How can TB be prevented?

People with active, infectious TB should be responsible about preventing the spread of infection to others in their surroundings. They should;

Wear a mask at all times, especially when other people are around.

Cover their mouth when sneezing or coughing.

Not spit in an open air. If necessary, spit into a tissue paper and flush it down a toilet, or collect the sputum/spit in a container with a tight lid and later pour into the toilet or an open fire.

In congregate setting, such as schools, monasteries, healthcare facility, household, etc, where people live in close proximity with each other and the risk of infection transmission is high, good ventilation (preferably cross ventilation), reduction in overcrowding are important measures to decrease TB transmission, in addition to timely detection and treatment of TB suspects. Prompt diagnosis and treatment is key to TB prevention.

Why is contact tracing important?

Family and close friends or co-workers of TB patients should also get a sputum test or chest x-ray to see if they have been infected. The prompt identification of contacts recently infected helps to:

Treat all the active cases to cut down the transmission chain

Offer a preventive therapy to all the latently infected cases or follow them up to immediately identify signs/symptoms of active disease

What is BCG?

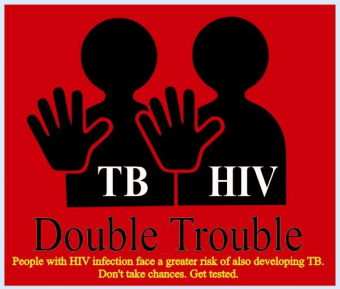
BCG is a vaccine for TB. It may offer some degree of protection for infants and young children in preventing certain deadly forms of TB, but the protection goes away over time. It does not prevent TB disease from developing in adults.

Role of Nutrition in treatment and prevention of Tuberculosis

Anyone with weak immune systems is at risk for developing TB in certain situations. These situations are malnutrition, diabetes, renal failure, long term drug / alcohol abuse, HIV/AIDS, chemotherapy for cancers, old age, living in unsanitary & crowded places. Therefore, intake of nutritious food rich in proteins and vitamins (milk, eggs, meat, curds, cheese, nuts, pulses, spinach, carrots, yellow pumpkins, tomatoes, etc) and energy foods (wheat , rice , potatoes, banana, maize, etc) is important for preventing and treating TB.

Are TB and (HIV) related?

Yes. They are related. TB is the most common opportunistic infection (OI) in people living with HIV virus. As the HIV breaks down the immune system, HIV- infected people are at greatly increased risk of TB. Without HIV, the lifetime risk of developing TB in TB-infected people is 10%, compared to at least 50% in HIV co-infected. HIV is also the most powerful risk factor for progression from TB infection to active TB disease. TB in turn accelerates the progression of HIV to AIDS and shortens the survival of patients with HIV infection. Thus, TB and HIV are closely interlinked.



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TUBERCULOSIS

What you should know about TB

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