

**Qaado Dawadaada Maalin kasta adoo  
Taakuleen ka helaya DOT da.**

**DOT da waa lacag la'aan.**

**Cudurka qaaxada (TB) da waa la Daaweyn  
karaa waana laga Hortagi karaa.**

Haddii aad wax su'aal ah qabtid fadlan waco kaal-kaaliya-  
haada ama shaqaalaha DOT da:

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# Daaweynta Qaaxada habka Hubinta Qaadashada Daawada (DOT)

**Curing Tuberculosis with Directly Observed Therapy (DOT)  
Somali**



416.338.7600  
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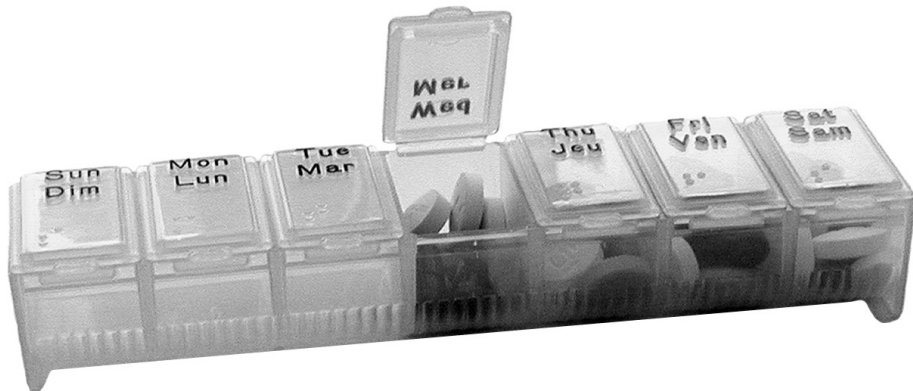
## Waa maxay DOT?

- DOT waa Hubinta tooska ah ee Qaadasho Daawo.
- Waa barnaamij caawinaaya daaweynta cudurka Qaaxada (TB da).
- Waxaad qaadaneysa daawada TB da muddo lix billod ah ama ka badan.
- Qofka shaqaalaha DOT ka ayaa kula kulmaayo si uu kaaga caawiyo qaadashada daawada TB da.
- **DOT ka waa lacag la'aan.**

## Siduu u shaqeeyaa barnaamijka DOT ka?

Qofka shaqaalaha DOT ka ah:

- Wuxu kugula kulmayaa gurigaada ama meel kale.
- Wuxu kula kulmayaa khayaastii shan jeer usbuuciba ilaa aad ka dhameysatid daaweynta.



## Siduu kuu caawini karaa shaqaalaha DOT ka?

Inta aad qaadaneysid dawada TB da; shaqaalaha DOT ka ee ku qaabilsan :

- Wuxuu kaa fiirin doonaa dhibaatooyinka dawada ay keento.
- Kaa caawin doonaa qaadashada dawada.
- Wuxuu ku caawini doonaa ilaa aad ka dhameysatid daaweynta.
- Wuxuu kaa caawini doonaa ballamada takhtarka TB da u qaabilsan.
- Wuxuu kaa caawini doonaa wixii kalood u baahantaah.

## Maxay muhim u tahay in aad qaadatid dawada TB da maalin kasta?

- Qaadashada dawada maalin kasta waxay cirib tiraysaa cudurka TB da.
- Haddii aadan qaadan dawada TB da maalin kasta, jeermiska TB da dib ayuu u soo noolaan, wayna adkaadoon taa sidii loo daweyn lahaa.
- Waa muhim in aad qaadatid dawada TB da xitaa haddii uu caafimaadkaagu wanaagsanyahay waayo jeermiska TB da si loo wada dilo waqti badan ayey u baahantahay.