Incidence of TB since such people will feel contracting TB disease. It is not taking TB medication, sneezes, coughs or spitting on the air, when a person with TB disease who is not putting all those close to them at risk.

The attitude towards people infected and affected is attributed to actions and isolation. This can lead to other people. It is important for TB patients to continue to put all those close to them at risk.

The health worker will help you diagnose the disease through a screening procedure that includes a symptom profile of cough, coughing, examination and treatment. After consultation with health information to help you decide whether the disease, the doctor will give a small container to collect a sample of your sputum and leave it with a health facility.”

The process of taking TB takes two days and is absolutely free.

TB can be treated with specific drugs that are available only at the health facilities. When the health worker diagnoses you to be infected with TB disease, you will be given drugs to take for a period of six to eight months. These drugs should be taken at the same time everyday as the doctors advise. Failing to take your drugs as directed by the health worker may lead to resistance to TB treatment and death. When the body develops resistance to TB, it becomes difficult to treat, very expensive and patients experience severe side effects during treatment.

A family member has TB and is not on TB treatment, the line can easily spread this disease to other family members, friends and to the people he is in close contact with.

When the bacteria gets into the body, it can cause harm directly to the lungs, if the body defense systems can’t see it. The body is infected and this causes a disease which can be very serious and even deadly.

Some people develop TB disease within weeks after eating with TB bacteria while others may get sick many years later. This is due to a high risk of developing TB if they don’t eat enough balanced diet, are living in overcrowded places, or have an HIV infection.

Young children, the elderly and pregnant mothers are at a high risk of TB infection because their weak body immunity. If you have been exposed to someone with TB disease, and you develop signs and symptoms of TB you should visit the nearest health facility early enough before the disease puts your life in danger. The test and treatment for TB is offered for FREE in all government hospitals in Kenya, mission hospitals, and selected private hospitals and clinics.

Ways to stop the spread of TB

1. Get your child to the health facility for immunisation

2. Share your knowledge on TB issues by taking to your family members, friend, relative or a community member.

3. Ask a person infected with TB to effectively take medication during the whole period of medicines and encourage him to swallow the drugs.

4. Encourage people who have been infected with TB to disclose how they have managed to overcome the disease. Listen to and honour the courageous voices and experiences of these people.

5. Ensure you are in a well-ventilated house with enough light. Cough while covering your mouth and spit it in a container.

6. Form community-based or peer support groups to promote TB awareness and care and create a base of mutual support and self-empowerment among people living with TB.

7. Use language that acknowledges and accepts people infected and affected with TB as part of your family, workplace, and community.

Make prompt referrals for TB patients

People who have any of the symptoms below should go to a health facility immediately for FREE TB diagnosis and TB treatment:

• Coughing more than 2 weeks
• Chest pain
• Trouble breathing
• Fever
• Coughing at night, even when the weather is cold

TB symptoms

Tuberculosis is a bacterial disease caused by germs. TB can affect most tissues and organs but mostly it affects the lungs. With the right treatment, TB can be cured even in HIV positive patients. Immediately someone notices TB-like symptoms, for example coughing for more than 2 weeks, they should not go to achemist to buy medicine, instead they should go to a health facility to find out whether they have been infected with TB.

At the facility, a health worker will take a sputum sample (mucus in the lungs) of a patient. In a ray examination and other tests may also be performed. This is the only way one can know whether they have TB. If the test is positive, the patient is referred to the article of the health staff and they take their drugs as prescribed by the doctor. TB diagnosis and treatment is free at government facilities, mission hospitals and some private hospitals in Kenya.

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TB symptoms
My name is Cleophas Barasa from Busia. I was first referred to the chest clinic at Busia Hospital for more treatment. The nurses and doctors were not impressed with my situation and told me to seek further treatment. After my discharge, I went back to the clinic to receive my prescription but my situation never got better. I went back to the chest clinic to seek treatment.

I have now become a champion of crusading against TB in my home area. In partnership with local administration, we are often visited during public bars and funerals and villages to talk to our people on TB. I have been attending regular training on TB through which I have gained a lot of knowledge on how to protect myself and my people against being infected by TB. TB is curable make sure you go for treatment.

My name is Julia Imola, a teacher by profession and a member of the community. I was infected in the year 2003. She started coughing and I knew I had the disease. I had a dry persistent cough for some time. I thought it was just a normal cough that will go away easily. I had not imagined that I could get TB. I looked healthy. I had believed that someone has TB. People suffering from TB infection is more difficult and expensive to treat. People suffering from TB infection is more difficult and expensive to treat. People suffering from TB infection is more difficult and expensive to treat.

TB can be cured if the patient takes his/her medication regularly and on a schedule for the entire prescribed period, even if the patient feels better after having taken treatment for some of the time. For the first two months of treatment, it is important that a health worker or a trained family member watches the patient take their medicines.

The trained family member is there to help the patient remember to take the tablets every day. This is called Directly Observed Treatment (DOTS). DOTS is a good approach because many TB patients do not take their medicines on time because of side effects or because they forget and can cause drug resistance.

Drug resistant TB is TB that cannot be cured by the normal TB medicine. When people do not take all the medicine, it allows the disease to fought back and eventually TB drugs will no longer work. TB is NOT TRANSMITTED through food or water or through sexual intercourse, blood transfusion, or mosquito bites. TB is NOT caused by bacteria as many people that the disease who has TB probably her/his HIV positive. Having TB does not mean someone has HIV and having HIV does not mean someone has TB. People suffering from TB infection should not be assumed to be HIV positive. With the right treatment TB can be cured whether someone is HIV positive or not.

TB is curable in people who are HIV positive and HIV negative.

Questions of the Day

Q: How is TB Diagnosed?

TB diagnosis is made if somebody has a persistent cough for more than 2 weeks, chest pain, night sweats. However the common and simplest way to determine if you have TB is through a sputum test in a laboratory. The sputum test is a simple test that can be done in government health facilities, Mission hospitals and some private hospitals.

Q: Is TB Disease Curable?

YES, TB disease is curable. So is the sick person complete the whole course of treatment prescribed by the health professional. People lose to the early detection of the disease very early, even friends should help the patient to remember to take their medication every day, even if they do not feel better.

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