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Return to TB Care Safely

- The coronavirus pandemic has disrupted all our lives and made things difficult for everyone.
- We understand that you may have stopped attending your clinic appointments or taking your TB treatment because of these problems.
- Vaccination, mask wearing, and social/physical distancing are all important measures to prevent the spread of COVID-19.
- But it is also important to stay connected to your clinic so that you can continue getting treatment.

Why return to TB care?

- You may be feeling better since you started TB treatment, but it is still very important to finish the course of treatment. It takes time for ALL the TB germs in your lungs to die.
- If you do not take your pills every day, the TB germs may become active again and make you sick again.
- Without completing treatment, you could spread TB germs to family members and other people living in your home. Protect your loved ones by returning to TB care.

Keep healthy by keeping appointments

- It is important for you to keep all your clinic appointments so the TB nurse/doctor can monitor your response to treatment to see if your health is improving.
- Taking tablets every day over a long period of time can be difficult. If you attend all your clinic appointments, your TB nurse/doctor/counsellor will be able to help you to keep on taking the treatment.
- Report any side effects to your TB nurse/doctor. They will treat the side effects or may even change your treatment if needed.

Return to the health facility that is convenient for you

- You can return to TB care by going to your nearest clinic.
- It is safe to return – clinics have safety measures in place to protect you from getting COVID-19 during your visit.
- Even if your usual clinic is in another city/province, you can visit your nearest clinic and show them your appointment card – they will be able to get your information from your usual clinic and continue your treatment.

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Important things to remember:

- TB can be cured by taking TB treatment every single day, seven days a week (Monday to Sunday) until the full course of treatment is completed.
- Do not take somebody else's medication.
- Do not share your medicine with others.
- Your clinic could arrange 2 months' supply of medication if needed.

Look after your health

- Get enough sleep (6-8 hours a night).
- Exercise regularly and avoid smoking.
- Report any medication side effects to your nurse/doctor.
- Go to the clinic on your appointment days to check that you are getting better.
- Return to the health facility urgently if you are short of breath, have chest pain when you breathe, feel weak or dizzy or are coughing up blood.

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