

Chanjo ya homa ya manjano aina ya B wakati wa kuzaliwa

Maelezo kwa wanawake wajawazito

Chanjo ya homa ya manjano aina ya B inaweza kumkinga mtoto wako kutokana na ugonjwa wa kudumu, ugonjwa mbaya wa ini na saratani ya ini.

Kwa nini mtoto wangu anahitaji chanjo ya homa ya manjano aina ya B wakati wa kuzaliwa?

Chanjo inapendekezwa ndani ya saa 24 baada ya kuzaliwa ili:

- kuzuia maambukizi kutoka kwa mama kwenda kwa mtoto wake, au kutoka kwa mtu aliyeambukizwa aliye karibu
- kupunguza hatari ya mtoto wako kupata homa sugu ya manjano aina ya B.

Chanjo pia inaweza kutolewa ndani ya siku 7 za kwanza za kuzaliwa. Kwa kinga ya kudumu dozi za ziada hutolewa kama sehemu ya ratiba ya chanjo ya watoto wachanga.

Chanjo hiyo hailipishwi chini ya Mpango wa Kitaifa wa Chanjo.

Je, chanjo ya homa ya manjano aina ya B ni salama?

Ndiyo. Chanjo ya homa ya manjano aina ya B ni salama kwa watoto wachanga.

Zaidi ya asilimia 90 ya watoto wachanga katika Victoria hupokea chanjo ya homa ya manjano aina ya B.

Haiathiri unyonyeshaji na athari zake ni nyepesi, kama vile wekundu na uvimbe kwenye eneo lililodungwa sindano.

Je, itakuwaje ikiwa mtoto wangu alizaliwa kabla ya wakati?

Watoto waliozaliwa kabla ya wakati (chini ya wiki 32 za ujauzito) au wenye uzani mdogo wa kuzaliwa (chini ya gramu 2000) wanapendekezwa kupewa dozi ya ziada ya chanjo katika umri wa miezi 12 ili kutoa kinga ya kudumu.

Homa ya manjano aina ya B ni nini?

Homa ya manjano aina ya B ni virusi vinavyoambukiza sana vinavyoathiri ini. Baadhi ya watu wazima wanaweza kupambana na maambukizi na kupona lakini kwa watoto wachanga na watoto wadogo, inaweza kuwa ugonjwa sugu (wa kudumu) ambao unaweza kusababisha ugonjwa wa ini na saratani ya ini.

Dalili za homa ya manjano aina ya B ni pamoja na:

- Homa
- Uchovu
- Kupoteza hamu ya kula
- Kichefuchefu
- Kutapika
- Ngozi na macho ya njano
- Maumivu ya misuli au uyabisi wa viungo.

Watoto wachanga na watoto chini ya umri wa miaka 5 mara nyingi hawaonyeshi dalili.

Je, virusi vya homa ya manjano aina ya B huenea vipi?

Virusi vya homa ya manjano aina ya B huambukiza sana na huenea kwa kugusa damu au umajimaji wa mwili wa mtu aliyeambukizwa.

Watoto wachanga na watoto wanaweza kupata virusi vya homa ya manjano aina ya B:

- wakati wa kuzaliwa kutoka kwa mama ambaye ana homa ya manjano aina ya B
- kupitia umajimaji wa mwili kutoka kwa michubuko midogo ya ngozi au vidonda mdomoni kwa kugusana na virusi vya homa ya manjano aina ya B.

Watu wengi hawajui kuwa wana homa ya manjano aina ya B na wanaieneza kwa wengine.

Je, itakuwaje ikiwa nina maambukizi ya homa ya manjano aina ya B?

Ikiwa unaishi na homa sugu ya manjano aina ya B mtoto wako anahitaji huduma maalum wakati wa kuzaliwa. Mbali na chanjo ya homa ya manjano aina ya B, dawa nyingine iitwayo 'hepatitis B immunoglobulin' pia inapendekezwa. Sindano hizi 2 hutoa kinga ya ziada kwa mtoto wako dhidi ya virusi vya homa ya manjano aina ya B. Sindano zote mbili zinapaswa kutolewa ndani ya saa 12 baada ya kuzaliwa.

Kumbuka – wewe na mtoto wako mtahitaji kuchunguzwa mara kwa mara na daktari wa homa ya manjano.

Je, ninahitaji kupimwa homa ya manjano aina ya B wakati wa ujauzito?

Ndiyo. Wanawake wote wanapaswa kupimwa maambukizi ya homa ya manjano aina ya B wakati wa uchunguzi wa kawaida wa ujauzito. Ikiwa wewe ni mjamzito na una homa ya manjano aina ya B, unapaswa kumwona daktari wa homa ya manjano. Huenda ukahitaji kutumia dawa ambayo itapunguza uwezekano wa kumwambukiza mtoto wako virusi wakati wa kuzaliwa.

Kwa maelezo zaidi kuhusu chanjo ya homa ya manjano aina ya B wakati wa kuzaliwa, zungumza na daktari, mkunga au mtoa chanjo wako.

Maelezo zaidi

- [MumBubVax](http://www.health.gov.au/news/mumbubvax-new-website-for-expectant-parents) <<http://www.health.gov.au/news/mumbubvax-new-website-for-expectant-parents>>
- [Kushiriki Maarifa Kuhusu Chanjo](https://talkingaboutimmunisation.org.au/) (SKAI) <<https://talkingaboutimmunisation.org.au/>>

- [Ratiba ya Mpango wa Kitaifa wa Chanjo](https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule) <https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule>
- [Better Health Channel\(Kituo cha Afya Bora\):Homa ya Manjano aina ya B – chanjo](http://www.betterhealth.vic.gov.au/health/healthyliving/hepatitis-b-immunisation) <http://www.betterhealth.vic.gov.au/health/healthyliving/hepatitis-b-immunisation>

Kwa maelezo kuhusu chanjo ya homa ya manjano aina ya B wakati wa kuzaliwa katika lugha nyingine, [tembelea Tafsiri za Afya](https://healthtranslations.vic.gov.au) <https://healthtranslations.vic.gov.au>

Unaweza pia kuipigia huduma ya utafsiri na ukalimani kwa nambari 131 450.

Ili kupokea hati hii katika muundo mwingine, [tuma barua pepe kwa Timu ya Chanjo](mailto:immunisation@health.vic.gov.au) <immunisation@health.vic.gov.au>.

Imeidhishwa na kuchapishwa na Serikali ya Victoria, 1 Treasury Place, Melbourne.

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Hepatitis B vaccination at birth

Information for pregnant women

The hepatitis B vaccine can protect your baby from life-long illness, serious liver disease and liver cancer.

Why does my baby need hepatitis B vaccine at birth?

The vaccine is recommended within 24 hours of birth to:

- prevent the spread from a mother to her baby, or from an infected person in close contact
- reduce the risk of your baby developing chronic hepatitis B.

The vaccine can also be given within the first 7 days of life. For lasting protection additional doses are given as part of the routine infant immunisation schedule.

The vaccine is free of charge under the National Immunisation Program.

Is the hepatitis B vaccine safe?

Yes. Hepatitis B vaccine is safe for newborn babies.

More than 90 per cent of newborns in Victoria receive the hepatitis B vaccine.

It does not affect breastfeeding and side effects are mild, like redness and swelling at the injection site.

What if my baby was born prematurely?

Babies born prematurely (less than 32 weeks gestation) or with a low birth weight (less than 2000 grams) are recommended to have an extra dose of the vaccine at 12 months of age to provide lasting protection.

What is hepatitis B?

Hepatitis B is a very infectious virus that affects the liver. Some adults can fight the infection and recover but for babies and young children, it can become a chronic (lifelong) illness that may cause liver disease and liver cancer.

Symptoms of hepatitis B include:

- Fever
- Tiredness
- Loss of appetite
- Nausea
- Vomiting
- Yellow skin and eyes

- Aching muscles or joints arthritis.

Babies and children under 5 years of age often do not show symptoms.

How is the hepatitis B virus spread?

Hepatitis B virus is very infectious and spreads through contact with an infected person's blood or body fluids.

Babies and children can catch the hepatitis B virus:

- during birth from a mother who has hepatitis B
- through bodily fluid from small skin breaks or mouth sores by a close contact with hepatitis B.

Many people don't know they have hepatitis B and spread it to others.

What if I am hepatitis B positive?

If you live with chronic hepatitis B your baby needs special care at birth. In addition to the hepatitis B vaccine, another medicine called 'hepatitis B immunoglobulin' is also recommended. These 2 injections provide extra protection for your baby against the hepatitis B virus. Both injections should be given within 12 hours of birth.

Remember – you and your baby will need regular check-ups with a hepatitis doctor.

Do I need to be tested for hepatitis B during pregnancy?

Yes. All women should be tested for hepatitis B infection during routine pregnancy check-ups. If you are pregnant and have hepatitis B, you should see a hepatitis doctor. You may need to take medicine that will reduce the chance of passing on the virus to your baby during birth.

For more information about the hepatitis B vaccine at birth, speak to your doctor, midwife or immunisation provider.

More information

- [MumBubVax](http://www.health.gov.au/news/mumbubvax-new-website-for-expectant-parents) <<http://www.health.gov.au/news/mumbubvax-new-website-for-expectant-parents>>
- [Sharing Knowledge About Immunisation](https://talkingaboutimmunisation.org.au/) (SKAI) <<https://talkingaboutimmunisation.org.au/>>
- [National Immunisation Program Schedule](https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule) <<https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule>>
- [Better Health Channel: Hepatitis B – immunisation](http://www.betterhealth.vic.gov.au/health/healthyliving/hepatitis-b-immunisation) <<http://www.betterhealth.vic.gov.au/health/healthyliving/hepatitis-b-immunisation>>

For information about the hepatitis B vaccine at birth in another language, [visit Health Translations](https://healthtranslations.vic.gov.au) <<https://healthtranslations.vic.gov.au>>

You can also call the translation and interpreting service on 131 450.

To receive this document in another format, [email the Immunisation Team](mailto:immunisation@health.vic.gov.au) <immunisation@health.vic.gov.au>.

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