

# Preventing Tuberculosis (TB)

**TB disease is preventable!**

## What is TB?

TB is a disease that usually affects the lungs. TB sometimes affects other parts of the body, such as the brain, the kidneys, or the spine.



### **TB is caused by bacteria that spread through the air**

(when someone talks, coughs, laughs etc.) Therefore TB can infect anyone who breathes.



### **When you breathe in TB it can cause TB disease immediately, or an inactive state, called latent TB infection**

(almost as if the TB is sleeping). The latent TB infection can become active at any time, which means the person develops TB disease



The good news is that **TB disease can be prevented** by taking TB Preventive Therapy (TPT).

## What is the difference between Latent TB and TB disease?

Latent TB is when TB bacteria infect the body **without causing TB disease**. TB disease is when TB bacteria become active in one's body and multiply leading to one being sick.

Symptoms of TB disease could include:



**Coughing**



**Fever**



**Night sweats**



**Weight loss**

Many other symptoms, since TB can affect any part of your body. Think about TB if you are unwell and ask your healthcare worker to check for TB disease.

People with Latent TB experience **no symptoms**.

#TBProof  
#RightToPreventTB  
#PreventTBtoEndTB  
@tbproof  
@tbproof  
@tbproof

**Call the helpline 0800 012 322 if you need TB or HIV advice.**

Screen yourself now for TB: Type "TBcheck" in WhatsApp to 0600123456 or dial \*134\*832\*5# (free service).



SCAN ME

## TB Preventive Therapy (TPT) is important because it can prevent you from becoming sick from TB.



### Once active TB has been excluded, TPT would be recommended to the following individuals:

- **TB contacts** of an individual with pulmonary TB, regardless of HIV status, pregnancy or previous TB disease.
- The above includes **people who have previously taken TPT who have a new significant TB exposure:** people who were in close contact with someone who has TB (who has not started TB treatment) by sharing the same indoor space. For example: households, workplaces, educational facilities, churches, social gatherings or other indoor places.
- **Other high risk groups** include all people living with HIV, people with lung disease such as silicosis, prisoners in correctional facilities, health workers and people who previously had TB.

**Please note, you will only receive TPT once you have been tested, to rule out active TB disease. Tests could include sputum tests or chest x-rays.**

All people on TPT that includes isoniazid, should be offered pyridoxine (vitamin B6) for the duration of their treatment. If you experience side effects e.g: loss of appetite, nausea, and vomiting, abdominal pain or discomfort, feeling tired or weak, change in urine colour, jaundice and having pale or lighter stools, please talk to your clinic pharmacists, nurses and doctors.

**Once identified to take TPT, please take the medication as prescribed and complete the course to help prevent development of TB disease.**

If you feel you might require TPT, please go to your nearest clinic or doctor to get screened or tested for TB.



*"A TB diagnosis can be a big shock.  
My husband had TB.*

*I encourage all family members and close contacts  
to take TPT. Only together can we End TB."*

*- Andrea & Nils von Delft*