

GOOD NEWS

- TB is Preventable, Treatable and Curable.
- TB Tests and Treatment are free of charge.
- Anyone can get free TB Tests and Treatment in all the General hospitals and most health centers.
- If you have to take TB medicines, supportive people will be around you to help you complete medications.
- People who are taking their TB medicines correctly and regularly cannot infect others. There is no need to separate them or separate their food and drinks.
- Do not add to the problems of people on treatment for TB by making them ashamed of their sickness or denying them of any good thing including friendship or companionship.



BASIC FACTS ON TUBERCULOSIS (TB) INFECTION

WHAT YOU NEED TO KNOW



ANY PERSON WHO HAS BEEN COUGHING FOR 2 WEEKS OR MORE OR A PERSON LIVING WITH HIV WITH COUGH OF ANY DURATION SHOULD GO FOR A TB TEST.



WHAT IS TUBERCULOSIS (TB)?

- TB is an infectious disease caused by a germ (bacteria) called MYCOBACTERIUM TUBERCULOSIS.
- It affects mostly the lungs, but other organs like the brain, kidneys, joints, bones, skin, abdomen can also be affected.
- TB is spread mainly through the air by an infected and untreated person.
- TB germs are released into the air when a person, with TB of the lungs, does things like, sneezes, coughs, shouts, spits and sings.
- Persons who breath in or inhale the air containing this germ may become infected.
- All age groups are at risk.
- Children who are in contact with infected adults can develop TB
- People with low immunity like HIV, diabetes, cancers, malnutrition are more likely to develop TB.

HOW TO PREVENT TUBERCULOSIS



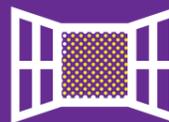
Check and test coughs for more than 2 weeks.
Take medicines completely and as advised. Completing your medication can prevent the spread from person to person.



Tuberculosis Preventive Treatment (TPT) should be given to people living with HIV (PLHIV) and all contacts of TB patients, including children. TPT are given free of charge.



Cover your mouth and nose with handkerchiefs when coughing or sneezing.



Good ventilation of rooms. Avoid overcrowding.



Do not spit saliva and mucus anyhow. Wash hands, regularly, with soap and water.



Immunize newborns with BCG to protect them against severe forms of TB.



Eat a balanced diet including fruits and vegetables and avoid habits that are not healthy.

TB IS CURABLE!

EARLY DIAGNOSIS AND TREATMENT IS THE KEY TO STOPPING TB



IF YOU OR SOMEONE YOU KNOW HAVE ANY OF THESE SYMPTOMS,
GO AND TEST FOR TB.
TB TEST AND TREATMENT ARE FREE

For more information:
Call 3340 for free or dial *3340#