

# Understanding Tuberculosis (TB)

## What is TB?

TB stands for tuberculosis, a disease that affects the lungs.



## How does it spread?

If someone has TB and they cough or sneeze next to someone else, they can give them TB too. Some people won't get sick, but others can become very sick.

## How do you know if you have TB?

You need to see a doctor if you:

- Suddenly get very thin
- Suddenly start feeling very hot or very cold
- Cough badly for more than 3 weeks
- Feel tired a lot
- Sweat at night

The doctor will test you. If you have TB, you will get medicine to help you get better. This will also stop you from giving TB to other people.



## How to help your family

- Stay away from people who have TB
- Wash your hands regularly
- If you have to cough or sneeze, cover your mouth and nose



Toll-free:

Request a call back: **\*134\*905#**

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