

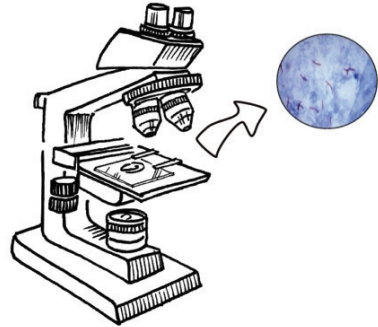


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About TB

- TB is an infectious disease caused by a bacteria.
- TB spreads from one person to another mainly through the air while coughing.
- TB can be cured the right drugs of the right dosage for the right duration.



Common Symptoms of TB

- Persistent cough for more than two weeks is the most common symptom of TB.

WEIGHT LOSS



CHEST PAIN



TIREDNESS



NIGHT SWEAT



BLOOD IN SPUTUM



FEVER



PERSISTENT COUGH WITH SPUTUM



LOSS OF APPETITE



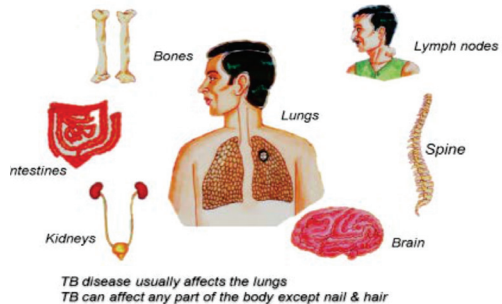
Diagnosis of Lung TB

- To detect Lung TB, sputum test is needed.
- Two sputum specimens are necessary.
- TB testing and treatment is free in government facilities. Visit your nearest DMC (Designated Microscopy Centres) to avail free TB testing services.



EPTB Extrapulmonary TB

- When TB affects other parts of the body, it is called Extrapulmonary TB (EPTB).
- TB can affect any part of the body except hair and nails.



About TB Treatment

- Medicines have to be taken daily as per doctors' advise.
- TB is curable with right medicines in the right dosage for the right duration
- The duration of treatment is at least 6 months.



How do you consume TB medicines?

- All TB medicines should be taken together at the same time everyday.
- In case of difficulty, medicines can be taken after food or with a little food.
- If required, rest for some time after taking medicines.



Effects of treating TB

- TB medicines kill the TB bacteria or stop them from growing.
- With treatment, a TB patient feels better, gains weight and is able to work.
- Spread of TB to family members, children and the community is prevented with treatment.



Effects of not treating TB

If a person with TB is not treated early, the following may happen:

- Symptoms become worse and TB becomes more difficult to treat.
- There will be difficulty to work.
- Lung TB can spread to other persons.
- Increased chances of death due to TB.
- If irregularly or improperly treated, TB may not respond to medicines leading to Drug Resistant TB.



Cough Hygiene

- If you have TB, cover your mouth and nose with a cloth or paper napkin.
- Use your upper sleeve or elbow if there is no handkerchief. Do not use your hand.
- If you cough frequently use a mask.
- Wash hands often. It is good to use soap.
- Do not spit sputum anywhere and everywhere.



TB and Nutrition

- Eat nutritious and protein rich food.
- Food helps to gain weight, reduces side effects and makes you feel healthy.
- There are no food restrictions for persons affected with only TB.
- Eat well; stay well.
- The government has initiated the Direct Benefit Transfer (DBT), which involves a cash transfer of Rs 500 every month towards nutritional support for TB patients who are under treatment.



Tobacco and Alcohol use and TB

- Smoking can harm the lungs, which are already weak and damaged by TB.
- Smoking worsens the symptoms of TB.
- Discontinuing smoking and tobacco consumption helps to recover faster from symptoms
- Greater likelihood of missing TB medicine dosages under the influence of alcohol
- Alcohol worsens the side-effects of TB medicines on the liver and reduces their effectiveness.



Disclaimer: This brief is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of KHPT and do not necessarily reflect the views of USAID or the United States Government.