

South Africa TB

STOP TB because you can

- ✓ **Inform everyone** that Tuberculosis is a curable disease if one completes treatment.
- ✓ **Ensure** that adequate financial resources are available for the fight against TB.
- ✓ **Mobilize** ward counselors and community leaders to prevent the spread of TB in the communities.
- ✓ **Get regular briefings** from provincial and national health officials on the status of the TB program in your area.
- ✓ **Encourage families** and communities to provide support to people with TB by ensuring that they take their treatment.
- ✓ **Encourage patients** that have defaulted or stopped taking treatment to go back to the clinics and continue their treatment.
- ✓ **Inform communities** about the importance of leading healthy lifestyles by eating well and exercising regularly.
- ✓ **Empower communities** on basic cough hygiene including covering the mouth when coughing and sneezing.
- ✓ **Remind everyone** that “TB anywhere is TB everywhere”.
- ✓ For more information on TB please feel free to contact your Provincial Department of Health.



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10 Facts about Tuberculosis

- ✓ Almost **30,000** people died of tuberculosis in 2005.
- ✓ More than **300,000** people became sick of tuberculosis in 2006.
- ✓ TB affects **more youth and adults** than any other infectious disease.
- ✓ TB is a contagious disease but only people that are sick with **pulmonary tuberculosis** are infectious.
- ✓ Like the common cold, TB spreads **through the air** when infectious people spit, talk or sneeze.
- ✓ Left untreated, a person with active TB can infect between **10 and 15 people every year**.
- ✓ TB is a curable disease, but it is important to **complete** treatment.
- ✓ Failure to complete treatment as prescribed may lead to the **development of drug resistant TB**.
- ✓ **Good nutrition** and **hygiene** help keep the immune system strong, enabling a TB patient to better fight the disease.
- ✓ TB is **curable** even in the presence of HIV.



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