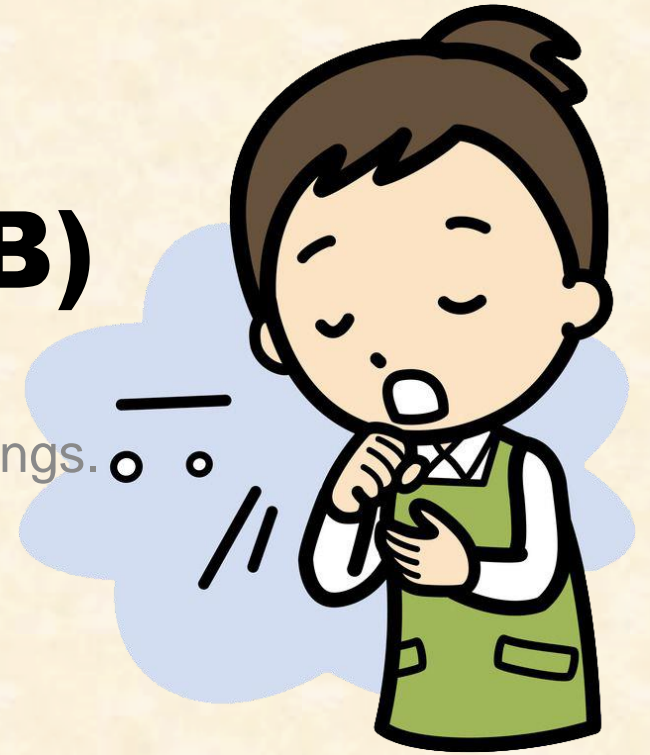


Tuberculosis (TB)

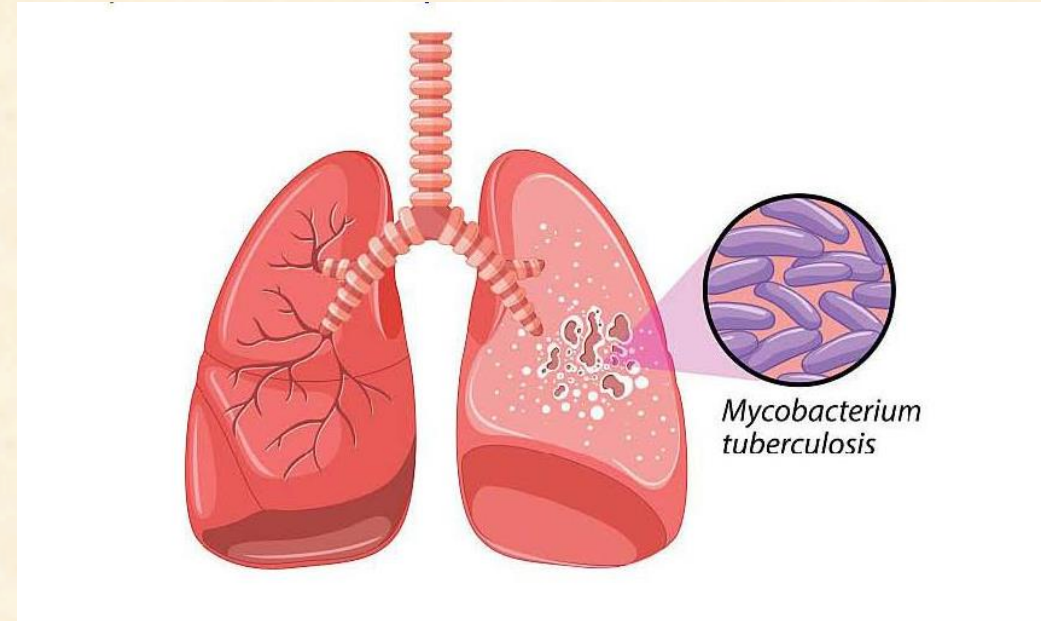
An infectious disease that attacks the lungs.

By Minu Prasad



What is Tuberculosis (TB)?

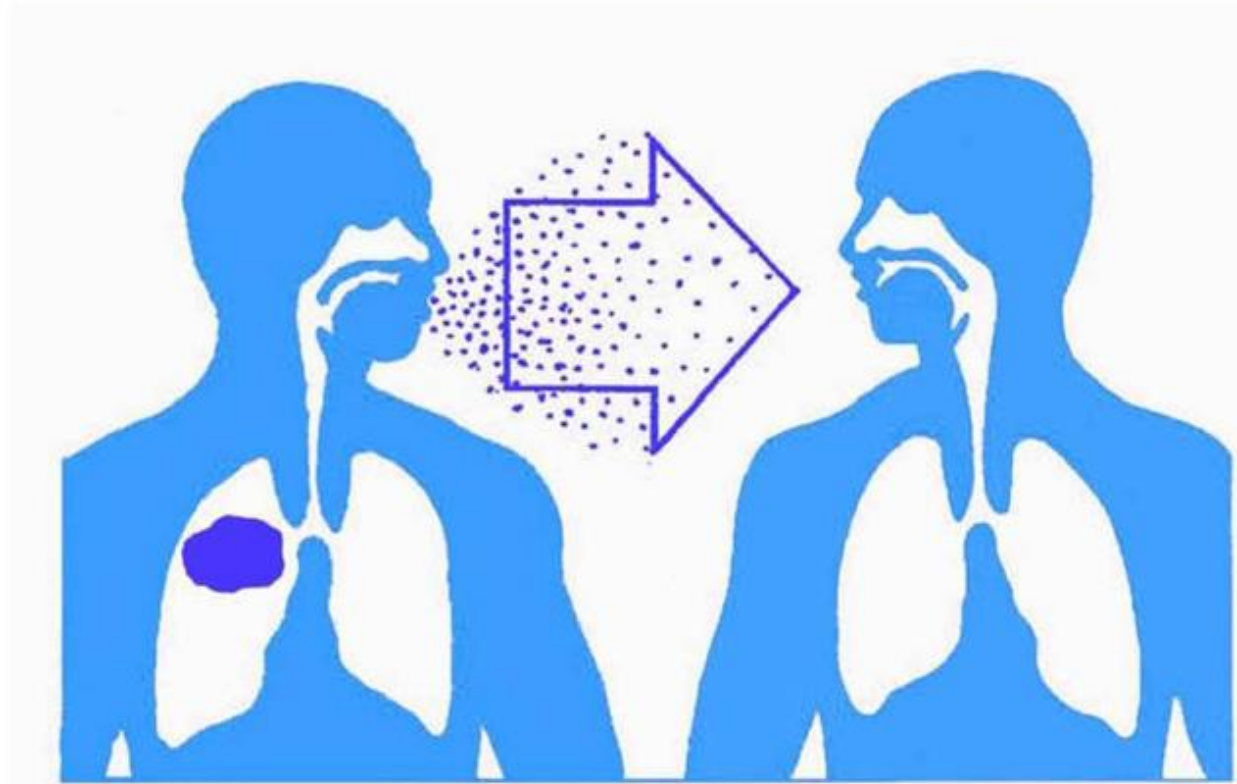
- Tuberculosis (TB) is an infectious bacterial disease
- Caused by a bacterium called *Mycobacterium tuberculosis*.
- The bacteria usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain.



TB is an infectious disease.

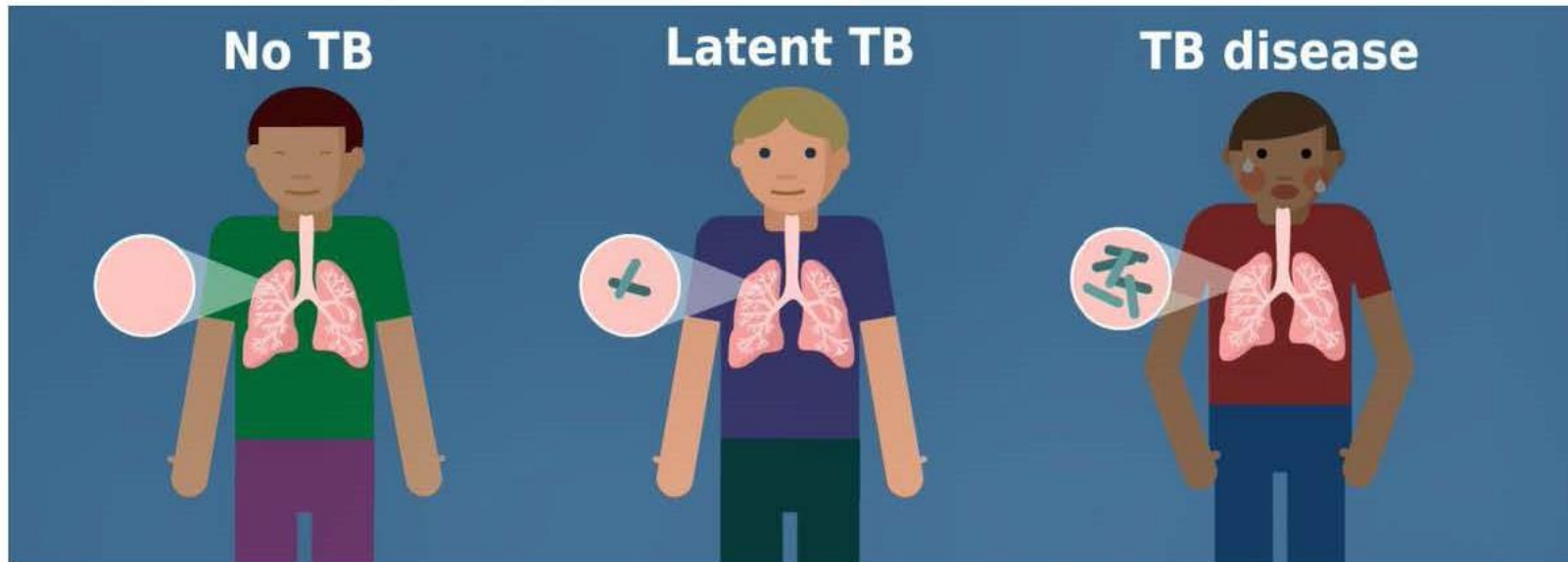
It is infectious because it can spread from one person to another **through the air** when an infected person:

- coughs
- sneezes
- talks
- laughs
- sings



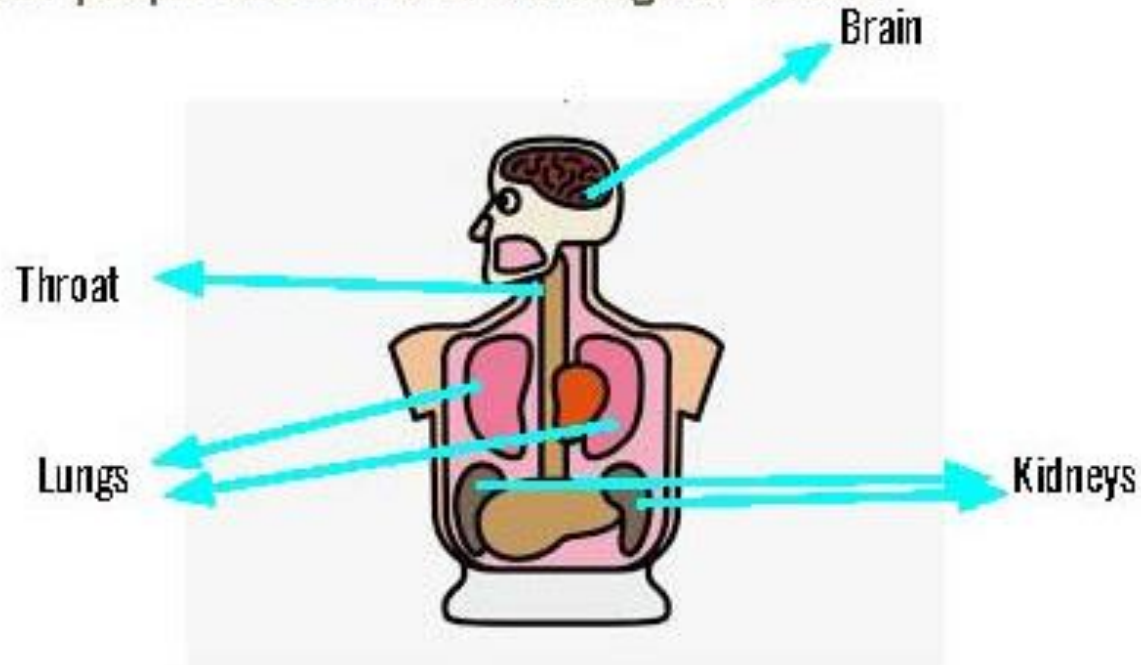
There are 2 types of TB

- **Latent tuberculosis** allows the bacteria to live in the body without causing disease and does not spread to others
- **Tuberculosis disease** is when the bacteria is actively multiplying and can be spread to others.



TB bacteria can spread inside the body.

The tuberculosis bacteria can grow in the lungs and then spread to the kidney, brain, or spine, **BUT** it can only spread to other people when it is in the lungs or throat.



TB makes you cough

Tuberculosis in the lungs makes you feel sick with a cough which:

- Last 3 weeks or longer
- Causes pain in the chest
- Produces blood or phlegm



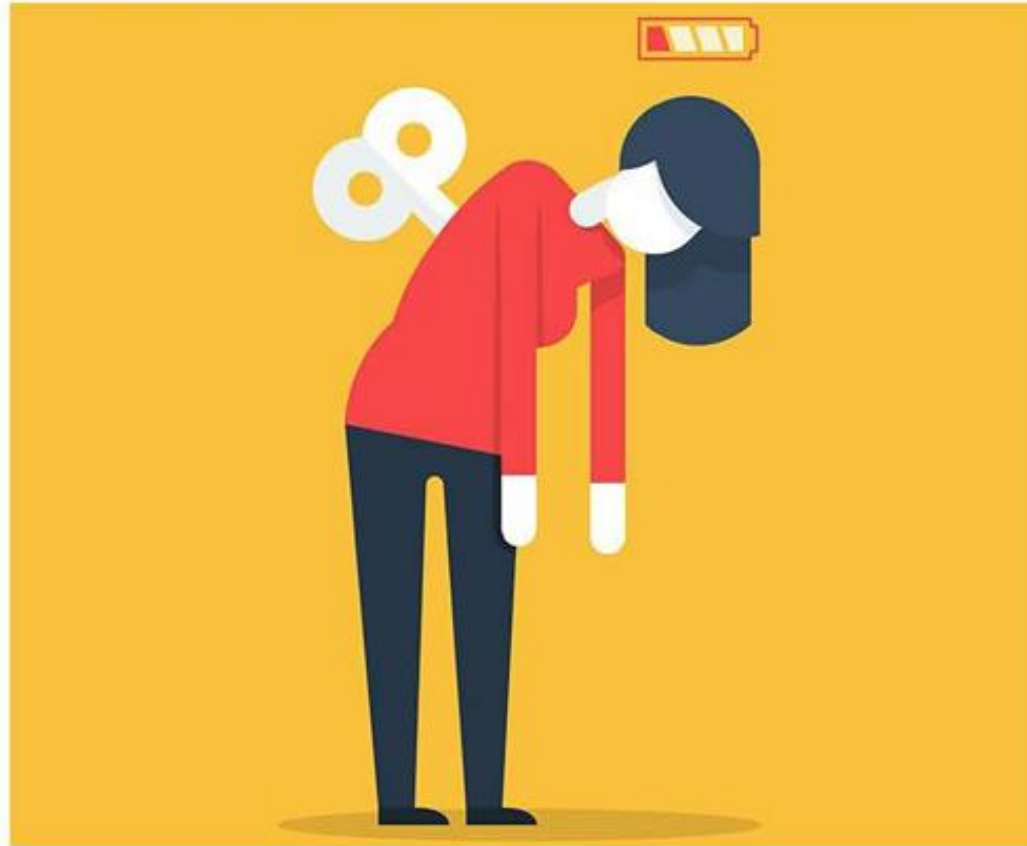
TB can cause a fever.

Fevers are caused when the body heats up to help fight the tuberculosis disease.

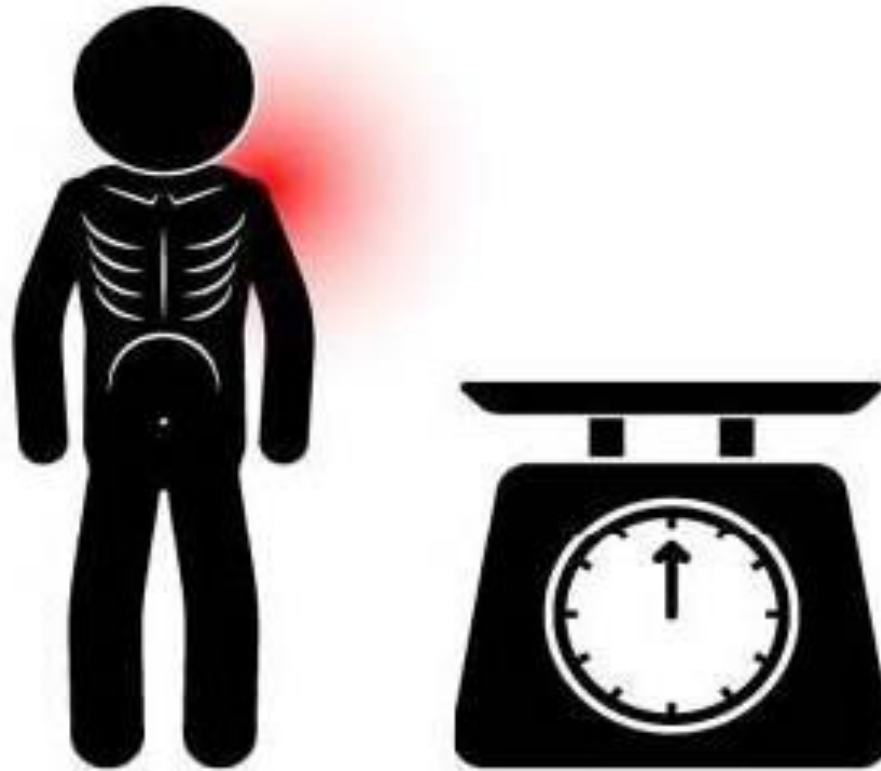


TB makes you feel tired

The body feels weak and tired because it is actively fighting a disease.



TB can cause weight loss.



TB takes away your appetite

Tuberculosis disease has been linked to malnutrition (when your body is not getting enough nutrients) because of reduced appetite.



TB can cause sweats or chills

Sweating and chills usually happen during fever as the body tries to adjust to the high temperature.



Prevention & Treatment

Coughing into your hand or wearing a mask will create a barrier between tuberculosis droplets and the body, so the bacteria can't enter the airway.



Get the TB Vaccine

The Tuberculosis vaccine is called the **Bacillus Calmette-Guerin (BCG) vaccine**.

Vaccines protect you by helping your body learn how to fight the tuberculosis bacteria.



Time to see the doctor.

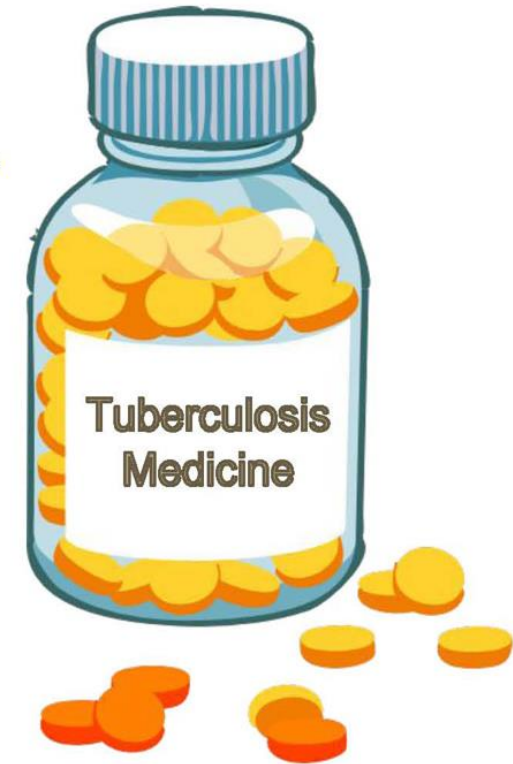
A doctor or nurse at the hospital can help you find out if you have tuberculosis and help you treat the disease.



Get treatment

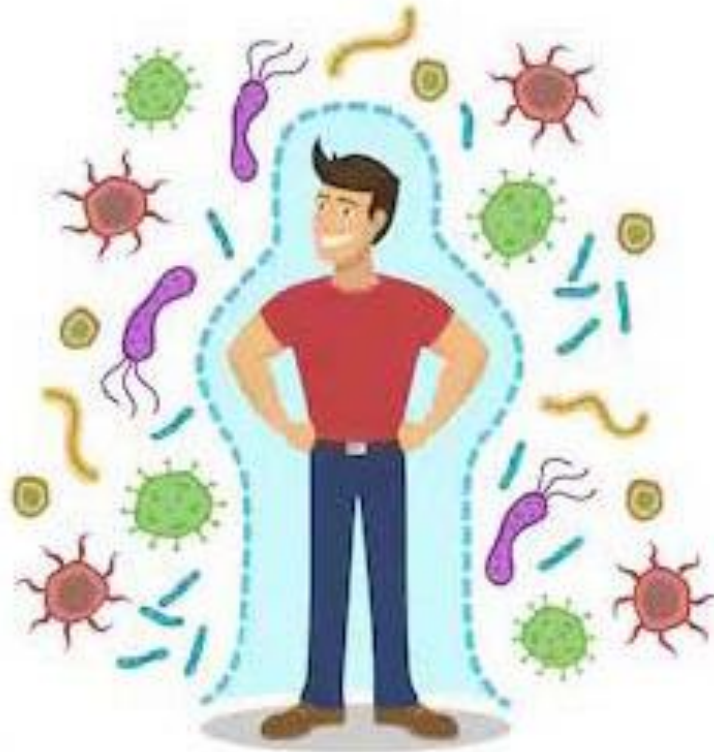
If somebody is sick with tuberculosis disease, **taking tuberculosis medicine** can stop the disease from spreading to other people.

Tuberculosis medicine is the cure, but it also prevent the spread of disease.



Preventing the spread to others

Even if you don't have the tuberculosis disease, **the bacteria may be inside your body**. Taking medicine can help fight this bacteria, and prevent it from spreading to others.



Myths & Misconceptions

We know that tuberculosis is caused by a bacteria that spreads through the air. This is why people who live close together, like families, are more likely to get the disease.



TB can only spread through the air.

It **cannot** be spread by:

- Shaking someone's hand
- Kissing
- Sharing food or drink
- Touching



Some people get TB more than once

People who had tuberculosis disease can get the disease again, but there is only a 2% chance that they will.



TB cannot be treated at home.

Tuberculosis disease **requires special antibiotics** which is why there are no home remedies to treat this disease. Taking antibiotics will guarantee **full recovery**.



References

- Sources
 - WHO; <https://www.who.int/news-room/fact-sheets/detail/tuberculosis>.
Extracted 4/2020.
 - CDC; Basic TB Facts; <https://www.cdc.gov/tb/topic/basics/default.htm>.
Extracted 4/2020.

YouLearn Educational Series provides the community based healthcare worker with educational materials for teaching the reader with low literacy; developed in cooperation with Texas A&M University School of Public Health, PHLT303, class 2020.

For additional information on healthcare booklets, please contact:
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