

TB 10 THINGS YOU NEED TO KNOW

*Tuberculosis (TB) is an infectious bacterial disease which spreads through the air. Although it is **curable** and **treatment is free**, it is a major health problem for South Africa and we all need to play our part in stopping it.*

#1

#1 KILLER

Leading cause of death in South Africa & globally
1.8 million a year

#2

TB spreads through air

One sick person can infect
10-15 others if untreated



#5

Drug-resistance

caused when people don't take the medicine properly.

MDR- & DR-TB



GET TESTED if you **COUGH** for over 2 weeks, **LOSE WEIGHT** and have a **FEVER** and/or night sweats

#4

66% of TB patients are also **HIV+**



TB IS CURABLE and treatment is **FREE**

#3

MOST AT-RISK:

Children
Healthcare Workers
Prisoners
Miners

**KNOW YOUR STATUS
GET A TB TEST RIGHT AWAY
IF YOU START COUGHING**

#8

STIGMA
Stops people getting tested & treated



#6

1 in 5 diagnosed are not on treatment
TESTING → TREATMENT GAP

#7

Find out more at nacosa.org.za >

TB affects us all

Play YOUR part:

- ✓ Encourage **testing**
- ✓ Support **treatment**
- ✓ Raise **awareness**

#10

YOU CAN BEAT IT

Don't **smoke**, drink alcohol or take drugs
Finish all your **medicine**
Cover your **cough**
Open **windows**

#9

