What is Tuberculosis (TB)?
- Tuberculosis is a disease that usually attacks the lungs but can affect other parts of the body like the brain, spine, or the kidneys.
- It is a dangerous but curable disease.
- TB can be treated and cured.
- Anyone can get TB.

What is Multi-Drug Resistant (MDR) or Extremely-Drug Resistant (XDR) Tuberculosis?
- If a TB germ is drug resistant, it means that the germ can fight the medicines that we usually use to treat TB.
- A TB-germ that is drug resistant is more dangerous and more difficult to treat than the "normal" TB germ.
- Multi-Drug Resistant TB and Extremely-Drug Resistant TB can be cured if treated correctly and all the medicines are taken.

How is TB transmitted? (All types of TB: Normal TB, MDR TB and XDR TB)
- TB is transmitted by air.
- When someone with TB coughs, sneezes or speaks, the TB germ is let out into the air.
- When another person breathes in these germs, TB can be transmitted.

What is the risk of catching TB in Khayelitsha? This depends on:
- How many people have TB in Khayelitsha?
- What is being done to control the spread of TB in your home, in public places and in this facility? (see opposite)

How many people have TB in Khayelitsha?
- There are approximately 6000 cases of TB diagnosed in Khayelitsha every year.
- There were 140 cases of Multi-Drug Resistant Tuberculosis (MDR-TB) and 11 cases of Extremely Drug Resistant Tuberculosis (XDR-TB) diagnosed in Khayelitsha in 2007.

In your home and in public places, it is up to you to reduce the spread of Tuberculosis. You can do this by:

By being aware of the signs and symptoms of Tuberculosis, and making sure that anyone who shows any of these signs or symptoms goes to the nearest clinic for a Tuberculosis test. The earlier people get a diagnosis and treatment, the lower the chance of them transmitting the disease.

The signs & symptoms of Tuberculosis are:
- Cough (for more than 2 weeks)
- Night sweats
- Fever
- Weight Loss
- Tiredness or lack of energy
- Coughing up blood

Making sure that all areas have good ventilation: Open the windows and doors to change the air so that any TB germs that are inside will flow outside.

Practising ‘Cough Hygiene’: People who cough should cover their mouth and nose when they do so. There are three ways of doing this:
- Use your upper arm.
- Use a tissue (throw it away afterwards).
- Use a surgical mask (throw it away afterwards).

There are three different types of infection ‘controls’ in place in this facility:
- Administrative Controls
- Environmental Controls
- Personal Respiratory Protection

How is TB not transmitted? (All types of TB: Normal TB, MDR TB and XDR TB)
- It is NOT transmitted by using utensils of someone who is sick with TB.
- It is NOT transmitted by greeting someone (shaking hands, hugging on the cheek or hugging).
- It is NOT transmitted by using other peoples clothes or bed sheets.
- It is NOT transmitted by blood transfusions or by blood milk.
- TB, MDR and XDR-TB are all transmitted in the same way.

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