

Is TB treatable?

- TB is a preventable and treatable disease.
- Early detection leads to better treatment results.
- TB treatment is provided free of charge in all public health facilities
- TB treatment is for a period of 6 - 12 months.
- Every patient should ensure they complete their TB treatment to prevent the development of drug resistance and other complications.
- If not treated, TB can kill.

Is there a connection between TB and HIV?

HIV infection weakens the immune system and therefore, a person living with HIV can easily develop TB. However, not all TB patients have HIV infection. Although TB is curable, it is the leading cause of death among people living with HIV if not diagnosed early enough. If you are HIV positive, visit the nearest public health facility for a TB test to rule out TB.

What is TB Preventive Therapy (TPT)?

TPT is a free course of treatment given to persons with HIV without TB to protect them from active TB disease. TPT is also given to all under five, persons exposed to active TB patients, and any other as advised by health care workers.

How can I avoid spreading TB?

1. Cover your mouth with a clean handkerchief or tissue when you cough or sneeze.
2. Carefully dispose used tissue in the toilet and clean your handkerchief with soap and water.
3. Leave windows open whenever possible to keep rooms and other closed spaces well ventilated.
4. Ensure that you complete the entire course of TB medication.

What are the side effects of TB medication?

As with all drugs, TB medication can cause side effects:

- ⦿ Nausea and vomiting
- ⦿ Skin itch and rash
- ⦿ Yellow eyes
- ⦿ Pain/burning sensation of the hands and feet
- ⦿ Vision problems.

If you have any of these problems while on treatment for TB, visit the nearest health facility immediately.

What is Drug Resistant TB (DR TB)?

This is the type of TB that does not respond to standard TB medication. It is also spread from an infected person to an uninfected person through the air when the person sneezes, coughs, laughs, talks or sings. Treatment for DR TB involves the use of alternative TB medicines for a longer period and with more side effects. DR TB is curable.

REPUBLIC OF KENYA



MINISTRY OF HEALTH

Frequently Asked Questions About TB



NATIONAL TUBERCULOSIS, LEPROSY AND LUNG DISEASE PROGRAM

For more information, contact:

National Tuberculosis, Leprosy and Lung Disease Program
✉ info@nltp.co.ke | 🌐 www.nltp.co.ke | 📘 NTLDKenya | 🐦 @NTLDKenya



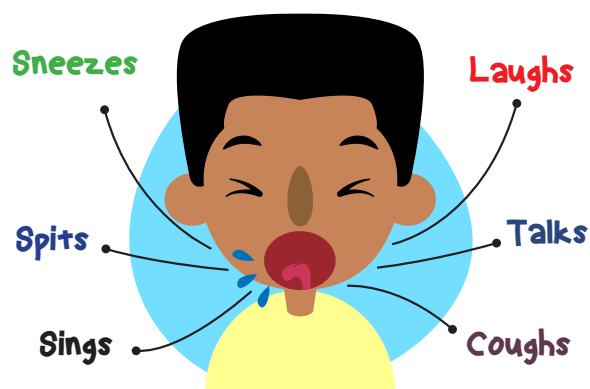
What is TB?

Tuberculosis (TB) is a disease that is caused by a bacteria that commonly affects all parts of the body except the hair, teeth and nails.

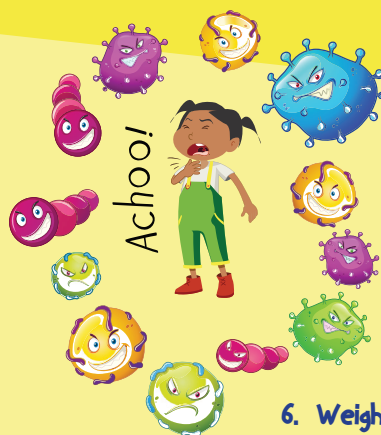
The TB bacteria can live in the body without making a person sick; this is called latent TB infection. People with latent TB infection do not have TB symptoms, cannot spread TB bacteria to others, and do not need TB treatment. Some people with latent TB infection go on to develop TB disease and will need TB treatment. TB affects the young and the old, men and women, the rich and the poor.

How is TB Spread?

The bacteria that causes TB is spread from an infected person to an uninfected person through the air when the person:



How do I know if I have TB?



1. A cough
2. Fever and night sweats
3. Loss of appetite
4. Chest pains
5. Blood stained sputum
6. Weight loss (failure to gain weight in children)

Who is at risk of getting TB?

Everyone is at risk. However, the following groups have a greater chance of developing TB:

- ⊙ Children
- ⊙ Elderly people
- ⊙ People with diabetes and other chronic illnesses
- ⊙ People with malnutrition
- ⊙ People living with HIV
- ⊙ People living and working in poorly ventilated and lit houses
- ⊙ People living and working in overcrowded places.



How is TB tested?



A number of tests exist for diagnosing TB including new methods for faster and more accurate results:

- ⊙ **Sputum Microscopy:** Sputum is a thick fluid that is produced in the lungs and the airways leading to the lungs. A sputum sample is collected by the person coughing and examined under a microscope for the presence of TB bacteria
- ⊙ **GeneXpert:** This is a more effective test than sputum microscopy used to detect TB in people most at risk of getting TB. It also tests for TB drug resistance
- ⊙ **Chest x-ray:** This may show TB of the lungs and may also show TB in other parts of the body like the bones
- ⊙ **TB skin test (Mantoux test):** This is to detect if one has been infected with TB bacteria. It is often used for diagnosis of TB in children alongside other TB tests.

People, especially children, in contact with someone who has a persistent cough or known TB disease should get tested for TB.