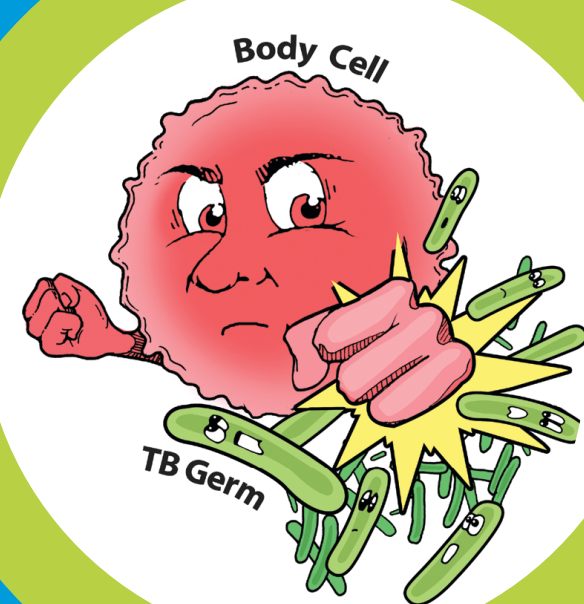


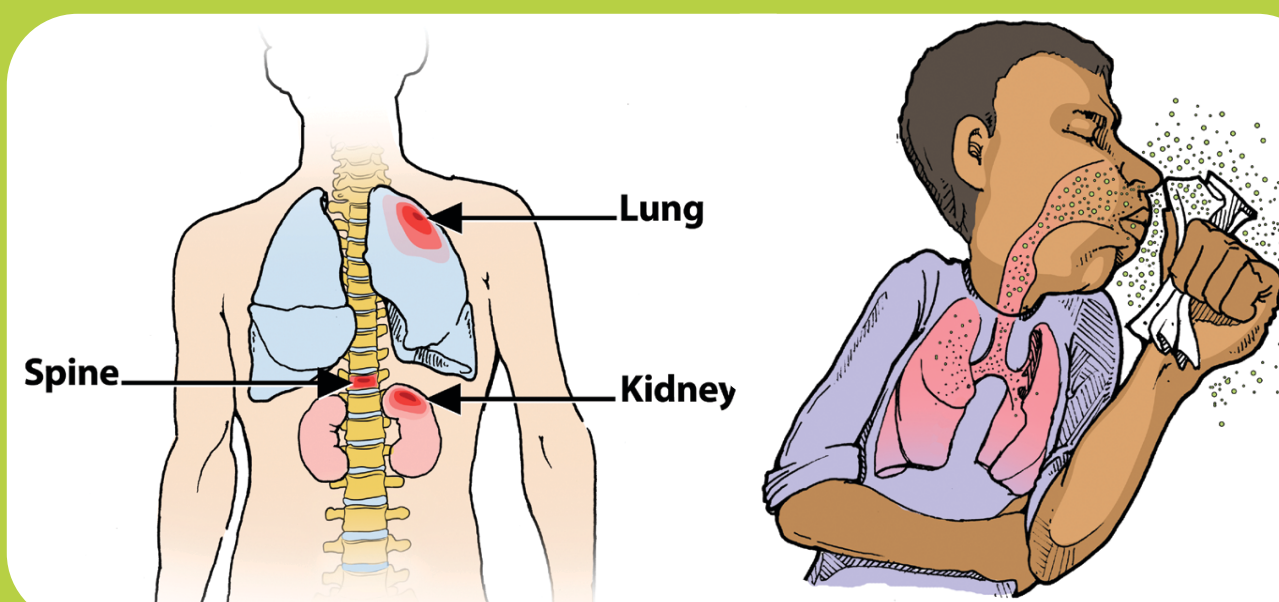
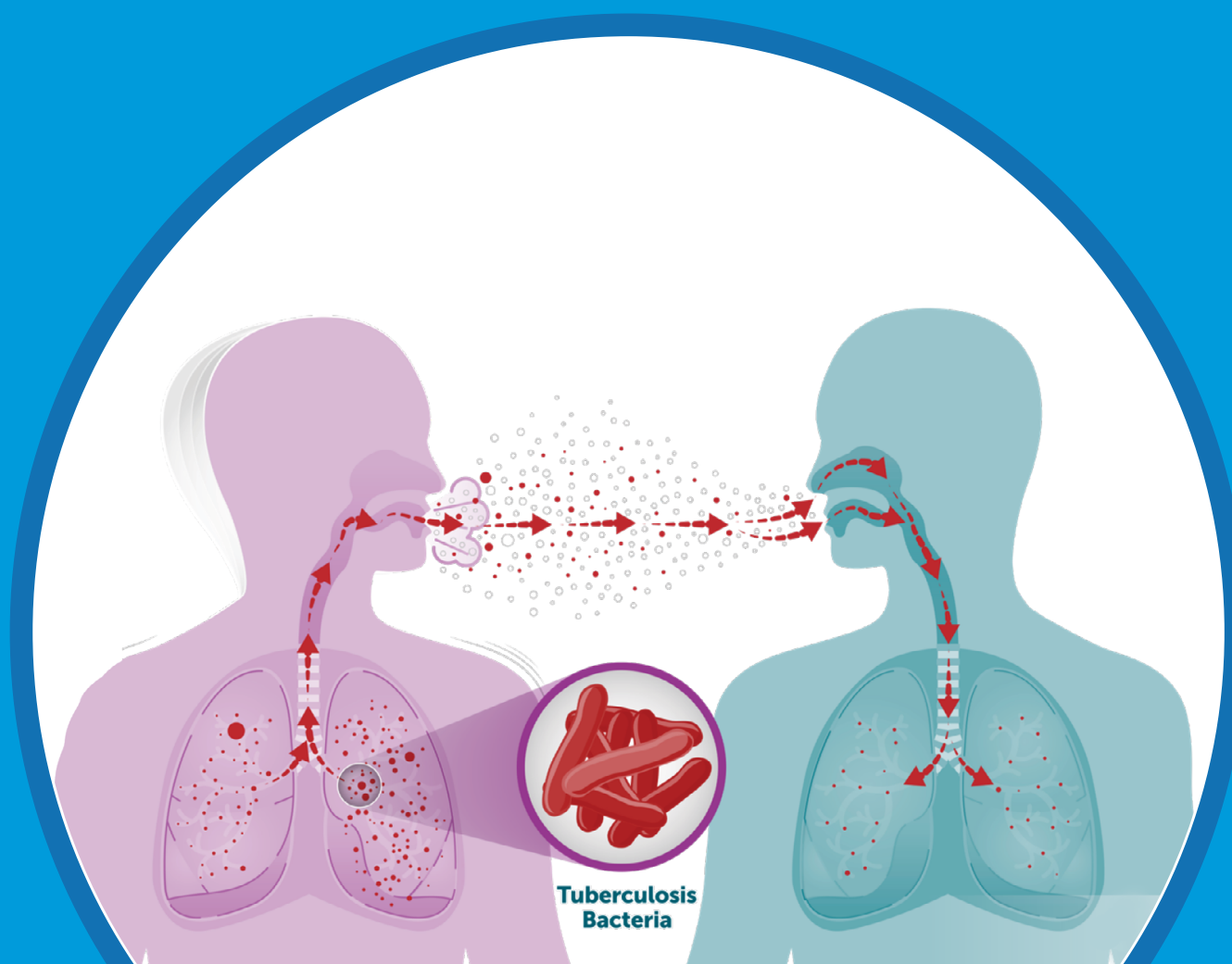
HOW IS TB TRANSMITTED?



TB is spread when a person with TB coughs, sneezes, laughs or even sings. If someone else inhales the germ, they might develop TB.



Your body will try to fight the TB bug, but sometimes the bug beats your body and it then develops into TB disease.



In TB disease the bug can spread throughout your lungs and into the rest of your body. Now you will start feeling ill.

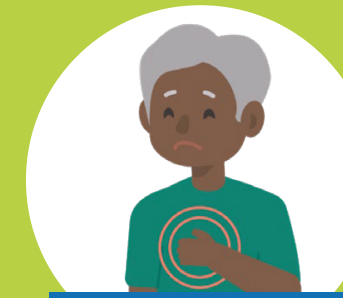
Symptoms and signs of TB



Cough



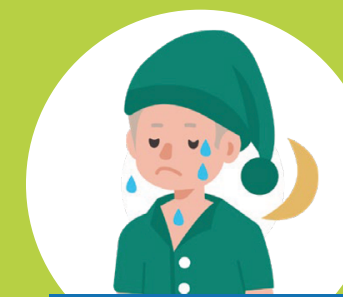
Coughing up blood or sputum



Chest pain



Fever



Night sweats



Loss of appetite



Weakness or fatigue



Weight loss

WORLD TB DAY

March 24 →

IN 2020 IN SOUTH AFRICA:

328 000 people became sick from TB

61 000 people died from TB

>1100 people died from TB every week

DO YOU THINK YOU HAVE TB? HAVE YOURSELF TESTED AT YOUR CLINIC

PREVENT TB BY LIMITING YOUR VISITS TO HIGH-RISK AREAS LIKE OVERCROWDED TAXIS AND UNVENTILATED AREAS

OPEN WINDOWS AND DOORS WHERE THERE ARE LARGE



**Western Cape
Government**
FOR YOU

Education



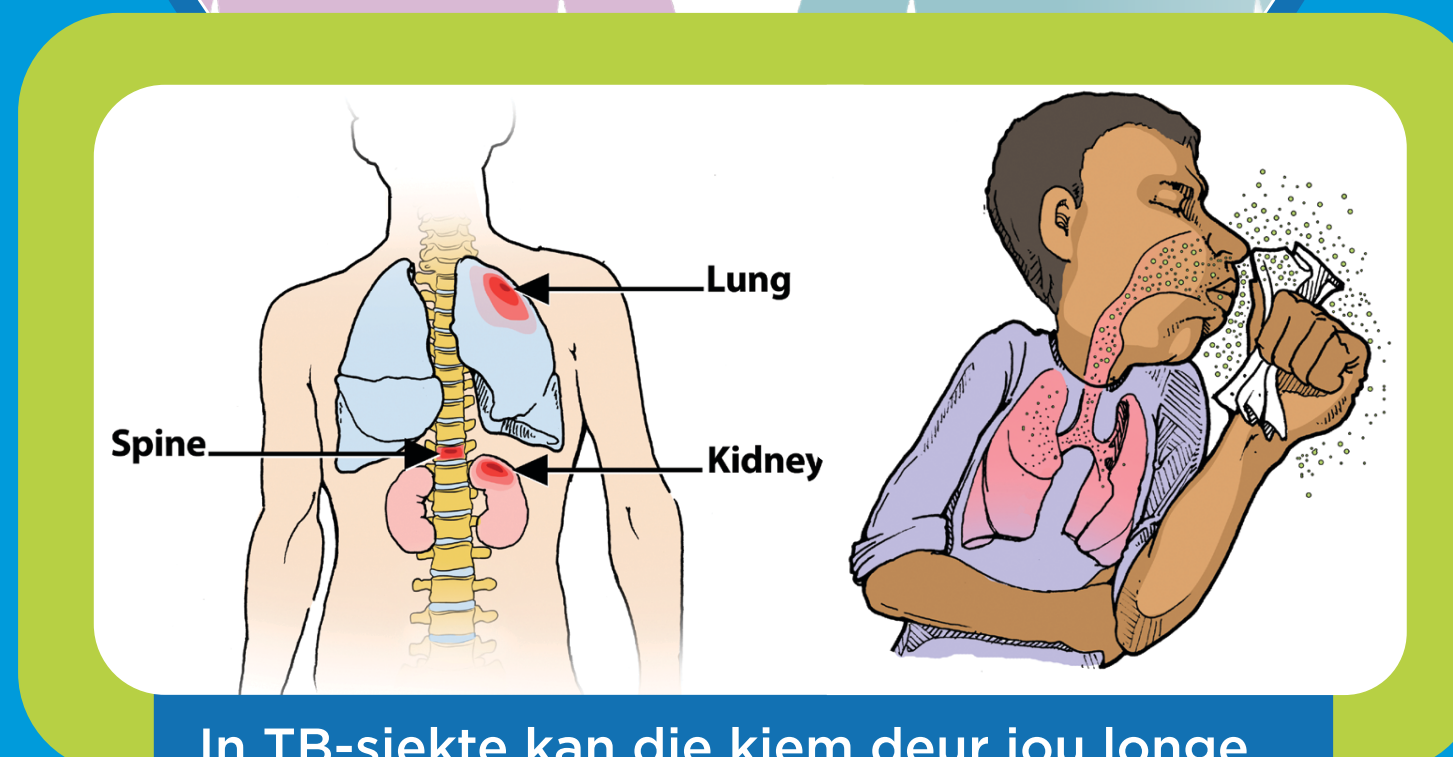
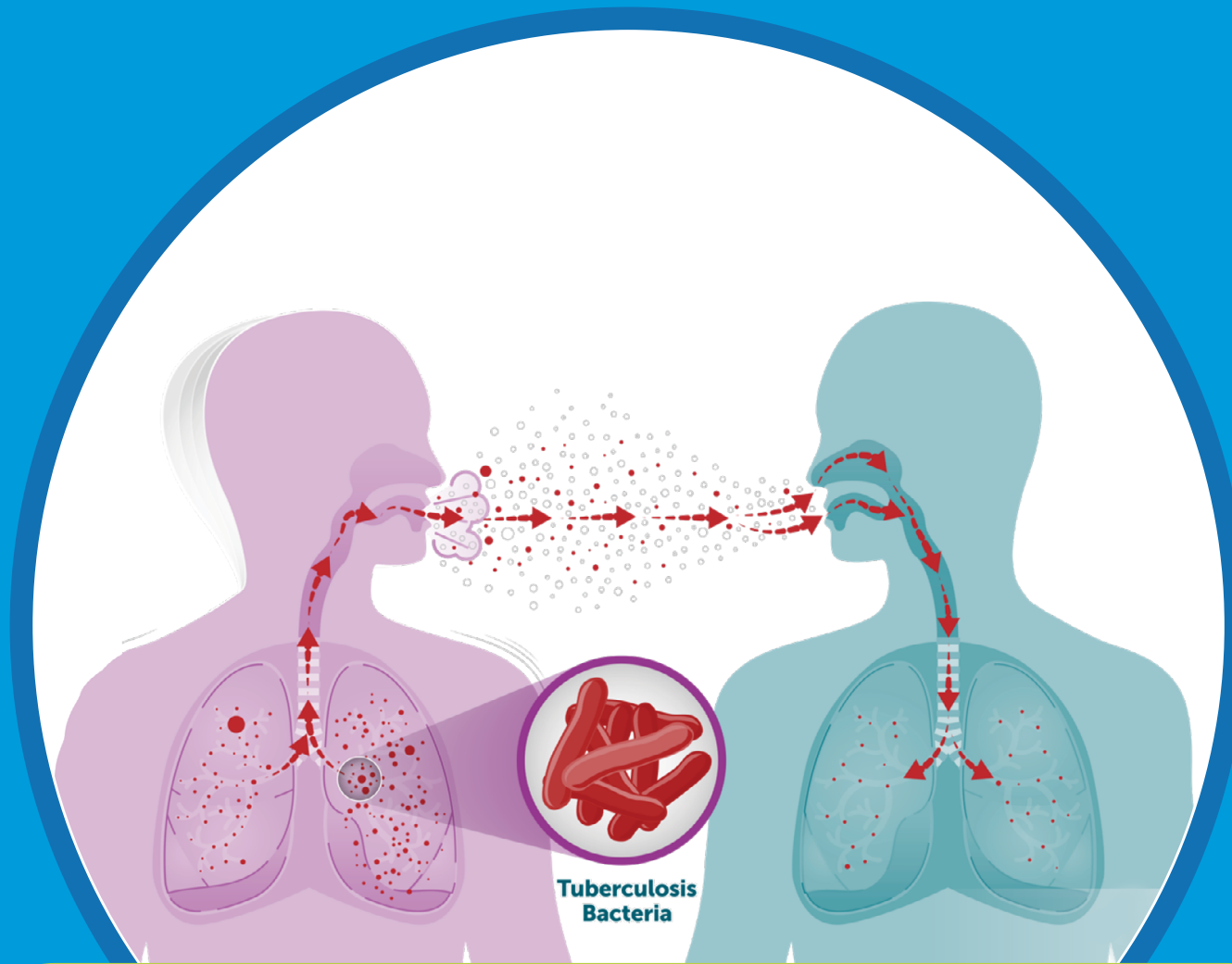
HOE WORD TB OORGEDRA?



TB word versprei wanneer 'n persoon met TB hoes, nies, lag of selfs sing. As iemand anders die kiem inasem, kan hulle TB ontwikkel.



Jou liggaam sal probeer om die TB kiem te beveg, maar soms is die kiem te sterk en dan ontwikkel dit in TB siekte.



In TB-siekte kan die kiem deur jou longe na die res van jou liggaam versprei. Nou sal jy begin siek voel.

Symptome en tekens van TB



Hoes vir langer as 2 weke



Hoes wat bloed opbring



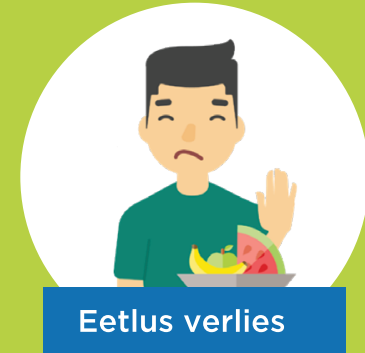
Borspyne



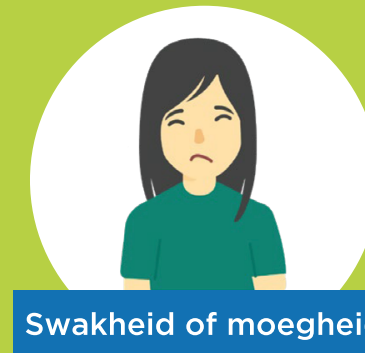
Koors



Nagsweet



Eetlus verlies



Swakheid of moegheid



Gewigsverlies

WORLD TB DAY

March 24 →

IN 2020 IN SUID AFRIKA HET:

328 000 mense siek geword van TB

61 000 mense gesterf van TB

>1100 mense elke week gesterf van TB

DINK JY JY HET TB? LAAT TOETS JOUSELF BY JOU KLINIEK

VOORKOM TB DEUR JOU BESOEK AAN HOË RISIKO GEBIEDE SOOS OORVOL TAXIS EN ONGEVENTILEERDE AREAS TE BEPERK

MAAK VENSTERS EN DEURE OOP WAAR GROOT GROEPE MENSE IS



Wes-Kaapse Regering

VIR JOU

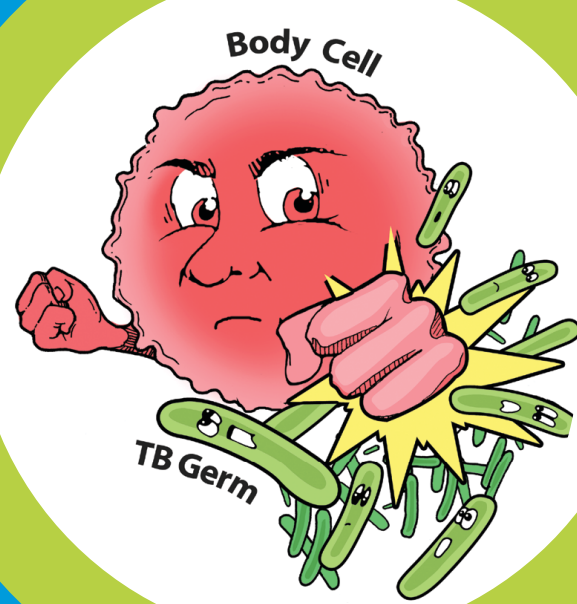
Onderwys



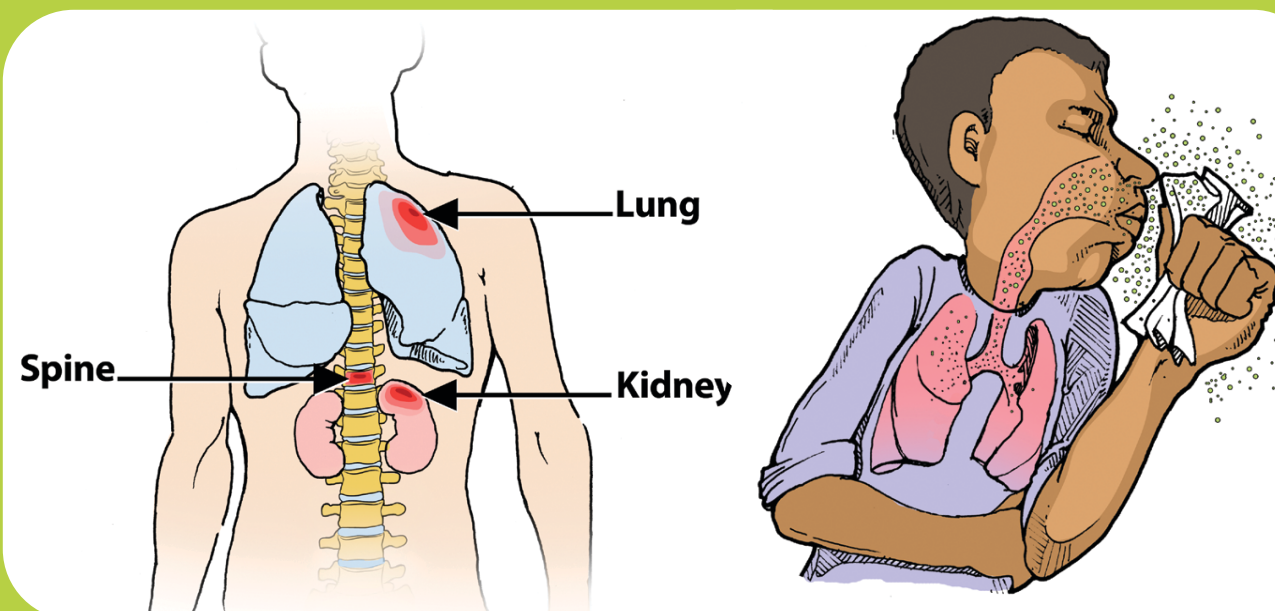
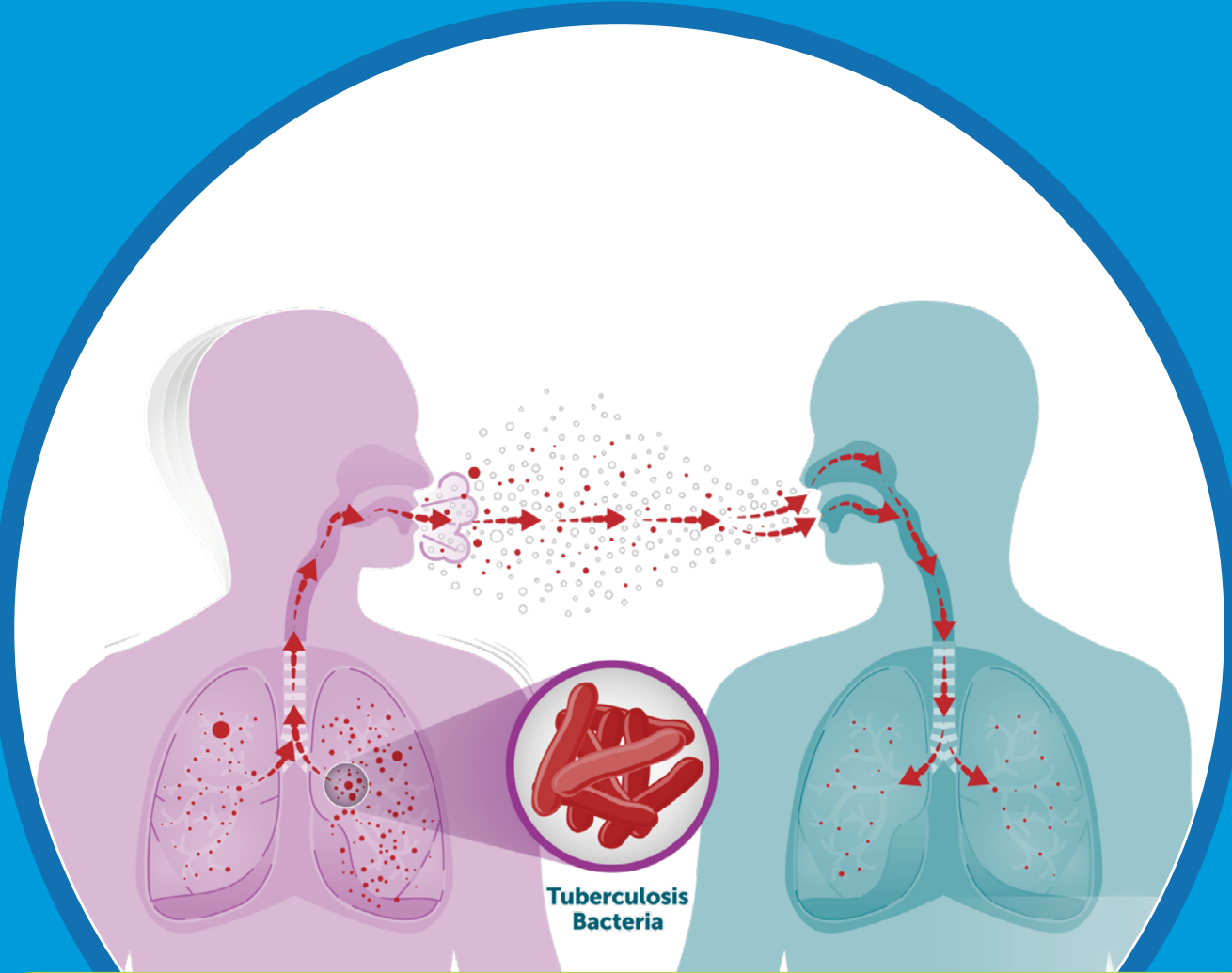
I-TB YOSULELA NJANI



TB isasazeka xa umntu one-TB ekhohlela, ethimla, ehleka okanye ecula. Ukuba kukho umntu ophefumla intsholongwane, unokuba nesifo se-TB.



Umzimba wakho uya kuzama ukulwa nentsholongwane ye-TB, kodwa ngamanye amaxesha le ntsholongwane ibetha umzimba wakho ize ikhule ibe sisifo se-TB.



Kwisifo se-TB intsholongwane inokusasazeka kwimiphunga yakho kuwo wonke umzimba wakho. Ngoku uza kuqala ukuziva ugula.

Iimpawu kunye neempawu ze-TB



Khohlela



Ukukhohlela igazi okanye iskhohlela



Iintlungu zesifuba



Umkhuhlane



Ukubila ebusuku



Ukuphelelwa ngumdla wokutya



Ubuthathaka okanye ukudinwa



Ukuhla emzimbeni

**WORLD
TB DAY**

March 24 →

NGO 2020 EMZANTSI AFRIKA:

328 000 abantu abagula yi TB

61 000 abantu abasweleka yi TB

>1100 abantu abasweleka yi TB iveki zonke

NGABA UCINGA UKUBA UNE-TB? ZIVAVANYE KWIKLINI KI YAKHO

THINTELA I-TB NGOKUNCIPHISA UTYELELO LWAKHO KWIINDAWO EZINOMNGCIPHEKO OMKHULU NJENGEETEKSI EZIXINENEYO KUNYE NEENDAWO EZINGENAMOYA

VULA IIFESTILE KUNYE NEENGANGO APHO KUKHO AMAQELA AMAKHULU ABANTU



URhulumente
weNtshona Koloni
NGO WAKHO

EzeMfundo

