ረኽሲ ክከላኸል ይኽእል።

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.

ኣብ ዓዲ እንግሊዝ መርመራ፡ ሕክምናን ኩሉ ዓይነት መከላኸሊ ጥንሲን ኮንዶም ሓዊሱ ብነጻ ዝቐርብ እዩ።

ኣብ ሓፈሻዊ ሓኪምካ ወይ ኣብ ከባቢኻ ኣብ ዝርከብ ክሊኒክ ጾታዊ ጥዕና ክትረኽቡም ትኽእል ኢኻ።