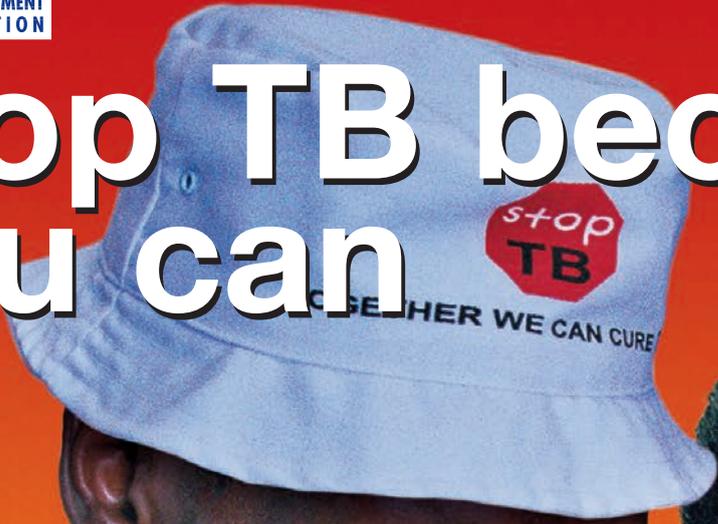


# Stop TB because you can



Take your medication for the full 6 months

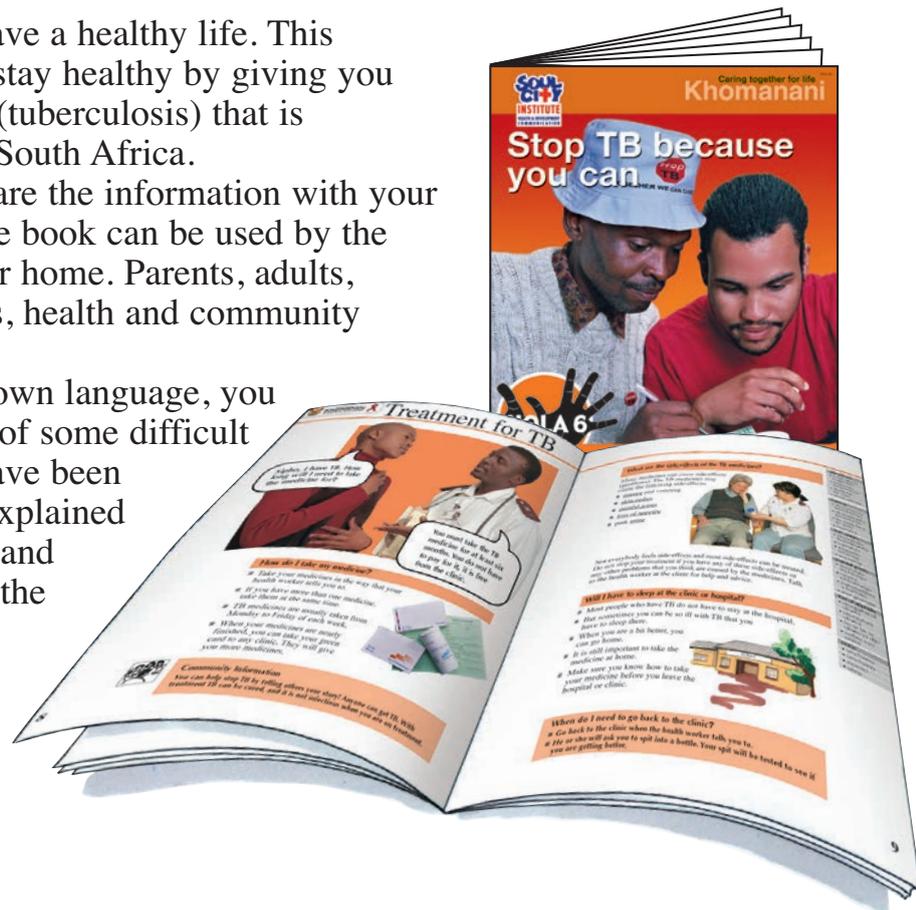
# How to use this book

Everybody wants to have a healthy life. This book will help you to stay healthy by giving you information about TB (tuberculosis) that is a very big problem in South Africa.

Read this book and share the information with your family and friends. The book can be used by the community and in your home. Parents, adults, young people, teachers, health and community workers can use it.

If English is not your own language, you may want translations of some difficult words. These words have been underlined>. They are explained in Zulu, Xhosa, Sotho and Afrikaans in boxes on the side of each page. The boxes look like this:

<b>English</b>
▪ Zulu
▪ Xhosa
▪ Sesotho
▪ Afrikaans



In this book there are coloured blocks to give you information to help make things better in the community. These blocks look like this:



## Community Information

The best way to stop TB from spreading in the community is to make sure that everyone who has TB is properly treated.

There are also coloured blocks that help you to remember important things. These are shown like this:



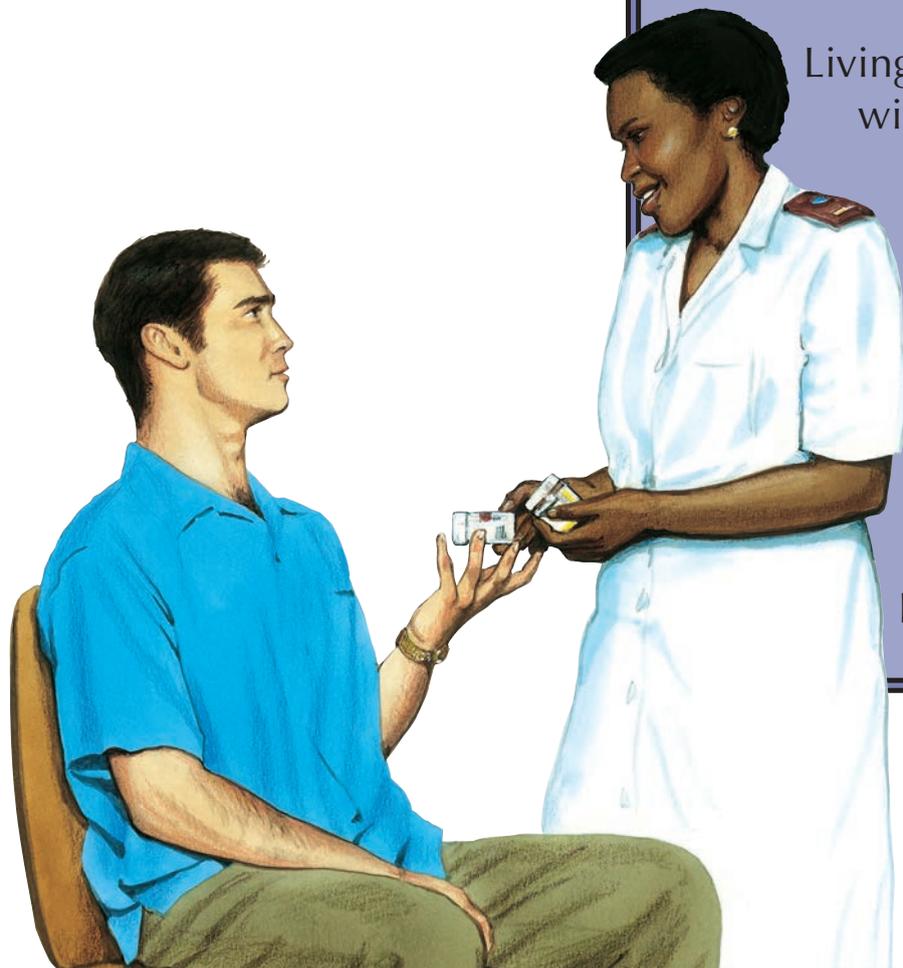
**TB can be cured with the right treatment.**

Sometimes there are other special things to think about. These are shown in coloured blocks like this:

**In the same way that you need a team to beat the other team in soccer, so you need help to beat the TB germ.**

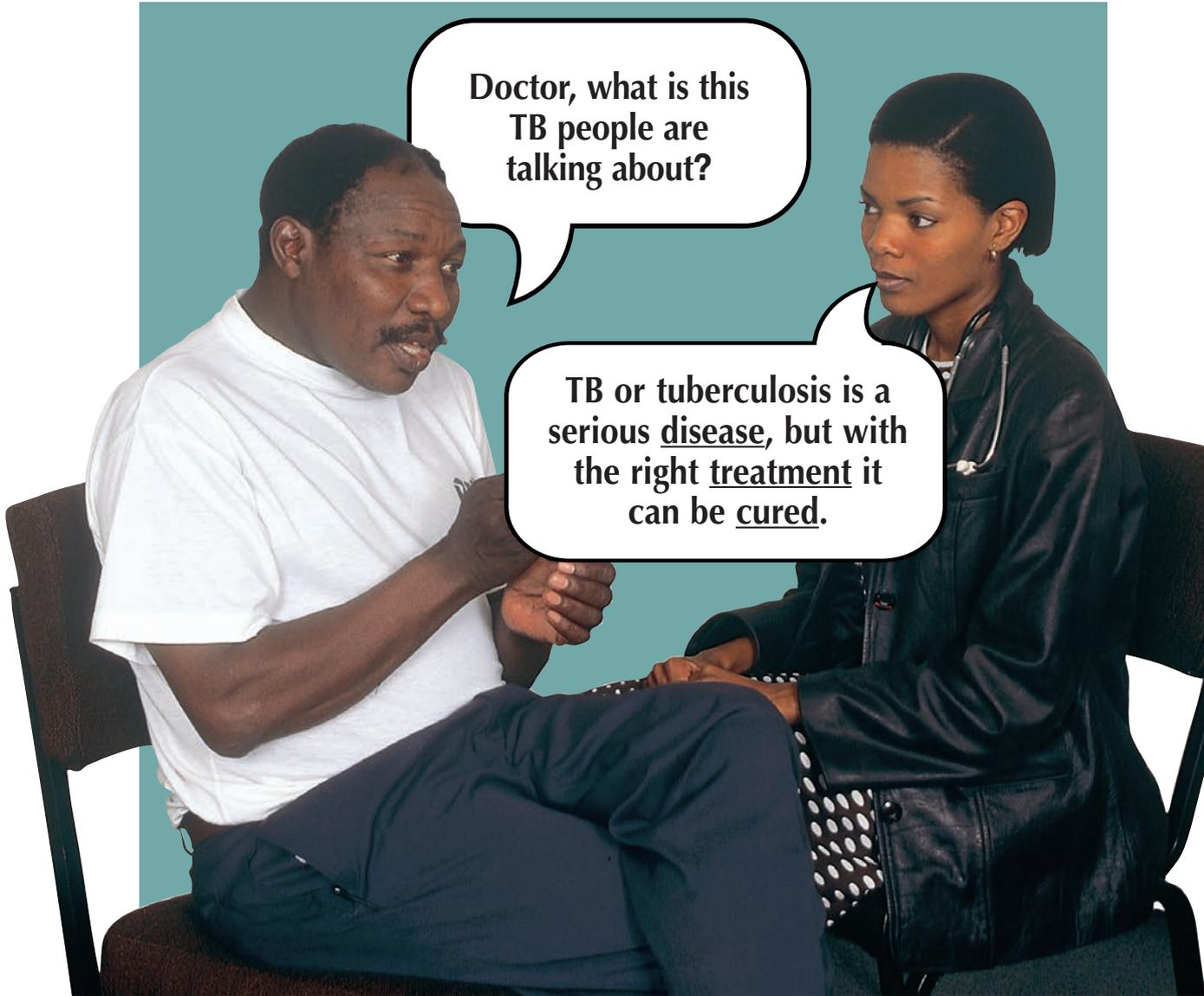
# Contents

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# What is TB?



**disease**

- sifo
- isifo
- lefu
- siekte

**treatment**

- ukwelashwa
- unyango
- kalafo
- behandeling

**cured**

- ukwelapheka
- ukunyangeka
- phekolwa
- geneses

**germ**

- igciwane
- intsholongwane
- kokwana-hloko
- kiem

**infectious**

- ukuthathelana
- ukusulela
- e ya tshwaetsa
- aansteeklik

## Do many people get tuberculosis?

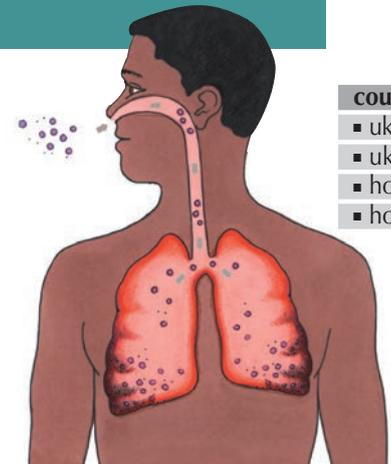
Yes, tuberculosis is a serious problem all over the world. TB causes more deaths in South Africa than any other infectious disease.

Between 6 and 10 million South Africans are infected with the TB germ. TB is infectious, so it can be passed on from one person to another person.

## How does TB spread?

TB is spread through the air. Germs go into the air when someone who has TB coughs, spits or sneezes. Then other people can breathe them in. This is why TB can spread very easily in overcrowded places.

The TB germ is breathed into the body and then attacks the lungs. It causes holes and other damage in the lungs. It can also spread through the blood to other parts of the body.



### coughs

- ukukhwehlela
- ukukhohlela
- ho hohlela
- hoes

## Who can get TB?

Anyone can get TB. Some people believe that you can only get TB if you are poor or if you are an alcoholic, or if you take drugs. This is not true.

Not everyone who has the TB germ gets sick. It depends on how strong your immune system is.

### overcrowded

- okuminyene
- ukuxinana
- dibaka tse nang le batho ba bangata ho feta tekano
- oorvol

### alcoholic

- isidakwa
- inxila
- lekgoba la tahi
- alkoholis

### immune system

- izivikeli-zifo ezisenzimbeni
- izikhuseli kwizifo ezisezimbeni
- tshireletso ya mmele
- immuun-sisteam

**You will find it more difficult to fight off TB and other diseases if you have the following problems:**

- you have a disease like HIV or AIDS



- you do not eat enough healthy food



- you work in very dusty places



- you drink a lot of alcohol



- you are tired and stressed from doing heavy work, working long hours, or not sleeping enough



## What about smoking?

Do not smoke. Smoking is always harmful to your health. Your lungs are already damaged if you have TB, and smoking will only make the damage worse.

### stressed

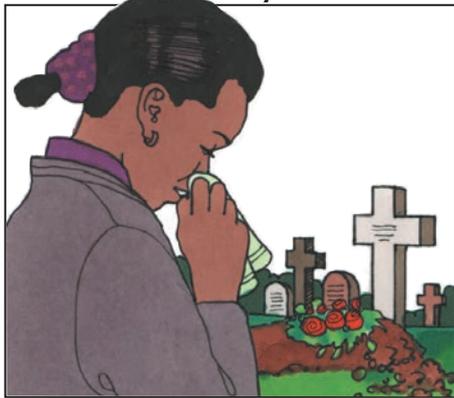
- ukhathazekile engqondweni
- ukudinwa kwengqondo
- kgathatsehile kelellong
- gespanne

### harmful

- kuyalimaza
- ukonzakalisa
- ho na le kotsi
- skadelik

# TB can be cured

## Lerato's story



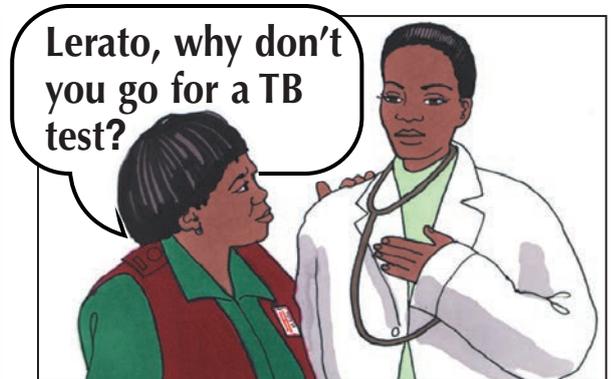
**1** Lerato was very unhappy. Her boyfriend Ian had just died.



**2** Lerato stopped eating properly and she slept badly. She started working very hard at the clinic to help forget about her problems.



**3** Sister Bettina saw that Lerato was getting very thin, and that she had a cough that would not go away.



**4** After a while Sister Bettina realized that Lerato could be suffering from TB. She persuaded Lerato to go for tests at the clinic.



**5** Lerato had the tests. She had to spit into a bottle each morning for 2 days. The results showed that Lerato had TB.



**6** Lerato asked Bettina to help her by giving her the medicine every day at work. Bettina agreed to do this.



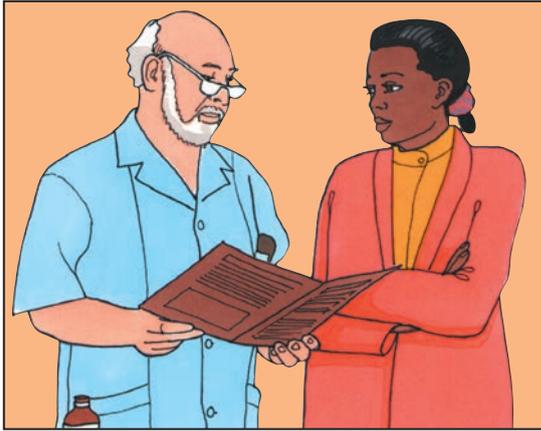
**7** Lerato was a doctor, but she knew that she could not manage to take her treatment for 6 months or longer without help and support. And so every day Bettina gave Lerato her medicine before she started work.

**persuaded**

- phoqa
- ukucenga
- ho kgodisa/ ho susumetsa
- oorreed

**results**

- imiphumela
- iziphumo
- diphetho
- resultate



**8** Two months after starting treatment, Lerato had another TB test. The doctor checked her spit again to see if she was getting better.

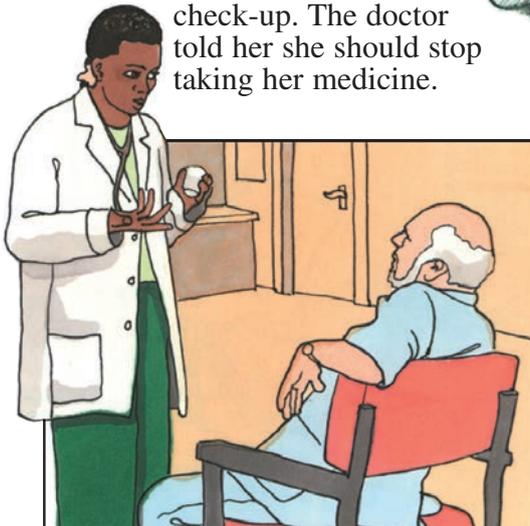


**9** Lerato began eating well. After a few months she felt so well that she wanted to stop her treatment. But she knew she should take her medicine for 6 months or even longer.



**10** Bettina was a good friend. She helped to make it easier for Lerato to carry on taking her treatment.

**11** After 6 months Lerato had a check-up. The doctor told her she should stop taking her medicine.



Lerato is cured of TB.

# How do I know if

Sister Bettina, I have been coughing for 3 weeks. I'm losing weight and I'm always tired.

It is good that you came to the clinic. We will check to see if you have TB.



#### losing weight

- ukonda
- ukuhla komzimba
- ho ota
- gewigverlies

#### symptoms

- izimpawu
- iimpawu
- matshwao
- simptome

#### sweating

- ukujuluka
- ukubila
- ho fufulelwa
- sweet

#### fever

- imfiva
- ifiva
- feberu/ motjhoso
- koors

#### short of breath

- ukukhefuzela/ ukuphelelwa ngumoya
- ukuphefumla nzima
- ho fellwa ke moya
- uitasem

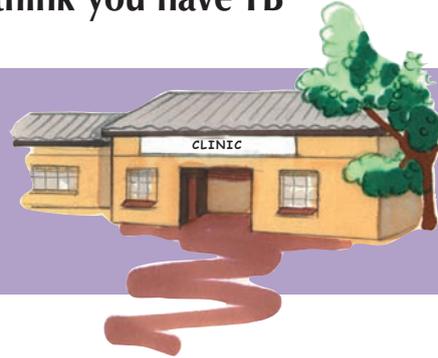
You will probably have some of the following signs or symptoms if you have TB:

- coughing for more than two weeks
- coughing up blood
- not wanting to eat
- feeling pains in the chest
- losing weight
- lumps or swellings
- tiredness or weakness of whole body
- sweating at night even when it is cold
- getting a fever which comes and goes
- becoming short of breath easily

# I have TB?

Get checked by a health worker if you think you have TB

- You should go to your nearest clinic or doctor as soon as possible.



- The health worker or doctor will ask you exactly how you are feeling and what your problems are. Then he or she will examine you.



#### examine

- ukuhlolwa
- xilonga
- ho hlahloba
- ondersoek

- The health worker or nurse may ask you to cough your spit into a small bottle for 2 mornings in a row. He or she will then send this spit to a laboratory. People in the laboratory will look for TB germs in your spit.



#### laboratory

- elabhorthri
- elebhu/ilaboratri
- laboratori
- laboratorium

- You may also need to have an X-ray of your chest. The health worker will tell you when to come back for the X-ray results.



#### X-ray

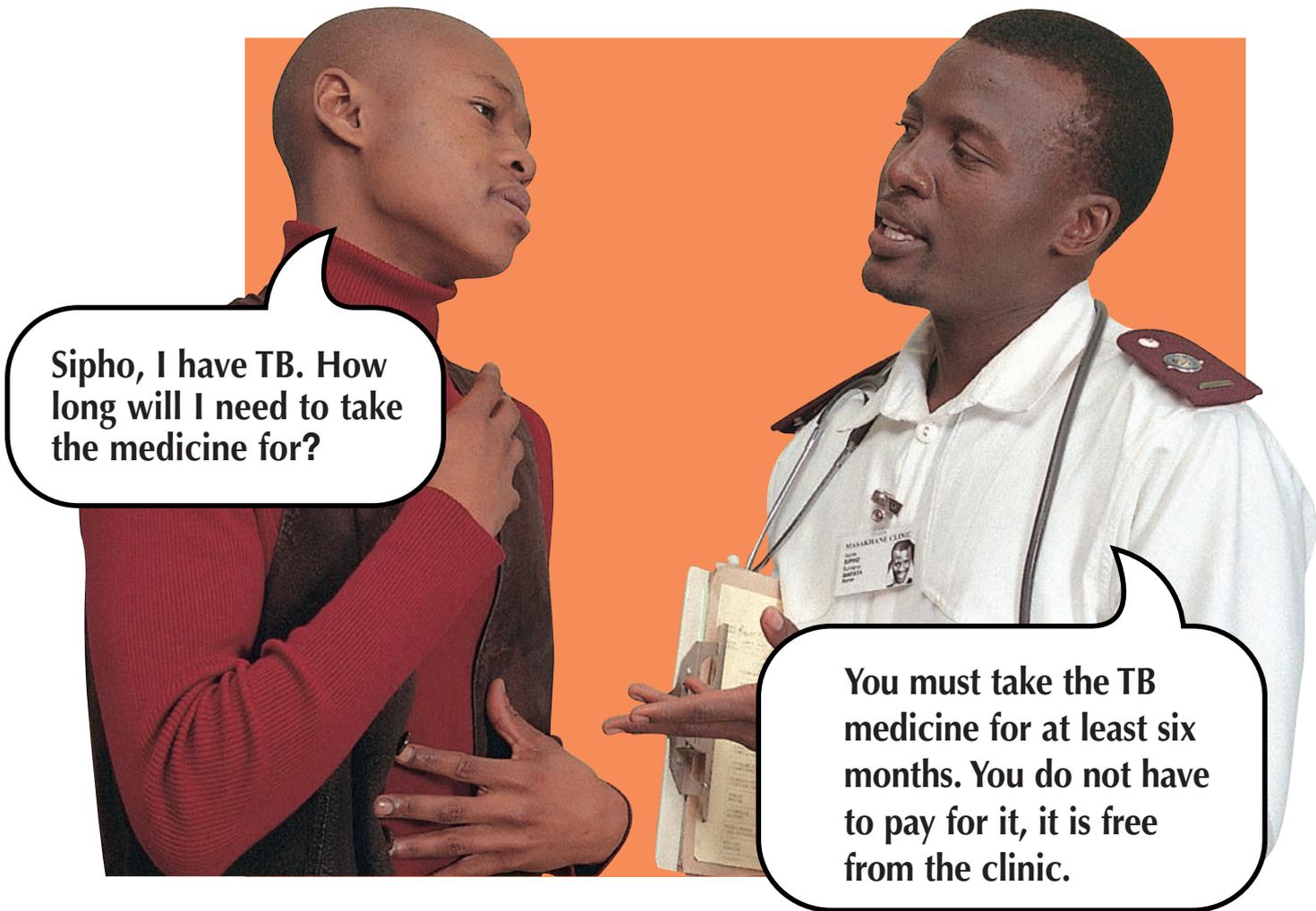
- i X-ray
- i-eksreyi
- X-ray
- X-strale

- If you have TB, the people you live with need to be checked to see if they have TB too.





# Treatment for TB



Sipho, I have TB. How long will I need to take the medicine for?

You must take the TB medicine for at least six months. You do not have to pay for it, it is free from the clinic.

## How do I take my medicine?

- Take your medicines in the way that your health worker tells you to.
- If you have more than one medicine, take them at the same time.
- TB medicines are usually taken from Monday to Friday of each week.
- When your medicines are nearly finished, you can take your green card to any clinic. They will give you more medicines.



### Community Information

You can help stop TB by telling others your story! Anyone can get TB. With treatment TB can be cured, and it is not infectious when you are on treatment.

## What are the side-effects of the TB medicines?

Many medicines can cause side-effects (problems). The TB medicines may cause the following side-effects:

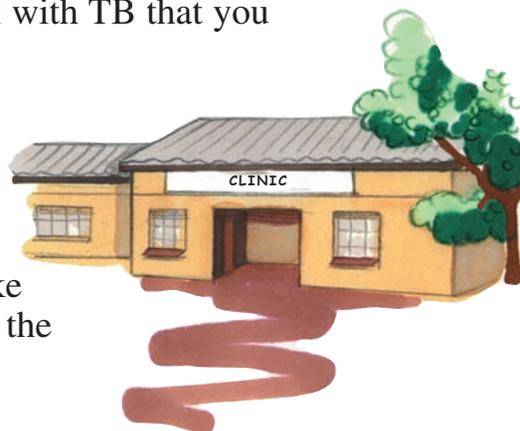
- nausea and vomiting
- skin rashes
- painful joints
- loss of appetite
- pink urine



Not everybody feels side-effects and most side-effects can be treated. Do not stop your treatment if you have any of these side-effects or any other problems that you think are caused by the medicines. Talk to the health worker at the clinic for help and advice.

## Will I have to sleep at the clinic or hospital?

- Most people who have TB do not have to stay at the hospital.
- But sometimes you can be so ill with TB that you have to sleep there.
- When you are a bit better, you can go home.
- It is still important to take the medicine at home.
- Make sure you know how to take your medicine before you leave the hospital or clinic.



## When do I need to go back to the clinic?

- Go back to the clinic when the health worker tells you to.
- He or she will ask you to spit into a bottle. Your spit will be tested to see if you are getting better.

### side-effects

- imiphumela engemihle
- iziphumo ezitenxileyo
- diphetho tse mpe
- neue-effekte

### nausea

- ukucanuzela kwenhliziyo
- ukucaphuzela kwentliziyo
- ho nyekelwa ke pelo
- naarheid

### skin rashes

- ukuqubuka kwesikhumba
- irashalala
- lekgopho letlalong
- veluitslag

### painful joints

- amalungu abuhlungu
- iijoyini ezibuhlungu
- manonyelletsa a bohloko
- seer gewrigte

### loss of appetite

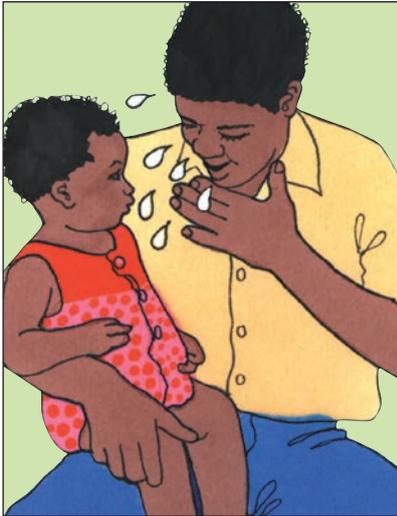
- ukungathandi ukudla
- ukungafuni ukutya
- ho se be le takatso ya dijo
- verlies van eetlos

### urine

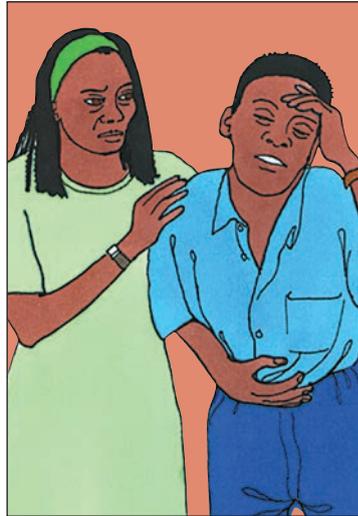
- umchamo
- umchamo
- moroto
- urine

# Treatment for TB

## What will happen if I don't go for treatment?



You will spread the disease to others if you have TB and do not get it treated.



TB is a very serious sickness. It can damage your lungs forever.



Many people die from TB when it is not treated.

## Must I finish my treatment?

Many of the TB germs will stay alive in your body if you do not finish the 6 months' treatment. These germs will be the strongest of all the germs and the most dangerous. This is because they will not respond to the normal drugs used to treat TB. You will then have **multi-drug resistant TB (MDR TB)**. Read page 13 for more information about MDR TB.

You will get sick again if you stop the medicines before the health worker says you can.



### Should I still go to the clinic for my medicine if it is cold and raining?

It is very important to have your treatment exactly as the health worker tells you for at least 6 months. You still need to go for your medicine even if it is cold and rainy.

**Remember!**

Do not stop your treatment until your health worker says you can. It is very important to complete the full TB treatment.

## I want to take my medicine, but 6 months is a long time. How will I manage?

People who have had TB say that taking medicine every day for 6 months is difficult. So it is a good idea to get somebody to help you take your medicine. This person is called a DOTS supporter. DOTS means Directly Observed Treatment Short-course (someone supports you while you take your course of medicine).

- Ask at the clinic about getting help with taking your medicine.
- You can choose your helper – the person can be a neighbour, a shop steward at work, a local teacher or a nurse at a clinic.
- It is important that the person is nearby and easy to get to every day.
- Your helper will keep your medicine and give it to you every day.
- Your helper will also encourage you to carry on with the treatment when you get tired of it, or start to forget it.
- It is important to take your medicine every day – even when you feel better.

### neighbour

- umakhelwane
- ummelwaneen
- moahisane
- buurman/ buurvrou



## Can I use traditional medicine to cure TB?

- Many people go to traditional healers (sangomas) to help cure their TB. It is still important to take your TB medicine from the hospital or clinic even if you go to a sangoma.
- The TB medicine that your doctor gives you will make sure that you get better from TB.

### encourage

- ukukhuthaza
- ukukhuthaza
- ho kgothalletsa
- aanmoedig

### traditional medicine

- imithi yesintu
- amayeza esintu
- meriana ya setso
- tradisionele medisyne

In the same way that you need a team to beat the other team in soccer, so you need help from a DOTS supporter to beat the TB germ.

# TB and HIV

## immune systems

- izivikeli-zifo ezisemzi mbeni
- izikhuseli kwizifo ezisezimbeni
- tshireletso ya mmele
- immuun-sisteme



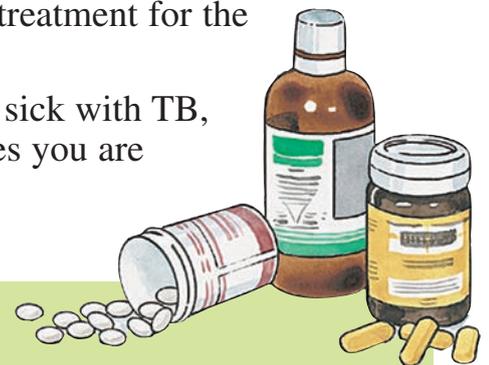
Sometimes people think that everyone who gets TB is HIV positive. This is not true. People whose immune systems are not strong will get TB more easily and more often than other people. This is why HIV-positive people will get TB more easily than people who are not HIV positive.

TB can be treated and cured whether you are HIV positive or not. The same pills work to cure TB whether you have HIV or not.

## TB and anti-retroviral treatment (ART)

If you are HIV positive and sick with TB or other AIDS illnesses, you need to have your CD4 count checked. The CD4 count measures the strength of your immune system. It will help your doctor to decide if you need anti-retroviral treatment (ART).

- If your CD4 count is **above 200**, your doctor will first give you TB treatment for 6 months. He or she will check after you have finished treatment to see whether you need ART.
- If your CD4 count is **below 200**, your doctor will start you on TB treatment. Then after 2 months you will start taking ART. You will need to keep on taking the TB treatment for the full 6 months.
- If your CD4 count is **below 50**, your doctor will start you on TB treatment. After about 2 weeks you will start taking ART as well. You will need to keep taking the TB treatment for the full 6 months.
- If you are already taking ART and you get sick with TB, you may need to change the ART medicines you are taking.



**Remember!**

TB treatment must be taken for 6 months.  
ART treatment must be taken for life.

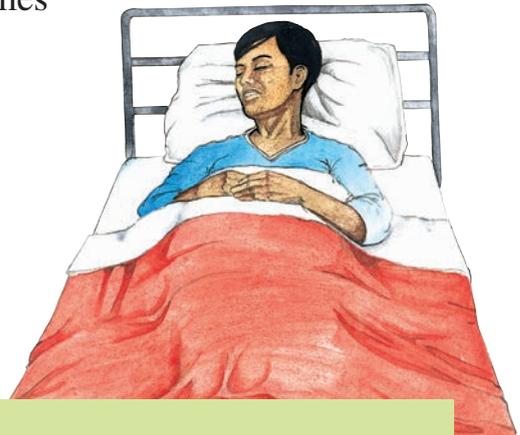
### If you are HIV positive:

- Look out for the signs of TB. Go to the clinic immediately if you have any of the signs on page 6.
- If your health worker is sure that you do not have TB, she may give you preventive TB medicines for 6 months. This will help to prevent you from getting TB.
- Try to live positively by eating healthy food, exercising and not smoking or drinking.

### Multi-drug resistant TB (MDR TB)

If you do not take your medicines for the full 6 months, then the TB germ can become resistant to the medicines (drugs). This means you have MDR TB and that the usual TB medicines will not work. This is very serious because the TB treatment becomes more difficult and takes much longer.

Treatment for MDR TB is different from treatment for ordinary TB. You have to be treated for at least 18 months when you have MDR TB. It is also a problem if you pass on the MDR TB to other people, because the usual treatment will not work for them either.



#### resistant

- lwa na
- ukwalana
- ho se amohele
- bied  
weerstand teen

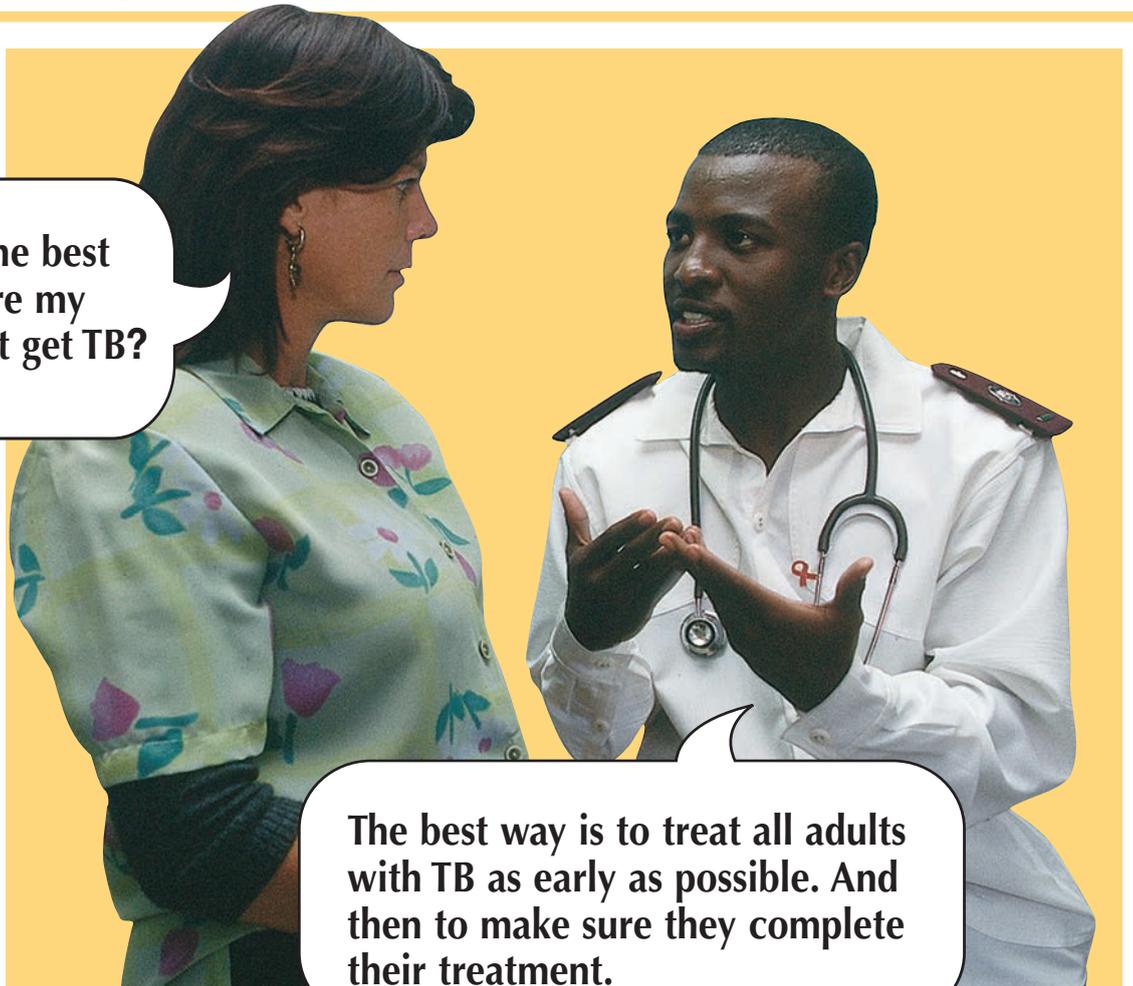
### Things to remember

- If you have TB, it does not mean you have HIV and AIDS. If you think that you might be HIV positive, go to a clinic to have an HIV test. The test is confidential, and you will not have to pay for it. If you are HIV positive, you are more likely to get TB.
- The sooner you find out that you have TB and start TB treatment, the easier it is to treat and cure the illness. If you think you may have TB, go to the clinic as soon as possible.
- It is important to always complete your treatment for TB. This will make sure you are cured before you stop the treatment. Only a health worker can tell you that you are cured.

#### confidential

- ukuba yimfihlo
- iyimfihlo
- sephiri
- vertroulik

# Children and TB



Children under the age of 5 years old can get TB more easily than other people. It is important to take special care to prevent them from getting TB. They must also get treated straight away when they get TB.

## How to prevent a child from getting TB

- All children should be immunised against TB immediately after they are born. This immunisation is called the BCG.
- Children may be in contact with someone with TB. This could be someone in the family, at crèche, a child minder or a domestic worker. Any child under 5 who has had contact with a person who has TB should be taken to the clinic to be checked for TB. If the child is healthy, he or she should be given medicines called Isoniazid (INH) to prevent TB. The child will need to take these for 6 months.



**immunised**

- ukugonywa
- ukugonywa
- o entilwe
- geimmuniseer

## Signs of TB in children

The signs of TB in children are not always the same as the signs in adults. If your child has any of the following signs, he or she could have TB:

- Does not gain weight in the normal way
- Flu or colds that take a long time to get better
- Abnormal swellings or lumps in the neck
- Fever

### abnormal

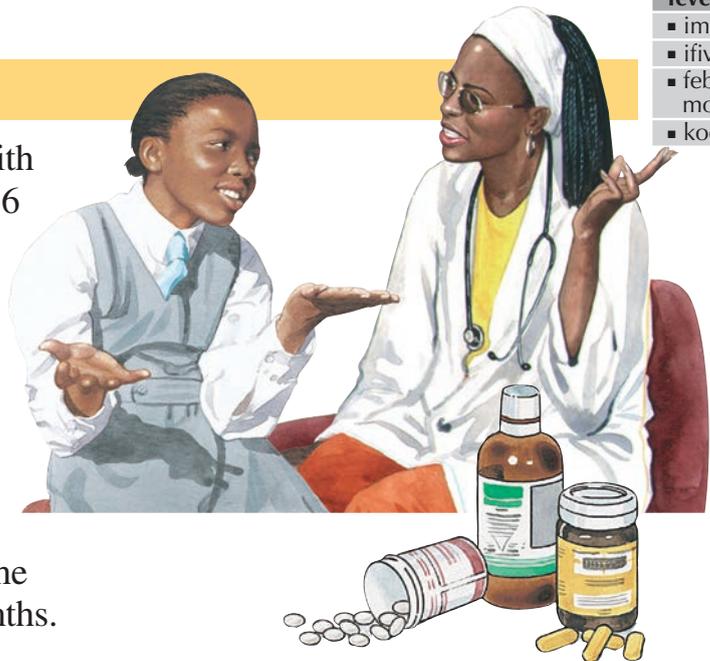
- ukubhekana nesimo nge-ndlela okungeyona
- into engaqhelekanga
- ke tsela e sa tlwaelehang
- abnormaal

### fever

- imfiva
- ifiva
- feberu/motjheso
- koors

## Treatment of TB in children

- TB in children can be cured with medicines taken every day for 6 months.
- The medicine dissolves in water so it is easy for babies and small children to take.
- Children who are HIV infected get TB more easily. Their TB may be difficult to identify. They must also take the medicines every day for 6 months.



## Severe forms of TB

Young children under the age of 5 years are at risk of getting severe forms of TB because their immune system is not fully developed. These severe forms are:

- TB meningitis – this is TB of the lining of the brain. The child may have a fever, may be irritable and cry a lot. He or she may also have a stiff neck, vomit and become sleepy.
- Miliary TB – this is TB in all parts of the body which may lead to death or permanent disability.



### irritable

- ukucasuka
- chukumiseka
- kgopiseha
- geïrriteerd

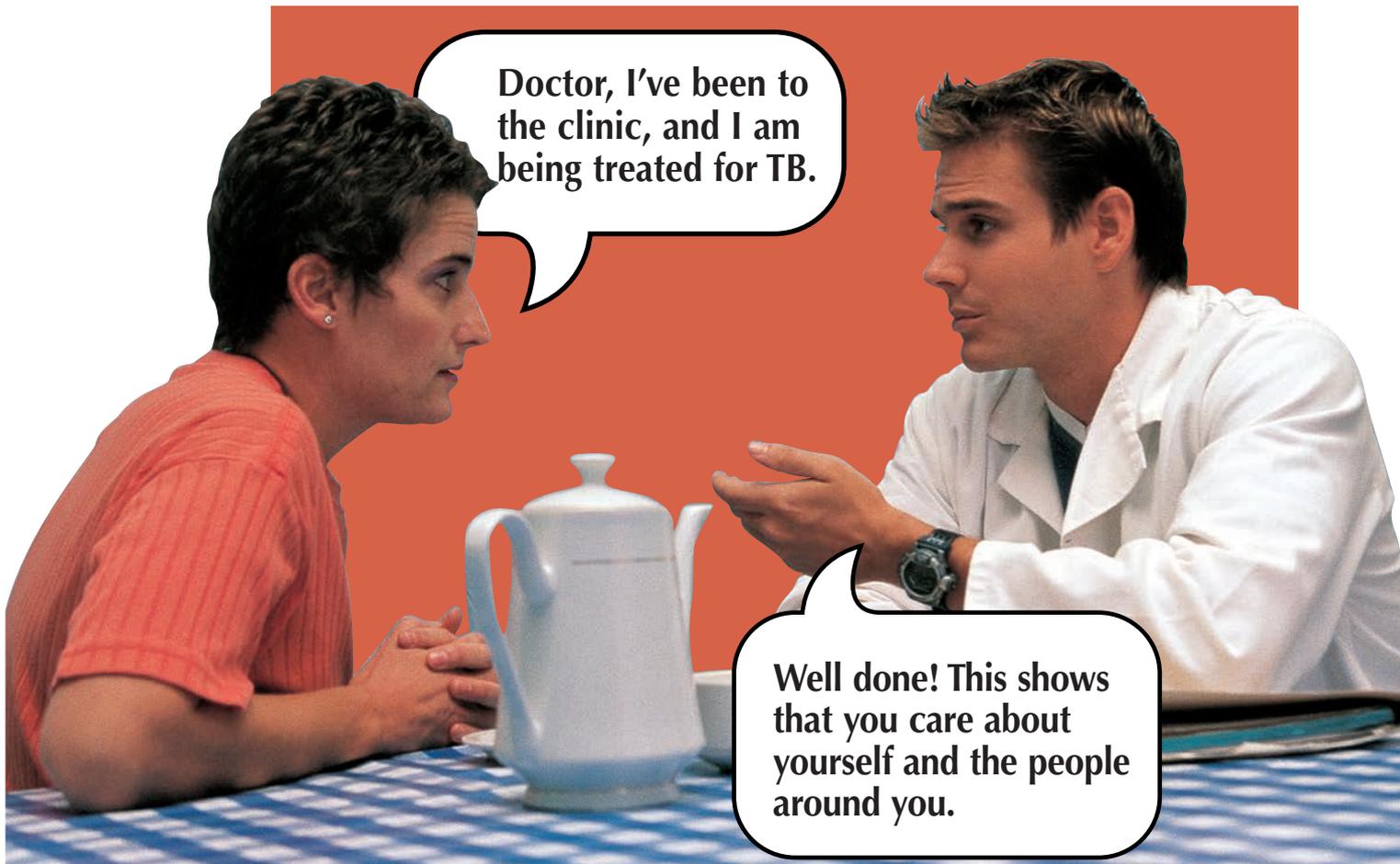
### permanent

- naphakade
- ngapheliyo/naphakade
- saruri
- permanent

### disability

- uku-khubazeka
- uku-khubazeka
- uku-khubazeka
- ontgeskiktheid

# Living a healthy



## Things to do while you are on TB treatment

- Continue to take care of yourself and the people around you.
- If you can, eat enough healthy food to help you fight sickness and to stay a healthy weight.
- Get plenty of rest and fresh air.
- When you are feeling better, talk to your health worker about ways to exercise.

**Remember!**

TB can be cured with the right treatment.

# life with TB

Everybody should eat as many of these different kinds of food as they can every day:

- Fruit and vegetables. These foods help to fight sickness.



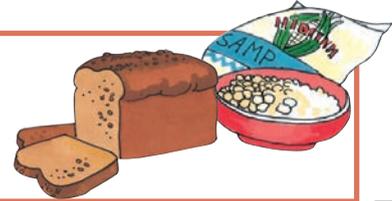
- Beans, lentils, meat, chicken, fish, milk and eggs. These protein foods build the body and keep us strong.



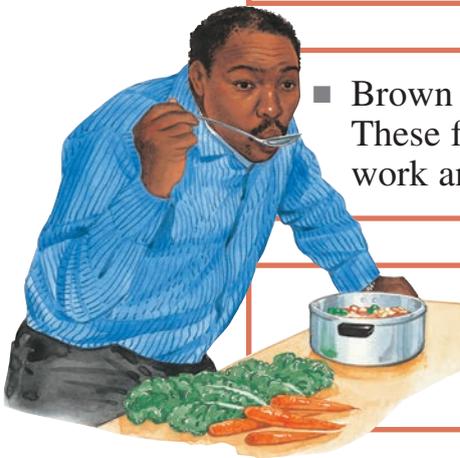
- Maas or yoghurt. These help us to digest our food.



- Brown bread, brown rice, pap and samp. These foods give us energy to grow, play, work and learn.



- Butter, oil, peanut butter and nuts. These give us energy. They can be added to porridge or other foods.



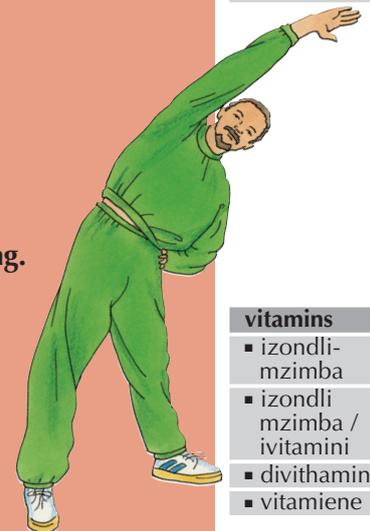
## LOSS OF WEIGHT

Many people who have TB lose weight. This is often caused by loss of appetite.

Important things to think about if you have been losing weight:

- Exercise regularly to keep your muscles strong.
- Eat a lot of energy foods such as pap, rice and potatoes.
- Eat a lot of protein food such as beans, eggs, milk and fish.
- Don't stop eating, even if you are sick and you do not feel like eating.
- Try not to take medicines that will make you vomit or have diarrhoea.

You do not have to buy expensive food to eat healthily. Beans and lentils are cheap, and are as good for you as meat. You can grow your own vegetables. These have a lot of vitamins to help keep your body healthy and fight sickness.



### loss of appetite

- ukungathandi ukudla
- ukungafuni ukutya
- ho se be le takatso ya dijo
- verlies van eetlos

### diarrhoea

- uhudo
- urudo
- letshollo
- diarree

### vitamins

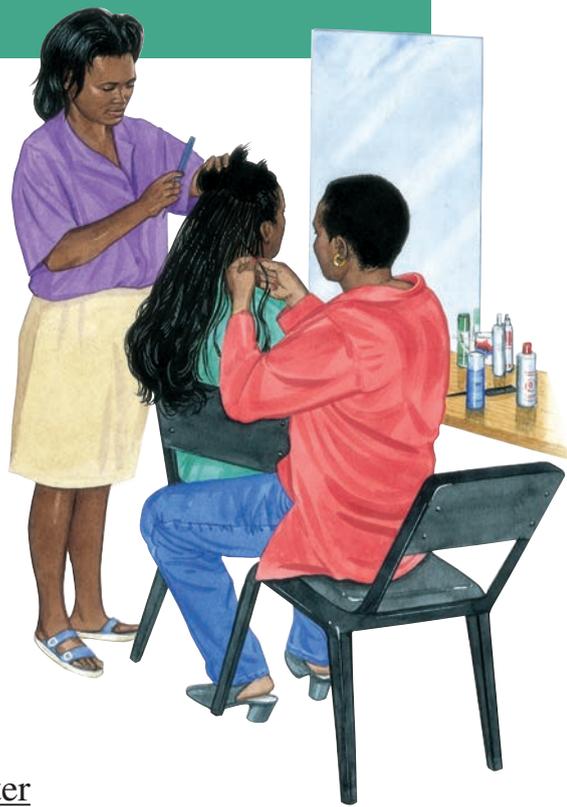
- izondli-mzimba
- izondli mzimba / ivitami
- divithamini
- vitamieni



# The workplace

## Can I carry on working?

- It is unlikely that you will pass on TB to other people after you have been taking medicine for a few days.
- How soon you go back to work will depend on how sick you are. Many people are ready to go back to work after only two weeks.
- Talk to your friends at work. Ask them to help you to remember to take your TB medicine.
- But remember, once you go back to work, you must still carry on taking your treatment for at least 6 months.
- It is against the law to fire an employee because he or she has TB.
- Working is not harmful if you are on TB treatment, but you may need to be on lighter duties until you feel strong again.



### pass on

- dlulisela
- ukudlulisela
- ho fetisa
- oordra

### lighter duties

- imisebenzi elula
- imisebenzi engekho nzima
- mesebetsing e bobebe
- ligter diens

## The dangers of dusty workplaces



- People who work in places where there is a lot of dust may get TB more easily.
- It is the duty of your employer to provide a workplace which is safe.
- You should talk to your shop steward and management, if your workplace is very dusty. It is very important to find a way to make the workplace clean and safe.

### privacy

- ngasese
- bucala
- poraevesi/ sephiri sa boinotshi
- privaatheid



## Know your rights

- You have the right to privacy and confidentiality – nobody else needs to know about your illness if you do not want them to know.
- You have the right to be treated with respect.
- You have the right to know what is being done to you at the clinic.
- You have the right to sick leave if you have TB or any other illness.
- You have the right to information about your treatment.

### confidentiality

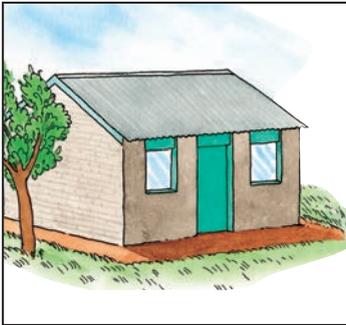
- ukuba yimfihlo
- ukuthemba abanye
- ho bolokwa ha sephiri
- vertroulikheid

# Community action

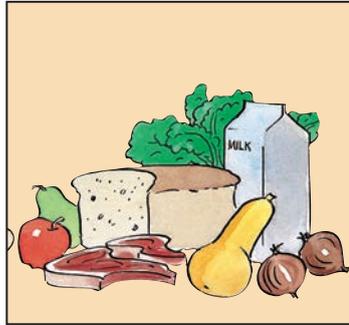
## What can we do about TB in our community?

TB is a national and a community problem. This is because when many people in a community have TB, there is a strong chance that other people will catch it. We must prevent TB and help those people who have the disease.

### We can work towards better living and working conditions:



We need houses with enough space and fresh air.



We need to be able to get healthy foods which do not cost a lot of money.

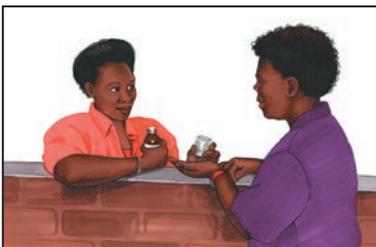


We need cleaner workplaces.

#### living and working conditions

- izimo zokuhlala nezoku-sebenza
- iimeko zokuhlala nezoku-sebenza
- maemo a ho dula le a ho sebetisa
- woon en werksom-standighede

### We can help people who have TB:



Be a DOTS supporter. Help someone to take their TB medicines. Ask at the clinic how you can help.



We can respect them just as we respect everyone else.



We can join organisations which help people with TB (read page 21).

### All children should be immunised:

TB can also be prevented by giving children a BCG immunisation. This should be given to **all children** when they are born. This stops them getting sick from TB later in life. Take your child to the clinic to get a BCG if he or she was born at home.



#### immunised

- ukugonywa
- ukugonywa
- o entilwe
- geimmuniseer



#### Community Information

The best way to stop TB from spreading in the community is to make sure that everyone who has TB is properly treated.

#### community

- umphakathi
- uluntu
- setjhabeng
- gemeenskap

# Government action

## What is the government doing to stop TB?

### media

- abezindaba
- amaziko osasazo
- diphatlalatsi
- media

- The government is working very hard to stop TB from spreading. It has formed partnerships with the media, organisations and employers. This is to make sure that everyone knows about TB and that it is easy to cure.



### diagnose

- ukubona nokwazi izifo
- qonda undonakele
- ho fumana lefu
- diagnoseer



- Government nurses, doctors and health workers are trained to know about TB. They know how to diagnose and treat people.

- The earlier you know you have TB, the easier it is to treat. This is why government looks for people who might easily get TB. This includes children who live with someone who has TB.



- The government also helps these adults and children by giving them preventive medicine to stop them getting TB.

### preventive

- wokuvimbela
- yokunqanda/ yokukhusela
- ya thibelo
- voorkomende



- The government helps people who have TB. The treatment is of a very high quality. You will not have to pay for it. The government encourages DOTS supporters to help treat and cure people who have TB.

- The government is trying to fight the stigma and discrimination around TB. They make sure that TB patients can go for counselling and get support.



# List of places to help you

## National

- Department of National Health  
012 312 0089/0000
- Director of the TB Directorate  
012 312 0106

## Eastern Cape

- National TB Control Programme  
040 609 3948/3960

## Free State

- National TB Control Programme  
051 403 3857  
056 212 2271

## Gauteng

- National TB Control Programme  
011 355 3869/3408
- Santa National  
011 454 0260
- Centre for Chest Disease  
011 726 3526
- TB Alliance DOTS Support Ass  
011 355 3098/3000

## KwaZulu-Natal

- National TB Control Programme  
033 395 2586
- Centre for Disease Control (CDC)  
033 395 2051

## Limpopo

- National TB Control Programme  
015 295 2891  
015 295 8163 – X 215

## Mpumalanga

- National TB Control Programme  
013 755 5100/2291  
013 766 3444  
013 293 0520

## Northern Cape

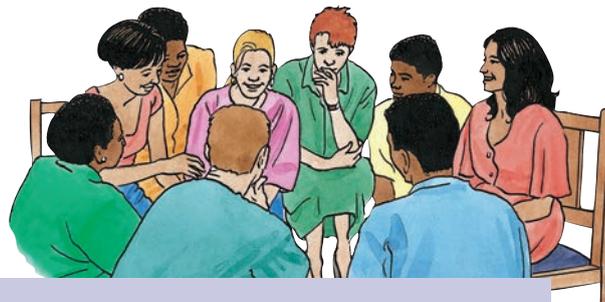
- National TB Control Programme  
053 830 0697/0660/0733

## North West

- National TB Control Programme  
018 297 0962  
018 462 5111

## Western Cape

- National TB Control Programme  
021 483 5431/6099  
021 483 2270
- TB Alliance DOTS Support  
Association  
021 918 1556



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# TB can be cured...

if you take your medication for the full 6 months

