

Dear resident of Cape Town

South Africa is among the countries with the highest number of people diagnosed with tuberculosis (TB). **The good news is that TB is preventable, treatable and curable.**

People with TB are most likely to spread it to those whom they are in **close contact** with every day. This includes family members, friends, co-workers and school friends. You have the highest risk of becoming infected with the TB bacteria if you:

- Share the same enclosed space or living arrangement for one or more nights , or
- Share the same space at work, school, college or public transport for frequent or extended periods during the day

Get a TB test if you:

- **Have been in close contact with someone who has TB of the lungs during the three months before he or she began TB treatment**
- Received TB treatment in the last two years
- Have recently been diagnosed with HIV
- Are HIV positive and use antiretroviral therapy (ART)
- Are pregnant and HIV positive

You can get a TB test even if you do not have any symptoms. TB testing is free at all City of Cape Town clinics.

If you have any questions, speak to a healthcare worker at your nearest clinic. See the list of clinics at www.capetown.gov.za/clinics.

#Yes. We can beat TB.

City Health Department

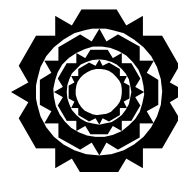
Mhlali obekekileyo waseKapa

UMzantsi Afrika lilizwe eliyinxal' enye yamanye amazwe apho linenani eliphezulu labantu abosuleleke sisifo sephepha (TB). **Iindaba ezimnandi zezokuba isifo sephepha esi sinakho ukuthintelwa kwaye siyanyangeka.**

Abantu abosuleleke yiTB aye abemakhulu amathuba okuba basigqithisele kwabo bathi **bahlangane kunye** nabo, rhoqo ngosuku. Abo bantu ke baquka amalungu osapho, izihlobo, oogxa ngokwasemsebenzini nabahlobo esikolweni.

Usemgciphekweni ophezulu wokuba uphefumlele ngaphakathi intsholongwane yeTB kwaye wosuleleke, xa niye:

- Nahlala endaweni enye evalekileyo indawo ubusuku obunye okanye nangaphezulu, okanye
- Nabelana ngendawo enye yokuhlala emsebenzini, esikolweni, kwikholeji okanye kwisithuthi sikawonkewonke amaxesha amaninzi okanye ixesha elide emini.



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Yenza uvavanyo lweTB ukuba:

- Uye wahlangana nomntu owosuleleke yiTB yemiphunga kwisithuba seenyanga **ezintathu ngaphambi kokuba aqalise ukufumana unyango lwayo.**
- Uye wafumana unyango lweTB kwisithuba seminyaka emibini edlulileyo
- Uye kutshanje wafunyaniswa wosuleleke sisifo ugawulayo (iHIV)
- Wosuleleke yiHIV kwaye usebenzisa amachiza okuyidodobalisa (ART)
- Ukhulelwe kwaye wosuleleke yiHIV

Ungenza uvavanyo lweTB nangona ungekabinazo iimpawu zokosuleleka. Uvavanyo lweTB lusimahla kuzo zonke iikliniki zeSixeko saseKapa.

Ukuba unayo nayiphina imibuzo, thetha nomsebenzi ongumnakekeli wezempilo okwikliniki ekufutshane nawe. Jonga kuluhlu lweekliniki kwikhonkco elingu www.capetown.gov.za/clinics.

#Ewe. Sinakho ukuyoyisa iTB.

ISebe lezeMpilo leSixeko

Beste inwoner van Kaapstad

Suid-Afrika is onder die lande met die hoogste syfer van mense wat met tuberkulose (TB) gediagnoseer is. **Die goeie nuus is dat TB voorkombaar, behandelbaar en geneesbaar is.**

Mense met TB sal dit waarskynlik na mense versprei met wie hulle elke dag in **nabye kontak** is. Dit sluit familielede, vriende, kollegas en skoolvriende in.

Jy loop die grootste gevaar om TB-bakterieë in te asem en infeksie op te doen as jy:

- Dieselfde toe ruimte of blyplek vir een of meer nagte deel, of
- Dikwels of vir lang tye gedurende die dag dieselfde ruimte by die werk, skool, kollege of in openbare vervoer deel

Laat jou vir TB toets as jy:

- in **nabye kontak** was met iemand wat TB van die lange het **gedurende die drie maande voor hy of sy met TB-behandeling begin het**
- TB-behandeling in die afgelope twee jaar gehad het
- onlangs met MIV gediagnoseer is
- MIV-positief is en antiretrovirale terapie (ART) ontvang
- swanger en MIV-positief is

Jy kan jou vir TB laat toets selfs al het jy nie enige simptome nie. TB toetsing is gratis by alle Stad Kaapstad-klinieke.

As jy enige vrae het, praat met 'n gesondheidsorgwerker by jou naaste kliniek. Sien die lys van klinieke by www.capetown.gov.za/clinics.

#Ja. Ons kan TB oorwin.

Departement Stadsgesondheid



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Preventive treatment for tuberculosis infection

TB preventive treatment can stop infection from turning into active disease.

What is TB infection?

Tuberculosis (TB) is caused by bacteria and spreads through air and can infect anyone. Sometimes, a person gets infected with bacteria but they do not fall ill with TB immediately. In this case, the TB bacteria remain inactive in the body and the person is said to have TB infection. People with TB infection do not show any signs or symptoms of TB.




Most people with TB infection are not sick and cannot spread the infection to others. However, they are at risk of developing active TB if their immune system weakens.

Am I at risk?

You can be infected with TB bacteria even if you are not ill. In fact, as many as 1 in 4 people in the world are estimated to have TB infection, most of whom are well.

Some people who are infected will go on to develop TB disease.




The chance of getting active TB disease is higher if you:

- are in close contact with a TB patient
- are living with HIV

Other high-risk groups include people receiving dialysis, who have silicosis, who are receiving haematological transplantation or anti-TNF treatment, healthcare workers, migrants from high TB burden countries, people who use drugs, who are in prison or homeless people.

Do I need TB preventive treatment?


If you are at risk then your healthcare provider will first rule out active TB disease before assessing if you need TB preventive treatment.



A tuberculin skin test (TST) or interferon-gamma release assay (IGRA) can be used to identify people with infection.

What are the treatment options?

Today, there are many preventive treatment options available. New, shorter treatment options mean that people can be protected from TB for many years with treatment lasting only 1 or 3 months versus more than 6 months in the past.



It is important to complete the full course of TB preventive treatment so that it is effective.

Protect yourself and your loved ones!

