



# DO I HAVE TB? ADDA NGATA SAKIT KO NGA TB?

## SYMPTOMS

### Sintomas

Any of the following 4 Cardinal symptoms, lasting two weeks or more :  
Anya man kadagiti 4 nga umuna nga sintomas, nga nagbayag iti 2 a lawas wenu nabay-bayag pay:

- ✓ Cough  
Uyek
  - ✓ Unexplained fever  
Haan a maipalawag nga gurigor
  - ✓ Unexplained weight loss  
Haan a maipalawag nga panagbaba ti timbang
  - ✓ Night sweats  
Panag-ling-et iti rabii
- Others:  
Sumagmamanu pay nga sintomas:
- ✓ Chest or back pain  
Panag sakit ti barukong wenu likod
  - ✓ Coughing out of blood  
Plema nga adda dara na
  - ✓ Shortness of breath  
Marigatan nga umange wenu alisto nga mabannug

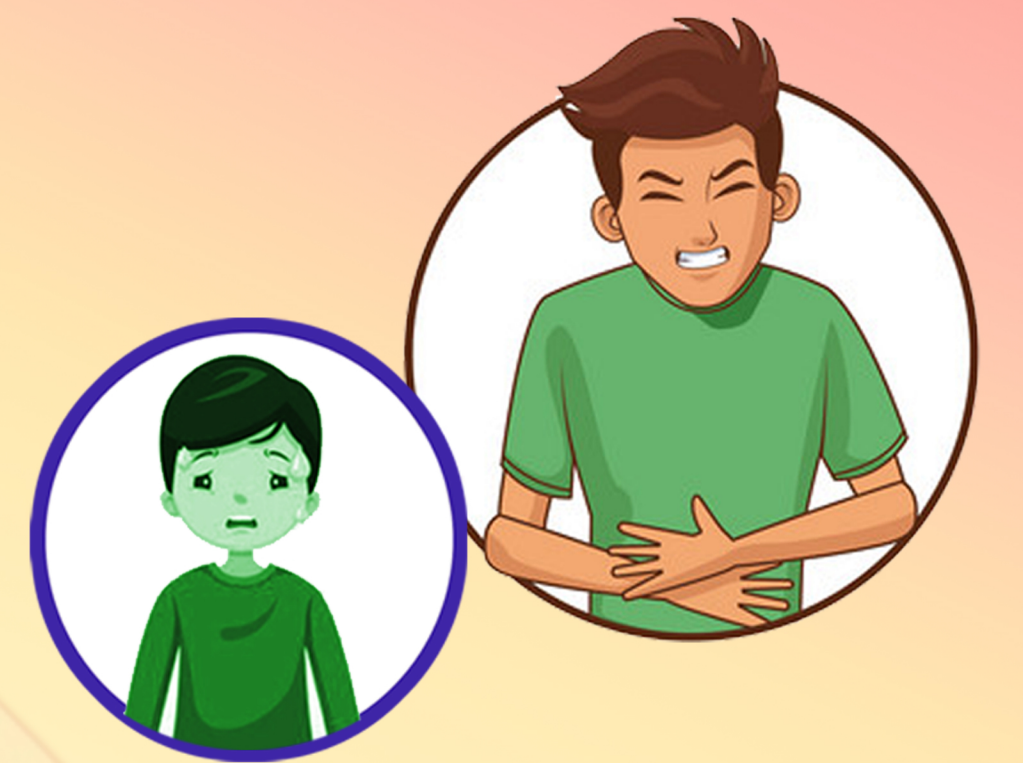


## COMMON ADVERSE DRUG REACTIONS OF ANTI -TB TREATMENT

### Di matarigagayan nga epekto dagiti agas

#### MINOR ADVERSE REACTIONS

- ✓ Gastrointestinal Intolerance  
Belching, wenuo sakit ti tian wenuo tian laeng
- ✓ Mild or localized skin reactions  
Aggatel ti kudil
- ✓ Orange OR Red colored urine  
Na labaga wenuo kahel ti kolorna nga isbo
- ✓ Burning sensation in the feet due to peripheral neuropathy  
Panagulaw wenuo panangkigtot dagiti ramay ti sakam
- ✓ Flu like symptoms (fever and muscle pain)  
Kasla trangkaso a sintoma (guri gor ken sakit ti kasukat)



#### WHAT TO DO? ANYA DAPAT TI MAYAT NGA KUIN?

Continue TB medications while taking symptom-based treatment.  
Ituloy tuloy ti panag tomar iti agas a na ibatay iti sintomas.

#### MAJOR ADVERSE REACTIONS

- ✓ Severe Skin rash due to hypersensitivity reactions  
Pag gatel ken pantal ti buo nga bag-bagi
- ✓ Jaundice due to hepatitis  
Pagdilaw iti mata wenuo kudil
- ✓ Impairment of visual acuity and color vision due to optic neuritis  
Panagbalbaliw ti panangkita kas iti panaglablabes
- ✓ Hearing impairment, ringing of the ears, dizziness due to damage of the eight cranial nerve  
Panagbalbaliw ti panagdengngemo kas iti panagringring dagiti lapayag ken kakuykuyog a panagulaw

#### WHAT TO DO? ANYA BA TI ARAMIDEN?

STOP TB medications and refer to specialist.  
Isardeng ti panagagas ti TB treatment ken ag pakonsulta iti especialista.

## TRANSMISSION

### Pannakaiyakar

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.

Iti pannakagsagkrap ti TB ket babaenti angin.  
Ti tao nga adda ti TB na ket aguyek, agkanta ken agsao mabalin nga maiyakar na ti mikrobyo ti TB iti angin. Mabalin a mai raman dagiti dadduma no maangesda, mabalin da makaala iti TB.

## DIAGNOSIS

### Pannaka-diagnose

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.

Ti Presumptive TB patient (nga addaan iti maysa kadagiti kangrunaan a sintoma wenuo positibo a chest x ray) ket kasapulan nga agpa-sputum test babaen ti Rapid TB Diagnostic test kas iti GeneXpert tapno mapasingkadan ti TB.



## TREATMENT

### Panaka-agas

Complete the prescribed 6-month course of treatment for drug susceptible TB even if you feel better early on. (2 months intensive phase and 4 months maintenance phase)

Kompletuan ti naireseta nga 6 a bulan a panagagas para iti "drug susceptible TB" uray kalpasan a napadasan ti dagus a pannakabang-ar (2 a bulan a masinsinan a panakaagas ken 4 a bulan ti ag tuloy tuloy a pannakaagas).

The translation of the language was done by Dr. Ralph Royeca and Ms. Mikka Ella Agosto. Edited by Dr. Joice Dela Cruz.



## PREVENTION AND CONTROL

### Pananglapped ken panangkontrol

- ✓ Wash your hands after coughing or sneezing  
Bugguan dagiti ima kalpasan ti aguyok wenuo agbahing
- ✓ Wear Face mask  
Ag usar ti mask a mangabbong iti agong ken bibig
- ✓ Cover mouth with tissue when coughing or sneezing then seal the tissue in a plastic bag, and dispose  
Kaluban ti ngiwat iti tisyu no agsarua wenuo aganges sa ika bil iti plastic bag sa ibelleng iti basuraan
- ✓ Do not spit anywhere  
Saan nga agtupra iti sadinoman
- ✓ Use a fan or open windows to move around fresh air  
Agusar iti bentilador wenuo lukatan dagiti tawa tatnu ag rikos daya nadulas nga angin



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

Mabalin a malapdan ti panagbalin a sakit ti TB iti naillemng nga impeksion ti TB Preventive Treatment (TPT) agpa konsulta iti doktor.

