



Can I take ART and TB treatment at the same time?

Yes, if you have HIV and TB, you should take both treatments at the same time.

Can HIV/AIDS and TB be cured with treatment?

HIV cannot be cured through ART. But if patients carefully follow their ART regimen, they can prolong and improve their quality of life. TB can be cured in both HIV-positive and HIV-negative persons if the treatment is taken every day, without exception, for 6 to 8 months.

Treatment must be completed.

Is HIV testing and counseling confidential?

Yes, only your TB or hospital nurse and counselor will know the results of your test. If you are HIV-positive, they will help you manage both diseases.

Where can I get tested and counseled?

Your TB nurse or other healthcare worker can explain where you can get HIV testing and counseling.

What You Need to Know About Tuberculosis and HIV/AIDS

Information for TB patients




Are tuberculosis (TB) and HIV related?

Many people with TB are also infected with HIV. HIV destroys the cells that fight disease in the body. That means people with HIV have a higher risk of getting TB.

TB, although it is curable, is the leading cause of death among people living with HIV.

A person living with HIV and TB can also develop other serious health problems. These problems are often avoidable when people know their HIV status and use care and support services.



It's important for TB patients to seek HIV testing and counseling to know their status and get the right treatment to stay healthy.

Why should I go for HIV testing and counseling?

It's important that you know your HIV status so that you can get health services, especially if you have TB.

What if the HIV test is negative?

You should continue to practice safe sexual behaviors by limiting the number of sexual partners and using a condom at every sex.

What if the HIV test is positive?

Talk with your counselor and healthcare provider about how to care for yourself. Recommendations from your healthcare provider will likely include:

- *Take cotrimoxazol preventive treatment (CPT) to ward off other infections that can weaken your health*
- *Know the symptoms of other infections and treat them quickly and correctly*
- *Use a condom when having sexual relations to prevent spreading HIV*
- *Seek additional health services if you are pregnant to prevent transmitting HIV to your baby*

What is CPT?

Cotrimoxazol preventive treatment, or CPT, is a daily treatment with medicine that helps prevent infections that people living with HIV often get, including diarrhea, pneumonia, ear infections, and malaria. All patients with TB and HIV, including those who are pregnant, should take CPT as instructed by their healthcare provider.

What is antiretroviral therapy (ART)?

ART is a combination of medications that stop the HIV virus from multiplying. ART does not cure a person of HIV, but it prolongs and improves quality of life.

Your clinic will decide when you should begin ART. Once you begin ART, you must follow treatment instructions carefully for the rest of your life.