

LADUMA! Stick to your TB gameplan!

Symptoms

You may have TB if you:



Cough for two or more weeks



Have no appetite



Feel weak



Have night sweats

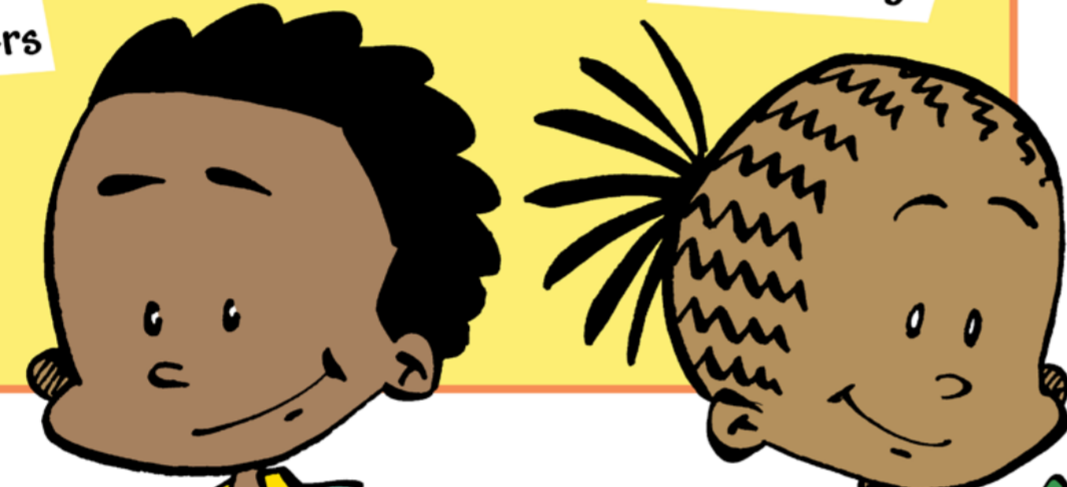


Lose weight



Feel tired

Have fevers



Prevention



To prevent TB:

1. Eat healthy foods like vegetables, eggs and fish.
2. Keep the windows in your house open and play outside in the sunlight whenever you can.
3. Cover your nose and mouth with your arm when you sneeze or cough.



Testing

To check your TB status, your clinic sister will:

1. Do a medical examination
2. Ask you to cough and spit into a plastic container
3. Talk to you and maybe take some blood for an HIV test.
4. Ask you to return for regular checkups.



Medication

If you have TB you will be put on medication.

REMEMBER TO:

1. Take your medication every day for six months to make sure you're cured.
2. Finish ALL the pills (even if you are feeling better).



Province of the
EASTERN CAPE
DEPARTMENT OF HEALTH



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