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**OUTREACH AND TUBERCULOSIS LISTENING SESSION:**

Encouraging refugees to be voluntarily tested as preventive and/ or curative measure. Keeping in mind that, Refugees are coming from countries and situations where TB disease can be very common.

1. **Tuberculosis (TB) is a disease caused by bacteria that are spread through the air from person to person. If not treated properly, TB disease can be fatal. Learn to recognize the signs and symptoms of TB.**
2. Tuberculosis (TB) is an infectious disease that usually infects the lungs, but can attack almost any part of the body.
3. Tuberculosis is spread from person to person through the air. When a person with TB in their lungs or throat coughs, laughs, sneezes, sings, or even talks, the germs that cause TB may spread through the air.
4. If another person breathes in these germs, there is a chance that they will become infected with tuberculosis.
5. It is not easy to become infected with tuberculosis. Usually a person has to be close to someone with TB disease for a long period of time.
6. TB is usually spread between family members, close friends, and people who work or live together. TB is spread most easily in closed spaces over a long period of time.
7. If it is not treated, TB can be fatal. But TB can almost always be treated and cured if you take medicine as directed by your healthcare provider.
8. Once you begin treatment, within weeks you will no longer be contagious. That means you can't spread the disease to others. If you take your medicine just as your healthcare provider tells you, all the TB germs should be killed.
9. Symptoms of TB Disease: Symptoms of TB disease depend on where in the body the TB bacteria are growing. TB disease symptoms may include: **(A)** A bad cough that lasts 3 weeks or longer,  **(B)** Pain in the chest, **(C)** Coughing up blood or sputum (phlegm from deep inside the lungs), **(D)** Weakness or fatigue, **(E)** Weight loss, **(F)** No appetite, **(G)** Fever, **and (H)** Sweating at night.
10. Generally people at high risk for developing **TB** disease fall into two categories: **(A)** People who have been recently infected with **TB** bacteria **(B)** People with medical conditions that weaken the immune system

**FARRIIMAHA & DAREENKA LAGA GUDBIYAY CUDURKA QAAXADA OO KOOBAN:**

1. Qaaxada waxaa keena jeermi ee ma keento jug kugu dhacday amma doog.
2. Qaaxadu waa xanuun sahlan haddii daawada sida ay tahay loo qaato.
3. Hakala goyn ama ha seg-seegin qaadashada daawada, ee si quman u dhammayso daawada takhtarku kuu qoray.
4. Haddii aad isku aragto quffac soo noq-noqonaya muddo 3 asbuuc ah, si dhaqso ah u tag xarumaha qaaxada lagu baaro.
5. Daawada cudurka Qaaxadu waa lacag la’aan, baaristuna waa lacag la’aan, welina Hawlwadeennada **SAUC** ayaa iney ku qadaan, kuuna turjubaanaan diyaar kuugu ahay, goor-kasta aad doonto.
6. Ka qayb qaado xakaymaynta cudurka qaaxada, kana bad baadi qoyskaaga cudurkaan dilaaga ah.
7. Marka aad hindhisayso amma qufacayso ka jeeso dadka, amma ku dabool afkaaga masar, amma maro.
8. Haddii dad badani kujiraan hal maqsin amma qol, waa inay furaan daaqadaha si jeermisku uusan u saamayn dad bada.

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