MARCH IS TB AWARENESS MONTH. TB CAN BE CURED. GET TESTED. COMPLETE TREATMENT. PREVENT NEW INFECTIONS.

TOGETHER WE CAN STOP THE SPREAD OF TB

On March 24, 2013, the world will commemorate World TB Day under the theme “United Leaders for a TB-free world.” This commemoration takes place at a point where the 2017 World Health Organization report has indicated that South Africa ranks 4th amongst the 25 countries with the highest burden of TB globally.

KZN has implemented a host of interventions which have yielded the following results: According to the National Institute for Communicable Diseases’ (NICD) publication, KZN had the highest decline in the TB incidence, with a decrease from 17.9/100 000 population in 2011, to 12.8/100 000 population in 2017.

As for the provinces of KwaZulu-Natal, the highest burden of TB and HIV, the TB treatment outcomes have substantially improved over the years, from 85% treatment success rate in 2008 to 84.7% in 2017, with the death rate and default rate decreasing to 3.2% and 4.7%, respectively.

Although significant progress has been made in reducing the burden of diseases in KZN, our province remains at the epicenter of both the HIV and TB epidemics. The fight against the scourge of TB remains a challenge with 53 329 people registered with TB in 2017.

TB IS AN AIRBORNE DISEASE CAUSED BY BACTERIA THAT MOST OFTEN AFFECTS THE LUNGS, BUT CAN AFFECT ANY BODY PART.

<table>
<thead>
<tr>
<th>DRUG CATEGORY</th>
<th>DESCRIPTION</th>
<th>TREATMENT PLAN</th>
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<tbody>
<tr>
<td>Drug-susceptible TB</td>
<td>Drug-resistant (MDR) is a form of TB caused by bacteria that does not respond to all 3 first-line anti-TB drugs. MDR-TB is highly contagious and can lead to drug resistance. If you suspect MDR-TB, only contact MDR-TB without taking any treatment.</td>
<td>If you are treated with MDR-TB, you should take the TB medication for 6 months, after which you can stop the treatment.</td>
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<tr>
<td>Drug-resistant TB</td>
<td>MDR-TB can be cured, however the treatment period is for 24-26 months with side effects for 6 months.</td>
<td>TB care is very difficult and involves treatment for 24-48 months in KZN.</td>
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TB SERVICES

All municipalities, Community Health Centres, Clinics and mobile clinics provide a TB service, and MDR-TB sites have been established in all districts to make it easier for patients to be referred onto treatment and monitored to ensure closure of theirtb.

DISTRICT | HOSPITAL |
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<tr>
<td>Amalinda</td>
<td>MDR-TB</td>
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<tr>
<td>uMgqumeni</td>
<td>MDR-TB</td>
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<td>Zolani</td>
<td>MDR-TB</td>
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<td>Mqambeleni</td>
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<td>Valleydale</td>
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<td>Harry Gwala</td>
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<td>Lombez</td>
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<td>uMqumeni</td>
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<td>Ethekwini</td>
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<tr>
<td>uMngeni</td>
<td>MDR-TB</td>
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<tr>
<td>King Cetshwayo</td>
<td>MDR-TB</td>
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</tbody>
</table>

FIGHTING DISEASE. FIGHTING POVERTY. GIVING HOPE.

THINGS TO DO TO REDUCE YOUR RISK OF GETTING TB

TB SIGNS AND SYMPTOMS:

- A cough for longer than 2 weeks
- Night sweats
- Loss of appetite and weight
- Coughing up blood

If you have any or more of these symptoms, you might have TB.

SCREENING

The Department has massive TB screening campaigns implemented in all districts. All people visiting health facilities regardless of the reason for their visit, must be screened for TB. If TB is found, the patient will be referred for initial treatment screens are performed. Patients who test positive for TB will be referred to the T-24 unit in the hospital.

DIAGNOSIS

Once a screening test has taken place and a patient answers “yes” to any of the signs and symptoms the patient will be asked to cough into two small plastic bulbs. This gets sent to the laboratory for diagnosis.

GENEXPERT MACHINES

Our country has the largest number of the revolutionary Genexpert machines in the world.

- 269 Genexpert Machines Nationally
- 90 Genexpert Machines in KZN and distributed to all districts.

These machines have greatly assisted in the early diagnosis of TB and MDR-TB which allow for the initiation of TB treatment within 24-48 hours.

DOING MORE TOGETHER.

To strengthen the fight against the scourge of TB, the KZN Department of Health has embarked on strategic public-private partnerships and targeted community outreach interventions:

- Community outreach through Operation Sukuma Sake, which is led by the KZN Office of the Premier.
- Established a partnership with hardware store Bexim, who are helping us to drive a vigorous awareness campaign about Tuberculosis through distributing information and communications material at their stores throughout the province.
- Targeting high transmission areas: multi drug resistant, facilities; churches; taxi ranks and informal settlements.
- Have nurses training through the John Hopkins University to initiate MDR-TB treatment throughout the Province. To date this province has 40 trained nurses to initiate patients on TB treatment.
- Set up TB screening and treatment outreach teams who visit households to provide Directly Observed Treatment support. To date there are 98 TB outreach teams.
- TB Ambassador, HHM Prince Mhlambo Zulu, a TB survivor creates awareness about the importance of TB prevention and treatment compliance throughout the province.

TB infection can be prevented in the following ways:

- Cover your mouth and nose with tissue paper or your arm when coughing or sneezing. Do not cough / sneeze / spit on other people. Do not be other people cough, sneeze or spit on you.
- Wash hands with soap and water after coughing or sneezing, before and after eating, after going to the toilet, before and after changing clothes.
- Keep your windows open in your home and public transport – Smith air blow by the 15th March away and continue till the 15th April.
- Avoid sharing items like eating utensils, spoons, knives, cups, glasses, drinks, food, meal, vegetables, fruits.
- Alcohol should be avoided because it lowers the body’s resilience to sickness and affects the treatment.
- Smoking of tobacco and dagga causes further damage to the lungs and can also cause heart disease and lung cancer.
- People on TB medication must complete their treatment so that they reduce the risk of passing on the infection to others.
- Keep your body healthy by exercising.
- Practice safe sex, Know your HIV status.
- Have regular health check-ups for your blood pressure, blood sugar, cholesterol, BMI, TB.
- Get plenty of sleep, Avoid sleeping in overcrowded rooms.

TB PREVENTION ACTIVITIES

- Health education
- Workshops
- Community mobilization
- Town meetings
- School health education