

*STOP TB /
VIMBA ISIFO
SOFUBA*



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MANGUZI
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health

Department:
Health
PROVINCE OF KWAZULU-NATAL

STOP TB

BECAUSE YOU CAN

What you need to know about TB!

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MARCH IS TB AWARENESS MONTH

STOP TB

People with TB have some or all of these symptoms:

- Coughing for more than 2 weeks, sometimes there is blood in the sputum (spit)
- Chest pain and feeling of out of breath
- Tiredness and loss of appetite
- Night sweats
- Weight loss

If you experience any one of these symptoms visit to your local clinic immediately

FIGHTING DISEASE. FIGHTING POVERTY. GIVING HOPE.

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WHAT IS TB?

TB is an infectious disease. Like common cold, it spreads through the air. When infectious people cough, sneeze, talk or spit, they spread TB germs, known as bacilli, into the air. A person needs only to inhale a small number of germs to be infected.

Persons with active TB disease can infect an average between 10 and 15 people every year. But people infected with TB bacilli will not necessarily become sick with the disease.

HOW CAN YOU PREVENT TB?

For new born babies:

- ◆ BCG injection at birth is used and breastfeeding is encouraged.
- ◆ Ventilation (Healthy environment , opening of windows, doors and the use of fans and air-conditioner's).
- ◆ All children under 6 years must go to the nearest clinic for TB screening and if found TB negative , they must be given prophylaxis therapy (INH).

For Adults:

- ◆ Health care education must be done and implemented practically.
- ◆ Cover your mouth with tissue paper or elbow when coughing or sneezing.
- ◆ Eat a healthy diet with proteins, vegetables and starch.

HIV AND TB

HIV and TB form a combination, each speeding the other's progress. HIV weakens the immune system. Someone who is HIV-positive and infected with TB is.....

...many times more likely to become sick with TB than someone infected with TB who is HIV-negative. TB is a leading cause of death among people who are HIV-positive.

DRUG-RESISTANT TB

A particularly dangerous form of drug-resistant TB is multidrug-resistant TB (MDR-TB). When patients do not take all their medicines regularly for the required period because they start to feel better.

From a public health perspective, poorly supervised or incomplete treatment of TB is worse than no treatment at all.

WHAT TO BE AWARE OF ABOUT TB?

One third of the world's population is infected by T.B germ (mycobacterium Tuberculosis). A person with active TB can infect between 10 and 15 people in a year. Despite the fact that TB is curable, it kills almost 2 million people per year worldwide. South Africa is one of the 22 high-burden countries with KwaZulu-Natal as one of the provinces with a large number of TB cases.