

TREATING TB

with a daily dose of medication
and kindness

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FACT: SOUTH AFRICA #1 CAUSE OF DEATH

There are about **450 000** new cases of active TB, and 60 000 TB-related deaths in South Africa each year.



HOW TO HELP

Become a TB activist and educate others on the facts, to help spread awareness and reduce new cases.

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FACT: TB SPREADS THROUGH THE AIR

TB **in the lungs** is airborne. One untreated person with TB can infect 10-15 others.



HOW TO HELP

Encourage friends and family to complete the TB Screening questionnaire. If there are 3 or more symptoms, it is wise to go for testing.

Download from the One Sun Wellness Website >Resource Centre>DIY Toolkit.

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FACT: YOU CAN RECOVER FROM TB

A TB patient can return to work once they get medical clearance to confirm that they are no longer infectious.



HOW TO HELP

While the patient regains their health and strength, offer to help out with household chores, or cook healthy meals for them.



HOW TO HELP

When you are comfortable that the TB is inactive, include them in your day to day life.

4

FACT: TB BECOMES INACTIVE IN 24 HRS

It is no longer infectious 24 hours after starting treatment. You will not be infected by a TB patient who is taking their medication responsibly.

As with any sick person, a TB patient needs to be treated with high doses of kindness, encouragement and practical care in addition to their prescribed medication.

Be kind and make a difference!

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FACT: TB IS CURABLE

TB is curable, as long as the patient takes their medication consistently – **AT THE SAME TIME EVERY SINGLE DAY** for up to 12 months.



HOW TO HELP

Become a DOT supporter. Remind the patient to take their medication by setting a daily alarm, and send them messages of encouragement.

(DOT) Directly Observed Treatment

→ END TB

STIGMA STOPS WITH ME



www.yourlifeassist.co.za/sunint/tuberculosis-centre

WANT TO KNOW MORE?

Speak to a WAM Health Coach
Weekdays 08:00 – 17:00

CALL **0860 111 322**

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www.yourlifeassist.co.za/sunint

