What do my close contacts need to do?

- They must visit a local clinic for a TB test.
- They will be asked to cough up sputum (stuff that comes out the lungs) to send to the lab for a TB test.
- They might need to have a chest X-Ray done.

What if my close contact has also got TB?

If TB is diagnosed, they also need to start TB treatment. If they take it properly, then they will be cured (like you)!

TB is preventable and curable.

What is a close contact?

It is anyone who spends regular time with you, for example:

- Lives in the same house
- Socialize regularly (visits, stays over)
- Shares transport regularly
- Work colleagues (if you work close to each other)
- Attend school or classes and sit close to each other
- people with who you drink alcohol or use recreational drugs

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

Screen yourself now for TB: Type "TBcheck" in WhatsApp to 0600 123 456 or dial *134*832*5# (free service)

Your Provincial TB Dashboard:

What does this mean for me?

- TB is caused by a bacteria and can be treated with medicines.
- Most people with TB need to take daily treatment for 6 months.
- You should start to feel better soon after starting TB treatment.
- You must take the full 6 months of TB treatment for the TB to be cured.

What do the people who are close to me need to know?

- TB is very common.
- Anyone can get TB.
- TB is spread through the air when a person with TB coughs, sneezes, sings, or talks.
- Once you start TB treatment, if you take it properly, it reduces the bacteria so that you no longer pass it on to others.
- Not everyone who has TB disease feels sick.
- Close contacts may also have TB disease (and don't know it).

Western Cape Government
FOR YOU

TB PROOF
Combining stories and science to make the world TB Proof.

What if my close contact tests negative for TB?
They can take TB Preventive Treatment (TPT) to protect them from developing TB.

What is TPT?
TPT is medicine taken by people at risk of getting TB, to protect themselves.

How is TPT taken?
There are different types of TPT
A person can take TPT:
Every day for 6 months (6H)
Or
Once a week for 3 months = 12 doses (3HP)

Talk to the nurse or doctor at the clinic to find out about different TPT options.

How can I make sure everyone in the family remembers to take their TPT?
You can make a "Family Pill time"!
Everyone takes their TPT medicines at the same time.
The whole family is protected!!

Do medicines used to treat TB or given for TPT cause side effects?
Most people will not get side effects, but if you do feel unwell in any way when taking TB medicines or TPT, go to the clinic without delay for a check-up.

PREVENTING TB:

- All close contacts must take TPT, after testing for TB.
- Open windows as much as possible – at home, schools and work places. Fresh air and sunshine will blow the TB bacteria away.

For more information scan the QR code

THINK TB • KNOW TB • END TB

Type "TBcheck" in WhatsApp to **0600 123 456** or dial ***134*832*5#**

Scan QR for more information

0800 012 322

My contacts might ask:
why do I need to take TPT? What do I say?
Tell them: "These are the reasons to take TPT":

Care for yourself

Care for your family

Care for your community

Care for your nation

Together we can all
end TB

If we:

- Test all close contacts for TB.
- Find and treat everyone with TB.
- Protect close contacts with TPT.
- People with previous TB and people living with HIV should get tested for TB regularly.