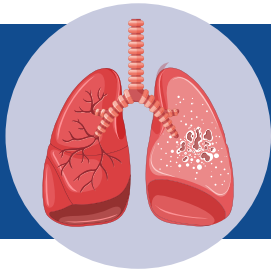




WORLD TUBERCULOSIS (TB) DAY

24 March is World TB Day. Find out how to recognise the symptoms and get treatment.



WHAT IS TB?

TB is caused by a germ that attacks and damages the lungs. If TB is not treated, it can kill about 50% of those affected.

WHAT ARE THE SYMPTOMS?



constant coughing (> 2 weeks)



coughing up blood



extreme night sweats



chest pains



fever or chills



loss of appetite



weight loss



tiredness

IS TB INFECTIOUS?

Yes, TB is an airborne disease. When someone with TB coughs, sneezes or talks, small droplets containing the TB germ are released into the air, and others can get infected if they breathe in these droplets.

WHERE DO I GET TESTED IF I THINK I HAVE TB?

If you think you have TB, make an appointment with your doctor who will do a TB test.

Adults: Your doctor will take two saliva samples with results ready in 2-3 days.

Children: Your doctor will do skin tests and take chest X-rays.

CAN TB BE CURED?

Yes, TB can be cured, and treatment is part of the Scheme's prescribed minimum benefits (PMB). You will be given TB medication (antibiotics), which you must take for six to eight months. **TB is curable if you take your medicine correctly and for the full duration.** If you don't, you can get serious complications and possibly die. If you have TB, your close family members should also get tested.

WHAT ABOUT THE BCG VACCINE?

The BCG vaccine is given to infants and only protects infants against severe types of TB.

NEED HELP? Contact your scheme for any benefit-related queries you may have.

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