

## **SOUTH AFRICA: HIV and TB statistics**

- **HIV is the #1 killer in Africa, and TB is the #1 killer of HIV+ persons in Africa and the world.**
- **1–2% of South Africans have TB disease.**
- **The majority of South Africans have been exposed to TB and are infected with TB.**
- **60% of TB patients in South Africa also have HIV.**
- **HIV+ persons are 50 times more likely to have TB than HIV– persons.**
- **20% of adults between the ages of 15 and 49 have HIV.**
- **Only 2% of HIV+ persons in South Africa have been tested for TB, but 100% HIV+ persons should be tested for TB.**

### **What are risk factors for TB?**

- **ALL SOUTH AFRICANS ARE AT RISK FOR TB!!**
- Being exposed to someone with TB
- Having HIV/AIDS
- Working in mines or healthcare facilities
- Pregnancy
- Malnutrition
- Alcoholism and drug use

### **Symptoms of TB**

- Cough for several days
- Coughing up blood or sputum
- Pain in the chest
- Fevers
- Chills or rigors
- Night sweats
- Weakness or fatigue
- Unexplained weight loss
- Loss of appetite

## **Everyone should be tested for HIV and screened for TB.**

**If anyone has symptoms of TB, they need to be seen by a doctor and tested for TB and HIV.**

## How is TB transmitted?

- Through the air.
- People with TB release TB germs into the air when they breathe, cough, sneeze, talk or sing.

## How can we reduce TB transmission?

- Cover your nose and mouth when you cough.
- Keep windows and doors wide open.
- Patients with a cough should be seated separately from other patients in clinics and hospitals, and ideally outside.

## Can TB be prevented?

- The first step is to reduce transmission from one person to another.
- If you have been exposed and infected with TB, but are not yet sick with TB disease, you may be eligible to receive isoniazid (INH).
- To find out if you are eligible for isoniazid, you should get an HIV test and a TB skin test.

## What can my patients and I do?

- Get tested for HIV.
- If you have symptoms of TB, see a doctor right away.

## Treatment of TB

- **TB IS CURABLE.**
- At least 4 medicines are used to treat TB.
- At least 6 months of treatment is required.
- Taking TB treatment is not easy, and patients taking treatment for TB need the support of their care givers, families, friends and communities.
- Identify a treatment supporter who can assist the patient take his/her TB medicines every dose.

## How can we prevent MDR-TB and XDR-TB?

- MDR-TB and XDR-TB become a problem when TB is not being controlled properly.
- To prevent MDR-TB and XDR-TB, we need to do a better job of detecting TB and treating TB.