TB INFECTION CONTROL

TB is caused by bacteria. These bacteria are spread in the air to other people when someone with TB coughs, sneezes, spits or talks.

YOU CAN PROTECT YOURSELF AND OTHERS FROM GETTING TB

COUGH HYGIENE

It is important to cover your mouth and nose when you cough. There are three ways to do this.

- Use your inner arm
- Use a tissue
- Use a surgical mask

Do not spit in public

OPEN THE WINDOW

When doors and windows are closed, the TB bacteria stay inside the house.

When doors and windows are open, clean air blows the TB bacteria outside.

FOR MORE INFORMATION:
MSF – Site B Khayelitsha (021) 364 5490