



HEPATITIS B

KO WO PANEE FA SI YARE NO ANO





Nwoma yi mu nsem

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Hepatitis B (Hep B) ɛne wo Brɛboɔ

Hepatitis kyere sɛ brɛboɔ no ahono. Wo brɛboɔ no ma wo nya apɔmuden wo akwan piiso. Eyi fi fii nipadua mu na adane aduannuro ama no abeye ahooɔden.

Hep B tumi ye apomuden mu haw kese paa a ebi ne, kutwa a ɛba brɛboɔ no mu, brɛboɔ a ennye adwuma, brɛboɔ mu kokoram, ɛne sɛ wobewu ntɛm. Hepatitis ahodoɔ pii na ɛwo ho. Hep B mmoawa na ɛsae brɛboɔ no san to hye so na ɛde Hep B ɛba.

Ye betumi de Ahobammɔ nnuru a ɔhaw nni ho aso ano anaa sɛ ama brɛboɔ no ɛnsɛe kese. Nnipa a won wo Hep B no betumi anya nkwa tenten a ahooɔden wo mu.



Nnipa **241,000**
na won wo New York City
(NYC) mu a won wo Hep B.



Nnipa **ɔpɛpɛm 2.2**
na won wo United States a won wo
Hep B.

Kwan bɛn so na obi fa de nya Hep B?

Hep B nam mogya, barima ho nsuo anaa ɔbaa ase nsuo so na efri obi so kɔ ɔfoforo so. Akwan ahodoɔ a wɔtae nam so ma Hep B sae bi ne:

- Wɔ awɔɔ mu; ɔpemfoɔ a ɔwɔ Hep B betumi de Hep B no ama abɔdoma no.
- Wone obi a ɔwɔ Hep B da abre a wo amfa banbɔ bi te sɛ kɔndɔn anaa dental dams anni dwuma a.
- Sɛ wone obi de mpaneɛ, apomuden ho akadeɛ bi te sɛ mpaneɛ bi te sɛ deɛ yɛde ma insulin, de susu glucose, deɛ yɛde fa nnurobɔne, de yɛ taatuu anaa acupuncture kro de redi dwuma.
- Sɛ wone obi rekyɛ honam mu nneɛma te sɛ bleed, brohye a yɛde twitwiri see anaa adeɛ biara a ɛbetumi aka mogya, barima ho nsuo anaa ɔbaa ase nsuo.

Sɛ Wo ne Obi Redi Ahyia Kɛkɛ a ɛnnyɛ Hu

Nnipa a wɔn wɔ Hep B no enikwan sɛ wɔyi wɔn fri adwuma mu, sukuu, agodie anaa sɛ nkwadaa hwɛ mu.

Wo ntumi mfa Hep B ɛnsae wa akwan wei so:

- Wone obi rekyɛ nkyɛnsen, kuruwa a yɛnom ano, nsu anaa aduane
- Wore wensi, rebɔ wa, reye nfeano, reye atuu anaa reto nsa akyea



Hep B mu Nnidiso

Hep B a ano yehyee paa yede afei na asae foforo. Mpaninfoo pii a Hep B sae won no, nipadua no ankasa ko tia yaree wo abosome nsia ntam. Se wo nipadua no ko tia Hep B abre a aba foforo a, wo nya ahoden a yefre no immunity, a ekyere se woanya banbo afri Hep B ho. Nnipa a won nni ahoden kесе tесе mmotafoa, mmofra, anaa won a wowa HIV no entumi enhyeda enko tia Hep B abre a aba foforo no.



Hep B a aye koankoro ye dee yaree no ne wo rebetena afebwo anaa ereto koso abre a wo nipadua no antumi anko tia virus no abosome nsia ntam. Nnipa dodo no ara won wo Hep B a aye koankoro no ye won a wonyae abre a na woye mmotafoa anaa mmofra nkumaa.

Hep B ho nsenkyerene

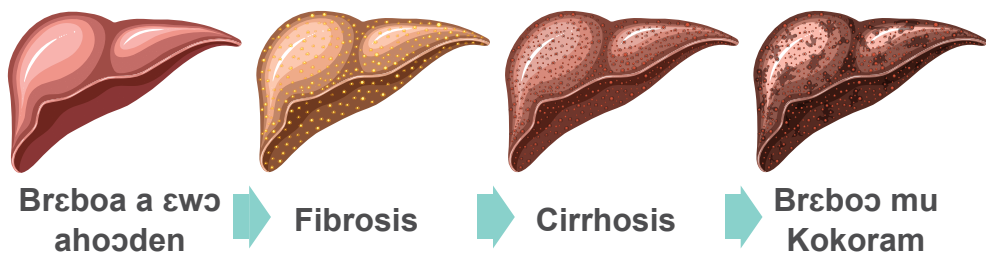
Hep B a ano yehyee no ho nsenkyerene bi ne ahoohyee, wote bre, w'anom ato, wo bofono wo, efe, yefunu yea, dwonso a ani ye tuntum, angyanan a ani tесе nson, w'aposo yewo yea, anaa jaundice (se wo honam ani anaa w'aniso aye yelo). Saa nsenkyerene yi tae ko wo nnawotwe kumaa bi ntam.

Nnipa pii a won wo Hep B a aye koankoro no ennya nsenkyerene biara mfee pii ena ebetumi aba se wonnim mpo se wowa yaree no bi, nanso won betumi de asae. Se yaree no ho nsenkyerene dan ne ho adi a, ekyere se brebo yaree no ko anim yie, na afei brebo no entumi ennye n'adwuma yie. Kwan baako pe so na wo betumi ahunu se wowa Hep B no ne se wo beye nhwewhemu.



Kwan a Hep B a aye koankorɔ no ha apomuden

Nnipa a wɔn wɔ Hep B a aye koankorɔ no tumi nya brɛboɔ yaree a eye hu bi te se kutwa beba mu, fibrosis (brɛboɔ yaree a ano ennye den) ene Cirrhosis (brɛboɔ yaree a ano yeden paa). Brɛboɔ sɛɛ kɔ so nyaa, wɔ mfee 20 kosi 30 ntam. Nnipa a wɔn wɔ Hep B a aye koankorɔ no tumi nya brɛboɔ mu kokoram wɔ yaree no fa biara, ne saa enti ewɔ se wɔ so wo hwe wɔ kokoram ho abosome nsia biara.



Ko ye woho nhwehwemu: Hunu wo tebea fa Hep B ho

Ka kyere wo ayarehwefo se onnye wo Hep B nsohwe se wo ye obi a wo betumi anya bi ntem a.

Wobetumi Anya Hep B Anaa?

Se w'anoyie dema nsemmissa yi mu biara ye "aane" a, ewo se wo koye Hep B nsohwe:

- Nnipa a owo wo no na owo Hep B abre a na orewo wo no?
- Ye woo wo anaa w'awofoo wo oman a Hep B dooso wo mu paa? (Hwe dee y'atwere wo akyire ho no.)
- Nnipa a wo ne no di nna mu nhyiamu no mu bi wo Hep B anaa?
- Wo ye barima a wo ne mmarima da?
- Wo ne obi a owo Hep B ete fie anaa?
- Wowo HIV anaa?
- Wode aduro bi awo wo ho anaa wo ne ofoforo bi akye mfidie a yede fa nnuro (bi te se mpane, nnurobone kyensan, asaawa, stroo anaa nsuo a yede sanforo mu)?



Baabi a Hep B Tae Wɔho

Hep B tae wɔ aman a edidiso wɔ aseε ho yi. **Sε ye woo wɔ wɔ ɔman bi a εka aman yi ho a**, εwɔ sε wɔ kɔ ye nhwehwεmu fa Hep B ho.**

ABIBIREM

Aman nyinaa gye sε Seychelles

AMERICA AMAN MU

Belize, Colombia, Dominican Republic, Ecuador, El Salvador, French Guyana, Guatemala, Haiti, Honduras, Jamaica, Peru, Puerto Rico, Suriname, parts of Brazil, southern Colombia, northern Bolivia, nnipa a wɔfri North America

EASTERN MEDITERRANEAN ƐNE SOUTHEAST ASIAN AMANMU

Bangladesh, Bhutan, Djibouti, Palestine (Gaza Strip), India, Kuwait, Libya, Myanmar, Oman, Pakistan, Saudi Arabia, Somalia, Sri Lanka, Sudan, Syria, Thailand, Tunisia, United Arab Emirates, Yemen

EUROPEAN AMAN MU

Albania, Azerbaijan, Belarus, Bulgaria, Croatia, Cyprus, Georgia, Italy, Kazakhstan, Kosovo, Kyrgyzstan, Moldova, Romania, Russia, Serbia, Tajikistan, Turkey, Uzbekistan

WESTERN PACIFIC AMAN MU

Brunei Darussalam, Cambodia, China, Fiji, Kiribati, Laos, Marshall Islands, Micronesia, Mongolia, Nauru, New Zealand, Niue, Palau, Papua New Guinea, Philippines, South Korea, Samoa, Singapore, Solomon Islands, Tahiti, Tonga, Tuvalu, Vanuatu, Vietnam

*Aman a nnipa a wɔwo Hep B a aye koankorɔ ne dodoɔ no bro 2% (nnipa a w'anya Hep B foforɔ koraa ne wɔn a wɔwo bi dada dodoɔ)

**Amansan Apomuden Adumakuo Amam mu

Se wore te nsunsuansoo a efri Hep B nschwε no mu baeε ase

W'ayarehwεfoε no betumi ayε nschwε ahodoε bi de asi no pi se wowo Hep B.

		Nschwε			Nsunsuansoo a efri mu ba	Anamon a Ediso
		Hep B Surface Antigen (HBsAg)	Hep B Surface Antibody (anti-HBs)	Hep B Core Antibody (anti-HBc)		
Nsunsuansoo a εbaε		—	—	—	Hep B yareε nnim anaa se owo immunity. Wo betumi anya Hep B.	Paneeε fa si yareε no ano.
		—	+	+	Enam se w'akonya ya Hep B yareε no nti wo anya immunity. Hwe se wo bεka akyerε w'ayarehwεfoε no se wo w'anya Hep B pεn.	Wo nhia ahobanbo nnuro.
		—	+	—	Gye Vaccination no nyinaa na fa nya immunity.	Wo nhia ahobanbo nnuro.
		+	—	+	Wowo Hep B seeseiara.	Gye ayarehwε obi a chwε Hep B ho. Ehia se yeεε nschwε no bi ka.
		—	—	+	Nsunsuansoo a efri mu baeε anidaho – ebetumi aba se w'anya yareε no bi pεn anaa se seesei.	Kogye ayarehwε wo obi a chwε Hep B. Ehia se yeεε nschwε no bi ka.

- εkyerε se yareε no bi nnim
- + εkyerε se yareε no bi wo mu

Kogye paneε fa si yareε no ano: Bɔ wo ho ne afoforo ho ban

Se wonni Hep B na wonni ho ahooɗen a eye immunity a, kogye paneε na fa si Hep B anokwan. Hep B ahobammɔ nnuru no yewa no mprenu anaa mprensa so na ɔhaw biara nniho na eye adwuma.

Wowo ahooɗen (immunity) a yede ko tia Hep B se:

- Se Hep B baa wo nipadua mu bere bi a atwam nanso wo nipadua no ayi mmoawa no afri mu a. Gye se wo ko ye nsɔhwe fa Hep B ho ansaana y'ahunu wei.
- Woawo ahobammɔ nnuru ama no aye yie. Ka kyere wo ayarehwefo se ɔnhwe ma wo se wo ahobammɔ nnuru no aye adwuma a.

Kogye Ayarehwe

Ɛhohia se wo gye ayarehwe w'ayarehwefo a wonim de wo Hep B ayarehwe mu. Wo ayarehwefo no betumi aye nhwehwemu afoforo de ahwe kwan a Hep B renya wo apomuden so nsunsuanso, bi te se:

- **Hep B DNA ho nsɔhwe** de ahwe Hep B mmoawa dodo a ewo wo mogya mu.
- **Brebo Dwumadie ho Nsɔhwe** de ahwe adehono dodo a ewo brebo no mu.
- **Nipaduum nhwehwem (ultrasound) anaa Fibroscan wo brebo mu** de ahwe se brebo asɛ abre a etwa nfonin de fa n'abosuo, ne keɛɛ anaase aye bawee a.
- **Brebo mu Kokoram ho Nhwewhɛmu** a wore ye mogya mu nhwehwemu anaase ultrasound.



Yehye mpaninfo a wɔwo Hep B nkuran se wɔnko ye nhwehwemu se wɔwo brebo mu kokoram a abosome nsia biara.



Mpo se wo ho ye den a, ebetumi aba se Hep B no resse wo brebo. Ko ayarehwefo bi a wonim de wo Hep B yarehwe mu na ko hwehwe wo tebea de fa Hep B ho.

Bisa w'ayarehwefo nsem a efa Hep B yarehwe

Hep B antiviral nnuro betumi ama chaw a virus no dema brebo no ako nyaa anaa se agyae.

Se woregye Hep B ho ayarehwe a, fa wo nnuro no sedefo dokota akyerɛ no na fa si brebo sɛɛ ho kwan.

Enyae wo nnuro no fa abre a wo ne wo ayarehwefo enni ho nkɔmmɔ.

Bisa wo ayarehwefo saa nsemisa a ehia yi de fa anamɔn a ediso wo kwan a wo betumi ne Hep B atena wo abrabo mu:

- Edeɛn ne me Hep B DNA mmoawa dodoo?
- Me brebo ne kɛsɛɛ sɛn na asɛɛ?
- Me hia Hep B nnuro a wɔde ko tia ɔyare mmoawa no anaa?
- Ehia se mewo hepatitis A Ahobammɔ nnuru no bi de abo me brebo ho ban?
- Edeɛn na ewo se me ye abo me brebo ho ban da biara? Edeɛn na ewo se me twe me ho fri ho?
- Eye ma me se me fa nnuro aforɔ bi te se deɛ dokota entwerɛ emma me te se, acetaminophen (Tylenol), abibiduro, vitamins ene supplements?
- Kwan bɛn so na metumi abo ne nnipa a me ne won te anaa di na mu ahyia ho ban afri Hep B? Da bɛn na ewo se ye so won hwe na yɛma wo wo Ahobammɔ nnuru no?

Se wowo Hep B

Nnipa a won wo Hep B no betumi anya nkwa tenten a ahoooden wo mu. Wei nom ye akwan kakra bi a wo betumi de abo w'apomuden ho ban.

Twe wo ho fri nsanom ho.

Nsaden see bɛboɔ. Eye ma w'apomuden se wo nnom nsaden koraa. Se wo te so nso a, eboa. Se wore pe mmoa de ate nsa a wo nom so a, bisa wo ayarehwefo anaase kenkan Nsem ne Akadee fa ho na fa nya mmoa nhyehyee pii bi te se NYC Well.

Bisa w'ayarehwefo ansaana wo afa abibiduro anaa se nnuro a ennye dokota na atwere ama wo.

Bisa wo ayarehwefo ansaana wo afa nnuro a ennye dokota na atwere ama wo, abibiduro, vitamins anaa supplements enam se ebetumi aha wo bɛboɔ. Wei bi ne acetaminophen, iron, nhahama anaa abibiduro supplements ene vitamins. Kakyere w'ayarehwefo no se wowo Hep B sɛdeɛ won betumi aboa wo ama w'atwe wo ho afri nnuro a ebe ha wo bɛboɔ anaa se ebema Hep B no mu aye den.

Si bɛboɔ a edane sɛdeɛ na soso koankoro yareɛ no ano.

Bɛboɔ a adane sɛdeɛ ye se sɛdeɛ bro so wo wo bɛboɔ mu, wei betumi ama bɛboɔ no aseɛ. Nsanom mmorosoo, anaa asikyire yareɛ anaa kesee mmorosoo betumi ama bɛboɔ no adane sɛdeɛ, a ebetumi ama Hep B no mu aye den. Bisa wo ayarehwefo fa kwan a wo betumi asi bɛboɔ a adane sɛdeɛ ho kwan na soso koankoro yareɛ ano.

Ko wo panee na fa kotia hepatitis A.

Hepatitis A ye mmoawa foforo a ebetumi aseɛ bɛboɔ. Se nnipa a wowo Hep B no nya Hepatitis A a, yareɛ no ano tumi ye hye na etumi dane yarewuo.

Sua se wo bɛte ɔhaw so na w'abɔ wo ho ban wɔ nna nhyia mu.

Sɛ wopɛ sɛ wote mogya a ɛbɛka wo ho a, ɛne afoforɔ ɛnkyɛ apomuden ho mfidie anaa sɛ nneɛma a yɛde fa nnurubone, na san fa adeɛ a ɛbetwa wo ne nnipa a wo ne no redi nna mu nhyia ntamu.

Pɛ Mmoa

Wo ne w'ayarehwɛfoɔ ne nnipa a wogyɛ wɔn die ɛnkyɛ nsem a ɛfa Hep B a w'anya no ho.

Sɛ wowɔ Hep B no ɛnnye adeɛ a ɛtae da fam nanso sɛ wo ne wo ayarehwɛfoɔ ne nnipa a wogyɛ wɔn die di ho nkɔmmɔ a, ɛbɛboa wo ama w'asɔ wo atenka no ano naano na woanya mmoa a wo hia no. Pɛ mmoa fa Hep B a wowɔ no ho abrɛ a wore frɛ American Liver Foundation wɔ 800-465-4837. Kenkan Nsem ne Akadeɛ fa hɔ na nya nsem pii.

Sɛ wo behyia nnipa afoforɔ a wɔwɔ Hep B na wɔasua pii afa wɔn ho no, kɔ hepb.org/research-and-programs/patient-story-telling-project.



Bɔ afoforɔ ho ban fri Hep B ho

Ɛnam sɛ wo betumi de Hep B asae afoforɔ nti, ɛwɔ sɛ wo hyɛ nnipa a wo ne wɔn te fie, nnipa a wo ne wɔn di nna nhyiamu ɛne nnipa a wo ne wɔn kyɛ mpanɛɛ, apomuden anaa dɔkota panɛɛ nkuran sɛ wɔn nkɔyɛ nhwehwɛmu na wɔn nkɔgye Hep B ho Ahobammɔ nnuru no.

- Mɛnne afoforɔ ɛnkyɛ wo apomuden mfidie no anaa ɛnsan mfa nni dwuma. Hwɛ sɛ wode mfidie a ɛyɛ mono anaase deɛ y'ate ho nkoaa na ɛbɛyɛ acupuncture, tattoo anaa fa wɔ panɛɛ (te sɛ panɛɛ a yɛde wɔ insulin, steroids anaa sɛ nnuro).
- Mɛnne afoforɔ ɛnkyɛ nnuro ho nneɛma anaa ɛnsan ɛmfa nni dwuma bio. Fa mfidie mono anaa deɛ y'ate ho bi te sɛ mpanɛɛ, dɔkota panɛɛ drobɛn, asaawa, kuruwa, nhoma, bleed, sekan ketewa, nsuo a yɛde sanfro adeɛ mu, egya, strɔɔ anaa drobɛn.
- Fa adeɛ bi te sɛ, kɔndɔm anaa dental dams di dwuma abrɛ a wo ne obi redi nna mu ahyia kosi sɛ wo hokafoɔ no bɛgye Hep B Vaccination no bi.
- Mɛnne afoforɔ ɛnkyɛ wo honam mu nneɛma bi te sɛ mpanɛɛ, bleed, brɔhyɛ a y'ɛde twitwiri see anaa adefofoɔ biara a ɛbetumi aka mogya, barima ho nuso anaa ɔbaa ase nsuo.
- Fa banege kata akuro ne baɛɛ a ɛhɔ atwa so, na hwɛ sɛ afoforɔ ho ɛnka wo mogya.
- Hohoro nsa yie abrɛ a w'asɔ mogya anaa honam mu nsuo bi te sɛ barima ho nsuo anaa ɔbaa ase nsuo.
- Fa bleach dodoɔ baako gu nsuo dodoɔ nkron mu na fa pepa mogya a agu baabi.

Se wo anaa obi a wo nim no ho akote Hep B nnansa yi a, pe aduro a yede ma won a won ho aka Hep B.

Fre w'ayarehwefo animanim yi ara na bisa no fa Hep B immunoglobulin ho, aduro a etumi boa si mmoawa no kwan na antre wo wo nipadua no mu. Se ebeye adwuma yie a, ewo se wogye no nna nson ntam fiti da a wo ho kotee no.



Nyinsɛn, Mmɔfra ɛne Hep B

Nyinsɛn ne Hep B

Ɖyɛ nhyɛ sɛ nripa a wɔnyem nyinara yɛ hwehwe wɔn mu sɛ wɔwɔ Hep B abre a wɔnyem. Sɛ wɔnyem na wɔwɔ Hep B a, ɛne w'ayarehwɛfoɔ no ɛnkasa ɛmfa akwan a wo befa so a wo mfa Hep B no ɛnsae wo ba no abre a wore wɔɔ no.

Sɛdeɛ yɛ bebo abɔdoma no ho ban afri Hep B ho nti ɛwɔ sɛ yɛma no Hep B vaccine a edikan (awɔɔ brɛ deɛ) ɛne Hep B immunoglobulin yɛ woo no ara akyire abre a dɔnhwere 12 entwaa mu wɔ awɔɔ no akyi. Hwe sɛ wode wei beka w'awɔɔ nhyehyɛɛ no ho.

Ɖwɔ sɛ wo ba a w'awɔ no foforo no gye Hep B ahobammɔ aduro nnidisɔɔ no nyinaa wɔ abosome nkron a edikan no ntam. Ɖwɔ sɛ yɛsɔ mmɔfra hwe wɔ Hep B ho sɛ wɔgye Hep B vaccine nnidisɔɔ no nyinaa wie a na yɛde ahwe sɛ wɔanya immunity a. Ɖwɔ sɛ ɔnni abosome nkron deɛ na y'asɔ no ahwe.

**Bisa w'ayarehwɛfoɔ sɛ
ɔntae ɛnhwe wo tebea fa Hep
B ɛne wo brɛboɔ apomuden
ho abre a wo nyem ɛne
w'awɔɔ akyi.**



Se wo hia mmoa defa nufunom anaa aduanedie ho a, frɛ wo anaa wo ba a w'awo no foforɔ no ayarehwɛfoɔ. Wo betumi akɔ wicstrong.com anaa frɛ Growing Up Healthy (Sɛ Wore Nyini Apomuden mu) Ahoma wɔ 800-522-5006.

Hep B ɛntumi ɛmfa nufusuo ɛnsae, agye sɛ mogya wɔ mu. Mɛnne obi ɛnkɛ aduane a wode ahɛ w'anom. Mɛnwesa aduane ɛmfa nhɛ mmofoa anom.



Ɛne w'ayarehwɛfoɔ ɛnkasa ɛmfa Hep B antiviral nnuro ho sɛ wonyem anaanse wore ma nufoɔ a. Ennyae aduro fa abre a wo ne w'ayarehwɛfoɔ nkasae.

Mmofoa ne Hep B

Ahobammɔ aduro ye kwanpa a yɛnam so de si Hep B. ɛwo sɛ mmofoa nyinaa fa Hep B ahobammɔ nnuru nnidisɔɔ no nyinaa na yɛsɔ wɔn hwe sɛ wɔanya immunity a. Sɛ wo ba no wɔ Hep B a, ɛhohia sɛ ɔkɔgye ayarehwe wɔ ayarehwɛfoɔ a wɔnim de wɔ Hep B ayarehwe ho.

Sɛ wo ba no wɔ Hep B a, ɛnnye nhɛ sɛ wo bɔ akyerɛkyerɛfoɔ, wɔn a wɔgyegye mmofoa, mmofoa afoforɔ ne wɔn awofɔɔ amanneɛ. Ɛwo sɛ obiara ye ahweyie na wɔde si yareɛ no kwan na antretɛ.

Nsɛm ne Akadeɛ

Hwehwe nsɛm pii wɔ Hep B ho.

NYC Department of Health and Mental Hygiene

Frɛ 311 na bisa asɛm fa "Hepatitis B" anaa kɔ

NYC.gov/health/hepb.

Hepatitis B Foundation

Frɛ 215-489-4900 anaa kɔ hepb.org. Nsɛm no wɔ kasa ahodoɔ pii mu.

American Liver Foundation

Frɛ 800-465-4837 anaa kɔ liverfoundation.org.

Centers for Disease Control and Prevention

(Asoɛɛ a ɛwhɛ si Nyarewa Anokwan)

Visit cdc.gov/knowhepatitisb. Nsɛm no wɔ kasa ahodoɔ pii mu.

Hep B ayarehwe a ɛben wo na ɛye foɔ

NYC Health Department

Kɔ nyc.gov/health/hepb.

Hwehwe Hep B Ayarehwe a ɛye foɔ

wɔ NYC Aban Ayaresabea Ahodoɔ

Kɔ NYC.gov/health/map.

NYC Well

NYC Well yε adwene mu apomuden ne nneεma a yεnom to mu nntantan ho mmoa wε kokoam a wo ntuaka. Εwε ho da mu no nyinaa, nnεnhwere 24, nna nson nnawεtwe wε kasa boro 200 mu.

- Frε 888-692-9355.
- Text "WELL" to 65173.
- Kε nyc.gov/nycwell.

Hwehwε Apomuden Nsiakyibaa

Wo ne fotufoε εnkasa a wo ntuaka fa kwan a wo βεtwεrε wo din sε wopε apomuden nsiakyibaa a, kε nyc.gov/health na hwehwε nya nsiakyibaa a, fa text "CoveredNYC" kε 877-877 anaa frε 311.

Hwehwε Nnεpa εne Dwumadie Afoforo

Sε wore pε nhyehyεεε no bi aka ho a, kε access.NYC.gov. Nsεm no wε kasa ahodoε pii mu.

Hep B Mpotam Nkabomkuo

Sε wore pε pii afa NYC Health Department's (NYC Apomuden Atenaεε) mpotam nkabomkuo, kε hepfree.nyc.



