



**Testing is the first step to planning your future - with or without HIV.**

## WE ARE ALL AT RISK

- Everyone has sex. You need to protect yourself and your sexual partner.

## PREVENTING HIV

- Medical Male Circumcision (MMC) reduces a man's risk of getting HIV by up to 60%. Circumcisions are free and are available at many government clinics and hospitals. Ask at your clinic for your nearest MMC site.
- Circumcision only provides partial protection. You must still use a condom every time you have sex - even if you are circumcised.
- Reducing your number of sexual partners reduces your chances of getting HIV.
- Being drunk lowers your inhibitions and may increase risky sexual behaviour. Reduce your alcohol intake.
- You can have sex and not give HIV to your partner if you use a condom every time you have sex.
- Get treatment immediately for any infection or discharge in your penis, vagina or anus. Health workers are trained and are used to seeing genitals. There is nothing to be shy about.



**Protect Yourself. Protect Others.**

## HIV TESTING

- You should receive counselling before testing. Counselling prepares you for the result, so you can think how a positive or a negative result will affect you.
- You should also receive counselling after your test.

## IF YOU TEST HIV POSITIVE

- You need to start on ARVs and remain on them for life.
- You can live a full and normal life, including having a family and achieving your dreams.
- Thanks to ARVs, HIV is a chronic manageable condition like diabetes or high blood pressure (hypertension).
- Get informed. Plan your future. Speak to your health worker.

## IF YOU TEST HIV NEGATIVE

- Believe you can stay negative. Protect yourself. Protect others.
- Make a plan to reduce your risk of HIV.
- If you are a man, think about being circumcised. Medical Male Circumcision (MMC) reduces a man's risk of getting HIV by up to 60%.
- Reduce your number of sexual partners.
- Use a condom every time you have sex - even if you are circumcised.
- Ask your clinic about female condoms.
- Test again in 6 months.



**Community Media Trust**

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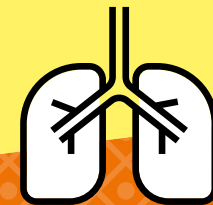
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ENGLISH

# TB

## TB IS CURABLE

*Let us tell you how.*



**Protect Yourself. Protect Others.**

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## IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS, YOU MUST GO FOR A TB TEST

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- You may be asked to cough up sputum (stuff that comes up from the wind pipe and lungs).
- Sputum will be sent away to test if you have TB.
- A chest x-ray may also be taken.
- If the sputum test is positive you must start TB treatment as you have TB disease (also called active TB).
- Some facilities have access to a Gene Xpert machine, which is able to accurately screen for TB within 90 minutes.
- TB can hide in your body for a long time without showing itself. When your immune system is weak, the TB infection may become active.



*Coughing for two weeks or more?  
Nightsweats?  
Tiredness?  
Losing Weight?*

**GET TESTED FOR TB**

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**TAKE YOUR MEDICATION  
EVERYDAY!**

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## TREATING TB

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- The good news is that TB can be treated and cured. Untreated TB is a fatal disease.
- Once you start TB treatment, you must take your pills every day for six months. If you skip days or stop taking your TB medicine you will find that TB comes back.
- After starting TB medication, you will begin to feel better after a couple of weeks. This is when you must remind yourself - never stop your medication. **Even when you are feeling better you must continue taking your medication every day for the whole six months.**
- After two weeks on treatment someone with TB cannot infect other people.

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## PREVENTING TB

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- Keeping the windows open and getting sunlight into your house helps stop the spread of TB.
- Get tested regularly for TB, even if you are not feeling sick. TB can be present without showing itself.
- One of the medicines used to treat TB is called INH. Health workers may recommend a course of INH to help prevent TB.
- Children should be vaccinated against TB. This vaccine does not provide total protection, but it does help to prevent the more dangerous forms of TB.

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## HOW DO YOU GET TB?

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- TB is spread by a germ that can live outside the body. When someone with TB coughs or sneezes, the TB germ is spread through the air. When you breathe it in, you can become infected with TB.

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## DRUG RESISTANT TB

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- If you don't take your medication every day, TB can become resistant to medicines we use. This is called Drug Resistant TB.
- If this happens, you have to take medicines which are very expensive and which have many more side effects. This kind of TB can also be passed on.
- The most common cause of Drug Resistant TB is not finishing your medicine when you have ordinary TB.

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## TB OUTSIDE THE LUNGS

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- TB of the lungs is the most common form of TB. You can also get TB in the stomach, bone, brain and other places. It is often much harder for health workers to diagnose when it is outside the lungs. The treatment will be same as for TB in the lungs, just for longer.

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## TB AND HIV

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- If you are infected with HIV you must be checked for TB, as it occurs more often in people with HIV.
- But remember TB can occur in anyone, whether you have HIV or not. It occurs more often in people with HIV when their immune system is weak.
- Starting on ARVs will strengthen your immune system and make it less likely for you to get TB.
- If you have TB and test HIV positive you must start taking ARVs immediately. Because it may be difficult for your body to handle both TB medicine and ARVs together, your doctor may start you on TB medication first.