

Is there a connection between TB and HIV?

It is a very strong connection! A person living with HIV has a high risk of getting TB. TB, although it is curable, is the leading cause of death among people living with HIV. If you are HIV-positive and have symptoms of TB, you should get tested and treated right away.

How can I avoid spreading TB?

1. *When you cough or sneeze, cover your mouth or nose with a tissue or article of clothing.*
2. *Spit into a can with sand, cover, and bury it deep when full.*
3. *Leave windows open to let in sunlight and keep the house well ventilated.*
4. *Find and treat TB as soon as possible.*

TB treatment

TB treatment is free and available at public health centers.

TB is almost always curable as long as the patient starts treatment as soon as possible.

Treatment lasts 6 to 8 months.

The patient must take the medication exactly as prescribed by a health professional.

Treatment should never be interrupted.

What are the side effects of TB medication?

As with all drugs, TB medication can cause side effects:

- Nausea and vomiting
- Skin itch and rash
- Yellow eyes
- Dizziness
- Pain or burning of the feet
- Vision problems

If you have any of these problems, go immediately to the health center.

**Urine and tears may turn orange.
This is normal and no cause
for concern.**

What You Should Know About TB



What is TB?

Tuberculosis, also known as TB, is a disease that affects young and old, men and women, rich and poor. It is caused by a bacterium that destroys the lungs, but any organ such as the heart, intestines, liver, or bladder can be affected.

How does someone get TB?

When someone with TB does not get treatment and coughs or spits, he or she sends thousands of germs into the air that are breathed in by other people. That's how the infection can spread.



How do I know if I have TB?

If you have any of these symptoms, go immediately to a health center for a TB test.

- Cough lasting more than 3 weeks
- Phlegm or phlegm with blood
- Shortness of breath
- Chest pains
- Fever
- Loss of appetite
- Weight loss
- Night sweats
- Neck or joint stiffness
- Swollen belly (bloating)

Is there a cure for TB?

Almost all cases of TB are curable if the disease is discovered early enough and the patient receives regular treatment for 6 to 8 months without interruption. TB treatment is free and available at public health centers.