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If you are HIV positive, get tested for TB. If you have TB, get tested for HIV.

We are all at risk

- Everyone has sex.
- You need to protect yourself and your sexual partner.

Preventing HIV

- Reducing your number of sexual partners reduces your chances of getting HIV.
- Being drunk lowers your inhibitions and may increase risky sexual behaviour. Reduce your alcohol intake.
- You can have sex and not get HIV by using a condom every time you have sex.
- Never penetrate your partner's vagina or anus without using a condom.
- Get treatment immediately for any infection or discharge from your penis, vagina or anus. Health workers are trained and are used to seeing genitals. There is nothing to be shy about.

HIV Testing Services

- You should receive counselling before testing. Counselling prepares you for the result, so you can think how a positive or a negative result will affect you.
- You should also receive counselling after your test.

If you test HIV positive

- You can live a full and normal life, including having a family and achieving your dreams.
- Thanks to ARVs, HIV is a chronic manageable condition like diabetes or high blood pressure (hypertension)
- Get informed. Plan your future. Speak to your health worker.
- Read our pamphlet "I've tested HIV positive, now what?".

If you test HIV negative

- Believe you can stay negative. Protect Yourself. Protect Others.
- Make a plan to reduce your risk of HIV.
- Reduce your number of sexual partners.
- Use a condom & water-based lube every time you have sex.
- Ask your clinic about female condoms (femidoms).
- Test again in 6 months.

Protect yourself. Protect others.

Western Cape Government Health
FOR YOU

Hi my name is Busi.
I beat TB.
Let me tell you how.

TB Testing & Treatment

TB testing and TB treatment are available at your nearest clinic. Together we stand a better chance of stopping the spread of TB

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If you are experiencing any of these symptoms, you must go for a TB test.

Coughing for two weeks or more?
Tiredness?
Night sweats?
Losing weight?
Get tested for TB.

- You may be asked to cough up sputum (stuff that comes up from the wind pipe and lungs).
- Sputum will be sent away to test if you have TB.
- A chest x-ray may also be taken.
- If the sputum test is positive you must start TB treatment as you have TB disease (also called active TB).

TB can hide in your body for a long time without showing itself. When your immune system is weak, the TB infection may become active.

Get tested. Get treated.

Treating TB

The good news is that TB can be treated and cured. Untreated TB is a fatal disease.

Once you start TB treatment, you must take your pills every day until treatment is completed. If you skip days or stop taking your TB medicine, you will find that TB comes back.

After starting TB medication, you will begin to feel better after a couple of weeks. This is when you must remind yourself – never stop your medication. Even when you are feeling better you must continue taking your medication every day for the whole six months.

A new TB patient should wear a mask at home for the first two weeks

Preventing TB

Keeping the windows open and getting sunlight into your home helps stop the spread of TB.

Get tested for TB if you are in contact with someone who has TB.

One of the medicines used to treat TB is called INH. Health workers may recommend a course of INH to help prevent TB.

The people who are most at risk of getting TB are children, those with Chronic Diseases, senior citizens and those who are HIV positive.

Children should be vaccinated against TB. This vaccine does not provide total protection, but it does help to prevent the more dangerous forms of TB eg TB meningitis.

How do you get TB?

TB is spread by a germ that can live outside the body. When someone with TB coughs or sneezes, the TB germ is spread through the air. When you breathe it in, you can become infected with TB.

MDR and XDR TB

TB can become resistant if medication is not taken as prescribed. This is called Multi Drug Resistant TB (MDR TB). If this happens, you have to take medicines for longer which are very expensive and which have many more side effects. Injections are no longer needed for Drug Resistant TB.

A new form of TB called Extremely Drug Resistant TB (XDR TB)has emerged which is more difficult to cure. The most common cause of MDR and XDR is not finishing your medicine when you have ordinary TB.

MDR TB and XDR TB can easily be passed on to other people.

TB outside the lungs

TB of the lungs is the most common form of TB. You can also get TB in the stomach, bone, brain and other places. It is often much harder for health workers to diagnose when it is outside the lungs. The treatment will be same as for TB in the lungs, just for longer.

TB and HIV

- If you are infected with HIV you must be screened for TB, as it occurs more often in people with HIV.
- But remember TB can occur in anyone, whether you have HIV or not. It occurs more often in people with HIV when the immune system is weak.
- Starting on ARVs will strengthen your immune system and make it less likely for you to get TB.
- If you have TB and HIV your doctor will discuss when to start ARVs, as it is hard for your body to handle TB medicine and ARVs together.
- If you test HIV positive and you have TB , you will also have a CD4 count done.