

HEALTH AND SAFETY TALKS



SAFETY FIRST



PROTECTION



REGULATION



HAZARDS



HEALTH



INSURANCE

TB

**AWARENESS
MONTH**

01 MARCH - 31 MARCH

2026



MEC Jonas Sello Lehari

- Protect your loved ones – don't allow TB to spread to your loved ones
- Always cover your mouth and nose when sneezing or coughing
 - Cough into a tissue or the inside of your elbow
 - Throw all used tissues into the bin
- Always open windows and doors at home and crowded areas
i.e., rooms, churches, taxis, etc.



health
Department:
Health
North West Provincial Government
REPUBLIC OF SOUTH AFRICA

BEHOLDING A
NORTH WEST PROVINCE
THAT WORKS



STAY
HOME
SAVE SOUTH AFRICA

Chaka
Impilo



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HOW WILL I KNOW?

Knowing starts
with getting screened for TB

DO YOU HAVE ANY OF THESE SYMPTOMS?

In Adults:

- A cough for two weeks or more
- Drenching Night sweats
- Unexplained loss of weight
- Fever for two weeks or more

In Children:

- Cough of 2 weeks or more which is not improving on treatment
- Fever for more than two weeks
- Documented weight loss/ failure to thrive (check Road to Health Card)
- Fatigue (less playful/ always tired)

Visit your nearest clinic if you or your child have any of these symptoms and get free screening for TB and testing for HIV.

If you are found that you have TB, you will be started on TB treatment
Take your treatment for 6 months and get cured from TB!

PREVENTION IS BETTER THAN CURE



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Unite to end TB & HIV

South African leaders taking action

TB

PREVENTION
TREATMENT
INFECTION CONTROL



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TB KEY MESSAGES

TB AND HIV MORTALITY

- TB is closely linked to HIV and is the leading cause of illness and death among people living with HIV. People living with HIV should be screened regularly for TB. All TB patients should be offered an HIV test.

PREVENTION



Cough & or sneeze into your upper arm.



Cover your mouth and nose with a tissue.



Put your used tissue in the waste bin.



Wash with soap and water.



Clean with water, soap and a cleaner.



Stop smoking and avoid also.

- TB can be anywhere, everywhere and everyone must screen for TB.
- Know the signs and symptoms, test and complete treatment.

SYMPTOMS OF TB



Coughing



Weight Loss



Night sweats



Fever

- Go to your nearest clinic and get screened and tested for TB and HIV if you experience continuous coughing for more than two weeks, unexplained weight loss, night sweats and fever.
- Knowing your TB status reduces the spread of TB, live a healthy life style by exercising and eating healthy.

TREATMENT



Complete Treatment



TB is curable even if you are HIV positive.

- Take your TB treatment without fail for the full 6 months even if you feel better and you will be cured.
- TB should be diagnosed and treated as soon as possible to reduce the damage and the risk of transmission to others.
- Latent TB infection can be treated with a 6 month course of antibiotics.

CONTROL

- Take responsibility for your illness – don't allow TB to spread to your loved ones.
- Always cover your mouth and nose when sneezing or coughing.
- Cough into a tissue or the inside of your elbow.
- Throw all used tissues into the dustbin.
- Always open windows and doors at home and crowded areas i.e. rooms, churches, taxis, etc.

Go to your nearest clinic if you need more information on TB



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