



DO I HAVE TB? IGWA KAYA AKONG TB?

SYMPTOMS

Sintomas

Any of the following 4 Cardinal symptoms, lasting two weeks or more :
Alin man sa 4 na Pangunahing sintomas na ito, na nagtatagal ng dalawang linggo o higit pa:

- ✓ Cough
Abo
- ✓ Unexplained fever
Dai maipaliwanag na kalintura
- ✓ Unexplained weight loss
Dai maipaliwanag na pagbaba kan timbang
- ✓ Night sweats
Ginaganot pag bangi

Others:
Iba pang Sintomas:

- ✓ Chest or back pain
Makulog na daghan asin likod
- ✓ Coughing out of blood
Nag-aabo nin plema na may dugo
- ✓ Shortness of breath
Kinakapos an paghangos



COMMON ADVERSE DRUG REACTIONS OF ANTI -TB TREATMENT

Madalas na malain na reaksyon sa bulong para sa TB

MINOR ADVERSE REACTIONS BAKONG MALALANG REAKSYON

- ✓ Gastrointestinal Intolerance
Intoleransya sa tulak
- ✓ Mild or localized skin reactions
Simple o lokalisadong reaksyon sa kublit
- ✓ Orange OR Red colored urine
Kahel o pula an kolor na ihi
- ✓ Burning sensation in the feet due to peripheral neuropathy
Pagpaminhod kan bitis dahilan sa peripheral neuropathy
- ✓ Flu like symptoms (fever and muscle pain)
Mga sintomas na arog kan trangkaso (kalintura asin kulog nin kalamnan)



WHAT TO DO? ANO ANG DAPAT GIBUHON?

Continue TB medications while taking symptom-based treatment.
Ipadagos an pag-inom nin bulong sa TB mantang nag-iinom man nin ibang bulong para sa ibang namamatian.

MAJOR ADVERSE REACTIONS MALALANG REAKSYON

- ✓ Severe Skin rash due to hypersensitivity reactions
Grabeng pantal sa kublit huli sa hypersensitivity reaction
- ✓ Jaundice due to hepatitis
Paninilaw kan mata asin kublit huli sa hepatitis
- ✓ Impairment of visual acuity and color vision due to optic neuritis
Paglabo asin problema sa paghiling sa kolor huli sa optic neuritis
- ✓ Hearing impairment, ringing of the ears, dizziness due to damage of the eight cranial nerve
Diperensya sa pagdangog, pag-ugong sa talinga, pagkahilo huli sa danyos sa ugat sa talinga

WHAT TO DO? ANO AN DAPAT GIBUHON?

STOP TB medications and refer to specialist.
Punduhon ang pag-inom nin bulong sa TB asin magpahiling sa espesiyalista.

TRANSMISSION

Paglakop

TB is spread from person to person through the air.
When an untreated infected person coughs, sneezes, talks or sings, the airborne particle released is inhaled by another person and becomes infected.

An TB nalalakop sa lambang tawo sa paagi nin duros.
Maaari itong masagap ng iba sa kanilang paghinga at sila ay magkaroon din ng TB.

Kun ang arong tawo na may TB nag-abo, nag-atsing, nagtaram, o nagkanta, ang mga saradit na turo/talsik sa duros ay pwedeng makaulakit pag nalanghap kan iba.

DIAGNOSIS

Pagkilala

A Presumptive TB patient (with one of the Cardinal symptoms or a positive chest X-ray) needs to have its phlegm examined through Rapid TB Diagnostic Test such as Gene Xpert to confirm the diagnosis of TB.

An pasyenteng may Presumptive TB (may panginot na sintomas o positibo sa chest xray) ay kaipuhan na ipa-eksamin an saiyang plema sa paagi kang Rapid TB diagnostic test arog kang GeneXpert.



TREATMENT

Pagbulong

It is important to take the recommended regimen of anti-TB treatment to avoid the risk of drug resistance and complicated course

Importante na mag-inom kan rekomendadong regimen nin pagbolong kontra sa TB tanging maibitiran an peligro nin resistensya sa bulong asin komplikadong kurso.



H - ISONIAZID
R - RIFAMPICIN
Z - PYRAZINAMIDE
E - ETHAMBUTOL

PREVENTION AND CONTROL

Paglikay asin Pagkontrol

- ✓ Wash your hands after coughing or sneezing
Hugasan ang kamot pagkatapos mag-abo o mag-atsing
- ✓ Wear Face mask
Magsulot nin face mask
- ✓ Cover mouth with tissue when coughing or sneezing then seal the tissue in a plastic bag, and dispose
Takpan an ngimot nin tisyu kun nag-aabo o nag-aatsing dangan ilaog an tisyu sa sarong plastic bag, asin iapon
- ✓ Do not spit anywhere
Dai maglutab kung sain sain
- ✓ Use a fan or open windows to move around fresh air
Maggamit nin bentalador o buksan an mga bintana tanging makalibot an preskong duros



Latent TB infection can also be prevented from becoming an Active TB disease thru TB Preventive Treatment (TPT).
Consult your doctor.

An latent TB infection ay pwedeng maibitiran na maging aktibong TB sa paagi kan TB preventive treatment (TPT).
Magkonsulta sa saimong doktor.