

Dear resident of Cape Town

South Africa is among the countries with the highest number of people diagnosed with tuberculosis (TB). The good news is that TB is preventable, treatable and curable.

People with TB are most likely to spread it to those whom they are in **close contact** with every day. This includes family members, friends, co-workers and school friends. You have the highest risk of becoming infected with the TB bacteria if you:

- Share the same enclosed space or living arrangement for one or more nights , or
- Share the same space at work, school, college or public transport for frequent or extended periods during the day

Get a TB test if you:

- Have been in close contact with someone who has TB of the lungs **during the three months before he or she began TB treatment**
- Received TB treatment in the last two years
- Have recently been diagnosed with HIV
- Are HIV positive and use antiretroviral therapy (ART)
- Are pregnant and HIV positive

You can get a TB test even if you do not have any symptoms. TB testing is free at all City of Cape Town clinics.

If you have any questions, speak to a healthcare worker at your nearest clinic. See the list of clinics at www.capetown.gov.za/clinics.

#Yes. We can beat TB.

City Health Department

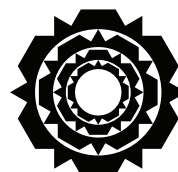
Mhlali obekekileyo waseKapa

UMzantsi Afrika lilizwe eliyinxal' enye yamanye amazwe apho linenani eliphezulu labantu abosuleleke sisifo sephepha (TB). Iindaba ezimnandi zezokuba isifo sephepha esi sinakho ukuthintelwa kwaye siyanyangeka.

Abantu abosuleleke yiTB aye abemakhulu amathuba okuba basigqithisele kwabo bathi **bahlangane kunye** nabo, rhoqo ngosuku. Abo bantu ke baquka amalungu osapho, izihlobo, oogxa ngokwasemsebenzini nabahlobo esikolweni.

Usemgciphekweni ophezulu wokuba uphefumlele ngaphakathi intsholongwane yeTB kwaye wosuleleke, xa niye:

- Nahlala endaweni enye evalekileyo indawo ubusuku obunye okanye nangaphezulu, okanye
- Nabelana ngendawo enye yokuhlala emsebenzini, esikolweni, kwikholeji okanye kwisithuthi sikawonkewonke amaxesha amaninzi okanye ixesha elide emini.



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ISIXEKO SASEKAPA
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Making progress possible. Together.

Yenza uvavanyo lweTB ukuba:

- Uye wahlangana nomntu owosuleleke yiTB yemiphunga kwisithuba seenyanga **ezintathu ngaphambi kokuba aqalise ukufumana unyango lwayo.**
- Uye wafumana unyango lweTB kwisithuba seminyaka emibini edlulileyo
- Uye kutshanje wafunyaniswa wosuleleke sisifo ugawulayo (iHIV)
- Wosuleleke yiHIV kwaye usebenzisa amachiza okuyidodobalisa (ART)
- Ukhulelwe kwaye wosuleleke yiHIV

Ungenza uvavanyo lweTB nangona ungekabinazo iimpawu zokosuleleka. Uvavanyo lweTB lusimahla kuzo zonke iikliniki zeSixeko saseKapa.

Ukuba unayo nayiphina imibuzo, thetha nomsebenzi ongumnakekeli wezempilo okwikliniki ekufutshane nawe. Jonga kuluhlu lweekliniki kwikhonkco elingu www.capetown.gov.za/clinics.

#Ewe. Sinakho ukuyoyisa iTB.

ISebe lezeMpilo leSixeko

Beste inwoner van Kaapstad

Suid-Afrika is onder die lande met die hoogste syfer van mense wat met tuberkulose (TB) gediagnoseer is. Die goeie nuus is dat TB voorkombaar, behandelbaar en geneesbaar is.

Mense met TB sal dit waarskynlik na mense versprei met wie hulle elke dag in **nabye kontak** is. Dit sluit familieledede, vriende, kollegas en skoolvriende in.

Jy loop die grootste gevaar om TB-bakterieë in te asem en infeksie op te doen as jy:

- Dieselfde toe ruimte of blyplek vir een of meer nagte deel, of
- Dikwels of vir lang tye gedurende die dag dieselfde ruimte by die werk, skool, kollege of in openbare vervoer deel

Laat jou vir TB toets as jy:

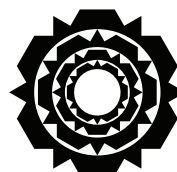
- in **nabye kontak** was met iemand wat TB van die lange het **gedurende die drie maande voor hy of sy met TB-behandeling begin het**
- TB-behandeling in die afgelope twee jaar gehad het
- onlangs met MIV gediagnoseer is
- MIV-positief is en antiretrovirale terapie (ART) ontvang
- swanger en MIV-positief is

Jy kan jou vir TB laat toets selfs al het jy nie enige simptome nie. TB toetsing is gratis by alle Stad Kaapstad-klinieke.

As jy enige vrae het, praat met 'n gesondheidsorgwerker by jou naaste kliniek. Sien die lys van klinieke by www.capetown.gov.za/clinics.

#Ja. Ons kan TB oorwin.

Departement Stadsgesondheid



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