

Important Information about TB for People Living with HIV/AIDS

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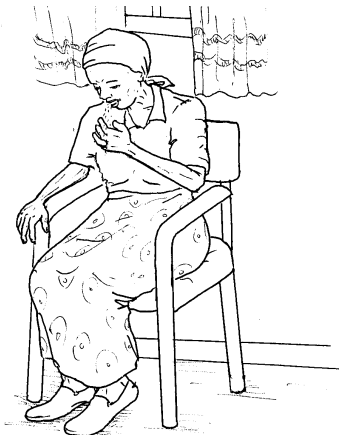
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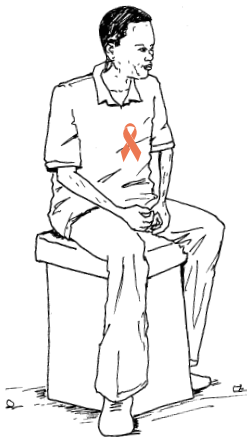
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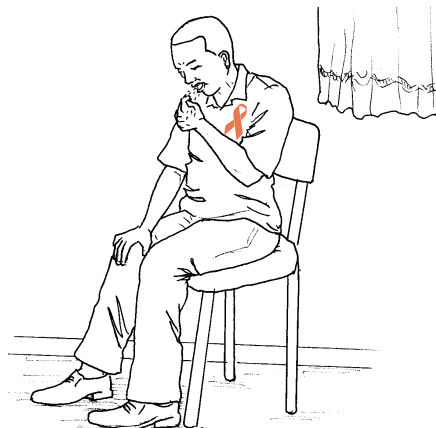
TB and HIV



Some people are sick only with TB.

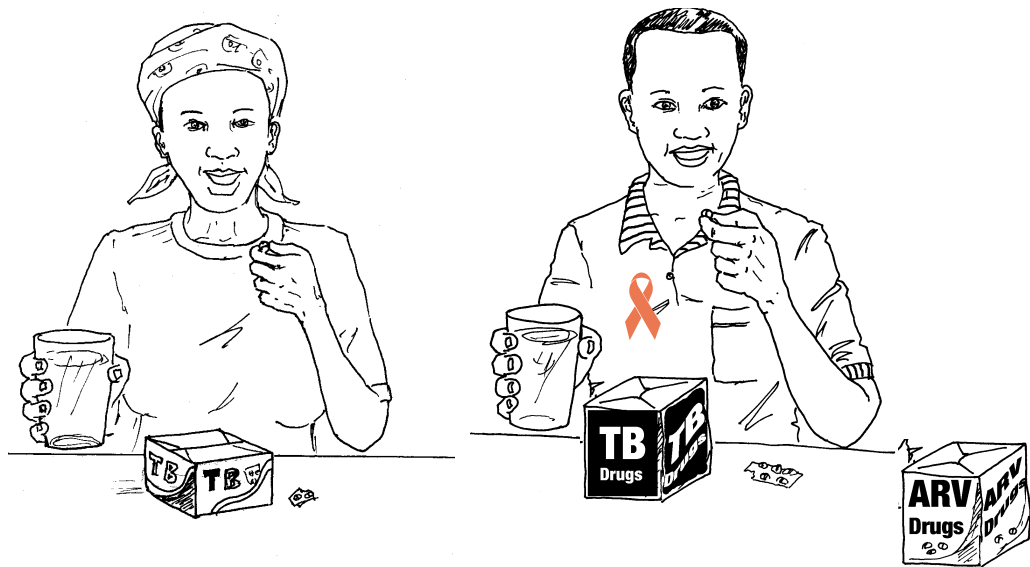


Some people are sick only with HIV/AIDS.



And some people are sick with TB and HIV/AIDS at the same time.

TB and HIV



With the right drugs, TB can be cured whether or not you are living with HIV/AIDS. Other drugs called ARVs can be used to help you live a longer and healthier life if you have HIV/AIDS.

What is TB?



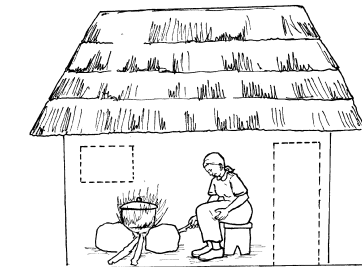
TB is caused by a germ. It is passed between people through the air when a person who is sick with TB coughs or sneezes near someone else.

What is HIV/AIDS?

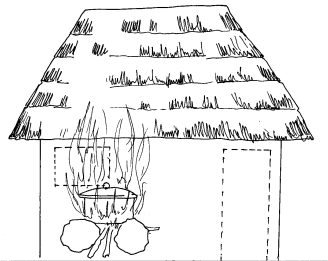


HIV is a virus that enters the body and breaks down the immune system. When the immune system can no longer protect the body from infections, a person has AIDS.

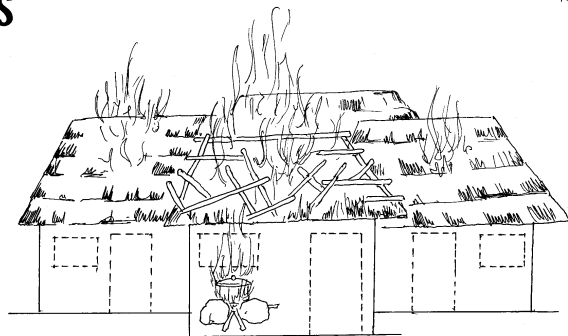
How TB develops



The TB germ is like a cooking fire. If it is watched, it is not harmful.



When the fire is not watched it can grow bigger and cause trouble.



Once a fire starts growing it is hard to stop it. The fire moves from house to house.



A strong and healthy body is like a person watching a fire. It keeps germs like TB from making people sick.



If the body is not strong or healthy, the TB germ can grow and make you sick.



In the same way, once one person is sick with TB, others close to that person can get sick too.

How TB spreads



TB is passed between people through the air when a person who is sick with TB coughs or sneezes.



TB spreads most often in crowded places where people live together without a lot of fresh air.

Signs of TB

TB is the most common opportunistic infection among people with HIV in Kenya.

Some of the signs of TB are:



• Coughing for three weeks or more



• Chest pains

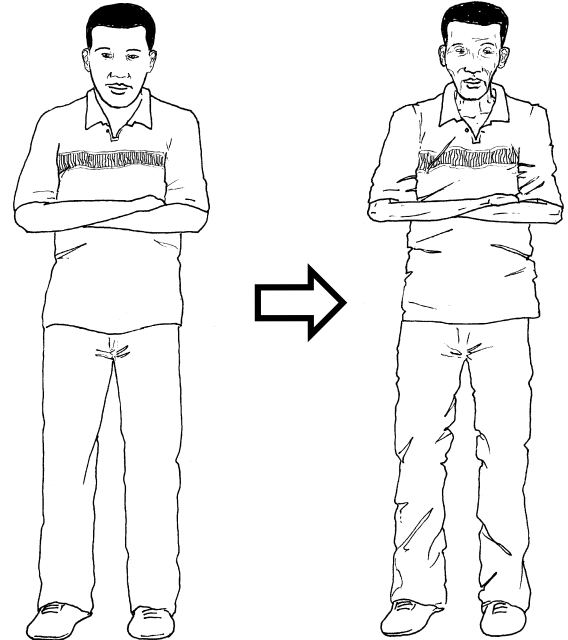
Signs of TB

TB is the most common opportunistic infection among people with HIV in Kenya.

Some of the signs of TB are:



• Trouble breathing

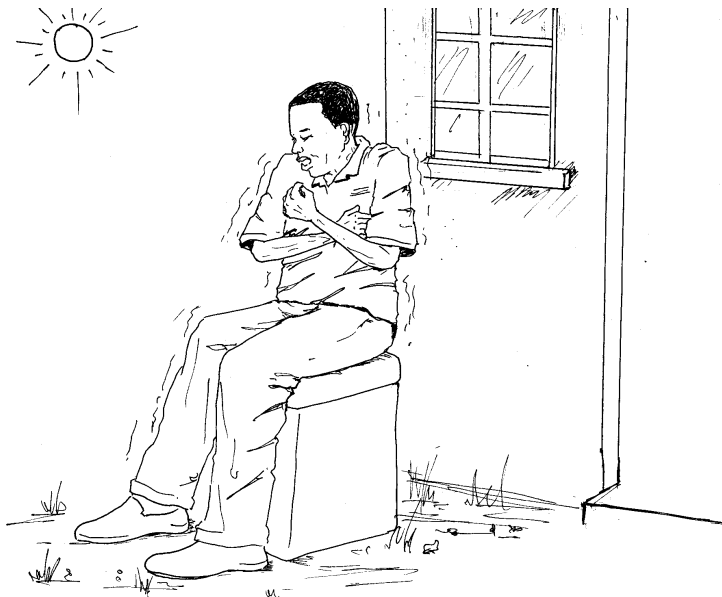


• Losing weight

Signs of TB

TB is the most common opportunistic infection among people with HIV in Kenya.

Some of the signs of TB are:



• Fever

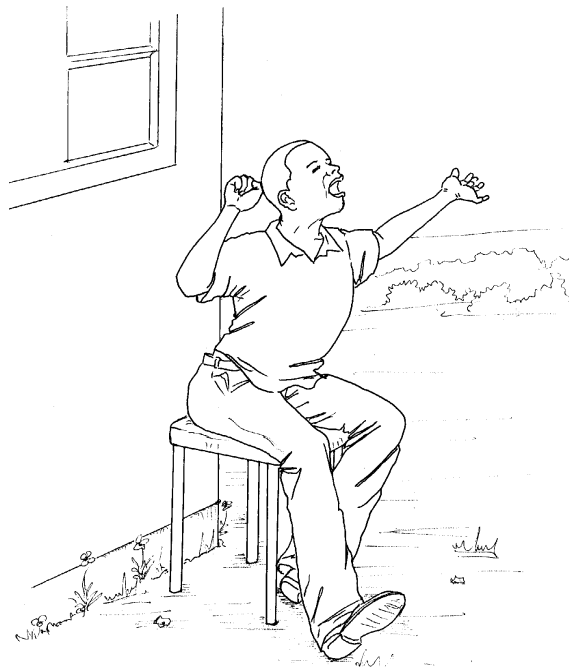


• Sweating at night

Signs of TB

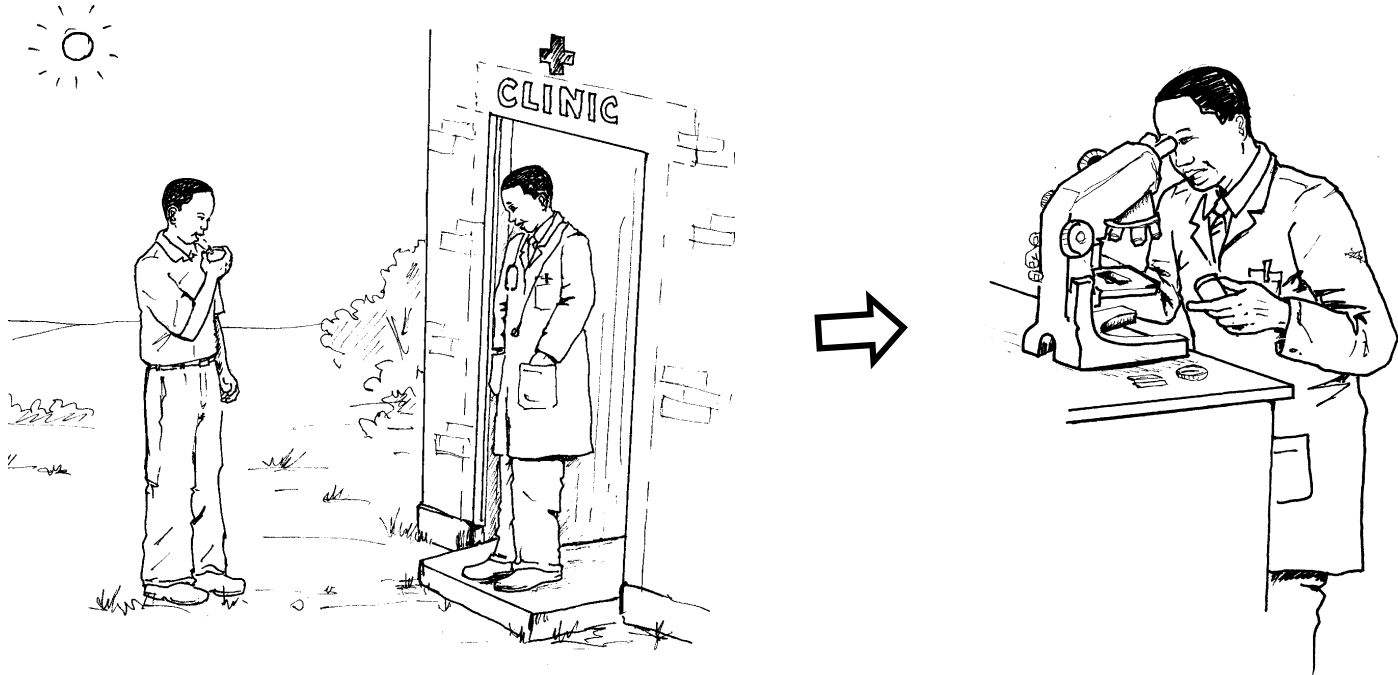
TB is the most common opportunistic infection among people with HIV in Kenya.

Some of the signs of TB are:



- Being tired all the time

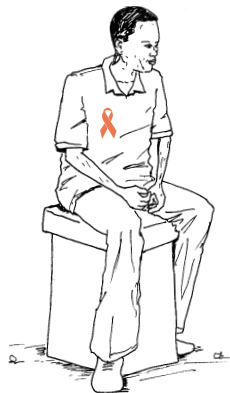
Testing for TB



If you have any of the TB signs go to the clinic right away. Your health care worker will give you a sputum test to find out if you have TB.

People with HIV are more likely to get sick with TB.

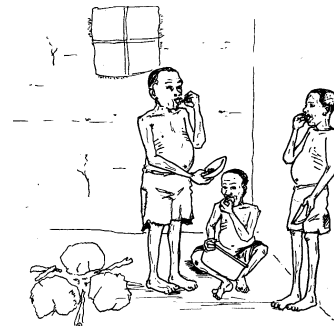
Other things that make people more likely to get sick with TB include:



Being sick with other diseases such as cancer, diabetes and sickle cell anemia



Being very old or very young



Not getting enough healthy food to stay strong



Drinking too much alcohol and smoking

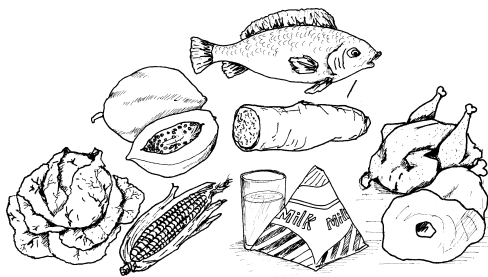
To protect yourself from getting sick with TB



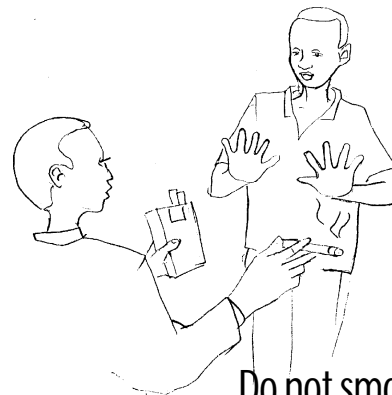
Go to your clinic often



Do not drink a lot of alcohol
or do not drink at all

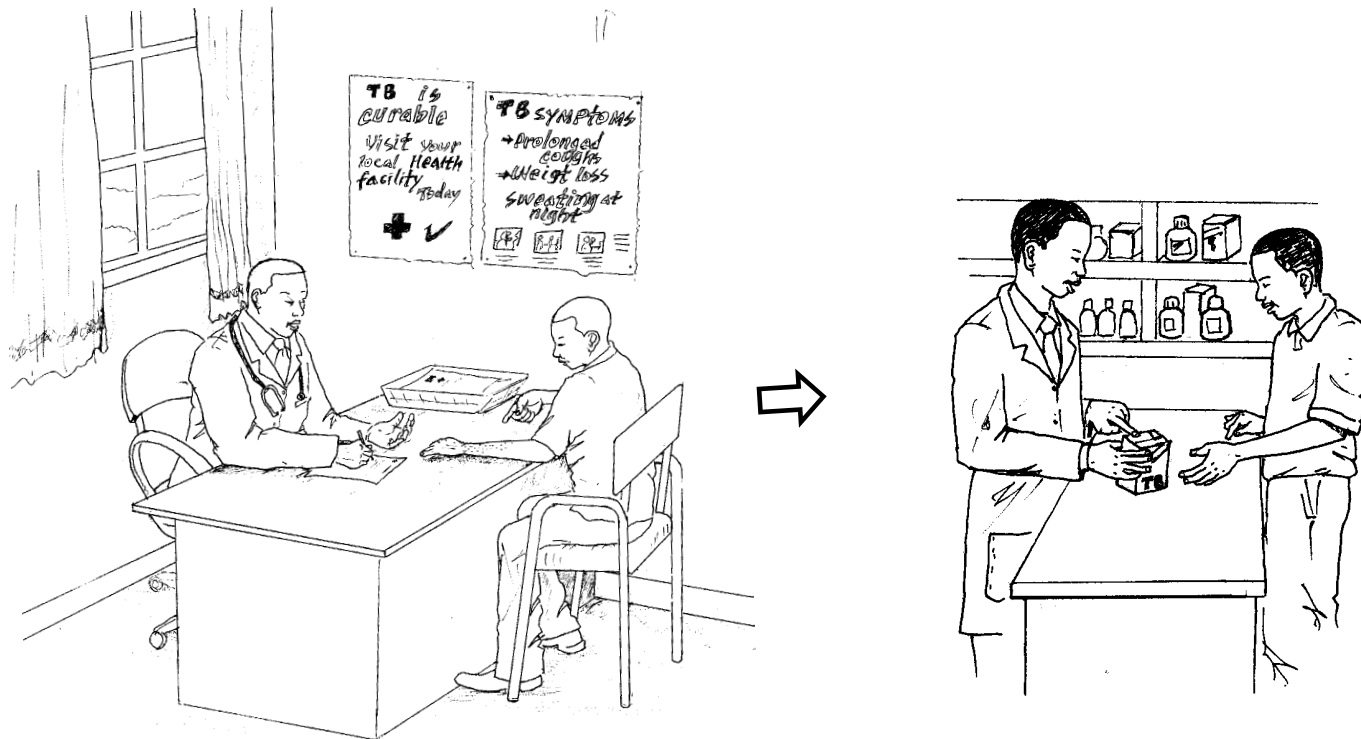


Eat food that is good for you



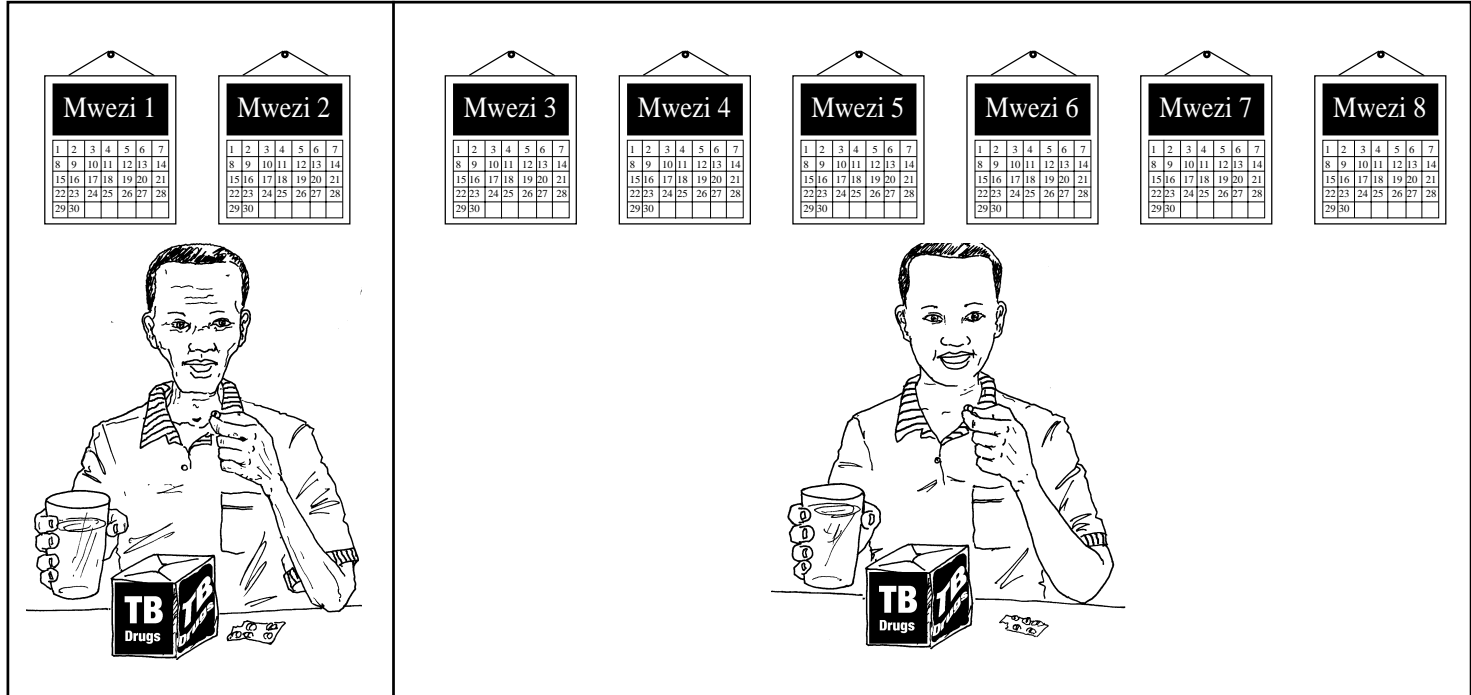
Do not smoke

Preventing other infections if you have HIV and TB



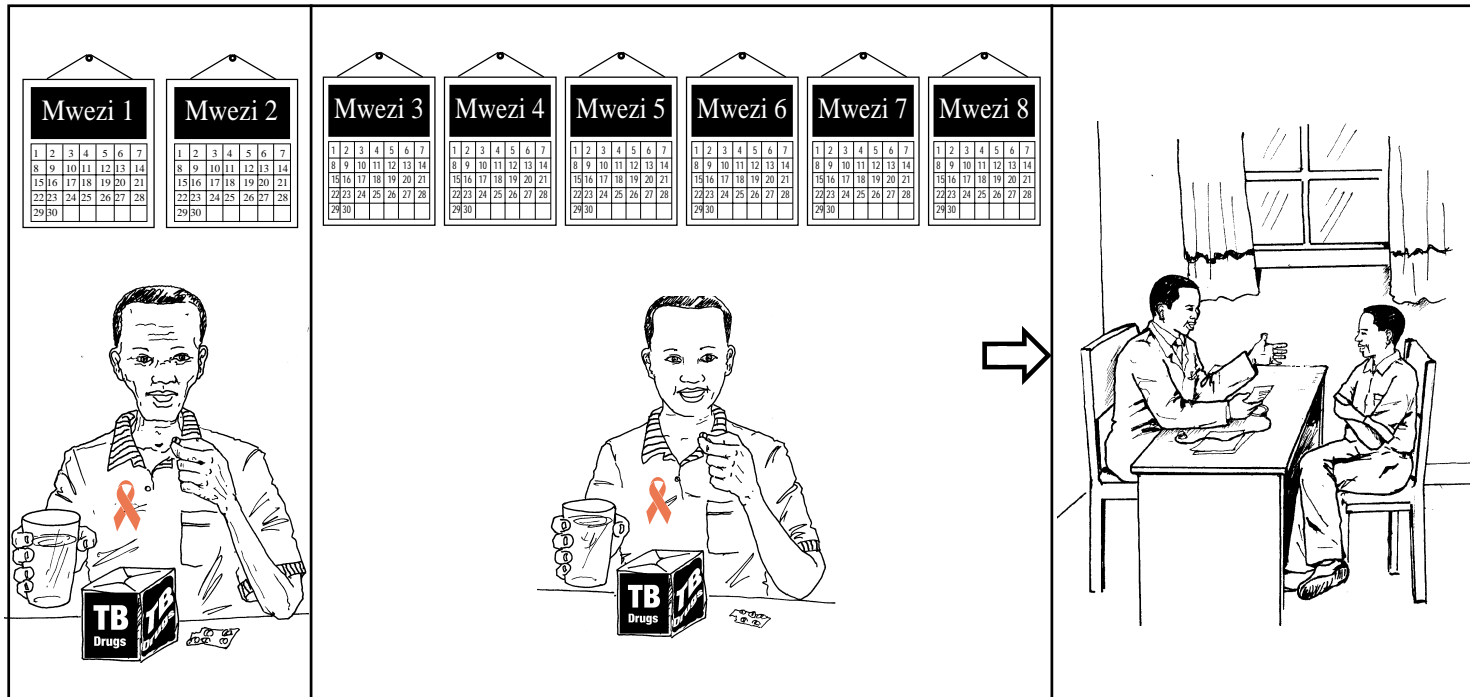
If you have HIV and TB, your health care provider may give you a drug called cotrimoxazole which can help protect you from other infections.

TB Treatment



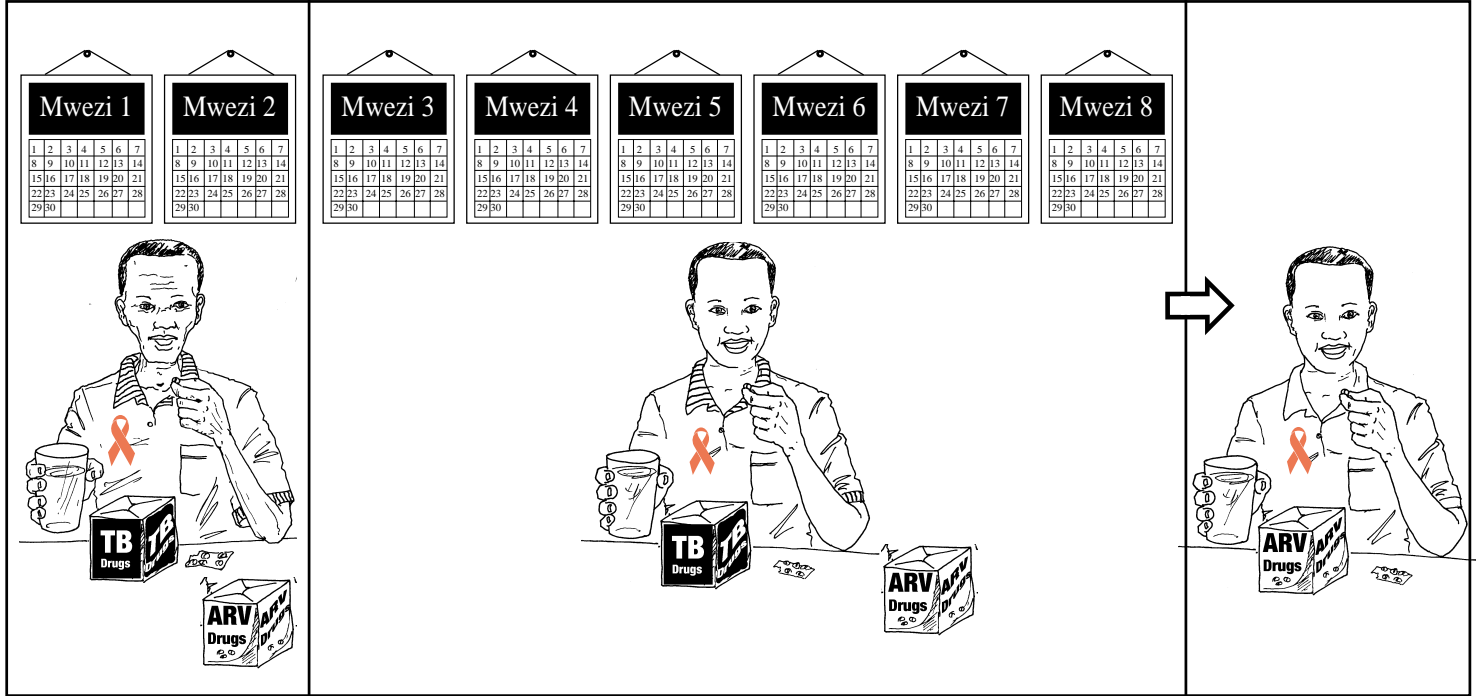
There are two parts to TB treatment. Part 1 lasts for two months. Part 2 lasts for six months.

TB Treatment



If you have HIV and TB and your immunity is high, you will take 8 months of TB drugs. After you finish your TB treatment talk to your health care worker to find out if you are ready for ARVs.

TB Treatment



If your immunity is low, you will take both TB and ARV drugs for 8 months before continuing with your ARV drugs

Side Effects

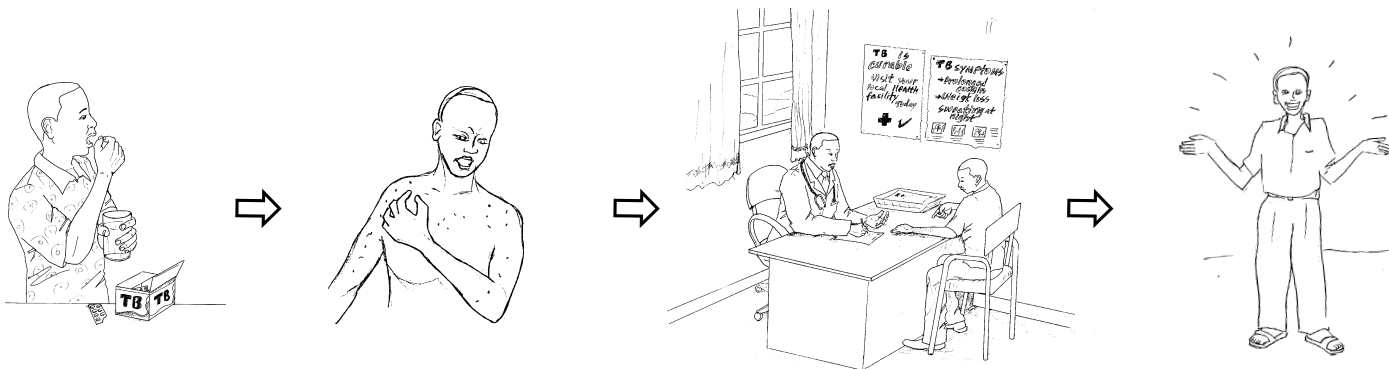
What are side effects?

Side effects are the feelings of discomfort that occur when one starts taking TB drugs.

It might take your body some time to get used to TB drugs but the side effects usually go away after your body gets used to the TB drugs.

There are simple things you can do to lessen many side effects.

Some side effects may be a sign of more serious problems. It is important to tell your health care provider about **ALL** side effects.





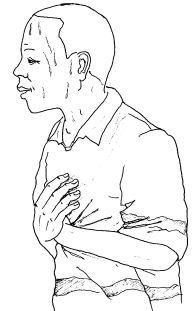
Nausea and Vomiting



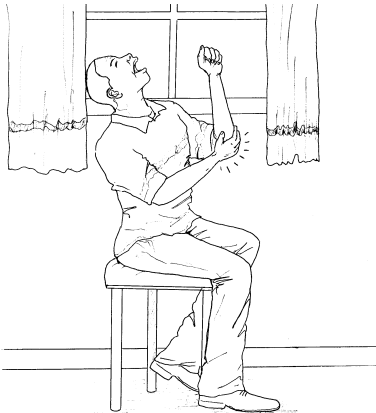
Burning or pain in hands or feet



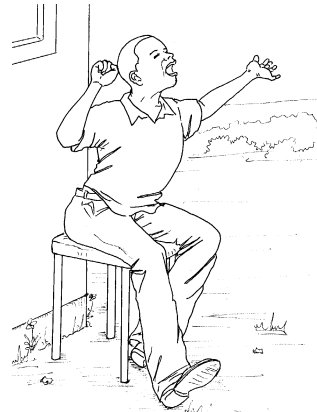
Itching and rash



Fever and chills



Joint pains



Feeling tired



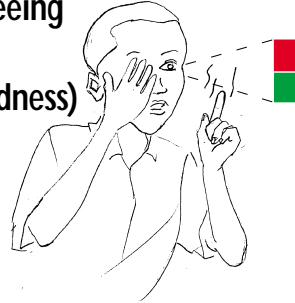
Red urine

If any of the following occur go to the clinic right away

- **Yellowish colour in the eyes (jaundice) or skin**



- **Trouble seeing (red-green colour blindness)**



- **Dizzy**



- **Shortness of breath**



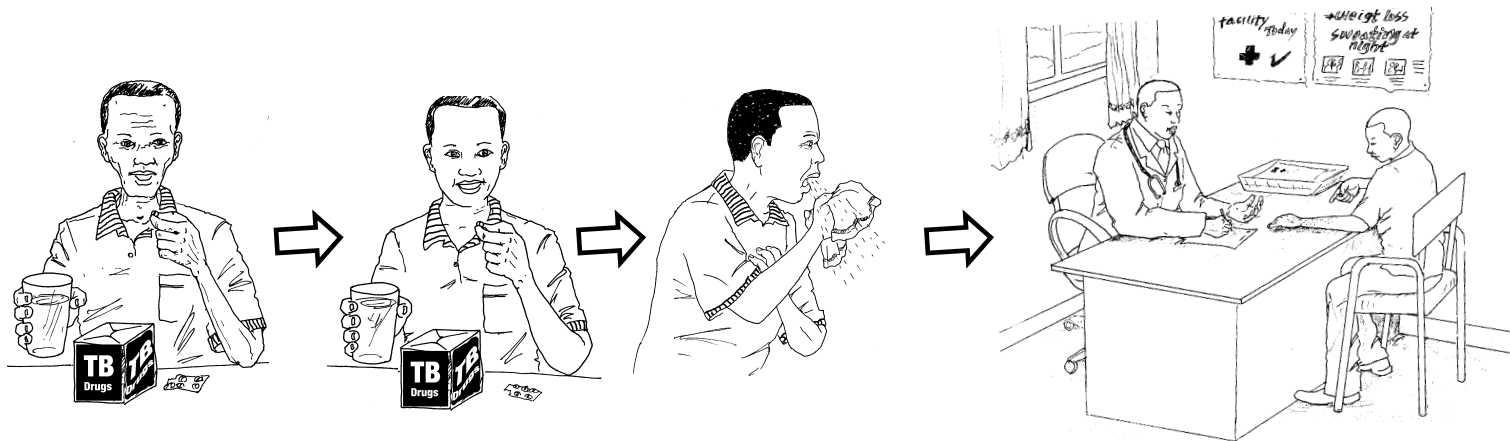
- **Severe skin rash**



- **Ringing in ears**



Getting TB Again



After you finish all the TB drugs, you may get TB again. This happens more often to people who have HIV. To protect yourself from getting TB again, watch for TB sign and visit your health care provider often.

Taking ART and TB Drugs



Be sure to talk to your health care provider about side-effects you may have when taking your TB drugs and ARV drugs.