

## MARCH: TB AWARENESS MONTH

### IT'S TIME.....

- For a world without TB
- To treat the 40 million people affected by TB by 2022
- To know your TB status

### THE STATISTICS

- TB is second only to HIV/AIDS as the greatest killer worldwide due to a single infectious agent
- TB is a leading killer of people living with HIV causing 1/5 of all deaths
- South Africa is one of 8 countries who account for 2/3's of all new TB cases
- South Africa harbours the highest number of cases per capita of multi-drug resistant and extensively drug-resistant TB
- In June 2018 the SA Dept. of Health announced a mass roll-out of a more tolerable drug to fight multi-drug resistant TB.
- The Western Cape has the highest TB cure rate in South Africa.

### WHAT IS TB?

- It is an infectious but CURABLE airborne disease caused by a germ that attacks and damages the lungs.
- It is infectious and is passed easily to others through coughing or sneezing.

## **WHAT ARE THE SYMPTOMS?**

- **Persistent coughing, night sweats, tiredness, weight loss**
- **Coughing up blood or sputum**

## **WHEN SHOULD YOU GET TESTED?**

- **If you think that you have TB**
- **If you have spent significant time with a person who has TB, or is suspected to have TB**

## **WHAT IS THE TREATMENT FOR TB?**

- **TB is covered by Medical Aids under PMB's**
- **TB treatment is free at clinics**
- **It is curable if the full course of treatment is completed**
- **The medication must be taken even if there are side effects. The side effects can be nausea, rashes and vomiting**
- **Multi-drug resistant TB is harder to treat, and uses different medication**

## **TB MYTHS**

- **TB is hereditary. TB is NOT hereditary**
- **TB is easily contracted. TB is NOT easily contracted. You have to be in close contact with someone who has TB for a long time**
- **TB infection leads to disease. NOT everyone infected with TB develops TB disease. The immune system can clear the bacteria and stop it from multiplying**
- **TB only affects the lungs. TB CAN affect any organ in the body**
- **TB is not curable. TB IS curable**
- **TB treatment can be stopped once the patient feels better. TB treatment MUST be completed.**

**WORLD TB DAY: 24 MARCH 2019**