

ON THE MOVE

stop

AGAINST

TB

REVISED NATIONAL TUBERCULOSIS

CONTROL PROGRAMME



✚ Information about the disease Tuberculosis

- TB is a disease caused by bacteria called *Mycobacterium tuberculosis*.
- It spreads through the air when an infected person who has not been tested or has not taken medicines, sneezes or coughs.
- The bacteria most times attacks the lungs of a person, this is called Pulmonary TB. The bacteria can also infect other parts of the body like the brain, bones, glands and others, known as Extra pulmonary TB. But the infectious type of TB is Pulmonary TB or TB of the lungs.

✚ How will you know that you have this disease?

- If you have persistent cough of two weeks or more.
Other symptoms include:
- Evening rise of temperature/night sweat
- Loss of appetite/loss of weight
- Chest pain and breathlessness
- Coughing up blood

How will you confirm that it is TB Disease?

- If you have the mentioned symptoms, first and foremost get your sputum tested at the nearest health centres recognized by the Revised National TB Control Programme(RNTCP).
- Testing and diagnosis through sputum microscopy is of good quality, reliable and free of cost at any Designated Microscopy centres.
- X-rays are also used in certain cases but they are not as reliable as sputum microscopy.

✚ Treatment for TB:

- RNTCP aims at stopping the spread of TB by providing treatment and cure for all TB patients
- The Central Government through RNTCP has provided good quality drugs free of cost at every health centre through a strategic programme called DOTS (Direct Observed Treatment Shortcourse).
- Treatment is provided through a method called Directly Observed Treatment whereby an observer (health worker or trained community volunteer who is not a family member) watches and supports the patient in taking drugs as per his/her convenience

✚ Have no fear, but be alert!!

- TB disease can be completely cured.
- When a TB patient takes his medicines regularly and as per advice from the doctors, he/she stops spreading the bacteria and he/she can be completely cured.
- Taking the medicines irregularly can lead to serious consequences.

- Before the end of treatment it is mandatory to test the sputum again to attain accurate final diagnosis
- The Central government places the patient as the VIP of the programme and shifts cure from the patient to the Health system
- When coughing or sneezing, be advised to use a handkerchief and don't spit indiscriminately

✚ Centres that you can visit for more information, are mentioned below:

- 1) East Khasi Hills- Shillong(District TB Centre), Sohra CHC, Mawphlang PHC, Mawsynram PHC, Sohiong PHC, Mawlong PHC, Pontung PHC, Pynursla PHC, Smit PHC, Mawroh CHC, Mawryngkneng PHC, NEIGRIHMS, KJP Hospital, Nazareth Hospital
- 2) Jaintia Hills District-District TB Centre (DTC) Jowai, Khliehriat CHC, Nongtalang CHC, Nartiang PHC, Laskein PHC, Ummulong PHC
- 3) Ri Bhoi District- Nongpoh CHC, Umsning PHC, Byrnihat PHC, Bhoirybong CHC, Mawhati PHC, Patharkhmah PHC
- 4) West Khasi Hills District- District TB Centre Nongstoin, Mawkyrwat CHC, Riango PHC, Mairang CHC, Nongkhlaw CHC, Markasa CHC, Ranikor PHC .
- 5) West Garo Hills District- District TB Centre Tura, Mahendraganj CHC, Ampati CHC, Asanang PHC, Dalu CHC, , Phulbari CHC, Baitbari PHC, Dadengiri PHC, Tikrikila PHC, Selsella CHC, Garobadha PHC, Tura Christian Hospital
- 6) East Garo Hills District- District TB Centre Williamnagar CHC, Rongjeng CHC, Songsak PHC, Kharkutta PHC, Resubelpara CHC, Dainadubi PHC, Bajengdoba PHC.
- 7) South Garo Hills District-Baghmara CHC District TB Society, Chokpot PHC, Rongara PHC.

FIGHTING TB IS THE RESPONSIBILITY OF EVERY CITEZEN