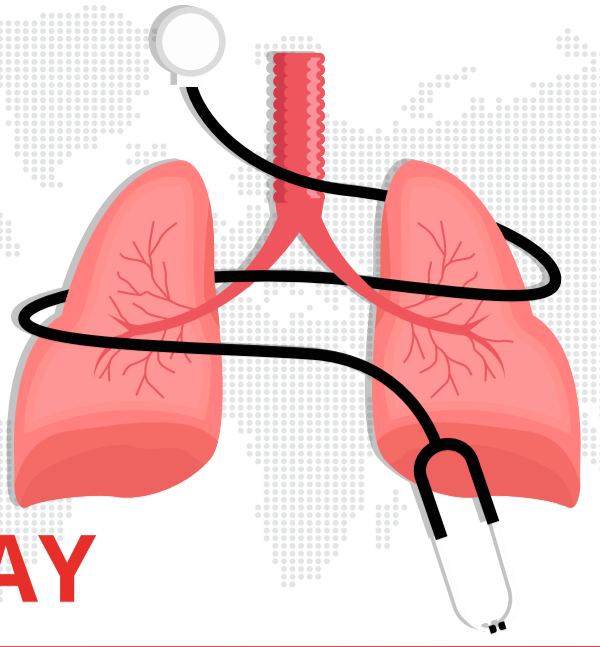


24 March 2026

WORLD TUBERCULOSIS DAY



World Tuberculosis (TB) Day raises awareness about TB, one of the world's deadliest infectious diseases. The day highlights the global effort to prevent, detect and treat TB and encourages people to seek testing and treatment early - TB can be cured when detected and treated early.



WHAT IS TUBERCULOSIS (TB)?

TB is an infectious disease caused by bacteria that usually affects the **lungs**, although it can also affect other parts of the body such as the spine, brain or kidneys. When TB becomes active, it can cause serious illness if not treated.

COMMON SYMPTOMS

Symptoms may develop slowly and can include:



A persistent cough lasting two weeks or longer



Chest pain or difficulty breathing



Coughing up blood or sputum



Fever and night sweats



Unexplained weight loss



Fatigue or weakness



Loss of appetite

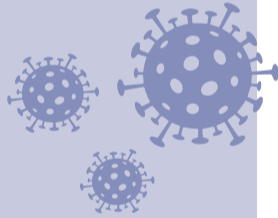
ANYONE EXPERIENCING THESE SYMPTOMS SHOULD GET MEDICAL ADVICE AND GET TESTED.

IS TB INFECTIOUS?

Yes. Active TB in the lungs is contagious and can spread from person to person through the air when an infected person coughs, sneezes or talks.

TB is NOT SPREAD through:

- shaking hands
- sharing food or utensils
- touching surfaces



People who receive treatment quickly are far less likely to spread the disease.

WHERE CAN I GET TESTED?

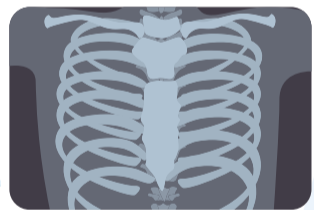
If you think you have TB, make an appointment with your doctor who will do a TB test.



Adults: Your doctor will take two sputum (mucus) samples with results ready in 2-3 days.



Children: Your doctor will do skin tests and take chest X-rays.



HOW IS TB TREATED?

Treatment for TB is part of the Scheme's prescribed minimum benefits (PMB). You will be given TB medication (antibiotics), which you must take for six to eight months. **TB is curable if you take your medicine correctly and for the full duration.** If you don't, you can get serious complications and possibly die. If you have TB, your close family members should also get tested. Stopping treatment early can cause the infection to return and may lead to drug-resistant TB, which is harder to treat.

IS THERE A VACCINE?

Yes. The BCG vaccine helps protect young children from severe forms of TB. In South Africa, it is routinely given to babies shortly after birth. While the vaccine does not fully prevent TB in adults, it provides important protection during early childhood.



PROTECT YOURSELF AND OTHERS



Get tested if you have symptoms of TB



Cover your mouth when coughing or sneezing



Ensure good ventilation in homes and workplaces



Complete the treatment if you're diagnosed with TB

EARLY DETECTION AND TREATMENT SAVE LIVES.



Contact your Scheme: ☎ 0860 002 109 | @mbmed@medscheme.co.za
or scan the QR Code to visit the MBMed Member Portal