

## Stop TB...because you can!!

- 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 spread from one person to another.
- With the right treatment TB can be cured.
- Once on treatment a person is no longer able to spread TB to their family or contacts.
- If you, or anyone you know, has 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 even in cold weather
- Feeling tired and weak
- Pain in the chest
- Short of breath
- Lumps or swelling
- A fever that comes and goes

**Toll Free Number**  
**0800 535 554**

## Stop TB...want jy kan!!

- 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 mees algemene vorm van TB.
- Die hoof simptome van TB is 'n hoes 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 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 toets vir TB.

### Simptome van TB

- Hoes wat langer as 2 weke duur
- Ophoes van bloed
- Onbeplande gewigsverlies en eetlusverlies
- Nag sweet al is dit koud
- Moeg en swak voel
- Pyn in jou bors
- Kort van asem
- Knoppe of swelsels in nek en onderarm
- 'n Koors wat kom en gaan

**Tolvrynommer**  
**0800 535 554**

## Stop TB...hobane o ka kgona!!

- Lefuba le ka tshwara motho ofe kappa ofe.
- Lefuba ke sesosa sa mafu ka hara Afrika Borwa leha le pheko leha.
- Lefuba la matshwafo ke lona le tlwaelehleng.
- Letshwao le leholo ke ho hohlola dibeke tse pedi kapa 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 tshwaetsa batho ba bang.
- Ha wena kapa motho eo o motsebang a hohlola dibeke tse pedi kapa ho feta, hona e ka tloha e le lefuba. O tshwanela ho ya kliniking ya heno bakeng sa diteko.

### Matshwao a TB

- Ho hohlola dibeke tse pedi kappa ho feta.
- Ho hohlola madi
- Ho fellwa ke takatso ya dijo le ho fokola mmeleng.
- Ho fufulelwa bosiu leha 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 motjheso kapa feberu.

**Nomoro ya mohala o sa lefelwenf:**  
**0800 535 554**