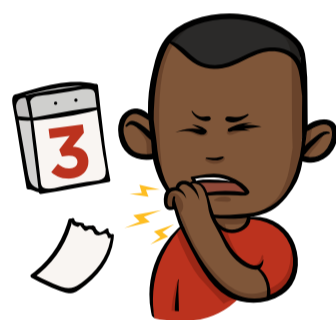# Tuberculosis
What you need to know!

What is tuberculosis (TB)?

TB is a serious contagious disease caused by bacteria that mainly affects your lungs, but it can spread to other parts of your body.
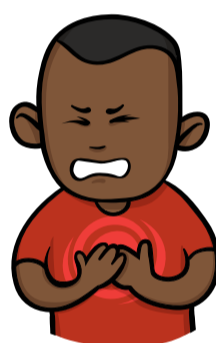
How does TB spread?

- TB is spread through airborne droplets when an infected person coughs or sneezes.
- TB does not spread by shaking hands, sharing food, or touching surfaces.
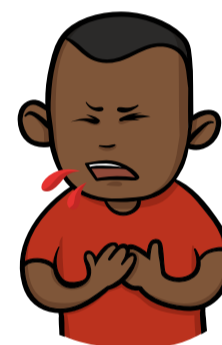
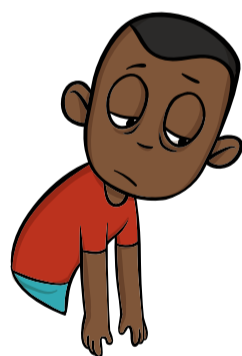## What are the symptoms of TB?

A cough that lasts for more than three weeks.

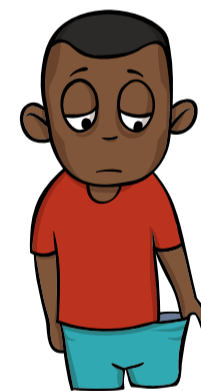Chest pain or feeling pain while breathing.
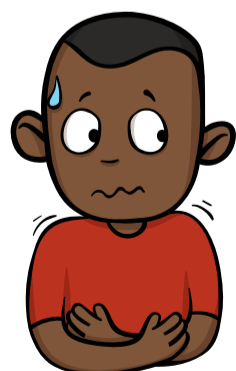
Coughing up blood.

Feeling unusually tired and weak.

Heavy night sweats.

Unexplained weight loss.

Unexplained high fever and chills.

Not wanting to eat.

If you have these symptoms, go and see your healthcare provider immediately!

How to protect yourself from getting TB!

- Wear a mask if you are in close contact with someone who has TB.
- Cover your mouth and nose when coughing or sneezing.
- Open windows for better airflow in crowded areas.
- Complete your TB treatment to stop the spread of the disease.
- Get screened if you have symptoms or have been in contact with someone who has TB.

What's the treatment for TB?

- Your healthcare provider will help you with the right treatment plan.
- TB can be treated if you take a combination of special medicine, exactly as your healthcare provider prescribed.
- It's very important that you complete the full course of medication, even if you feel better! If you don't take your medication as prescribed, TB will become drug-resistant which means the medication will not be as effective as it should be.
- If you stop taking your medicine, your symptoms will return! That's why it's so important to follow your doctor's advice and take all the medicine they give you!

Get tested if you are at risk!

It's important to get tested if:

- You have been in close contact with someone with TB.
- You are a healthcare worker or work in high-risk settings.
- You have a weakened immune system e.g., HIV patients.

Early detection saves lives!

If you are diagnosed with TB early, and you get the proper treatment, you can be cured from TB!

Help stop the spread of TB!

If you suspect you have TB, **visit your nearest Platinum Health medical facility** for screening and treatment immediately! We have medical facilities available to you across the **Rustenburg, Limpopo** and **Mpumalanga** Regions!