



Knowing starts with getting screened for TB

# Unite to end TB & HIV

South African leaders taking action

# TB

## PREVENTION TREATMENT INFECTION CONTROL



## TB KEY MESSAGES

### TB AND HIV MORTALITY

- TB is closely linked to HIV and is the leading cause of illness and death among people living with HIV . People living with HIV should be screened regularly for TB. All TB patients should be offered an HIV test.

### PREVENTION



Cough or sneeze into your upper sleeve



Cover your mouth and nose with a tissue



Put your used tissue in the waste basket



Wash with soap and water



Clean with waterless hand cleaner



Stop smoking and avoid alcohol

- TB can be anywhere, everywhere and everyone must screen for TB.
- Know the signs and symptoms, test and complete treatment.

### SYMPTOMS OF TB



Coughing



Weight Loss



Night Sweat



Fever

- Go to your nearest clinic and get screened and tested for TB and HIV if you experience continuous coughing for more than two weeks, unexplained weight loss, night sweats and fever.
- Knowing your TB status reduces the spread of TB, live a healthy life style by exercising and eating healthy.

### TREATMENT



Complete Treatment



TB is curable even if you are HIV positive.

- Take your TB treatment without fail for the full 6 months even if you feel better and you will be cured.
- TB should be diagnosed and treated as soon as possible to reduce the damage and the risk of transmission to others.
- Latent TB infection can be treated with a 6 month course of antibiotics.

### CONTROL

- Take responsibility for your illness – don't allow TB to spread to your loved ones.
- Always cover your mouth and nose when sneezing or coughing.
- Cough into a tissue or the inside of your elbow.
- Throw all used tissues into the dustbin.
- Always open windows and doors at home and crowded areas i.e rooms, churches, taxis, etc.

**Go to your nearest clinic if you need more information on TB**