**Report on Tuberculosis Introduction:** Tuberculosis(TB) is a infectional disease. It is a dreaded bacterial infection. Tuberculosis(TB) is caused by a bacteria named (Mycobacterium tuberculosis). This contagious infection mainly attacts the lungs. Then it spreads to the other parts of the body such as the brain,kidneys,bones. TB acts like pulmonary and non-pulmonary both disease. When it spreads out through air to other body and attact the body,it’s behave like a pulmonary disease and this is infectious. On the other hand,when it spreads out to the another part of the infected person it is called non-pulmonary then. And this is not infectious then.

It is spread through inhaling tiny droplets from the coughs or sneezes of an infected person. So, a minibus provides perfect conditions for TB to spread. If one person has to then the other 14 people in the transport are all at a risk. Because every tiny droplets contains the germs of TB. And if they breathe in the nasty germs,they can get infected. But TB is contagious,it’s not easy to catch. The germs grow very slowly. One has to spend a lot of time with the infected person.

Although Tuberculosis is a airborne harmful disease previous, nowadays it is a preventable as well as curable disease. And I think prevention is better than curation.

**Prevention:** We can divide the whole prevention process into two sections. These are primary and secondary prevention. Primary prevention aims to block infection and secondary prevention aims to block the progression of an infection to an active disease.

In primary prevention we can follow some rules:

1**. Avoid exposing with infected people:**Don’t spend much time with infected people especially who are in a active zone. If you have to stay with them use protective measures, such as wearing a face mask to avoid TB bacteria.

2**. Lead a healthy lifestyle:**Eat a healthy and balanced diet and do exercise regularly. Because who lived in a poor healthy circumstances are more susceptible to the TB virus, as their disease resistance is lower than a healthy people. Cut down all bad habits like alcohol consumption,smoking and drugs.

3**. Get the BCG vaccination to prevent TB:**The BCG(Bacille Calmette-Guerin) vaccine is used to help prevent the spread of TB,especially among children in many countries.

4.**Take a TB test:**If you have recently been exposed to someone with active TB then you should consult with a doctor and test TB.

There are two methods for TB testing skin test and blood test.

In secondary prevention there are also some rules:

1.**Diagnose and treat TB immediately:**If you are a TB infected person then it is a must to consult with a doctor about the best course in action .

If you are a latent TB patient then take a course of how to kill the inactive TB germs and if you are a active TB patient then start your treatment as soon as possible.

2.**Avoid spreading TB :**If you have active TB you need to take precautionary steps to avoid passing the disease onto others.For this you to stay at home until you recover from the disease. Always maintain ventilation in your room as your family members and friends are not get infected.Use mask to cover the mouth.

3.**Finish the course of medication:**It is very important to finish the medicine course timely.Because finishing the course is not only safe for the infected but also the people around him.

There are also some prevention procress for the people who are not aware of this disease.These are-

1.**Social awareness**:Awareness can do everything. The more people know about tuberculosis and the importance of stopping the spread of the disease, the more focus and funds can be shifted towards stopping it.

2**.Women education:**Women are the holder of a family.They raise children and take care of a whole family.So if women are educated, they can know the harmful impact of TB and protect her family.

3.**Involving more volenteers:**If pubic health institution joins more workers ,then they can spread awareness directly in their family and also around the people among them .

4.**Celebrity campaign:**Sometimes some non-professional people can make people aware.Celebrities and politicians are such kind of people who can change the mentality of some peole of our community.On the other hand they have no problem with the campaign as they are participating in it.

5.**Create global partnership:**It is a most working method of prevention.Creating global partnership we can talk about the disease elaborately.Get solution quickly and kill the root of tuberculosis easily.