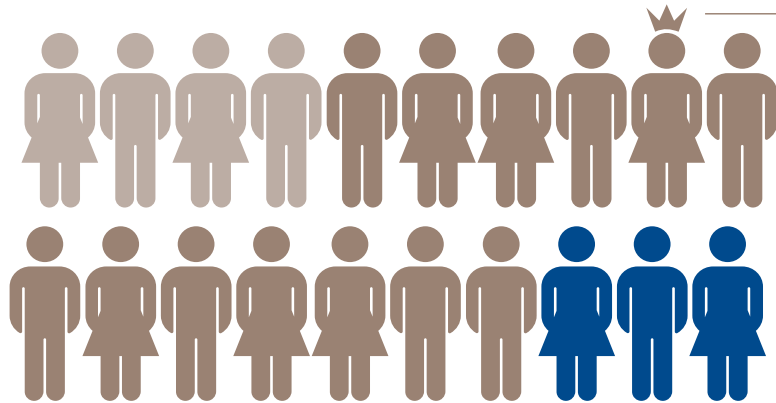


SPREAD THE WORD, NOT THE DISEASE.

WHAT YOU NEED TO KNOW ABOUT TUBERCULOSIS.



DID YOU KNOW?

Tamaryn Green, Miss SA 2017,
was diagnosed with TB in June 2015.

#breakingthestigma

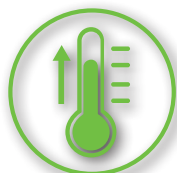
**80% of the South African population
is infected with TB bacteria**

– this is known as latent TB. The TB is there, but
doesn't grow in the body. People with latent TB
and a strong immune system, will not feel sick
or have any symptoms.

322,000 of those with latent TB will develop TB disease (active TB).

TB IS (STILL) THE TOP INFECTIOUS KILLER WORLDWIDE, WITH **22,000** SOUTH AFRICANS
DYING OF TB IN 2017.

**TB DISEASE (ACTIVE TB) IS WHAT MAKES YOU SICK, AND CAN SPREAD FROM
PERSON-TO-PERSON. TB IS AIRBORNE AND SPREADS THROUGH RESPIRATORY DROPLETS
(COUGHS OR SNEEZES). SYMPTOMS INCLUDE:**



FEVER



COUGHING
MUCUS OR BLOOD



NIGHT SWEATS



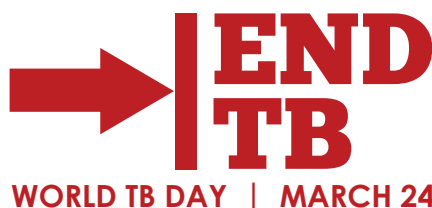
WEIGHT LOSS



CHEST PAINS



FATIGUE



PREVENTION MEASURES:

- Cover your mouth with a tissue when you cough or sneeze.
- Wash your hands regularly.
- Enjoy the fresh air. Good air circulation can help in prevention.
- If you are concerned or have any questions, speak to a health professional.
- If you are diagnosed, take your medication as prescribed (even when you feel better).

WHO CAN I TALK TO?

LifeAssist provides you with access to a health professional.
You can also visit your doctor or local clinic.



0860 111 322 [SA]

32341 [SMS SA]

+27 11 912 1198 [International]

help@lifeassist.co.za

www.yourlifeassist.co.za/sunint