



TUBERCULOSIS

What can you do?

- Eat a healthy, balanced diet and exercise regularly to build your immune system.
- Visit your clinic or doctor for regular check-ups.
- Talk about TB with your friends and family – encourage them to get tested.
- If someone has TB, support them to continue their full treatment. TB can be cured if it is diagnosed in time.
- TB can only be cured with the correct medication, which must be prescribed by a doctor.

The full course of treatment usually lasts for six months but you may need to be treated for up to 18 months.

- Even if you feel better before you finish taking the medicine, you **MUST** continue taking it for the full six months, or as prescribed.
- If you have TB and don't continue treatment, you can still carry the disease and spread it to others.
- If you stop TB treatment early, you will also be at risk of developing drug-resistant TB, which is the most dangerous form of TB and does not respond to normal medication.
- Most TB patients are not infectious after two weeks of treatment, and should be able to return to work if a doctor confirms that they can do so.