

TUBERCULOSIS FACTSHEET

- ❖ TB testing and medication are offered free of charge in South Africa
- ❖ TB is curable, even if you have HIV
- ❖ Anyone can get TB

How do I protect myself from getting TB?

- ❖ If you have been “in contact” with a person who has active TB, for example if you live with, work with, travel in the same vehicle (including public transport), or have been in the same environment with someone with active TB AND you have developed any symptoms of TB, it is strongly advised that you go to the clinic to be tested for TB;
- ❖ If you are HIV-positive, avoid working in conditions that expose you to TB germs such as health facilities servicing TB patients;
- ❖ Ensure that you have daily adequate nutrition to strengthen your body’s defences against TB;
- ❖ Encourage people who are coughing to cover their mouths when they cough. This helps prevent the cough from spreading germs in the air.

Symptoms of TB

- ❖ Coughing for longer than 2 weeks
- ❖ Getting thinner
- ❖ Sweating at night
- ❖ Not eating well (lost appetite)
- ❖ Having a sore chest

What is multi-drug resistant TB?

- ❖ Multi-drug resistant tuberculosis (MDR TB) is a specific form of drug resistant TB with bacilli resistant to at least Isoniazid and Rifampicin (the two most powerful first-line anti-TB drugs) with or without resistance to other anti-TB drugs.

What are the causes leading to MDR TB?

- ❖ Drug resistance arises due to the improper use of anti-tuberculosis drugs during the treatment of tuberculosis patients.



TUBERCULOSIS
PROJECT
SOUTH AFRICA



JOHNS HOPKINS
Health and Education in South Africa

