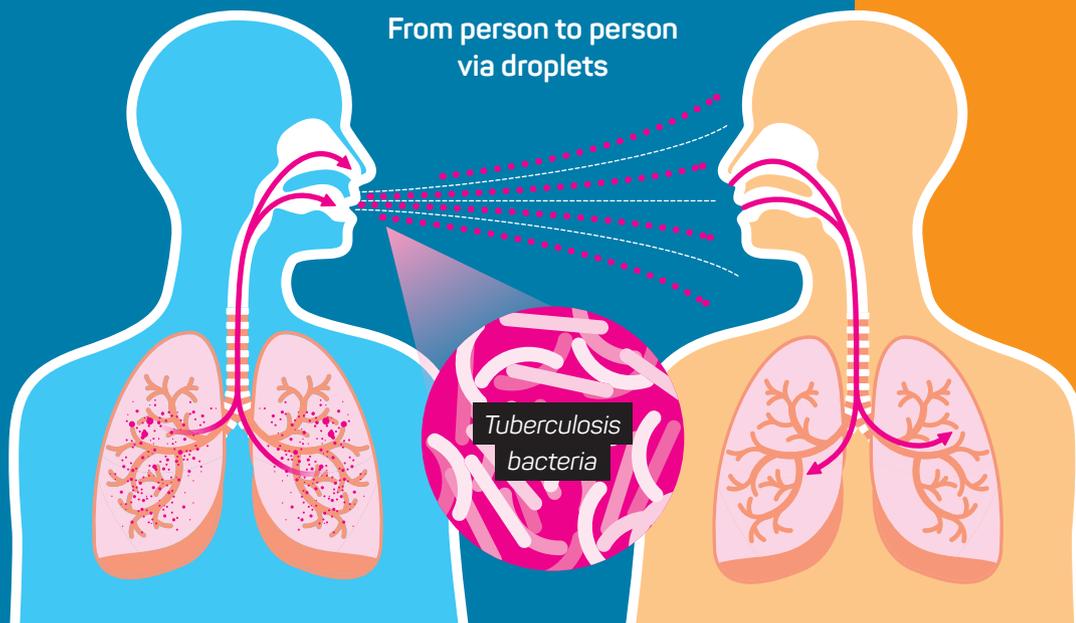


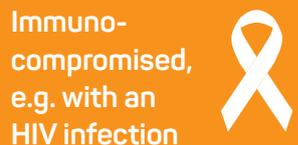


TUBERCULOSIS

Transmission



Who is at higher risk?

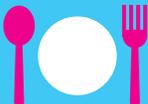


Symptoms

Fatigue



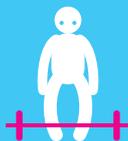
Appetite loss



Chest pain



Weakness



Night sweats



Fever



Coughing up blood



Don't give infection a chance!

What should I do to be on the safe side?

Take the following rules to heart to protect the people in your immediate surroundings:

- **When coughing** – always hold a fresh handkerchief in front of your mouth.
- Keep the rooms in which you spend time **well ventilated** to ensure airborne droplets are blown out.
- **Neither drink nor eat from the glass** or plate of others.
- **No kisses** or other mouth to mouth contacts.
- **Keep living rooms clean**: Clean or wipe with a moist cloth, do not raise dust (dust may also contain bacteria).

What you can do to speed up your recovery:

- **Take your medication as prescribed**. Take care not to forget any doses, so that the pathogens cannot develop resistance.
- **Rest and relaxation**. Avoid excessive exertion.
- **Eat a balanced, nutritional diet regularly**. Thanks to their many vitamins and minerals, a large amount of fresh fruit and vegetables will support your therapy. Be careful to eat foods that are easy on your digestion and contain balanced amounts of protein and carbohydrates.

- **No alcohol**. The breakdown of the medications burdens the liver significantly. Alcohol puts more stress on the liver and decreases the capacity of your immune system.
- **Be careful when driving or operating machinery**. The medications can influence your capacity to react.
- **Keep away from cigarettes!** Smoking is extremely harmful particularly to people with tuberculosis. If you smoke, you will hinder a rapid cure.
- **Stay in contact with your physician**.
- **Do not give up!** Even if the treatment takes a long time and is hard on your nerves: you can do it!



Consult your doctor regularly, stay active and stick to the treatment plan.

Healthy diet



Get rid of smoking and alcohol



Wash your hands after sneezing, coughing



Wet house cleaning and ventilation



Stay away from coughing people



Use personal utensil and cutlery



Pictures: (Stockphoto (Good_Stock, normalis))