

All you need to

Know about TB

TB or tuberculosis (too-ber-kew-low-sis) is an infectious disease (spreads easily from one person to another) usually affecting the lungs (your breathing) or other parts of the body such as the brain, kidneys or joints. If TB spreads to other parts of your body, it can be very serious.

“If someone is coughing, turn away and cover your nose and mouth”

How can I catch TB?

When someone who is sick with TB coughs or sneezes, then the TB germs are sprayed into the air. The germs can stay in the air for a long time. If you breathe some of these germs into your lungs, you will be infected too.

How do I protect myself from catching TB?

- If someone is coughing, turn away and cover your nose and mouth.
- Open the windows in taxis, at home and in the classroom.
- Take a TB test, especially if you are HIV positive.

What are the signs of TB?

- A constant cough with thick phlegm (mucus),
- A high temperature (fever)
- Night sweats,
- Losing weight, and
- Feeling tired all the time.

Can TB be cured?

Yes, TB can be treated and cured with the right medication so it's really important to take all your TB medication properly. If you stop taking your medication early, before all your pills are finished, you can get even sicker.