



TUBERCULOSIS PREVENTION

Tuberculosis bacteria usually lives in the lungs, which means it is spread through the air. You are at higher risk of getting TB if:



You have a very weak immune system



You have a healthcare, doctor, nurse or prison worker in your family



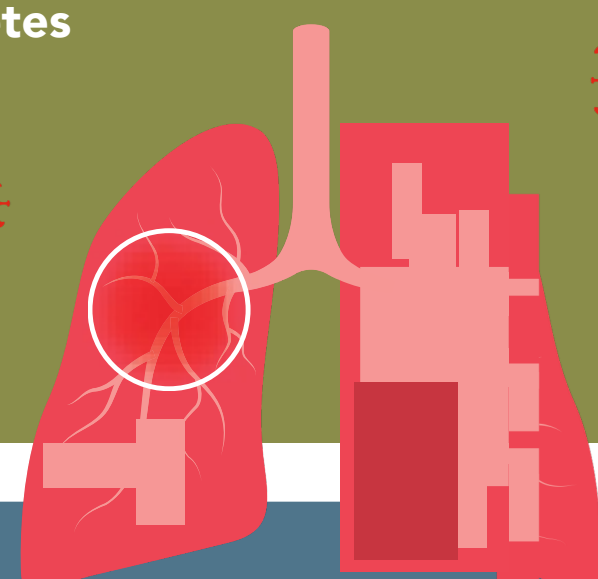
You are HIV positive



You have a chronic disease like diabetes



You live in poor housing conditions



WAYS TO PREVENT THE SPREAD OF TB

You can protect yourself by:

- Keeping your distance from a person who has TB or asking them to keep their mouth covered at all times.
- Opening the window on the train or taxi and allowing fresh air to carry out any airborne bacteria.
- Insisting on handshakes rather than hugs when greeting someone for the first time.
- Steering clear of enclosed areas full of people – like elevators, clinic waiting rooms or train stations.



Encourage people in your community to get tested for TB

If you know someone who has TB, support them and encourage them to get treatment at a hospital or clinic. Tell them that if they are in contact with others, they could pass the disease on, so it is important that they follow their advice.



Vaccinate your children and babies to protect them against TB

There are also vaccinations available for adults, and doctors often recommend that HIV-positive people get vaccinated against TB to lower their risk of getting the infection.



TB IS NOT SPREAD BY



Shaking hands with a person who has TB, sharing food with a TB patient or sharing a bathroom with a person who has TB.



For more information, support and advice feel free to reach out to us on transneteap@mhg.co.za

Scan this QR code to see the video content.



Call us on our toll-free Line

0800 000 408

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