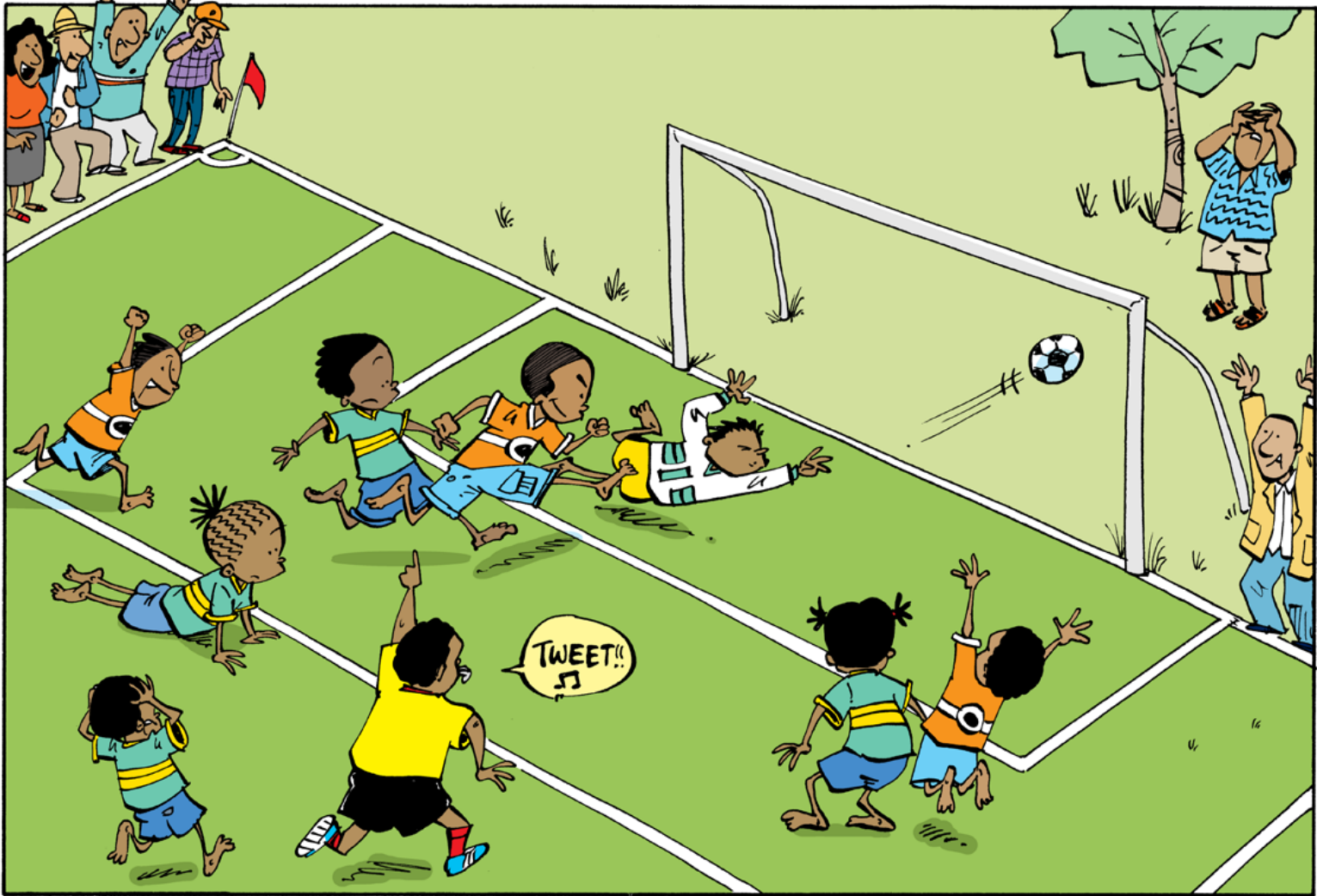
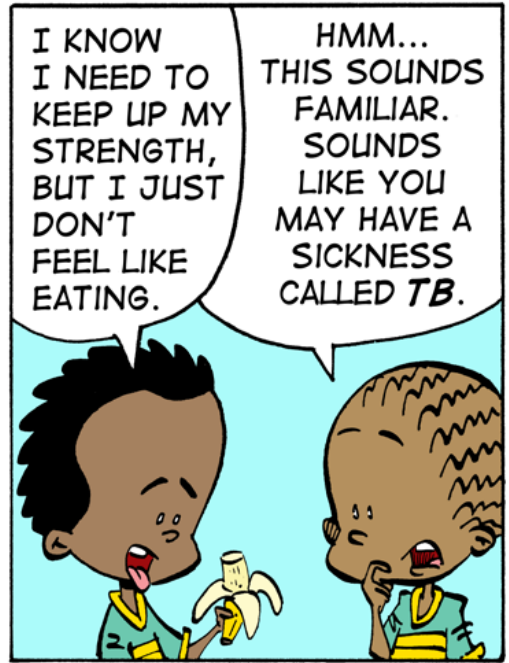
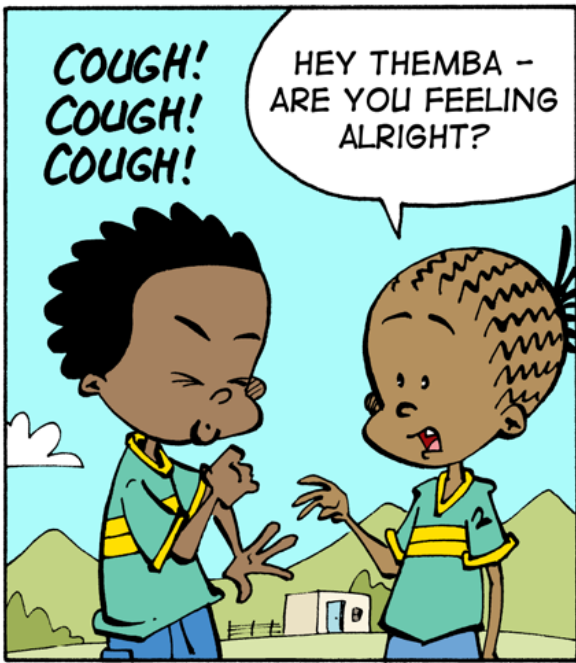


# LADUMA!

Stick to your TB gameplan!





## WORD SEARCH FOR SYMPTOMS

IF YOU HAVE A NUMBER OF THE SYMPTOMS SHOWN BELOW YOU MAY HAVE **TB**. SEARCH FOR THEM IN THE BLOCK, SEE IF YOU CAN FIND THEM ALL.

WEAK



TIRED



NO APPETITE



LOSE WEIGHT



CHEST PAINS



COUGH



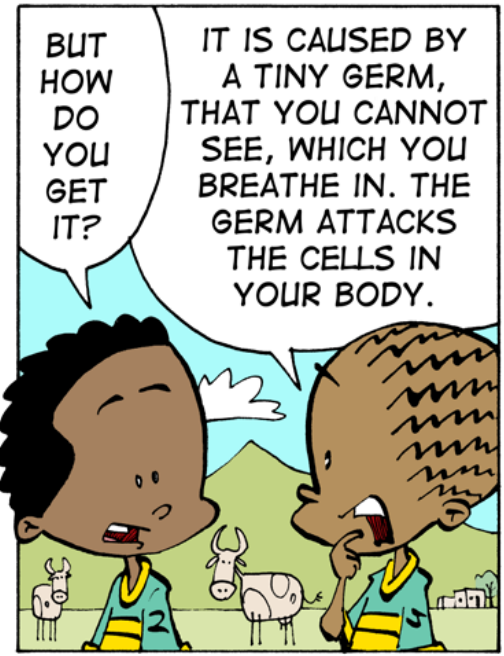
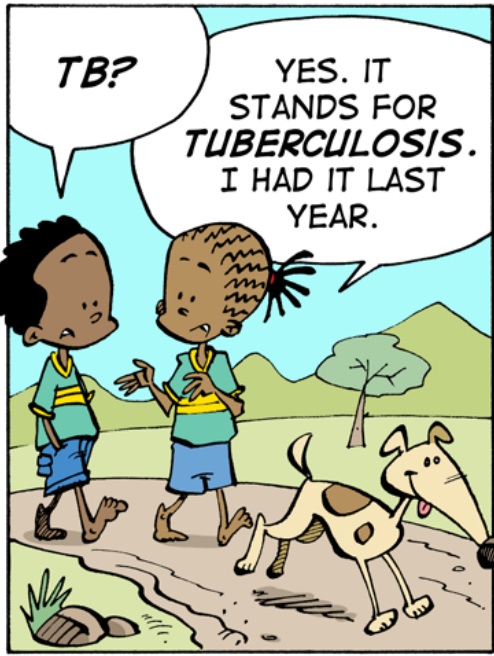
FEVER



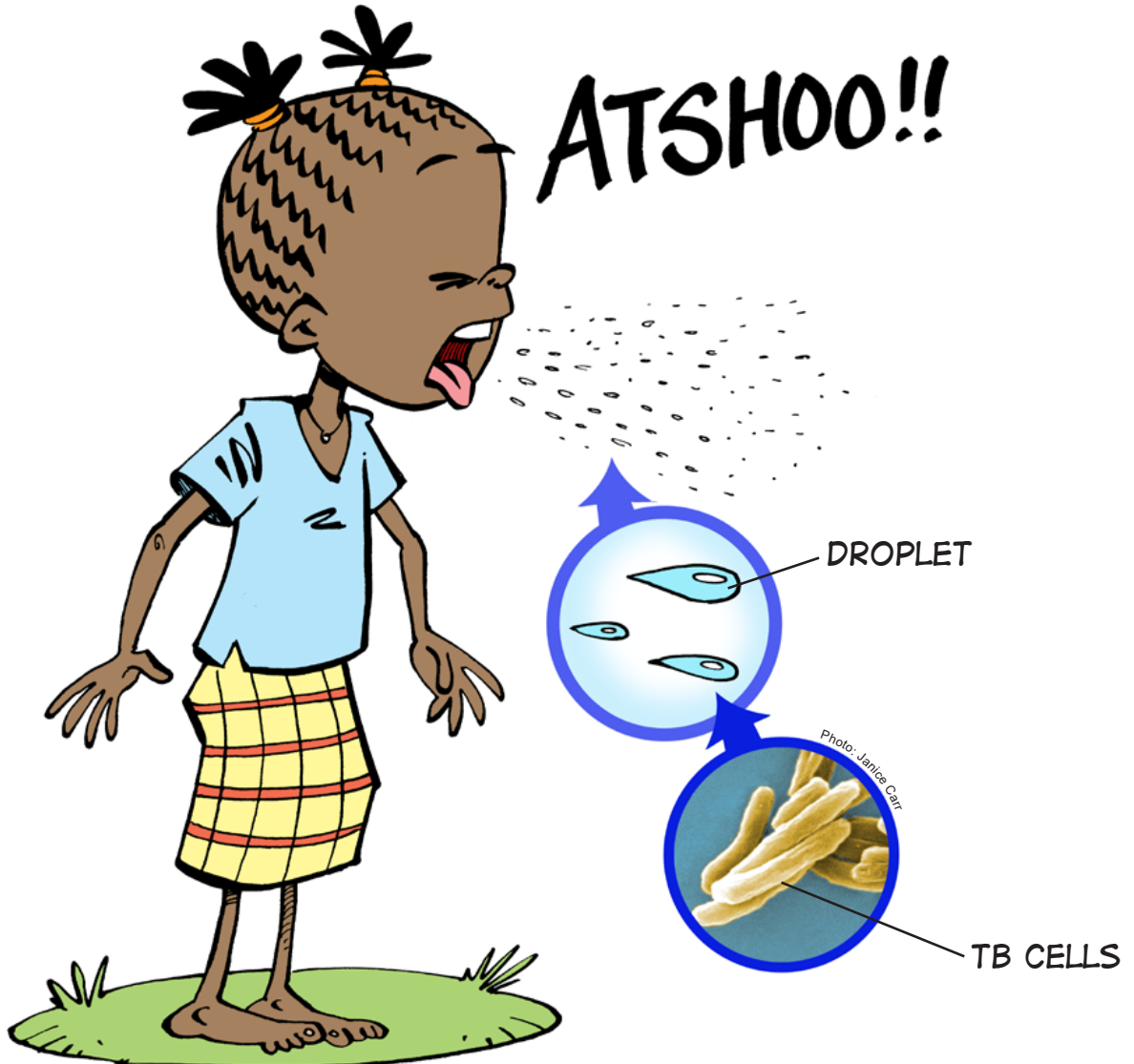
NIGHT SWEATS

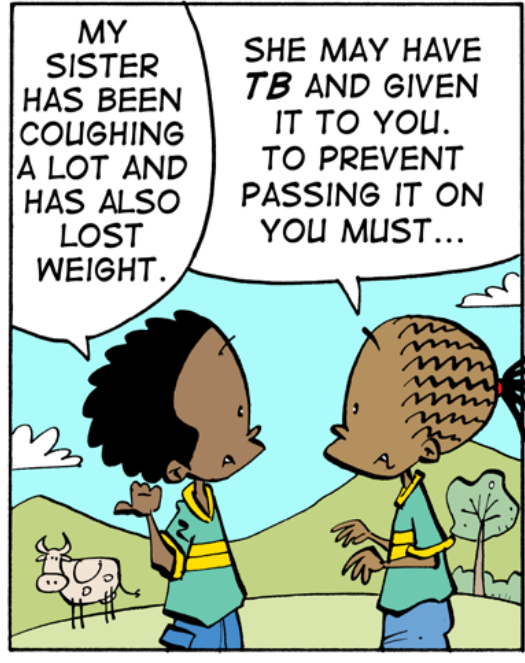






WHEN SOMEONE WITH TB COUGHS OR SNEEZES THEY SPRAY TINY DROPLETS INTO THE AIR. THESE DROPLETS CARRY THE TB GERM WHICH CAN INFECT SOMEONE WHO BREATHES THEM IN.





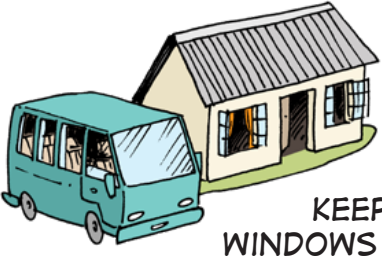
**HELP THEMBA FIND HIS WAY TO THE CLINIC.**

ON THE WAY HE NEEDS TO BE REMINDED OF ALL THE THINGS HE MUST DO TO PREVENT SPREADING TB.

WATCH OUT FOR THE THINGS HE SHOULD NOT DO.

## HELP THEMBA FIND HIS WAY TO THE CLINIC

### POSITIVE THINGS TO DO:



KEEP YOUR WINDOWS OPEN!



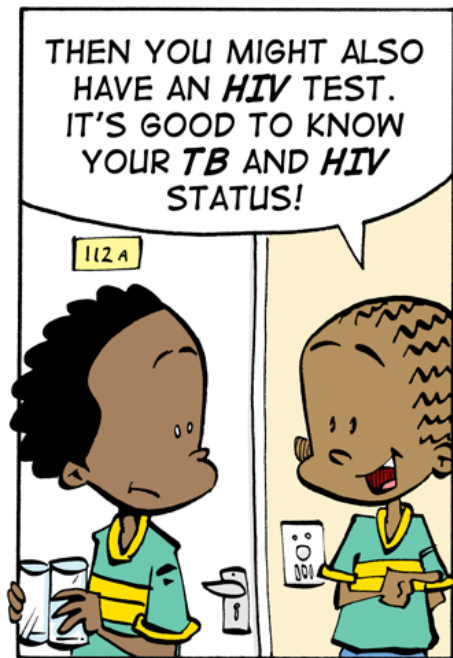
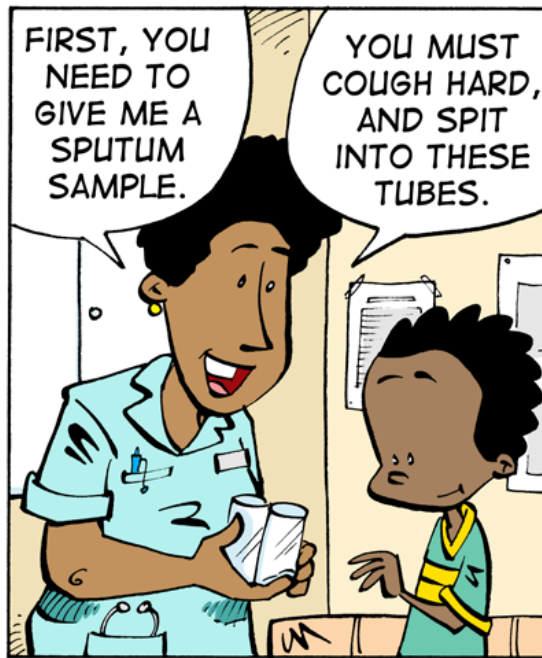
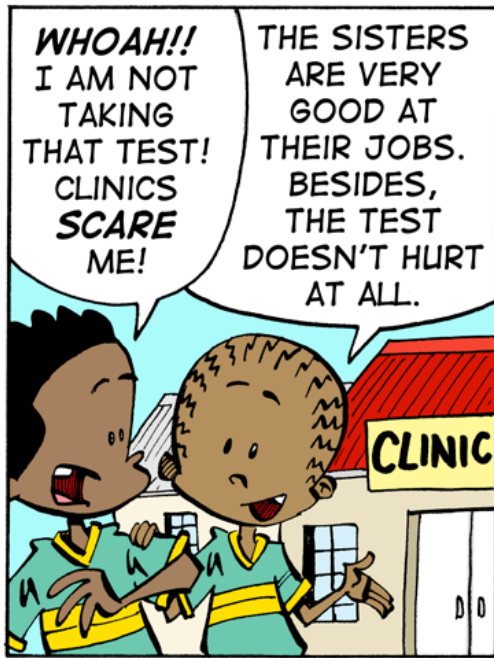
COVER YOUR MOUTH AND NOSE WHEN COUGHING OR SNEEZING!



EAT HEALTHY FOODS!







## Thandi's visit to the clinic

LOOK AT THE STORY OF WHAT HAPPENED WHEN I WENT FOR MY *TB TEST*. DRAW LINES TO LINK THE PICTURES WITH THE RIGHT SENTENCE.

**1** THE CLINIC SISTER DID A MEDICAL EXAMINATION ON ME.



**2** I COUGHED UP SOME SPUTUM INTO SOME SMALL PLASTIC CONTAINERS.



**3** I WAS GIVEN SOME MEDICINE.



**4** I WENT BACK TWICE WHILE I WAS ON THE MEDICINE TO GIVE MORE SAMPLES.



HEY, I'M FEELING BETTER ALREADY. CAN THESE PILLS REALLY **DESTROY TB**?



**ONLY** IF YOU TAKE THEM **EVERY DAY** AND **FINISH** THE COURSE. OTHERWISE THE TB ONLY GETS **STRONGER!**

AND, AS LONG AS YOU ARE ON THE MEDICATION, YOU WON'T PASS THE SICKNESS ON TO OTHERS, SO YOUR FAMILY AND TEAM-MATES ARE SAFE!

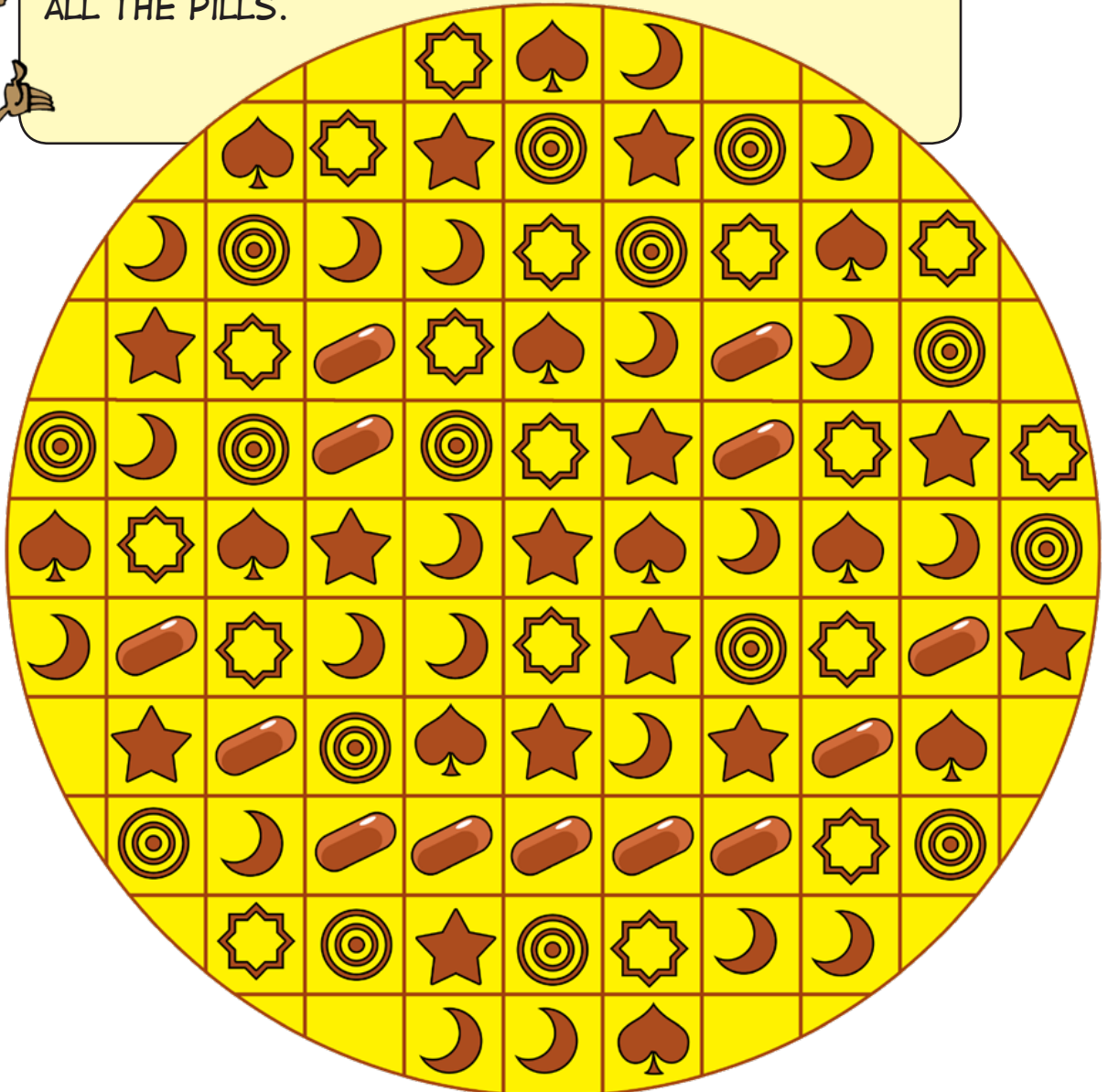


THAT'S A RELIEF! I'VE HEARD ABOUT OTHER THINGS THAT ALSO KEEP YOU FREE OF **TB** - LIKE EATING HEALTHY VEGETABLES.

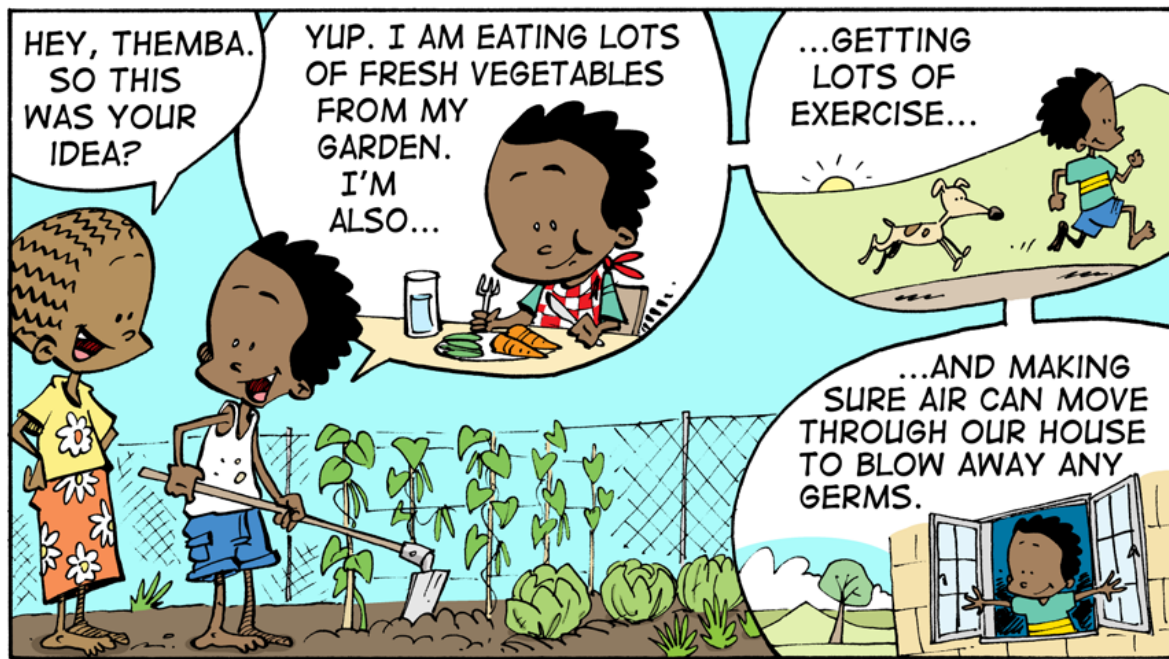
THAT GIVES ME AN IDEA!



HELP REMIND THEMBA TO TAKE ALL THE TB MEDICATION BY COLOURING IN THE BLOCKS WITH A PICTURE OF A PILL IN IT. USE A BACK PEN OR KOKI. SEE HOW THEMBA WILL FEEL AFTER HE HAS FINISHED ALL THE PILLS.







HEY, THEMBA. SO THIS WAS YOUR IDEA?

YUP. I AM EATING LOTS OF FRESH VEGETABLES FROM MY GARDEN. I'M ALSO...

...GETTING LOTS OF EXERCISE...

AND I AM TAKING MY MEDICATION. THE CLINIC SISTER TOLD ME THAT IF I DON'T FINISH IT, THE TB COULD COME BACK WORSE!

...AND MAKING SURE AIR CAN MOVE THROUGH OUR HOUSE TO BLOW AWAY ANY GERMS.

## GROWING YOUR OWN BEANS



GETTING BETTER FROM TB TAKES A LONG TIME - LIKE PLANTS WHICH TAKE TIME TO GROW BUT GIVE US FOOD IN THE END. **WHY NOT GROW SOME HEALTHY VEGETABLES?** REMEMBER TO TAKE YOUR MEDICINE EVERYDAY WHEN YOU WATER YOUR PLANTS.

**1**

COVER SOME BEANS WITH DAMP TISSUES.

PUT THEM ON A SUNNY WINDOWSILL AND KEEP THEM DAMP.

**2**

CHECK AFTER A FEW DAYS TO SEE IF YOUR BEANS HAVE SPROUTED.

ADD A LITTLE WATER EACH DAY.

**3**

WHEN THE STEMS AND LEAVES ARE BIG ENOUGH, PLANT THE BEANS IN THE GARDEN. ADD WATER EVERY DAY.

**4**

TIE THE PLANTS LOOSELY TO A STICK TO HELP THEM STAND.

WATER THEM EVERY DAY WHEN YOU TAKE YOUR TB MEDICATION AND LOOK FORWARD TO A MEAL OF HEALTHY BEANS.

A FEW WEEKS LATER...

# LADUUUMMA!!



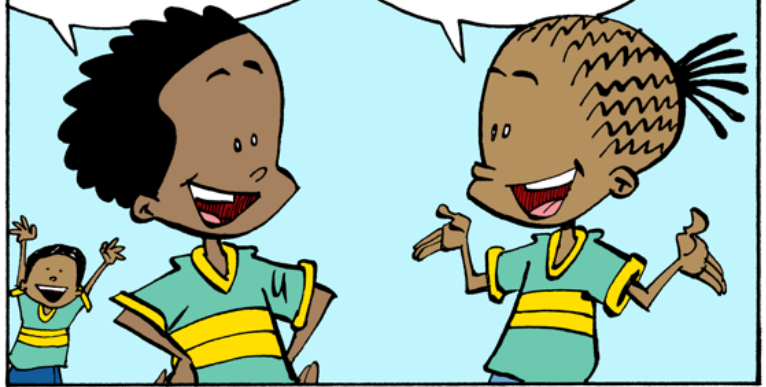
**WE WON!**

**VIVA THEMBA!  
VIVA!!**



WHAT A **GREAT GAME!** THE TEAM TRAINED REALLY HARD AND I'M FEELING **REALLY GOOD!**

YOU SEE - SUCCESS IS ALL ABOUT COMMITMENT. THAT IS HOW YOU **WIN** ON THE SOCCER FIELD AND HOW YOU **BEAT TB TOO!**



Province of the  
**EASTERN CAPE**  
DEPARTMENT OF HEALTH



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