

ENGLISH: Stop TB... because you can

TB can be cured

Tuberculosis (TB) is a major problem in South Africa. Some people believe that you can only get TB if you are poor or if you are an alcoholic. This is not true. Anyone can get TB. TB is one of the leading causes of death in South Africa although it is a curable disease.



TB of the lungs is the most common form. The main sign of TB is a cough for more than 2 weeks. Without treatment, TB can spread from one person to another person. With the right treatment TB can be cured. Once on treatment a person is no longer able to spread TB to their family or community.

If you, or anyone you know, has been coughing for 2 weeks or more, it could be from TB. You should see a health worker at your local clinic to be checked for TB.

Signs of TB

- Coughing for more than 2 weeks
- Coughing up blood
- Loss of weight and appetite
- Sweating at night
- Feeling tired and weak
- Pain in the chest
- Short of breath
- Lumps or swellings
- A fever that comes and goes

How does TB spread?

TB is spread through the air. Germs go into the air when someone who has TB coughs, spits or sneezes. Then other people can breathe them in. This is why TB can spread very easily in overcrowded places.

TB treatment

TB treatment is free at government hospitals and clinics. You must take your medicine for at least 6 months or until your health worker tells you to stop. It is very important to complete your TB treatment.

While you are on treatment, try to eat enough healthy food to help you fight sickness. Also try to get lots of fresh air and rest.

To help people with TB to complete their treatment, the Department of Health encourages someone to support you throughout your treatment. This can be either a friend, relative or community member (DOTS supporter).



TB and HIV

Sometimes people think that everyone who gets TB is HIV positive. This is not true.

However, people whose immune systems are weak will get TB more easily and more often than other people.

TB can be treated and cured whether you are HIV positive or not. The same pills work to cure TB even if you are HIV positive.

If you are HIV positive:

- Look out for the signs of TB. Go to the clinic immediately if you have any of the signs.
- Try to live positively by eating healthy food, exercising and not smoking or drinking.

Can TB patients still go to work?

- TB patients can go back to work when they have started treatment and are feeling better. Then they won't infect anyone.
- Many people are ready to go back to work after only two weeks of treatment.
- Someone at work should help the TB patient take their medicine every day.
- The employer must provide a clean, safe workplace.
- It is breaking the law to fire someone because they have TB.

Caring together for life
Khomanani

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AFRIKAANS

Stop TB... want jy kan



AFRIKAANS: Stop TB... want jy kan

TB kan genees word

Tuberkulose (TB) is 'n groot probleem in Suid-Afrika. Sommige mense glo dat jy net TB kan kry as jy arm of 'n alkoholis is. Dit is nie waar nie. Enigiemand kan TB kry. TB is een van die grootste oorsake van sterftes in Suid-Afrika – al is dit 'n siekte wat genees kan word.

TB van die longe is die algemeenste vorm van TB. Die hoofsimptoom van TB is 'n gehoës wat langer as 2 weke lank aanhou. As TB nie behandel word nie, sal dit van een mens na 'n ander oorgedra word, maar met die regte behandeling kan TB genees word. As mens met behandeling begin het, kan TB nie meer versprei word aan ander lede van jou gesin of die gemeenskap nie.

As jy, of enige iemand wat jy ken, vir 2 weke of langer aanhoudelik hoës, kan TB die oorsaak wees. Gaan spreek dadelik 'n gesondheidswerker by jou naaste kliniek om uit te vind of dit TB is.

Simptome van TB

- Aanhoudende gehoës wat langer as 2 weke duur
- As jy bloed ophoes
- As jy gewig en jou eetlus verloor
- As jy in die nag sweet
- As jy moeg en swak voel
- As jy 'n pyn in jou bors het
- Kortasemigheid



- Knoppe of swelsels
- 'n Koors wat kom en gaan

Hoe word TB versprei?

TB word in die lug versprei. Kieme kom in die lug as iemand hoës, nies of spuug en ander mense asem dit dan in. Dit is waarom TB so maklik versprei word in plekke waar daar baie mense is.

TB-behandeling

TB-behandeling is gratis by staatshospitale en klinieke. Jy

moet jou medisyne vir ten minste 6 maande neem, of totdat die gesondheidswerker sê jy kan stop. Dit is baie belangrik om jou behandeling te voltooi.

Terwyl jy behandeling kry, moet jy probeer om gesonde kos te eet, dit sal jou help om beter te word. Probeer ook om baie vars lug en rus te kry.

Om jou te ondersteun en te help om jou behandeling klaar te maak, moedig die Departement van Gesondheid aan dat iemand jou regdeur die behandeling bystaan. Die persoon wat jou ondersteun kan 'n vriend, familielid of lid van die gemeenskap wees – DOTS-helper (in Engels *Directly Observed Treatment Short-course*, m.a.w. iemand wat jou ondersteun terwyl jy die TB-medisyne moet neem).



TB en MIV

Soms dink mense dat elkeen wat TB het, ook MIV-positief is. Dit is nie waar nie. As mens se immunstelsel swak is, sal jy makliker en meer dikwels TB kry as ander mense.

TB kan behandel word en dit kan genees word of mens nou MIV-positief is of nie. Die medisyne sal jou TB genees selfs al is jy MIV-positief.

As jy MIV-positief is:

- Wees op die uitkyk vir tekens van TB. Gaan dadelik kliniek toe as jy enige van die simptome het.
- Probeer om positief te leef deur gesonde kos te eet, gereeld oefening te kry en nie te rook of drink nie.

Kan TB-pasiënte steeds werk toe gaan?

- Mense wat TB het, kan terug werk toe gaan sodra hulle met die behandeling begin het, en beter voel.
- Baie mense is gereed om terug te gaan werk toe na slegs twee weke van behandeling.
- Iemand by die werk behoort die TB-pasiënt te help om elke dag sy of haar medisyne te neem.

- Die werkgewer moet 'n skoon, veilige werksplek voorsien.
- Dit is teen die wet om iemand af te dank omdat hulle TB het.



Form a partnership with the local clinic or health authority to stop TB in your workplace. Werk saam met jou plaaslike kliniek of gesondheidsowerheid om TB by jou werk te stop.

CONTACT STAMP / KONTAKSEËL