

Mafua ya Nguruwe

Kurasa za maelezo kwa waomba hifadhi, wakimbizi na wageni wengine waliopo nchini Uingereza

Kurasa hizi zina maelezo ya kimsingi kuhusu ugonjwa wa mafua ya nguruwe.

Ni jambo la muhimu kuelewa njia za kufanya ili uweze kujikinga na kuinga familia yako dhidi ya ugonjwa huu.

Mafua ya nguruwe ni ugonjwa gani?

- Ni aina mpya ya homa inayosababishwa na virusi ambavyo ni rahisi kuambukizwa, na rahisi kuambukiza watu wengine.
- Wagonjwa wa kwanza waliambukizwa mnamo April 2009 na ugonjwa huo umeenea upesi katika nchi nyingi duniani.

Dalili za mafua ya nguruwe ni zipi?

Kama wewe au ndugu yako ana homa au ongezeko la joto la mwili (zaidi ya 38°C / 100.4°F) na unaweza kuwa na mafua ya nguruwe kama una dalili mbili au zaidi zifuatazo:

- uchovu ambao sio wa kawaida
- kuumwa kichwa
- kuwa na mafua
- maumivu ya koo
- kushindwa kupumua na kukohoa
- kukosa hamu ya kula

- maumivu ya misuli
- kuharisha na kutapika

Jinsi unavyosambazwa?

- Watu wenye homa ya mafua ya nguruwe, wanasambaza virusi kwa njia ya kikohozi au chafya, na watu wengine wanavuta hewa yenye virusi.
- Virusi vinaweza kuishi katika mikono na sehemu zingine kwa zaidi ya masaa 24.

Je, ninaweza kujikinga kwa namna gani mimi na familia yangu?

- Zuia mdomo na pua kwa kitambaa kisafi au karatasi laini wakati unapokohoa au kupiga chafya.
- Tupa kitambaa kwenye pipa la taka baada ya kukitumia.
- Osha mikono yako na sabuni na maji au na sabuni ya mikono yenye dawa ya kuulia virusi mara kwa mara na safisha sehemu za juu kila mara ili kuua virusi.
- Wajue marafiki watakaokusaidia. Wanaweza kuwa jirani zako, marafiki au ndugu wanaoweza kukusaidia wakati unapoumwa. Kwa mfano, wanaweza kwenda kukuchukulia dawa na chakula.
- Kama wewe ni muomba hifadhi na una homa ya mafua ya nguruwe, wewe au rafiki yako ni lazima kuwasiliana na mfanyakazi wa Idara ya Uhamiaji (United Kingdom Border Agency) anayesimamia kesi yako ili wafanye mpango mwingine wa kuchukua pesa zako za ruzuku, ili usiwe na haja ya kutoka mahali unapoishi. Ni lazima uwasiliane na msimamizi wa kesi yako au sehemu unayoripoti ili wafanye mipango mipya ya kuripoti.
- Kama ni mjamzito, endelea kufanya shughuli zako za kawaida, kama vile kwenda madukani, kutumia usafiri wa umma na kushiriki katika mikusanyiko ya kifamilia. Lakini ni vizuri kama hutawatembelea ndugu na marafiki wenye dalili za homa ya nguruwe. Kama unajua kwamba kuna wagonjwa wengi wanaoishi karibu na nyumbani kwako, ni vizuri kuepuka na mikusanyiko ya umati ya watu.

Swine Flu

Information Sheet for asylum seekers, refugees and other foreign nationals in the UK

This information sheet gives you basic information about the swine flu illness. It is important that you understand what you can do to protect yourself and your family.

What is swine flu?

- A new form of flu caused by a virus which is easy to catch and to pass on to others.
- The first cases were reported in April 2009 and it spread quickly around the world.

What are the symptoms of swine flu?

If you or a member of your family has a fever or high temperature (over 38°C / 100.4°F) and two or more of the following symptoms, you may have swine flu:

- unusual tiredness
- headache
- runny nose
- sore throat
- shortness of breath or a cough
- loss of appetite

- aching muscles
- diarrhoea or vomiting

How is it transmitted?

- When people have swine flu, they spread the virus by coughing or sneezing, other people then breathe in the virus.
- The flu virus can live on hands and other surfaces for up to 24 hours.

How can I protect myself and my family?

- Use a clean tissue to cover your mouth and nose when you cough and sneeze.
- Throw away the tissue into a bin after one use.
- Wash your hands with soap and water or an antibacterial hand gel often and clean down surfaces regularly to kill the virus.
- Identify possible flu friends. These could be neighbours, friends and relatives who can help you if you get ill. For example, they could collect medicines and food for you.
- If you are an asylum seeker and have swine flu, you or your flu friend should contact your United Kingdom Border Agency case owner to make alternative arrangements for the collection of support payments, so that you don't have to leave your accommodation. You should also contact your case owner or the reporting centre to make alternative reporting arrangements.
- If you are pregnant, carry on doing the things that you normally do, such as going shopping, travelling on public transport and attending family gatherings. However, try and avoid visiting family or friends who are suffering flu-like symptoms. If you know of a large number of people falling ill in your neighbourhood, you may prefer to avoid crowded places where possible.

Chanjo ya homa ya mafua ya nguruwe ni nini?

Chanjo (unadungwa na sindano ili kuzuia maambukizi ya virusi) dhidi ya mafua ya nguruwe imekubaliwa kutumiwa na inatolewa na madaktari kwa watu waliotengwa katika vikundi tofauti vitakaopewa kipaumbele:

- Watu wazima na watoto wenye miezi sita au zaidi ambao wana matatizo ya muda mrefu ya kiafya ikiwa ni pamoja na:
 - ugonjwa wa muda mrefu wa mapafu
 - ugonjwa wa muda mrefu wa moyo
 - ugonjwa wa muda mrefu wa maini
 - ugonjwa wa muda mrefu wa figo
 - ugonjwa wa muda mrefu wa kiarusi
 - kisukari
- Wakina mama wajawazito
- Watu wanaoishi na mgonjwa mwenye upungufu wa vikinga mwili unaosababishwa na ugonjwa, kwa mfano mtu mwenye virusi vya ukimwi au anayepata matibabu ya kansa.

Kama unafikiri uko katika mojawapo ya vikundi hivyo, wasiliana na daktari wako na jandikishe ili wakupatie chanjo.

Jinsi ya kutafuta daktari

Daktari wako anaitwa GP. Kliniki ya GP inaitwa ofisi ya daktari au kituo cha afya.

Lazima ujiandikishe kwa GP wa eneo lako kama bado hujafanya hivyo, ili uweze kupata matibabu kama kutakuwa na haja hiyo.

Kama wewe ni muomba hifadhi, na bado hujajandikisha na GP, mfanyakazi aliyekusaidia kupata sehemu ya kuishi anaweza kukusaidia kukupa maelezo kuhusu madaktari au GP wa karibu.

Anuani na simu za GP zinapatikana katika vitabu vya orodha ya simu na katika maktaba za umma. Pia unaweza kupata maelezo ya GP waliopo Uingereza katika tovuti ya NHS Choices iitwayo www.nhs.uk na maelezo ya GP waliopo Scotland yanapatika katika tovuti hii www.show.scot.nhs.uk/organisations. Maelezo ya GP wanaoishi

Wales wanapatikana katikana tovuti hii www.nhsdirect.wales.nhs.uk na wanaoishi Ireland ya Kaskazini ni hii www.nidirect.gov.uk.

Njia za kufanya kama umeambukizwa na mafua ya nguruwe

- Kaa nyumbani upumzike.
- Hakikisha unakunywa maji mengi.
- Kama una joto la homa, usivae nguo nyingi au kujifunika na blangeti. Unaweza kunywa paracetamol au ibuprofen (fuatilia maagizo yalioandikwa kwenye boksi). Kama ni mjamzito, paracetamol ndiyo inayofaa.

Ongea na daktari wako ili aweze kukupima na kukupatia matibabu yanayokufaa.

Kama hivi karibuni umeomba hifadhi na unaishi katika nyumba uliyopewa na Idara ya Uhamiaji, waeleze wafanyakazi wa kitengo cha afya au wasaidizi kama hujisiki vizuri, ili waweze kukusaidia.

Kama unaishi Wales, Scotland au Ireland ya Kaskazini

Kama unaishi Wales na una dalili ya mafua ya nguruwe, wasiliana na GP wako. Kwa maelezo zaidi wasiliana na NHS Direct Wales ukitumia namba hii **0845 46 47**.

Kama unaishi Scotland na una dalili ya mafua ya nguruwe, wasiliana na GP wako au NHS 24 ukitumia namba hii **08454 242424**.

Kama unaishi Ireland ya Kaskazini na una dalili ya mafua ya nguruwe, wasiliana na GP wako.

What is the swine flu vaccination?

Vaccinations (an injection to protect people from catching the virus) against swine flu have been approved for use and are being given by local doctors to people who are in the following priority groups:

- Adults and children over six months of age who have a long-term health condition including :
 - chronic lung disease
 - chronic heart disease
 - chronic kidney disease
 - chronic liver disease
 - chronic neurological disease
 - diabetes
- Pregnant women
- People who live with someone who has an impaired immune system caused by an illness, for example someone who is HIV positive or is having chemotherapy for cancer.

If you believe you are in one of these groups of people, contact your local doctor and register with them to receive the vaccine.

How to find a doctor

Your local doctor is called a General Practitioner or GP. The GP's clinic is called a surgery or a health centre.

You should register with a GP in your area if you have not already done this, so that you can get medical care if you need it.

If you are an asylum seeker, and are not registered with a GP, your accommodation provider support worker who helped you to move into your accommodation can give you information about your local GPs.

Contact details for GPs are available in telephone directories and from public libraries. You can also find details of GPs in England on the NHS Choices website at www.nhs.uk and of GPs in Scotland on www.show.scot.nhs.uk/organisations. Details of local GPs in Wales

can be found through www.nhsdirect.wales.nhs.uk and at www.nidirect.gov.uk for GPs in Northern Ireland.

What to do if you think you have swine flu

- Stay in your accommodation and rest.
- Make sure you drink lots of water.
- If you have a fever, don't wear too many clothes or blankets. You can take paracetamol or ibuprofen (follow the instructions on the pack). If you are pregnant, paracetamol is recommended.

Telephone your local doctor who will be able to assess you and decide what treatment is appropriate.

If you have recently claimed asylum and are living in United Kingdom Border Agency initial accommodation, tell the health team or support team if you are unwell, so they can help you.

If you live in Wales, Scotland or Northern Ireland

If you live in Wales and have swine flu symptoms, contact your GP. For general information call NHS Direct Wales on **0845 46 47**.

If you live in Scotland and have swine flu symptoms, contact your GP or NHS 24 on **08454 242424**.

If you live in Northern Ireland and have swine flu symptoms, contact your GP.