



IS THERE A VACCINE FOR TUBERCULOSIS?

- BCG (Bacille Calmette-Guerin) vaccine is used to protect against tuberculosis.
- The BCG vaccine is administered free of charge at family health centers or tuberculosis control dispensaries to babies who have completed the second month of life after birth.
- If the BCG vaccine was not administered in line with the childhood vaccination schedule, it can be administered up to age 6, depending on the tuberculin skin test (TST) results.
- The BCG vaccine is effective in preventing severe tuberculosis, especially in children.

Tuberculosis Is A Preventable Disease.

- The BCG vaccine is administrated in line with the childhood vaccination schedule.
- Patients should cough or sneeze into a tissue or their upper arm covering the mouth and nose.
- Patients should adopt healthy eating habits.
- Hands must be washed using water and soap.
- Patients should have the habit of adequate and regular sleep.
- Patients should avoid stress.
- Patients should avoid harmful habits such as alcohol and smoking.
- Patients must wear a mask when they are with other people in closed environments during the contagious period.

Regularly using the prescribed medication ensures effective and successful treatment and reduces the risk of transmission to others. When tuberculosis is treated, it does not prevent the person from continuing their normal life.

For a successful treatment, the following rules must be followed.

- For Tuberculosis, it takes at least 6 months for the medicines to eradicate all TB germs. Therefore, medicines must be used regularly as prescribed by the doctor.
- Even if the patient feels better after the first few weeks of treatment, the medication must continue at the dose and duration the doctor recommended until the treatment is completed.
- If medicines are not taken or are taken irregularly, TB germs can become resistant.
- Patients' rooms should be ventilated frequently.
- Patients should adopt healthy living habits such as a balanced diet and adequate and regular sleep.
- It may be necessary to stay at home to avoid infecting others with Tuberculosis germs. The doctor will tell the patients when they can return to work or school.



T.R. MINISTRY OF HEALTH
GENERAL DIRECTORATE OF PUBLIC HEALTH

TUBERCULOSIS

Tuberculosis Is A Preventable and Treatable Disease

WHAT IS TUBERCULOSIS?

Tuberculosis is an infectious disease transmitted through the air and can affect all tissues and organs (bones, skin, eyes, etc.), especially the lungs.

HOW IS TUBERCULOSIS TRANSMITTED?

Tuberculosis is spread through the respiratory tract of patients who have never received or do not receive regular treatment, by inhaling germs that are spread into the air during coughing, sneezing, or talking.

When a person inhales tuberculosis bacteria, the bacteria attacks the lungs. TB bacteria may move from the lungs to other parts such as the kidneys, spine and brain, via the blood.

Remember;
tuberculosis is
spread through air.

WHAT ARE THE SYMPTOMS OF TUBERCULOSIS?

The symptoms of tuberculosis depend on where in the body the tuberculosis bacteria are localized. Tuberculosis bacteria usually attack the lungs. Symptoms of tuberculosis in the lungs:



A cough that lasts for 3 weeks or more



Loss of appetite



Chest and back pain



Tremor



Coughing up blood or sputum



Fever



Feeling tired or exhausted



Night sweats



Weight loss

WHICH PEOPLE ARE AT RISK OF TUBERCULOSIS?

- People infected with tuberculosis germ recently
- People infected with HIV
- People who had an organ transplant
- People receiving immunosuppressive treatment
- Patients with silicosis, diabetes, chronic renal failure, leukemia, lymphoma, head and neck cancer, and lung cancer
- Substance, alcohol, and tobacco users
- People with low body weight
- Infants and children

Consult a doctor if you have
symptoms of tuberculosis.