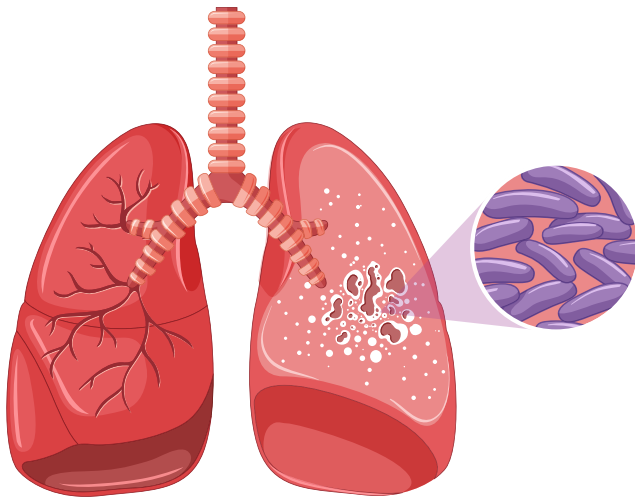




# What is tuberculosis?

Tuberculosis (TB) is a fatal disease of the lungs and other parts of the body caused by germs that create “holes” in the organs they affect. Most people get TB of the lungs, however, TB can travel through the blood and attack other parts of the body, such as the glands, brain, spine, hips and intestines.



## How is TB transmitted?

TB is spread through sputum by coughing up sputum in the air or spitting sputum with TB germs onto the ground. Not everybody who breathes in TB germs will get it. If people are healthy and strong they can fight the germs.

## How do you know if you have TB?

Some of the signs of TB include feeling weak, coughing, loss of appetite, not being able to sleep, sometimes night sweats. If you suspect that you have TB, you should go to your nearest clinic for testing.

## Is TB treatable and curable?

Yes. The treatment for TB involves taking tablets every day for between 6 months to 1 year. It is very important that you remember to take your treatment every day, otherwise the TB germs can get stronger and medicine becomes less effective.

## Do TB patients need to be isolated?

No. 2 weeks after you have started taking your treatment you are no longer infectious. This means you can eat, sleep, work together as normal.

## TB and HIV

If you are infected with TB, it does not mean you have HIV or AIDS. However, if you are living with HIV, you may be more vulnerable to catching TB because your immune (defence) system may be weak. If you are living with HIV and you do get TB, you can still cure TB by taking the anti-TB treatment.



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