

What is TB?

TB, or tuberculosis, is an infectious disease caused by bacteria. The disease usually attacks the lungs, but it can also affect other parts of the body, including the stomach, the brain, the bones and the spine.

How do people get TB?

TB germs must be forced into the air, and to get a tuberculosis infection you must breathe in those germs.

This happens when TB infected people cough, sneeze, or spit. But even if you've been around an infected person, or breathed in the bacteria they expelled into the air, you still have a chance at escaping TB - not everyone who breathes in the bacteria will develop tuberculosis.

The immune systems of children, adolescents and young people living with HIV may not be strong enough to fight off infections. This means they have a higher risk of getting TB.



Watch out for Signs and Symptoms of TB

Clients with

- ▶ rapid weight loss,
- ▶ night sweats,
- ▶ coughing or fever

may be at risk of TB. It is very important that anyone with symptoms is **screened for TB** at their local clinic.

TB can be diagnosed with many different methods.

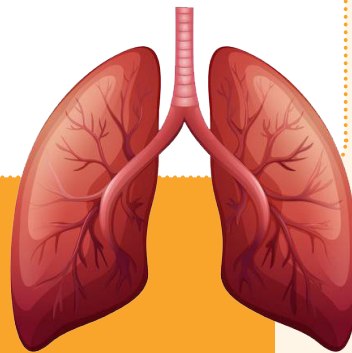
A negative sputum test is no guarantee for no TB!

If TB is diagnosed late, people can become very sick.

Early diagnosis means that people with TB can get on to treatment early.

Red Flags Refer those with symptoms and those not adhering well to treatment

Tuberculosis



Preventing TB

You need to adhere well to your ARVs so that your immune system remains strong. You should also be screened for TB with a sputum test and/or a Chest Xray every year - even if you don't have any signs or symptoms of TB! In addition, you should take Isoniazid Preventive Therapy if the health care providers prescribe it. This medicine can help to protect you from getting TB.

Clients with TB should not be seen at home by CATS during the first three months of TB treatment as this is when they are most likely to pass TB. After three months of TB treatment, they are much less likely to breathe active TB into the air.

Clients that are coughing may have undiagnosed TB. While sunshine and good ventilation protects against TB, dark enclosed spaces increases the risk of spreading TB. It is important that you as CATS never sit in such a space with a client who is coughing. Always try to see your clients outdoors or move out of a room as soon as possible if you notice that your client is coughing.

Preventing HIV

You can prevent the spread of HIV by **condoms, male circumcision, post exposure prophylaxis and pre-exposure prophylaxis**.

So how does PrEP work?

Pre Exposure Prophylaxis consists of ARVS which are taken **before** exposure to HIV, by someone who is at high risk of coming in to contact with HIV

How does PEP work?

Post Exposure Prophylaxis (PeP) consists of ARVs which are taken **after** exposure to HIV. PEP can prevent HIV infection if taken **within three days** of being exposed to HIV e.g. unprotected sex or a needle stick injury.

TB is treated and cured with antibiotics.

They must be taken every day for at least six months. These antibiotics can be stopped when TB has been cured. If medication is not taken properly, people with TB can become very unwell. Adherence to TB medication helps you to stay healthy.

Unfortunately, TB bacteria has become highly resistant to most antibiotics. This makes treatment difficult. Many different kinds of antibiotics need to be given over a long period of time. There is a form of tuberculosis that is resistant to all medicines.

Side effects Like all medicines, TB medicines can cause side effects, for example stomach pain, diarrhoea, yellow eyes, skin rash and numbness in hands and feet.

People with side effects should be checked by the doctor or nurse who will know what to do next.