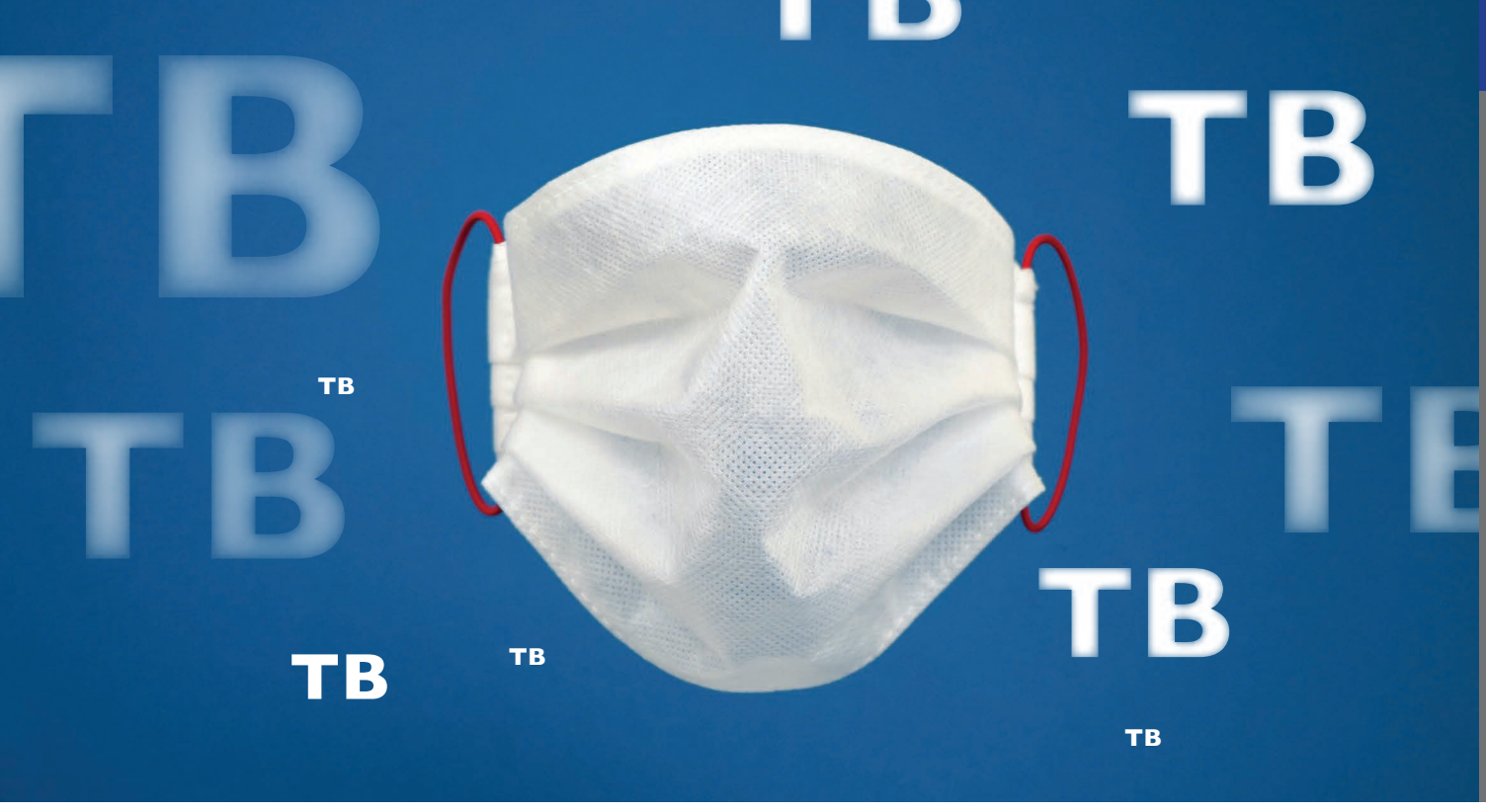


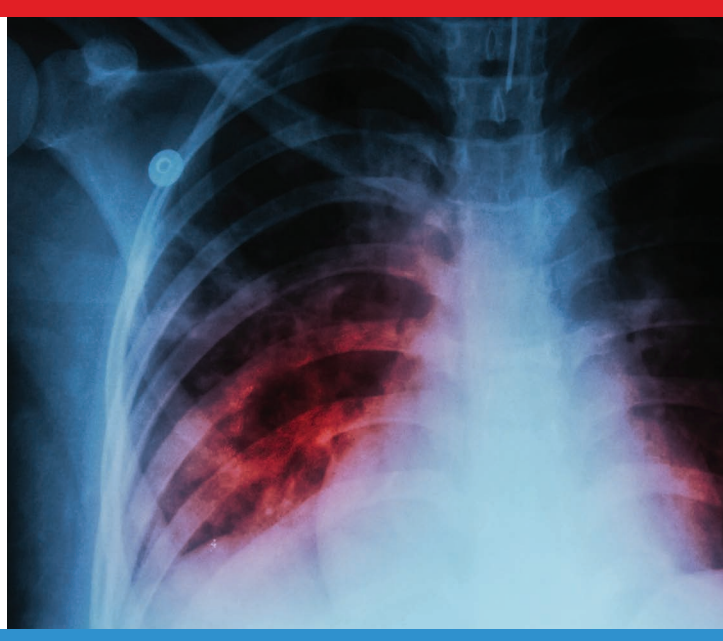
EMPLOYEE HEALTH AND WELLNESS PROGRAMME

HOW TB AFFECTS YOU, EVEN IF YOU DON'T HAVE IT

After the rollercoaster that was 2020, going into 2021, we can agree on one thing: we are all connected.

Whether you've been diagnosed with COVID-19 or not, we all feel the ripple-effect of this disease on our daily lives.

In this respect, Tuberculosis (TB) is not much different: If one man has TB, his wife may need to stay home to take care of him. If she is a colleague of yours, that means you may have to pick-up her workload. This leads to longer working hours, which affects your family and stress-levels. The ripple-effect continues to directly or indirectly impact all of us.



Even if you don't have TB, you are affected by it and it will take all of us to turn the tide. Whether you are a patient, a loved one or a stranger to the disease, below we have outlined all that you need to know about TB.

PREVENTION

Do's

Eat up: A well-balanced diet goes a long way in supporting a strong immune system. This means 'yes' to more veggies and lean meats; and 'no' to all those junk foods and sugar.

Wash up: Clean hands mean lower infection rates. We've all had a lot of practice in the last year, so don't drop that good habit, especially when you've been out in public or in contact with other people.

Cover up: Don't stop slipping on those face masks, they can be a powerful tool in preventing not only the spread of the coronavirus, but also the spread of TB.

Dont's

Smoke: The list of risk factors is endless. If you struggle to quit, find support from your GP, friends or other former smokers. You're not alone!

Cough without covering your face: If you're a carrier, you don't want to spread TB to others!

Think you can't be infected: TB can affect anyone, not just the poor and the weak. Be vigilant and protect yourself and others.

TREATMENT

Seek treatment from your local clinic if you, or someone you know, experience any of the following symptoms:

- Coughing with sputum
- Chest pain
- Loss of appetite
- Chills
- Coughing for more than 2 weeks
- Night sweats
- Weight loss
- Fever
- Fatigue

SUPPORT

If you or your family have TB, you don't have to go through it alone. Find support through a support group, like a Facebook group:

TB Support group

If you can't access Facebook, reach out to TB Alert, or contact Helen Clegg on **012 732 34 030,** or email **helen.clegg@tbalert.org.**

If you want to help in the fight against TB, **support organisations,** that are helping to bring treatment to those in need, with your involvement or a donation:

tballiance.org | tbhivcare.org | santa.org.za

Education department toll free:
0800 111 011

Send a USSD to:
***134*664*38#**

Email:
wced@mhg.co.za

Let us stay mindful of caring for one another and ourselves

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