

TB · POSTER FOR COMMUNITY MEMBERS

Spot TB early: cough, fever, night sweats

TB (tuberculosis) spreads through the air when a person with TB coughs. It can be cured, and the test and treatment are free at public health facilities.

KNOW THE SIGNS

Get tested if you have any of these

1 Cough for 2 weeks or more

The most common sign. Coughing up blood is a warning sign too.

2 Fever

Often worse in the evening, coming back day after day.

3 Night sweats

Waking up with clothes or sheets wet with sweat.

4 Weight loss

Losing weight without trying, or poor appetite.

5 Tiredness and weakness

Feeling tired all the time, even after rest.

6 Chest pain

Pain in the chest, or pain when breathing or coughing.

Who is most at risk?

- People living in the same house as someone with TB
- People living with HIV
- Children under 5 years
- People with diabetes or poor nutrition
- People who smoke or drink heavily

Protect your family

- **Cover your cough** with a tissue or your elbow, and wash your hands.
- **Let fresh air in.** Open windows and doors.
- **Test your contacts.** Family of a person with TB should be checked too.

What to do

1 Go to the nearest health facility

Or ask your community health worker to refer you.

2 Give a sputum sample

The TB test is free. Results come back quickly.

3 Finish your treatment

Usually 6 months. Take every dose, even when you feel better.

Myth: TB is a curse or runs in the family.

Fact: TB is caused by a germ. Anyone can get it, and it can be cured.

Free TB testing and treatment are free.

Visit your nearest health facility or speak to your community health worker today.