

'n Oproep tot aksie

- Enige iemand kan TB kry.
- TB is een van die grootste oorsake van sterftes in Suid Afrika al is dit 'n siekte wat genees kan word.
- TB van die longe is die algemeenste vorm van TB
- Die hoof simptoom van TB is 'n gehoos wat langer as 2 weke aanhou.
- As TB nie behandel word nie, sal dit van een mens na 'n ander oorgedra word, maar met die regte behandeling kan TB genees word.
- As 'n mens met behandeling begin het, kan TB nie meer versprei word aan ander lede van jou gesin of die gemeenskap nie.
- Indien jy of enige iemand wat jy ken vir 2 weke of meer hoes kan dit moontlik TB wees. Jy moet jou gesondheids werker gaan sien by jou plaaslike Kliniek om jou te laat toets vir TB.

SIMPTOME VAN TB

- Aanhoudende hoes wat langer as 2 weke duur
- As jy bloed ophoes
- As jy gewig en jou eetlus verloor
- As jy in die nag sweet
- As jy moeg en swak voel
- As jy 'n pyn in jou bors het
- Kort asem
- Knoppe of swelsels
- 'n Koors wat kom en gaan.

**TOLVRYNOMMER:
0800 53 55 54**



A CALL TO ACTION....STOP TB NOW

'n OPROEP TOT AKSIE....STOP TB NOU

A CALL TO ACTION....THIBELA TB JWALE



health

Department of
Health
FREE STATE PROVINCE

A CALL TO ACTION....STOP TB NOW

- Anyone can get TB.
- TB is one of the leading causes of death in South Africa although it is a curable disease.
- TB of the lungs is the most common form.
- The main symptom of TB is a cough of 2 weeks or more.
- TB can be spread from one person to another person. With the right treatment TB can be cured.
- Once on treatment a person is no longer able to spread TB to their family or community.
- If you, or anyone you know, have been coughing for 2 weeks or more, it could be from TB. You should see a health worker at your local clinic to be checked for TB.

SIGNS OF TB

- Coughing for more than 2 weeks
- Coughing up blood
- Loss of weight and appetite
- Sweating at night
- Feeling tired and weak
- Pain in the chest
- Short of breath
- Lumps or swelling
- A fever that comes and goes.

**TOLL FREE NUMBER:
0800 53 55 54**

A CALL TO ACTION.... THIBELA TB

- Lefuba leka tshwara motho ofe kappa ofe.
- Lefuba ke sesosa sa mafu ka hara Afrika Borwa leha le pheko leha.
- Lefuba la matshwafo ke lona le tlwaelehileng.
- Letshwao le leholo ke ho hohlola dibeke tse pedi kappa ho feta.
- Lefuba le kgona ho tloha ho motho ho ya ho emong.
- Ka pheko e nepahetseng, lefuba le a pheko leha.
- Hang ha o fumana pheko o keke wa hlola o tshwaetse batho ba bang.

MATSHWAO A TB

- Ho hohlola dibeke tse pedi ho feta.
- Ho hohlola madi.
- Ho fellwa ke takatso ya dijo le ho fokola mmeleng.
- Ho fufulelwa bosiu le ha ho bata.
- Ho kgathala le ho fellwa ke matla.
- Lehlaba ka sefubeng.
- Ho fellwa ke moya ha o phekumoloha.
- Ho ruruha ditshwelesa.
- Ho ba le motlheso kappa feberu.
- Ha wean kappa motho eo o motsebang a hohlola dibeke tse pedi kappa ho feta, hona e ka tloha e le lefuba.
- O tshwanela ho ya kliniking ya heno bakeng sa diteko.

**NOMORO YA MOHALA
O SA LEFELWENG:
0800 53 55 54**