

TUBERCULOSIS

HOW TO PREVENT TB?

- BCG vaccination provides good protection to the child from dangerous forms of TB
 - Newborn
 - School children : Standard 1 (if no scar)
- If you have cough lasting for 2 weeks or more, see the doctor as soon as possible.
- Family members and others who are in close contact to TB patients are advised to do the necessary examination.



GENERAL ADVISE

- Allow plenty of sunlight into your house because sunlight kills TB germs in the air.
- Good ventilation prevents TB from spreading. Open all your house windows during the day.
- Practice a healthy lifestyle and take a balanced diet.

FACILITIES AVAILABLE

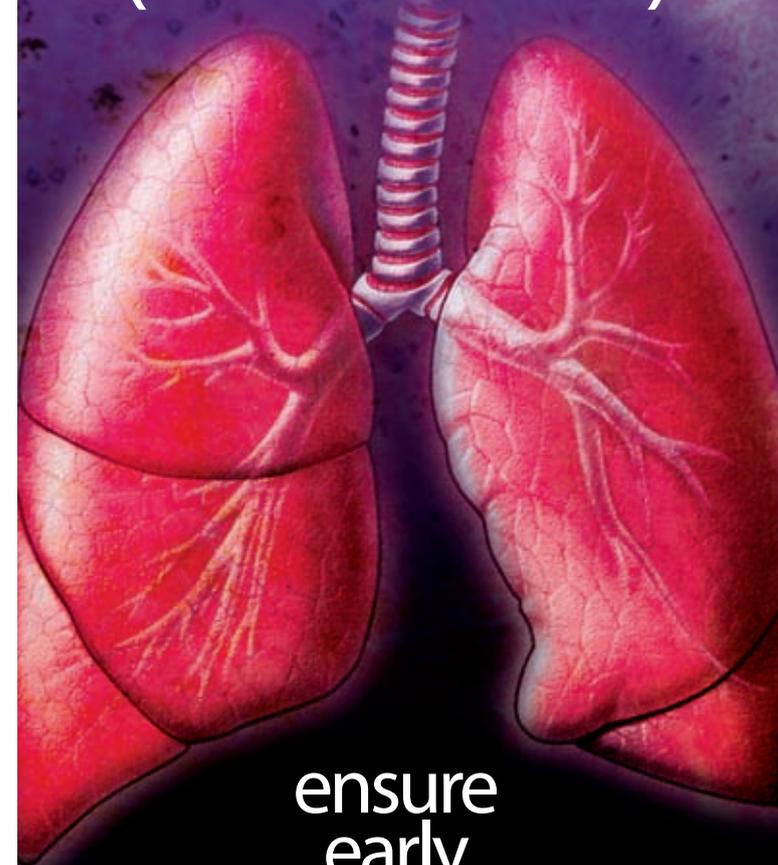
Sputum examination and treatment of TB is available free of charge at all government hospitals and health clinics.



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TB (Tuberculosis)



ensure
early
detection

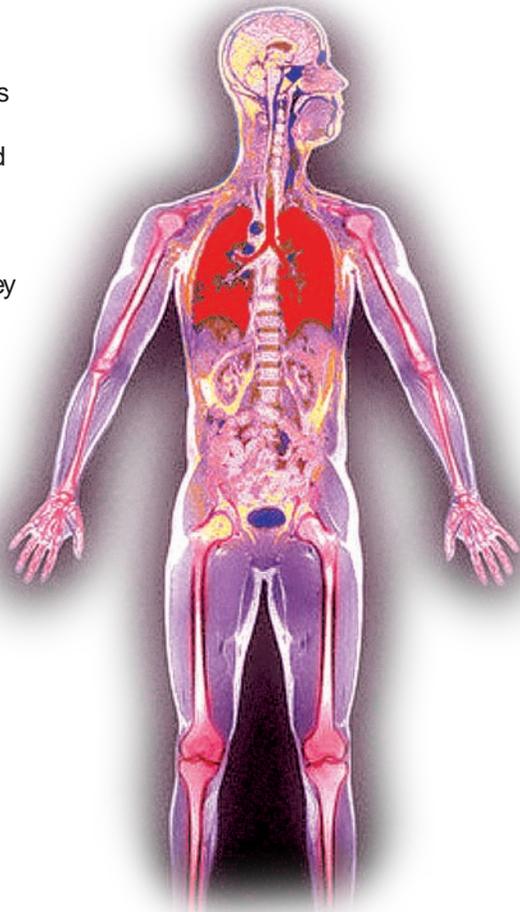
TUBERCULOSIS

WHAT IS TB?

Tuberculosis is a dangerous infectious disease. It causes suffering and also death if left untreated.

Tuberculosis is caused by tiny germs called Tubercle Bacilli which usually attacks the lungs. It can also affect other parts of the body such as the brain, bones, lymph nodes, kidneys and skin.

- Brain
- Bone
- Lungs
- Gland
- Skin
- Kidney



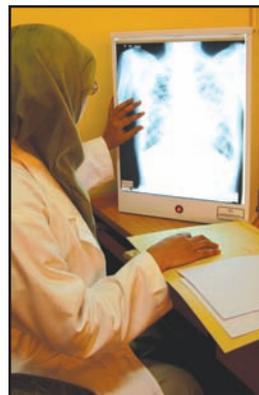
SIGNS & SYMPTOMS OF PULMONARY TB

- Cough lasting for 2 weeks or more
- The sputum may be blood-stained
- Fever, often with sweating, usually in the evening or at night
- Loss of weight and appetite
- There may be chest pain especially on coughing or deep breathing
- Getting tired easily and feeling weak



HOW TB SPREADS?

TB is an airborne disease. TB germs are spread through the air in tiny droplets discharged in a cough by a person suffering from active Tuberculosis of the lungs or also known as pulmonary TB. Anyone who breathes in these tiny droplets which contain TB germs is at risk of being infected and contracting the disease.



HOW TO DIAGNOSE TB?

If you have the signs and symptoms of TB, you must get:

- Your sputum tested, and/or
- A chest x-ray at the nearest health centre or hospital

TREATMENT OF TB BY THE DOTS STRATEGY

DOTS (Directly Observed Treatment-Shortcourse) strategy has been highly recommended by the World Health Organization.

DOTS strategy:

- Patient should take medication for 6 months
- It consists initially of daily treatment for 2 months and the medicines taken in the presence of trained medical staff.
- This is followed by treatment administered two times a week for 4 months which is taken under supervision by a trained observer.



If this treatment is followed regularly the patient can be cured completely