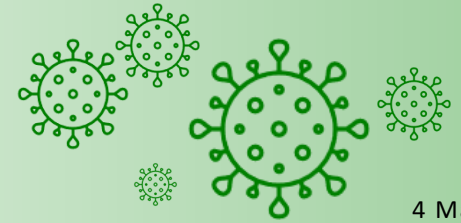




# COVID CORNER

Exploring the ongoing impact of COVID-19 on our lives



4 March 2022

## TB and COVID-19

### MARCH IS TB AWARENESS MONTH IN SOUTH AFRICA.

#### What is TB?

Tuberculosis (TB) is a serious infectious disease that mainly affects the lungs. The bacteria that cause TB are spread from person to person through tiny droplets released into the air via coughs and sneezes, much as the COVID-19 virus is.

We have one of the highest TB infection rates in the world: more South Africans die from TB than any other disease.

#### The impact of COVID-19 on TB

The pandemic has had a devastating effect on TB services. The first 12 months of COVID-19 eliminated 12 years of progress in the global fight against TB.

There is mounting evidence that patients with chronic respiratory diseases, including TB, are at increased risk for severe illness or dying from COVID-19.

#### How do I tell the difference between TB and COVID-19?

People ill with COVID-19 and TB show similar symptoms such as cough, fever and difficulty breathing.

Both diseases attack primarily the lungs and both are transmitted mainly via close contact. The biggest difference is the speed of onset: COVID symptoms can appear a few days after infection, while TB can take several weeks or longer to gradually start showing symptoms.

If you are unwell and are showing the above symptoms and have been in contact with someone with either TB or COVID-19, it is important that you are tested for both TB and COVID-19.

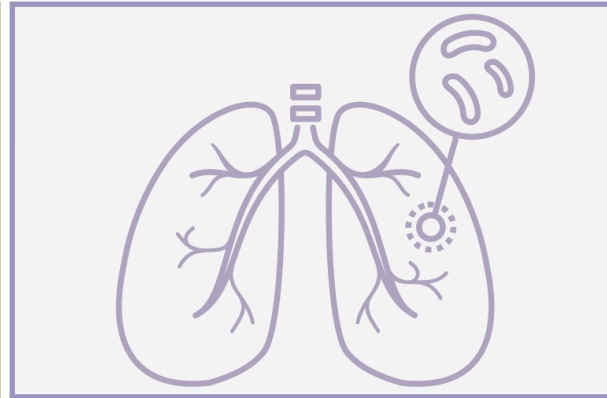
If you have a persistent cough for more than two-three weeks even after your COVID recovery, you should consider a TB test.

#### Can TB be treated?

TB disease is curable. It is treated by standard 6 month course of 4 antibiotics.

COVID-19 vaccination is an important protection measure for everyone, and will lower your risk of severe COVID disease.

The COVID-19 vaccines are safe and effective, even if you are on TB treatment.



## Fast Facts

- TB is a serious infectious disease, and can increase your risk of severe illness or dying from COVID-19
- TB can be treated, and treatment can be accessed for free from government clinics
- If you have been showing symptoms of COVID-19 and/or TB, it is important to be tested and access care
- COVID-19 vaccines are safe and effective, even if you are on TB treatment

Want to find out more?

#### Stop TB Partnership:

<https://www.stoptb.org/>

#### Access free TB treatment:

<https://www.gov.za/faq/health/what-tb-and-where-can-i-get-treatment>

#### What is your risk from COVID-19 if you have TB?

<https://www.youtube.com/watch?v=WxrNDLbFGUA>

#### COVID-19 and TB: FAQ

<https://theunion.org/our-work/covid-19/d-19-and-tb-frequently-asked-questions>

## Ask Dr M

#### Do you still have questions?

Call us on  
**0800 24 36 72**  
or WhatsApp  
**082 735 4472**



**CareWorks**  
Hands on Health - Care that Works

Protect yourself and your loved ones from COVID-19



Mask



Sanitise



Distance



Vaccinate

Brought to you by

