

Help Stop TB

How to stay well and get better quicker



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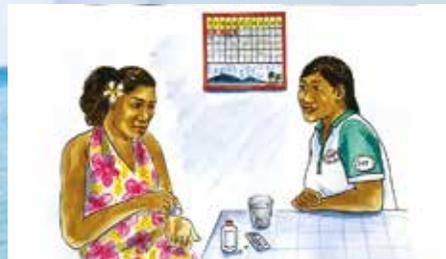
If you stop the medicine early or do not take it each day, the bacteria becomes stronger and harder to stop.

Take the medicine until the bacteria have gone.



EAT HEALTHY FOOD AND GET LOTS OF REST

Exercise when you are feeling better.



The medicine may make you feel unwell. Always tell the health worker if it makes you sick in any way. You may need to see the doctor or to have your tablets changed.



CUT OUT THE CIGARETTES AND ALCOHOL

Cigarettes can damage your lungs. Try to cut down or stop smoking and drinking alcohol while on TB medications



Tuberculosis, its prevention and treatment

Some facts



TAKE CARE NOT TO INFECT OTHERS

Keep your family and others healthy – don't give them your disease.

Cover your mouth when coughing or sneezing.

Don't spit near other people.



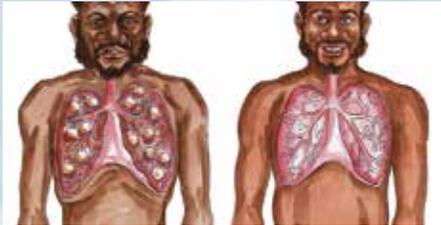
TAKE THE MEDICINE UNTIL THE DOCTOR SAYS YOU ARE CURED



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**Tuberculosis (TB) is the leading killer among infectious diseases.
Anyone can get TB, it affects people who are young or old, healthy or sick.**

What is TB?



TB is a disease caused by a germ called bacteria. It mainly affects the lungs and sometimes other parts of the body.

TB CAN BE CURED

There are 2 types of TB – latent or “sleeping” and active or multiplying.



With latent or ‘sleeping’ TB you have the bacteria in your body but you are not sick. Latent or

‘sleeping’ TB can become active, if your body becomes weak through poor health, bad diet or just ageing.



Only people with active TB can spread TB from person to person.

TB is spread when the TB bacteria are blown into the air by coughing, talking, sneezing, laughing or even singing.

TB bacteria moves through the air in small drops of water that are too small to see. The TB bacteria in the airborne droplets can then spread from one person to another. One person can infect as many as 15 other people in a year.

Tuberculosis is NOT spread by shaking hands or sharing food.



You do **not** catch TB from sharing other people’s cups, plates, clothes or bed linen.

TB is **not** spread by kissing, cuddling or hugging.

Signs of Active TB



Coughing for more than 3 weeks



Losing weight quickly



Night sweats



Coughing blood (Late stage)

If you think you have TB tell a health worker and be tested.



Treatment for TB

TB CAN BE CURED



Taking medicine is the only way to cure TB.

Take the medicine as directed by the doctor or the health worker.

Each different medicine attacks the TB germ differently.

Take all the medicine at the same time on each of the days.

Make sure that you finish the treatment.

DO NOT STOP EARLY

It takes a long time for the TB germs to go away.