

### Definition

- Tuberculosis (TB) is an infectious disease that affects any part of the body.

### How TB is spread

- TB is spread when a person who has TB of the lungs coughs, sneezes, or talks forcefully without covering his/her mouth.
- Each person with active TB of the lungs or throat can infect 10 to 15 people on average each year.



### TB is NOT spread by:

- Sharing eating utensils (plates, cups spoons), food or clothes, mosquitoes and contact with blood, human waste or through sexual contact.

### Treatment

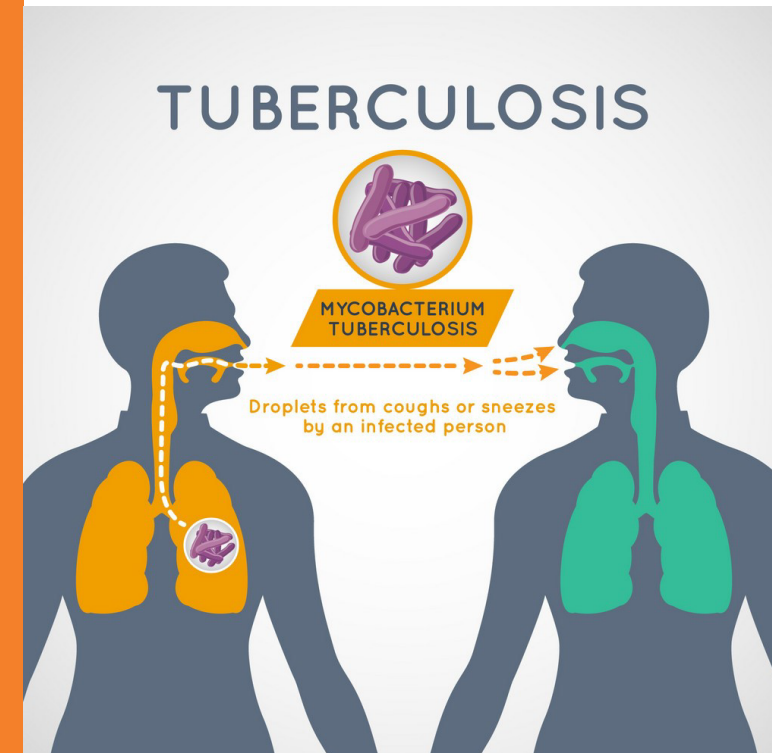
- TB IS CURABLE.
- Six to nine months of anti TB treatment is required.
- Support is needed at Community level for people on TB treatment to take their medications regularly.



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# What is Tuberculosis?



## Difference between TB Infection and TB Disease

- Being infected is not the same as developing or having TB disease. Many of us are already infected but are not sick with TB disease.
- A person is said to be infected, once he or she breaths in the TB germ forced out during a cough, sneeze or talking forcefully by a person who has TB of the lungs (Pulmonary TB) or throat (TB Laryngitis).
- TB germs stay in the body and cause TB disease after some years if a person's defence system (immunity) is weak.
- A person is said to develop TB disease, once the signs and symptoms of TB appear and the person starts to feel sick.
- If the body's defence system or immunity is strong (healthy), those infected with TB germs will probably not develop TB disease.

## How to prevent yourself from catching TB

- Seek medical help as soon as possible when your cough does not improve on medications or has been going beyond 2-3 weeks
- Advise others who are coughing for more than 2 weeks to seek medical help
- Cover mouth when coughing, sneezing or talking forcefully
- Immunise babies against TB
- Adequate ventilation (windows) in the house to allow air to circulate freely
- Avoid living in overcrowded houses.



TB Lymph Node

TB Spine/Potts Disease

## Multi Drug Resistant TB

- TB germs can become strong and resistant to TB medicines when medicines are not taken properly as ordered
- The type of TB that is resistant to TB drugs is called Multi Drug Resistant TB (MDRTB) and takes about 2 years to treat
- Don't be a Victim of MDR TB – If you are diagnosed with TB, take your medications as directed by the doctor or medical person.

## Other TB Facts

- Two types: Infectious and Non-infectious TB
- Infectious Forms of TB are TB of the lungs (Pulmonary TB) and TB affecting the throat (Larynx)
- Non infectious Forms of TB affect other parts of the body that are not open to the air, so can not be transmitted to others, e.g. TB of the glands, spine, heart, intestines, kidneys etc.
- TB can affect almost all parts of the body
- Some parts of the body that TB commonly affects are: Lungs, Lymph nodes (Glands), Covering of the lungs (Pleura), Brain, Spinal Bone (Back Bone), Heart, Abdomen/intestines, joints etc.

Types of TB	Basic Signs and Symptoms
Lung TB	Cough > 2-3 weeks, cough with blood, weight loss, night sweats
TB Larynx	Loss or hoarseness of voice, sore throat, hard swallowing food
TB of Lymph Nodes	Lymph nodes swelling on neck, arm pit, groin
TB Pleuritis	Pain at the side of chest, shortness of breath
TB Meningitis	Chronic headache, difficulty seeing light, neck stiffness
TB Abdomen	Abdominal swelling, feeling full and discomfort, pain
TB of Spine	Chronic back pain, swelling on the spine
TB Pericarditis (Heart)	Shortness of breath, chest pain
TB of Joints/ Arthritis	Chronic pain in the joints, joint swelling

