



# health advice

## 6 ways of beating TB

### 'Hola 6!'

This is the popular and streetwise slogan the government is using to fight Tuberculosis or TB as it is commonly known.

The Hola 6 campaign started in September this year. It aims to improve TB treatment and prove that the disease can be cured by taking your medication and following the doctor's instruction for only six months.

Head of South Africa's TB Control Programme, Dr Lindiwe Mvusi said that the time was right for the public and health workers to step up the fight against TB.

"TB can be cured. But its close relationship with Aids has made it difficult to control," Mvusi said.

The Hola 6 campaign will continue until the World TB Day on March 24 next year.

### Six ways to beat TB:

1. Know the signs which are;
  - Coughing for more than two weeks, coughing blood, losing weight and appetite, night sweats, un-

explained tiredness and pain in the chest.

2. Get tested at any local clinic
3. If you have TB, get treatment immediately at a local clinic
4. Take treatment for six months
5. Ask someone to help you keep to the treatment plan e.g. A community worker, health worker, family member or a friend and;
6. Live a healthy lifestyle – stop



smoking and drinking alcohol, don't take drugs, eat healthy food and exercise.

### Treatment of TB in children

- TB in children can also be cured with medicines taken everyday for six months
- The medicines dissolve in water so it is easy for babies to take
- Children who are infected with

### How does TB spread?

- TB is spread through the air. Germs go into the air when someone who has TB coughs spits or sneezes. It is spread easily in overcrowded places. TB germs attack the lungs. It causes holes and other damage in the lungs. It can also spread through the blood to other parts of the body.

HIV get TB more easily. Their TB may be difficult to identify.

### How do I prevent a child from getting TB?

- All children should be immunised or injected against TB immediately after they are born.
- Children may be in contact with someone with TB in the family, at crèche, a child minder or domestic worker.
- Any child under the age of five who has had contact with a person who has TB should be taken to the clinic to be checked.
- If the child is healthy, he or she should be given medicines called Isoniazid (INH) to prevent TB.

Write to Vuk'uzenzele Health Advice, GCIS, Private Bag X745, Pretoria, 0001, and The Department of Health will advise you. E-mail us on: [vuk'uzenzele@gcis.gov.za](mailto:vuk'uzenzele@gcis.gov.za)

For more information on TB call the Khomanani toll free number 0800 012 322.

